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# Suicide Prevention

## Overview

November 22 is the [International Survivors of Suicide Loss Day](#). Most of this newsletter issue is therefore devoted to survivors of suicide attempts, and to people and families who lost loved ones to suicide.

## News from the Washington State Department of Health

The Substance Abuse and Mental Health Services Administration has selected the Washington State Department of Health to receive a [State/Tribal Youth Suicide Prevention Cooperative Agreement](#). This funding will provide intensive youth suicide prevention services with an emphasis on Grays Harbor, Pacific, and Clallam counties.

The grant budget period began on September 30, 2014. Sigrid Reinert will lead the work of implementing the grant.

## Trainings



# ASIST

### [Applied Suicide Intervention Skills](#)

[Training \(ASIST\)](#) is a two-day, skills-based training program for people age 16 and older in suicide intervention.

- December 2 and 3: Crisis Clinic Business Office, 9725 Third Ave. N.E., Suite 300, Seattle, 8:30 a.m.-4:30 p.m., 13 CEUs, \$295. Register [here](#).

[Central Washington Comprehensive Mental Health](#) offers three free trainings in

suicide awareness and prevention:

- **Suicide Awareness Training** is designed for community groups, service clubs, schools, and other organizations. This 15- to 30-minute training reviews suicide risks and covers basic crisis services.
- **Natural Community Helper Training** is a 60- to 90-minute training designed to raise suicide awareness and to teach the basic skills for conducting a brief suicide intervention and referral process.
- **Suicide Prevention Training** is a three- to four-hour training for social and human service professionals. This training provides detailed information about risk and protective factors. It can be tailored to meet the needs of the group receiving the training.

[Networks for Life](#) is a three-hour training in suicide prevention, intervention, and postvention in the school setting.

- December 4: Education Service District 105, 33 S. Second Ave., Yakima, 8:30 a.m.-11:30 a.m., \$65. [Register here](#).

[Question-Persuade-Refer \(QPR\)](#) is a 90-minute three-step training that anyone can learn to help prevent suicide.

The [QPR Institute](#) offers many evidence-based, best practice, registered online and classroom trainings designed to meet the specific requirements of HB 2366 and other recent bills.

The institute is an approved sponsoring organization for continuing education credits for the majority of major mental health professions. Each course addresses the specific needs of professionals working in a variety of sites, e.g., inpatient, outpatient, schools, etc. Courses vary in length from 3.5 to eight hours. Most courses are listed in the National Registry of Evidence-Based Programs and Practices. Course costs vary, but none exceeds \$149 online. Train-the-trainer options are available for classroom delivery.

For HB 2366 the QPRT suicide risk assessment and risk management course is recommended, with a step-down version (QPR triage training) for those not expected to provide treatment. A 3.5-hour course for chemical dependency professionals is available online. Courses are available for those working in law enforcement, corrections, crisis and student volunteers, EMS-firefighters, nurses, physicians, physician assistants, and nurse practitioners. A comprehensive listing and courses descriptions are on the [institute's website](#). As noted, licensed instructors teach some of these courses in the classroom.

- November 11: SAGE, 710 N. Chelan Ave., Wenatchee, 6-7:30 p.m., free. Register [here](#).

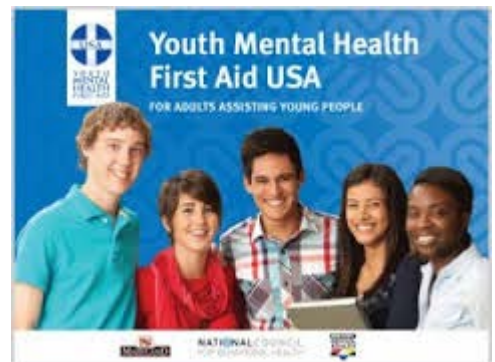


- November 19: Central Washington University, Wellington Event Center, 400 E. University Way, Ellensburg, 10:30 a.m.-noon. Find enrollment assistance [here](#).
- November 20: SAGE, 710 N. Chelan Ave., Wenatchee, 6-7:30 p.m., free. Register [here](#).

