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Suicide Prevention Newsletter April 29, 2015

Trainings

- Networks for Life – An Educator’s Role in Youth Suicide Prevention
May 11
9:30 a.m. to 1 p.m.
Brewster High School library
503 S. Seventh St., Brewster
Cost: \$60
- Networks for Life – An Educator’s Role in Youth Suicide Prevention
June 17
12:30 to 3:30 p.m.
North Central ESD, Wenatchee
Ponderosa Room
Cost: \$60

Suicide Prevention Coordi- nator Needed

Washington County in Oregon is looking for a [suicide prevention coordinator](#). Pay is \$5,278.23 to \$6,412.87 per month. The position is open until filled.

The Health Promotion Program, in the Public Health Division, is recruiting for a program coordinator for suicide prevention. This is a new position that will coordinate suicide prevention efforts, and will focus on planning and

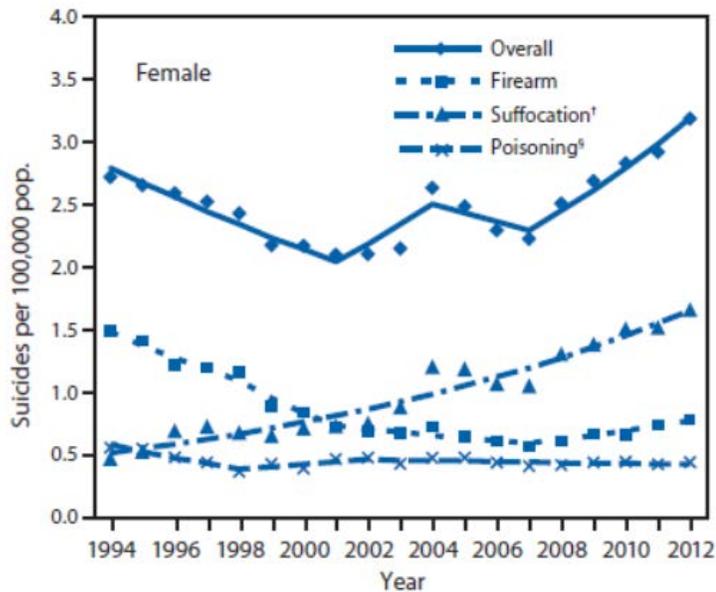
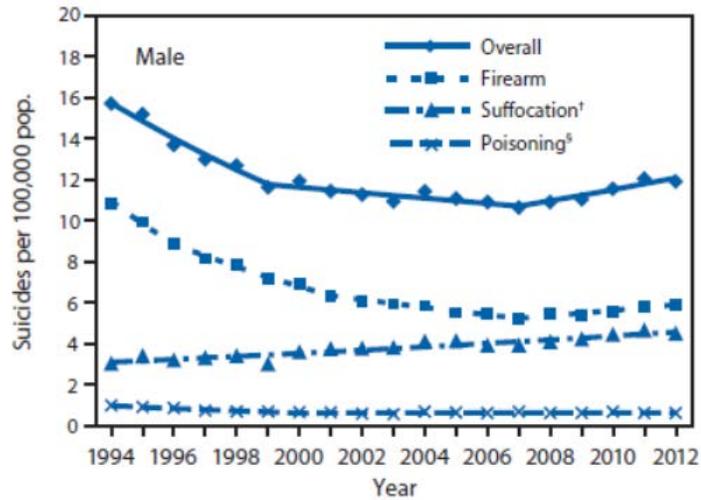
policy decisions to support suicide prevention. Specifically, this position will work with local health systems and their leadership to initiate the Zero Suicide Initiative as part of a federal grant. The ideal candidate will have a master's degree in public health or a related field, knowledge of best practices for suicide prevention; experience with leading, facilitating, and coordinating advisory committees comprising health system leaders; experience with

prevention; experience with community education and engagement; strong communication and writing skills; and the ability to independently design and lead projects and program activities.

CDC Report

[Suicide Trends Among Persons Aged 10-24 Years – United States, 1994-2012](#): This report finds an increase in suffocation suicide rates.

Age-adjusted suicide rates among persons aged 10-24 years, by sex and mechanism – United States, 1994-2012:



Preventing Youth Violence: The Youth Empowerment Solutions (YES) Program

Youth violence is a preventable public health problem. One example is the city of Flint, Mich., which experiences high rates of poverty, unemployment, and violence. To address youth violence in Flint, the Michigan Youth Violence Prevention Center at the University of Michigan's School of Public Health developed and implemented the [Youth Empowerment Solutions \(YES\) program](#). YES engages middle school students in conceiving, planning, and implementing community improvement projects, such as creating murals, planting community gardens, building playgrounds, etc., in their neighborhoods. The thought behind this concept is that providing youth with the tools to become peer leaders and change their community leads to positive youth development and community change, resulting in violence prevention.

