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Suicide Prevention Newsletter March 2016

Upcoming Trainings

Forefront is offering Assessing and Managing Suicide Risk (AMSR) trainings. This 6-hour training meets the legislative mandate of ESHB 2366 and counts for continuing education credit. It is appropriate for licensed social workers, mental health counselors, marriage and family therapists, psychologists, and chemical dependency professionals.

The next trainings will be held at the UW School of Social Work on:

[June 16](#)

[September 27](#)

[December 13](#)

Free QPR training

March 26 | 4–5 p.m.

Wenatchee Public Library

310 Douglas St., Wenatchee

Call 509-662-5021 or sign up at the library

- The Cornell Research Program on Self-Injury and Recovery has developed [two new courses on non-suicidal self-injury](#). These courses are for people who want to know more about the reasons behind self-injury. You can choose between a self-paced and an instructor-led course. Certified education units (CEUs) are available for these courses.

- Free webinar: [Putting the Public Health Approach to Firearm Safety Into Action](#)
March 29, noon to 1 p.m.
Northwest Center for Public Health Practice, Seattle

Upcoming Events

- [Husky Help & Hope \(H3\) Walk](#)
10:30 a.m.-1 p.m., April 30
[web?altxw – Intellectual House](#), University of Washington
Seattle, WA 98195
- Experiencing Suicide Loss, Exploring Creativity:
A Workshop for Suicide Loss Survivors and Friends
10 a.m. May 14
[Freehold Theatre](#)
2222 Second Ave., Suite 200, Seattle, WA 98121

Suicide-Related Bills Passed

- [ESHB 2439](#) increases access to adequate and appropriate mental health services for youth. It asks Forefront to begin planning statewide training and coaching to help Washington's middle and high schools develop a comprehensive and sustainable approach to suicide prevention.
- [EHSB 2793](#), The Suicide Safer Homes Bill, will help firearm retailers, staff members of firearm ranges, and pharmacists teach customers about the safe storage of firearms, medication disposal, and the temporary removal of lethal means from at-risk people.

CDC Charts

The CDC recently published updated charts: [Ten Leading Causes of Death and Injury](#)

10 Leading Causes of Death by Age Group, United States - 2014

Rank	Age Groups											Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+		
1	Cardiovascular Diseases 4,794	Unintentional Falls 13,711	Unintentional Falls 7,101	Unintentional Falls 7,900	Unintentional Falls 18,055	Unintentional Falls 17,251	Unintentional Falls 10,055	Heart Disease 41,031	Heart Disease 18,353	Heart Disease 68,273	Heart Disease 614,368	
2	Heart Disease 4,121	Cardiovascular Diseases 385	Unintentional Falls 232	Stroke 40	Stroke 3,577	Stroke 3,337	Unintentional Falls 17,057	Heart Disease 33,701	Heart Disease 31,871	Heart Disease 65,572	Heart Disease 591,160	
3	Unintentional Falls 3,771	Stroke 234	Cardiovascular Diseases 183	Unintentional Falls 111	Stroke 4,144	Stroke 4,337	Heart Disease 10,302	Unintentional Falls 70,016	Unintentional Falls 15,551	Chronic Kidney Disease 3,625	Chronic Kidney Disease 107,191	
4	SEC 2,340	Unintentional Falls 231	Stroke 223	Cardiovascular Diseases 151	Unintentional Falls 2,024	Unintentional Falls 3,074	Stroke 6,119	Stroke 3,117	Chronic Kidney Disease 10,602	Chronic Kidney Disease 12,226	Unintentional Falls 137,020	
5	Unintentional Falls 2,121	Heart Disease 247	Heart Disease 99	Heart Disease 295	Heart Disease 232	Heart Disease 2,341	Heart Disease 2,027	Unintentional Falls 23,342	Unintentional Falls 22,732	Unintentional Falls 22,824	Unintentional Falls 220,100	
6	Pneumonia & Influenza 189	Unintentional Falls 227	Chronic Liver Disease 86	Heart Disease 22	Unintentional Falls 217	Unintentional Falls 129	Unintentional Falls 2,382	Unintentional Falls 10,821	Unintentional Falls 22,732	Unintentional Falls 14,321	Unintentional Falls 52,941	
7	Unintentional Falls 144	Chronic Liver Disease 52	Unintentional Falls 91	Chronic Liver Disease 12	Unintentional Falls 227	Unintentional Falls 199	Unintentional Falls 2,397	Unintentional Falls 6,343	Unintentional Falls 11,727	Unintentional Falls 45,574	Unintentional Falls 10,483	
8	Unintentional Falls 140	Unintentional Falls 40	Unintentional Falls 43	Unintentional Falls 281	Unintentional Falls 181	Unintentional Falls 1,183	Unintentional Falls 4,442	Chronic Liver Disease 1,757	Unintentional Falls 44,833	Unintentional Falls 18,227	Unintentional Falls 18,227	
9	Chronic Kidney Disease 139	Unintentional Falls 26	Unintentional Falls 24	Unintentional Falls 41	Unintentional Falls 171	Unintentional Falls 171	Unintentional Falls 1,374	Unintentional Falls 1,169	Unintentional Falls 33,837	Unintentional Falls 48,541	Unintentional Falls 48,541	
10	Unintentional Falls 111	Unintentional Falls 51	Unintentional Falls 51	Unintentional Falls 28	Unintentional Falls 217	Unintentional Falls 164	Unintentional Falls 1,375	Unintentional Falls 2,014	Unintentional Falls 5,362	Unintentional Falls 18,134	Unintentional Falls 42,171	

Notes: Source: National Center for Health Statistics, CDC. Prepared by National Center for Health Promotion and Disease Prevention, CDC. Data are based on WONDER data.

Report about the Mental Health of College Students

The Healthy Minds Network at the University of Michigan has released a new report "[Too Distressed to Learn? Mental Health Among Community College Students.](#)" This report summarizes findings from a survey of more than 4,000 students at 10 community colleges from across the nation and identifies many opportunities to support the mental health of community college students.

Bullying

A new continuing education course is now available. [StopBullying.gov](#) is offering the [Bullying Prevention Continuing Education Course](#). The self-directed training provides you with the tools necessary to promote bullying prevention research and best practices in your community.



March 11 Zero Suicide Inland Northwest Conference and Training Day

About 440 people attended this conference on the campus of Gonzaga University. The attendees were a mix of mental health professionals, nurses, people from the community, and loss survivors. Guest speaker Kevin Hines, a survivor of a jump from the Golden Gate Bridge, described his path toward recovery.



Volunteers set up grave markers to represent the 1,111 suicide deaths in preparation of the conference.

In the News

- Update on proposed House Bill 2793: [Tax break for gun stores left out of suicide prevention bill](#)
- [MIT Students Use Their Coding Skills For Suicide Prevention](#): MIT students have created an anonymous texting hotline called [Lean On Me](#).

- Computer programs that are conversational agents (Siri, Google Now, S Voice, Cortana) are inconsistent with their responses to emergencies: ['Siri, I want to commit suicide' and other statements likely to yield unhelpful responses from your phone](#)
- [Breaking the Taboo: Prince William and Duchess Kate Tackle Suicide Prevention in Latest Mental Health Campaign Initiative](#)