**[Working with Suicidal Clients](#)** is a six-hour workshop for professionals to gain confidence in working with suicidal clients and to meet the requirements of [Engrossed Substitute House Bill 2366](#) (Matt Adler Suicide Assessment, Treatment, and Management Act).

- November 21: Swedish Medical Center, Glaser Auditorium, Seattle, 9 a.m.-4:30 p.m., \$175. Register [here](#).
- December 6: Swedish Medical Center, Glaser Auditorium, Seattle, 9 a.m.-4:30 p.m., \$175. Register [here](#).

**[Youth Mental Health First Aid](#)** is an eight-hour training designed to teach family members, friends, school staff members, and youth service workers how to help adolescents who are experiencing mental health or addictions challenges, or who are in crisis. This training is specifically mentioned in [Engrossed Substitute House Bill 1366](#).



- November 7: White Salmon Library, 77 N.E. Wauna Ave., White Salmon. Register [here](#).
- November 18: Compass Health, Sanders Training Center, Building 2, Everett, \$12. Register [here](#).
- November 20: Compass Health, Education Center, Bellingham, \$12. Register [here](#).
- December 12: Northwest Youth Services, St. Luke's Community Health Education Center, 3333 Squalicum Parkway, Bellingham, \$25. Register [here](#).

## Survivor Day Events

- **[Bremerton](#)**: Kitsap Mental Health Keller House, 5441 Almira Drive, Bremerton. November 22, 9 a.m.-12:30 p.m., no charge, snacks served. Sponsored by [Crisis Clinic of the Peninsulas](#).
- **[College Place](#)**: SonBridge Community Center, Suite 1, 1200 S.E. 12<sup>th</sup> Ave., College Place. November 22, 2-4:30 p.m., no charge, snacks served. Sponsored by [Surviving Suicide Loss of Walla Walla Valley](#).

- **Edmonds:** Swedish/Edmonds Medical Center, 21601 76<sup>th</sup> Ave. W., Edmonds. November 22, 10 a.m.-1 p.m., no charge, snacks served. Sponsored by [Swedish/Edmonds Bereavement Program](#).
- **Mount Vernon:** Treacy Levine Center, 24880 Brotherhood Road, Mount Vernon. November 22, noon-3:30 p.m., no charge, lunch served. Sponsored by the [American Foundation of Suicide Prevention-Washington](#) and the [Treacy Levine Center](#).
- **Seattle:** Crisis Clinic, Suite 304, 9725 Third Ave N.E., Seattle. November 22, 10 a.m.-2 p.m., no charge, snacks served. Sponsored by the [American Foundation of Suicide Prevention-Washington](#) and the [Crisis Clinic](#).
- **Spokane:** Hospice of Spokane, 121 S. Arthur St., Spokane. November 22, 3-5 p.m., no charge, snacks served. Sponsored by [Hospice of Spokane](#).

## Local Support Groups

- **Auburn-Survivors of Suicide (SOS)** by [Auburn SOS](#): Auburn Fire Station, 1101 D St. N.E., Auburn. Peer group. Fourth Thursday of each month from 7 to 9 p.m. Contact: [Auburn SOS](#).
- **Bellingham-Suicide Survivors Support Group** by [NAMI Whatcom](#): The Health Support Center, 1212 Indian St., Bellingham. Peer meeting. Second and fourth Mondays of each month from 6:30 to 8 p.m. Contact [Betty Scott](#).
- **Bothell-Survivors of Suicide**: 14220 95<sup>th</sup> Ave. N.E., Bothell. Second Monday of each month from 7 to 9 p.m. Contact: Vicki Jung, 425-487-3355.
- **Bremerton-Survivors of Suicide Support Group** by the [Crisis Clinic of the Peninsulas](#): Every second Thursday of each month from 5:30 to 7 p.m. [Contact Scarlett](#).
- **College Place-Surviving Suicide Loss**: SonBridge Community Center, 1200 S.E. 12<sup>th</sup> St., Suite 1, College Place. Peer meeting. Second Tuesday of each month from 5:15 to 6:30 p.m. Contact: [Janet Moore](#) or [Linda Stevens](#).
- **Kirkland-Compassionate Friends**: Holy Spirit Lutheran Church, 10021 N.E. 124<sup>th</sup> St., Kirkland. Peer group for bereaved parents. Contact: Marsha, 425-476-7465.
- **Edmonds-Survivors of Suicide Support Group** by [Swedish](#). Swedish/Edmonds Hospital, 21601 76<sup>th</sup> Ave. W., Edmonds. Eight-week

