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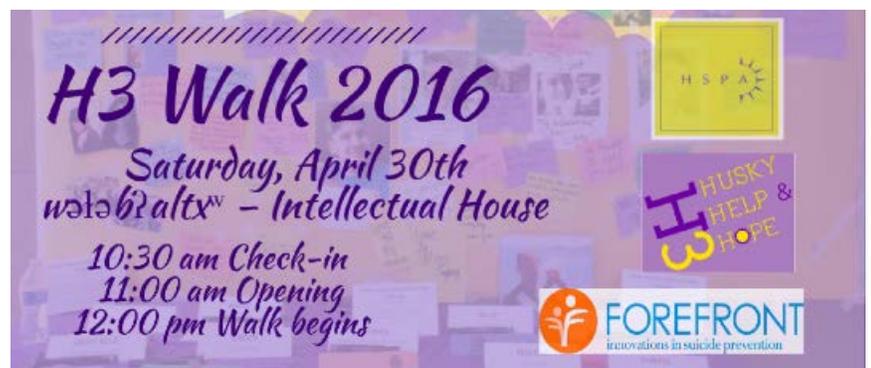
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Suicide Prevention April 2016

Local Events

To commemorate those lost to suicide, and to support suicide survivors and loss survivors, Huskies for Suicide Prevention & Awareness and Forefront are hosting the 2016 Husky Help and Hope (H3) Walk on April 30. Opening ceremonies begin at 11 a.m. at [wələbʔaltx^w – Intellectual House](#), the longhouse-style gathering space on the north end of the Seattle campus.

[Register here.](#)



Experiencing Suicide Loss, Exploring Creativity: A Workshop for Suicide Loss Survivors & Friends – FREE

Laura Nelson lost her son to suicide three years ago. She is using creative expression to process her grief and to heal. She has developed a one-woman show, combining dance and drama. To experience her performance and to explore the potential power of creativity in your own healing process, please RSVP by calling Forefront at 206-543-1016 or email ffront@uw.edu.

Free Local Training

QPR Suicide Prevention Training

April 27, 1:30-3:30 p.m.

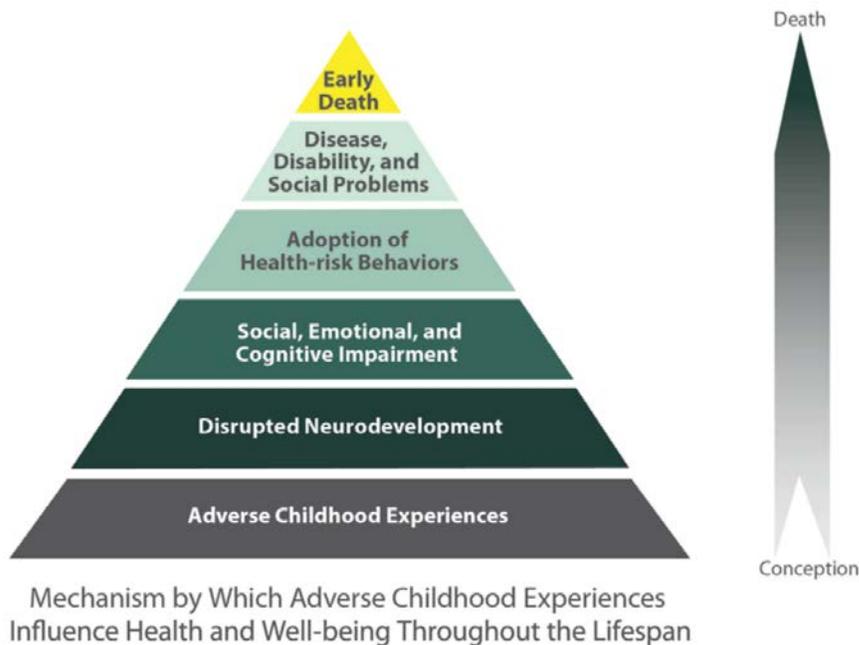
Providence Children's Hospital, Fourth Floor Classrooms

Spokane

[Please RSVP](#) as space is limited.

National Child Abuse Prevention Month

April is National Child Abuse Prevention Month. Child abuse and neglect are Adverse Childhood Experiences – traumatic experiences that have a tremendous effect on a child's future and health. [New resources](#) at the Centers for Disease Control (CDC) will help you better understand ACEs, their effect on health, and strategies for prevention.