Injury and Violence

Both unintentional injuries and those caused by acts of violence are major causes of death for Americans of all ages. Unintentional injuries are the leading cause of death for Americans ages 1 to 34.

Five Leading Causes of Death, Ages 1 to 34

Underlying Cause of Death	Number of Deaths in 2013
1 Unintentional injury	30,665
2 Suicide	11,621
3 Homicide	9,179
4 Cancer	6,392
5 Heart disease	4,541

Zero Suicide

- [New Zero Suicide Website!](#) What is Zero Suicide? It is a commitment to suicide prevention in health and behavioral health care systems. It is also a specific set of strategies and tools.
- **Zero Suicide Academy:** The Suicide Prevention Resource Center (SPRC) is inviting organizations to apply for participation in a [two-day intensive workshop](#) on June 24-25 on Zero Suicide. Applications for the competitive selection process are due on May 5 by 2 p.m. PDT.

Upcoming Webinar

Free webinar on Tuesday, May 12 at 4 p.m. PDT: [When depression isn't getting better, what can we do? Strategies for addressing treatment-resistant depression](#)

Bullying

[New research reveals harmful biological changes are associated with bullying.](#)

Safe Reporting On Suicide

I have been asked for guidelines for safe reporting on suicides and suicide attempts. I found the following two reporting guides on the website of the [Suicide Prevention Resource Center](#).

- The [Recommendations for Reporting on Suicide](#) are based on more than 50 international studies on suicide contagion. They were developed by leading experts in suicide prevention, and in collaboration with several international suicide prevention and public health organizations, schools of journalism, media organizations and key journalists, as well as Internet safety experts.
- Research indicates that the way suicide is reported in the media can contribute to additional suicides and suicide attempts. On the other hand, stories about suicide can inform readers and viewers about the likely causes of suicide, its warning signs, its protective factors, and recent treatment advances. The recommendations in [At-a-Glance: Safe Reporting on Suicide](#) have been developed to assist reporters and editors in safe reporting on suicide.

Meeting on Safe Gun Storage

The Pacific Northwest Social Marketing Association will have its next quarterly meeting on

Tuesday, June 9, 11:30 a.m.–1 p.m.

