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Suicide Prevention

Washington's suicide prevention coalitions

If you'd like to actively work on preventing youth suicide, here's your chance. You're more than welcome to join these coalitions. For more information, please contact the respective coalition leader.

- **Benton-Franklin Youth Suicide Prevention.** Facilitator: [Kristi Haynes](#). Meetings: First Wednesday of each month, 9 to 10 a.m., United Way Building, 401 N. Young St., Kennewick.
- **Battle Ground Suicide Prevention Coalition.** Contact: Joy Russell, 503-901-1118. The coalition is not meeting regularly. The education committee is moving forward with its goal to train 10 percent of the town population in suicide prevention within the next two years. If you are interested in joining this committee, please [send an email](#).
- **Cowlitz Coalition for Youth Suicide Prevention.** Facilitator: [Mary Jadwisiak](#). Meetings: Mondays, 1:30 to 3 p.m., Youth and Family Link Program building, 907 Douglas St., Longview. For the monthly meeting date please contact Mary.
- **Gig Harbor/Key Peninsula Youth Suicide Prevention Coalition.** Facilitator: [Sue Eastgard](#). Meetings: Thursdays, 9 to 10 a.m., Hope Center, 8502 Skansie Ave., Gig Harbor. [For the monthly meeting date](#) please contact Sue.
- **King County Suicide Prevention Coalition.** Facilitator: [Sue Eastgard](#). Meetings: Thursdays, 1:30 to 3 p.m., administrative office of the Crisis Clinic, 9725 Third Ave. N.E. No. 300, Seattle. For the monthly meeting date please contact Sue
- **Spokane Suicide Prevention Coalition.** Facilitator: [Sabrina Votava](#). For meeting dates and location please contact Sabrina.
- **Whatcom Youth Suicide Prevention Taskforce.** Contact: [Jeff McKenna](#), Bellingham School District. For meetings dates and location, please contact Jeff McKenna.

- **Yakima Youth Suicide Prevention Coalition.** Facilitator: [Celisa Hopkins](#). Meetings: First Thursday of each month, 3 to 4 p.m., Yakima Health District, 1210 Ahtanum Ridge Drive, Union Gap.

Suicide survivor groups in Washington

List of suicide survivor groups in Washington on our website.

Training

- [Suicide Prevention](#), Community Education Program, Saturday, March 29, 10 a.m. to noon, Poulsbo City Hall, 200 Moe St. N.E., Poulsbo
- [The QPR Institute](#) offers many online trainings: Level 3 Question, Persuade and Refer Trainer (QPRT) Suicide Risk Assessment and Management Training Program (meets the House Bill 2366 requirements), Question, Persuade and Refer Trainer/Question, Persuade and Refer QPRT/QPR Suicide Triage Course Review and Examination, Level 2 QPR Suicide Triage Training, Counseling Suicidal People: a Therapy of Hope, Ethics and Suicide, How to Help Someone Considering Suicide and Unmake the Forever Decision, Online Counseling and Suicide Intervention Specialist, QPR for Corrections, QPR for Crisis Volunteers and Students, QPR for EMS/Firefighter, QPR for Law Enforcement, QPR for Nurses, QPR for Physicians, Physician Assistants, Nurse Practitioners, and others, QPR for School Health Professionals, Suicide Risk Assessment Competency Certification Form
- [Suicide and Crisis Intervention](#), Thursday, April 17, 9 a.m. to 4 p.m., \$139, Crisis Clinic, 450 110th Ave. N.E., Bellevue

Free course

[Helpless to Hopeful: Teen Suicide and Depression](#): This training is designed for school nurses but is useful for anyone working with children and youth.

Webinars

- [Collaborating to Implement and Evaluate State Suicide Prevention Program](#), Monday, March 31, noon to 1 p.m.

Listen to archived Substance Abuse and Mental Health Services (SAMHSA) webinars

- [Why People Die By Suicide + Joiner's Interpersonal Theory of Suicidal Behavior](#)
- [Suicide and Intimate Partner Violence, part I](#)
- [Suicide and Intimate Partner Violence, part II](#)

Suicide prevention highlight

ManTherapy.org is a new, innovative suicide approach to deliver messages about suicidal thoughts, depression and substance abuse. It's geared toward middle-aged men and their loved ones.