Videos

The U.S. Department of Veterans Affairs published several videos in the series *How to Talk to a Child about a Suicide Attempt in Your Family*:

- [How to Talk to a Preschooler](#)
- [How to Talk to a School Age Child](#)
- [How to Talk to a Teenager](#)

The American Foundation of Suicide Prevention (AFSP) has also published several videos:

- [Are You Okay?](#)
- [The Four Ds of Suicide Risk in Older Adults](#)
- [Suicide: It's OK to Ask – Suicide Prevention in Older Adults](#)

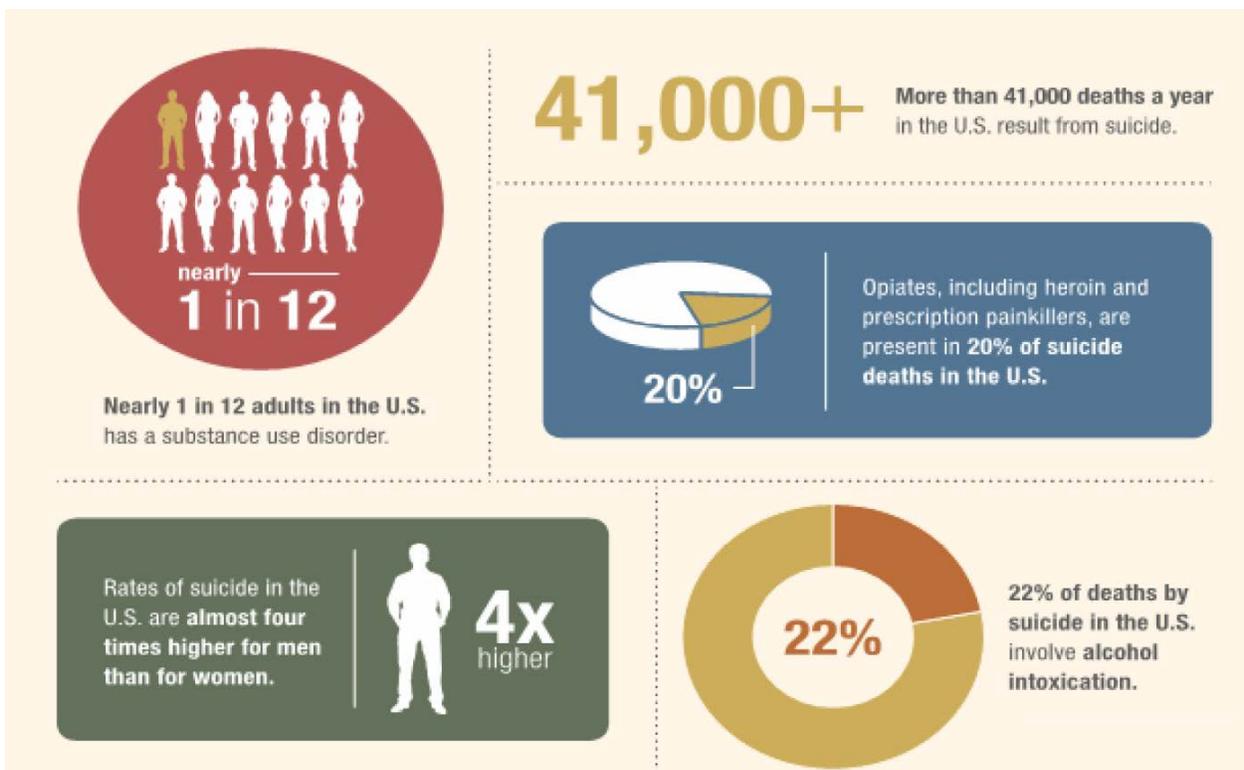
Military

The American Association of Suicidology (AAS) has just launched a new website, [US Military Matters](#). This website offers access to free online webinars, and resources for mental health providers, the National Guard, Reserve members, and their families. The trainings include topics such as post-traumatic stress disorder, traumatic brain injury, sleep problems, military sexual trauma, substance abuse, suicide, military culture/life, and problem solving.