Public Health Seattle-King County Chinook Office Building

Room 121

401 Fifth Ave

Seattle, WA 98104

206-269-4600

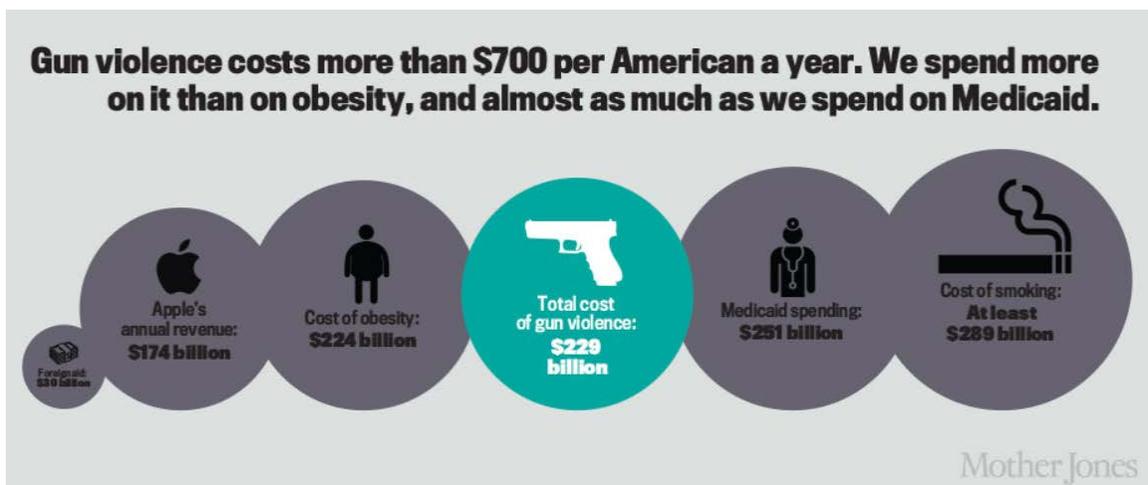
The topic of the meeting is

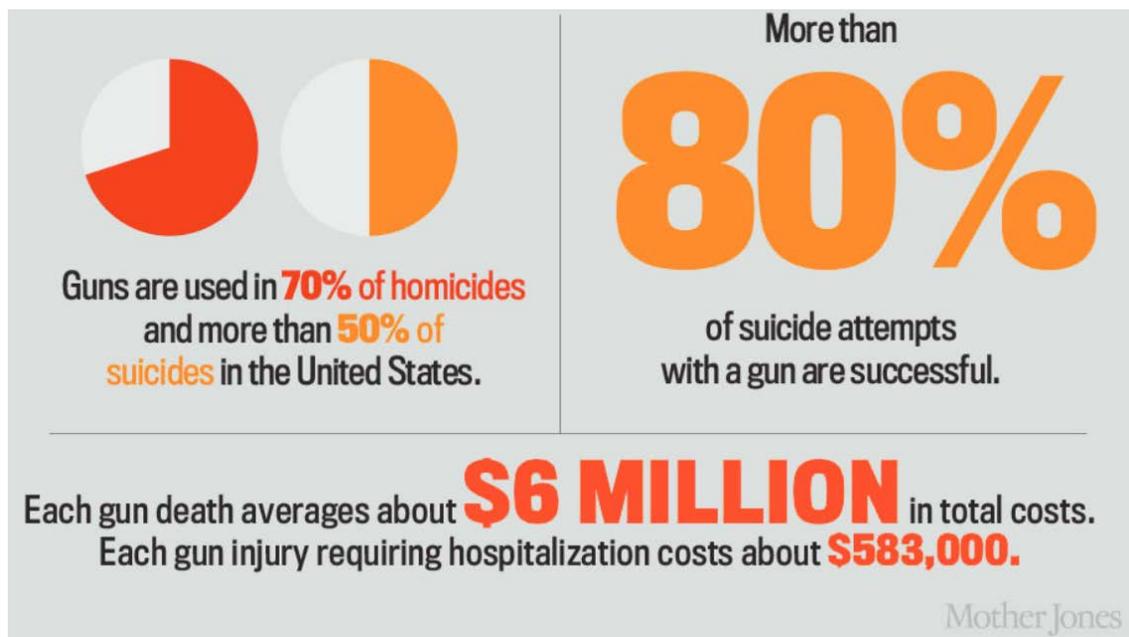
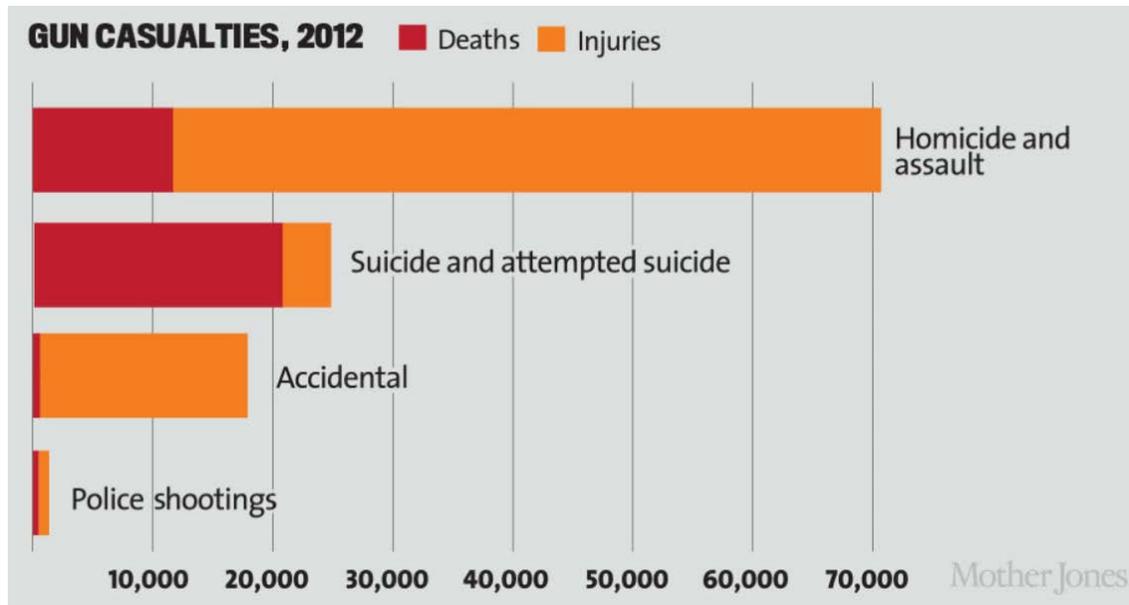
Using a Social Marketing Approach to Increase Safe Gun Storage

Presenters are Katherine Fitzgerald (Seattle's Children's), Elizabeth Bennett (Seattle's Children's), Tony Gomez (Public Health Seattle and King County) and Whitney Taylor (Public Health Seattle and King County).

In the News

- [What does Gun Violence really Cost?](#) According to Mother Jones, it is \$229 billion per year.





2015 County Health Rankings & Roadmaps

If you want to know how healthy your county is – including injury deaths and violent crime - and how it compares with other counties in Washington, take a look at the [2015 County Health Rankings & Roadmaps](#). You will find a lot of interesting information. I used this website when applying for the 2014 SAMHSA youth suicide prevention grant.

Paul G. Quinnett Lived Experience Writing Contest

The winner of the Paul G. Quinnett Lived Experience Writing Contest is Dese'Rae L. Stage. You can access her winning entry [here](#).