Additions to best practices registry

- [Addition to Best Practices Registry, Section II: Expert/Consensus Statements](#)
 - [Balancing Safety and Support on Campus: A Guide for Campus Teams](#) is a 36-page manual that provides recommendations and guidelines for developing on-campus teams to assess, support and respond to troubled or potentially violent students, including those who are suicidal.
- [Additions to the Best Practices Registry, Section III: Adherence to Standards:](#)
 - [Journey to Wellness](#) is an eight-week wellness program for Native American youth 12 to 18 years of age. Participants receive a sequenced set of eight one-hour sessions that work on healthy living styles.
 - [Kognito Step In, Speak Up!: Supporting LGBTQ Students](#) is a 25-minute, online, interactive training simulation intended for use by teachers and school staff members.
 - [Saving Our Lives: Preventing Suicide in Transgender Communities Video and Discussion Guide](#) provides recommendations for recognizing and intervening with members of the transgender community who may be at risk for suicide.
 - [ASK about Suicide to Save a Life](#) is a 1.5- to four-hour workshop for adults who interact with youth or adults at risk for suicide. The program provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, risk and protective factors. Participants are trained to recognize warning signs and how to intervene with a person they think might be at risk for suicide.
 - [Pathways to Purpose and Hope](#) is a guide to creating a support program for suicide survivors.
 - [A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide](#) provides an immediate response to the traumatic event, steps for postvention and for short-term and long-term recovery.
 - [Supporting Our Youth](#) is a one- to three-hour training for middle school and high school faculty and staff members. Participants learn about suicide prevention, and are introduced to the concept and skills of befriending. Materials include a PowerPoint presentation, handouts, and wallet cards. Role-playing and practice modules are included for extended (two- to three-hour) versions of the training.
 - [Umatter for Schools Youth Suicide Prevention](#) is a two-day training program that provides school teams with the knowledge and skills to develop comprehensive approaches to suicide prevention in their schools.

From the UW

The University of Washington [has a student group](#) interested in suicide prevention and awareness.

Research report from Washington State DSHS

[Adverse Childhood Experiences Associated with Behavioral Health Problems in Adolescents](#)

Updated fact sheets about suicide among racial and ethnic populations

- [American Indians/Alaska Natives](#)
- [Asians, Pacific Islanders, and Native Hawaiians](#)
- [African Americans](#)
- [Hispanics](#)

In the news

- [Teens are not managing their stress well](#)
- [Suicide survivor wants doctors and nurses to get training in suicide prevention](#)
- [Midlife suicide spikes](#)
- [Bullying May Have Lasting Health Effects on Kids](#)
- [Suicide Statistics Could Explain Some Startling Statistics](#)
- [Too Often Doctors Miss Suicide's Warning Signs](#)

New suicide-related legislation

- [House Bill 2315](#): Concerning suicide prevention
Certain health professionals (counselor, chemical dependency professional, marriage and family therapist, mental health counselor, occupational therapy practitioner, psychologist, advanced social worker, independent clinical social worker, social worker associate-advanced, social worker associate-independent clinical licensed) must take suicide assessment, treatment, and management training every six years. Other health professionals (chiropractor, naturopath, licensed clinical nurse, registered nurse, advanced registered nurse practitioner, osteopathic physician and surgeon, osteopathic physician assistant, physical therapist, physical therapist assistant, physician, physician assistant) must complete a one-time training. The mandatory trainings also need to cover issues related to veterans.
DSHS and the Health Care Authority need to develop a pilot project to support primary care providers in diagnosing and treating people with mental or behavioral health disorders.
The Department of Health must, in consultation with a steering committee, develop a life-span suicide prevention plan by Nov. 15, 2015.

The 2013 Suicide Education Study needs to be updated in 2018 and 2022.

- [Senate Bill 6431](#): Concerning assistance for schools in implementing youth suicide prevention activities
The Office of the Superintendent of Public Instruction shall implement youth suicide prevention activities in the highest risk-communities.

Research

- [Emotional Intelligence in Suicide Commiters](#): The emotional intelligence score was found to be significantly lower in participants who attempted suicide in comparison to the control group. According to this study, emotional intelligence is a protective factor against suicidal behaviors; programs that help improve emotional intelligence can be effective in decreasing suicide risk.
- Reasons for Attempting Suicide among a Community Sample of Adolescents (Colleen Jacobson, Kristen Batejan, Marjorie Kleinman, and Madelyn Gould): Study results indicated that nearly 75 percent of the adolescents engaged in suicide attempts for reasons other than killing themselves. The two most common reasons for suicide attempts were to “get relief from a terrible state of mind” and to “escape for a while from an impossible situation.” Only about 25 percent of the subjects intended to die.