Substance Use and Suicide: A Nexus Requiring a Public Health Approach

The Substance Abuse and Mental Health Administration (SAMHSA) published a new brief about the nexus between substance use and suicide. A significant number of suicides and suicide attempts are linked to substance use. As risk and protective factors for both issues were found to overlap, this nexus provides an opportunity to develop public health strategies that simultaneously address both concerns. According to SAMHSA, “alcohol prevention is suicide prevention.”



In the News

- [My husband died by suicide. Here's what happened during my awkward call with the NRA.](#) This article was written by Jennifer Stuber, an associate professor of public policy at the University of Washington. Jennifer co-founded the organization Forefront: Innovations in Suicide Prevention.

- Routine screenings of emergency room patients for suicide risk might be an effective way to prevent it: [ER Screenings Could Help Prevent Suicide: Study](#).

National Violent Death Reporting System

The National Violent Death Reporting System (NVDRS) is a state-based surveillance system that links data from law enforcement, coroners, medical examiners, vital statistics, and crime laboratories to assist each participating state in designing and implementing prevention and intervention efforts that are tailored that the specific state.



Currently 32 states receive NVDRS funding from the Centers for Disease Control (CDC). Washington is one of these states.

To show the effect of this surveillance system, [The Safe States Alliance](#) released [The National Violent Death Reporting System: Stories from the Frontlines of Violent Death Surveillance](#). This publication features nine state profiles, eight stories of typical violent deaths, and more than 25 innovative ways states turn data into action.

The Wellness Activities Workbook free!

The STAR Center, a National Technical Assistance Center funded by the Substance Abuse Mental Health Services Administration, published [The Wellness Activities Workbook](#). This workbook focuses on helping people with mental

health conditions learn new behaviors to improve their personal wellness. There are chapters, for example, on gratitude journaling, mindfulness, relaxation techniques, and many more. Each lesson has been designed as a group activity to maximize learning through interpersonal relationships.

Virtual Hope Box

The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, positive thinking, mindfulness, inspirational quotes, etc. The VHB content can be personalized to meet a patient's specific needs.



New Centers of Disease Control (CDC)-Data Brief on Suicide and Response of the National Alliance for Suicide Prevention

- This month the CDC released the data brief, [*Increase in Suicide in the United States, 1999-2014*](#). Some of the key findings were that "From 1999 through 2014, the age-adjusted suicide rate in the United States increased 24 percent, from 10.5 to 13.0 per 100,000 population, with the pace of increase greater after 2006... The most frequent suicide method in 2014 for males involved the use of firearms (55.4 percent), while poisoning was the most frequent method for females (34.1 percent)."
- The National Action Alliance for Suicide Prevention responded to this brief by issuing a [statement](#), emphasizing that "these data underscore why suicide prevention must remain a national public health priority." The Alliance adds that "it is important to be aware of data that indi-

cates suicide prevention is effectively occurring daily, in ways that are rarely finding headlines.”

National Prescription Drug Take Back Day



Disposing of prescription medication that you no longer need is one example of means restriction, i.e. restricting a person's access to suicidal methods. The National Prescription Drug Take Back Day is

April 30, 10 a.m. to 2 p.m.

For more information or to locate a disposal site near you, look [here](#).

The Columbia-Suicide Severity Rating Scale

In February 2016, The Joint Commission – this commission accredits and certifies nearly 21,000 health care organizations and programs in the U.S. – issued a Sentinel Event Alert to its accredited organizations, requiring them to [identify patients at risk for suicide](#).

In the same month, the Joint Commission published the article [Vital Signs: The Columbia-Suicide Severity Rating Scale](#). In this article the commission states that the Columbia-Suicide Severity Rating Scale (C-SSRS) is “structured, evidence-based tool that has been used to successfully screen patients for suicide risk in a variety of health care and research settings.”

The full version of the tool is used to assess the severity and intensity of suicidal thoughts and behaviors, yet takes only a few minutes to administer. “Since its inception, the C-SSRS has been administered to several million individuals and has demonstrated excellent feasibility and success in helping health care organizations prevent patient suicide. One large behavioral health system reported a reduction from 3.1 per 10,000 patients to 1.1, in

less than two years ... research shows that this tool will help organizations focus on folks who are at highest risk.”

The Joint Commission goes on to state that by adopting the C-SSRS throughout a healthcare organization, the organization guarantees that one tool is being used by all staff members. This ensures that the same terminology is used when communicating with the patient.

Training in the tool is available on the Web for free.