group, offered twice each year. Facilitated by a mental health professional. Registration and intake interview required. Participants must be at least six months removed from their loss. Charge. Contact: [Kathleen Albin](#).

- **Goldendale-Klickitat Valley Health Bereavement Support Group** by [Klickitat Valley Health](#) (KVH): KVH Home Health and Hospice located next to KVH Hospital, 310 S. Roosevelt Ave., Goldendale. Third Wednesday of each month from 10 to 11 a.m. This general bereavement group is led by a professional. Contact: Margaret Crowell, 509-773-0380.
- **Kennewick-Survivors of Suicide** by [Tri-Cities Chaplaincy](#): 2108 W. Entiat Ave., Kennewick. Closed nine-week group held three times per year. \$10 per week or sliding scale. Led by professional. Contact: Deborah Robbins, 509-783-6245.
- **Moses Lake-Survivors of Suicide**: 1021 Arlington Drive, Moses Lake. Peer group. Charge. First and third Monday of each month from 6:30 to 8 p.m. Contact: [Laurie Vaillancourt](#).
- **Moses Lake - Survivors of Suicide Loss Group** by: United Methodist Church, 746 S. Ironwood Drive, Moses Lake. First and third Thursdays of each month from 6:30 to 7:30 p.m. Group is led by trained volunteers who have also experienced a death by suicide. Call to register for the next session. Contact: Grief Place, 509-662-6069.
- **Olympia-Survivors of Suicide** by [Auburn SOS](#): Westwood Baptist Church, Room E-10, 333 Kaiser Road N.W., Olympia. Third Tuesday of each month from 7:30 to 9 p.m. Donations accepted but not required. Contact: [Janis Fesenmaier](#).
- **Port Angeles-Survivors Support Group**: Holy Trinity Lutheran Church, 301 Lopez Ave., Port Angeles. First and third Wednesdays of each month from 4 to 5 p.m. Contact: [Julie Andrew](#).
- **Redmond – Survivors of Suicide Loss**: Redmond Library, 15990 NE 85<sup>th</sup> St, Redmond. Third Monday of each month from 6:45 to 8:45 pm. Peer group. Contact: [Chelsea and Lisa](#)
- **Richland-Survivors of Suicide**: Meeting day and time varies. Professional facilitator. There is a charge for the group on a sliding scale. Contact: [Deborah Robbins](#).
- **Seattle-Compassionate Friends** by [The Compassionate Friends - Eastside](#): Central Area Senior Center, 500 30<sup>th</sup> Ave. S., Seattle. Peer group for bereaved parents on the third Thursday of each month at 7 p.m. Contact: [Compassionate Friends Eastside](#).

- **Seattle-Southwest King Survivors of Suicide Grief Support Group:** 4320 S.W. Hill St., Seattle. Second and fourth Monday of each month from 6:30 p.m. to 8:30 p.m. Facilitated by professional. Contact: [James Bederaux-Cayne](#).
- **Seattle-Survivors of Suicide** by [Crisis Clinic](#): Crisis Clinic Business Office, Northgate Executive Center, 9725 Third Ave N.E., Suite 300, Seattle. Quarterly meeting series of six-week closed therapeutic support groups for four to eight participants with complicated grief owing to loss to suicide. The groups are facilitated by a mental health professional and cost \$250. Contact: [Michael Reading](#).
- **Seattle-Survivors of Suicide** by [Crisis Clinic](#): Crisis Clinic Business Office, Northgate Executive Center, 9725 Third Ave N.E., Suite 300, Seattle. First and third Mondays of each month from 6:30 to 8:30 p.m. A professional leads the meetings. Donations accepted but not required. Contact: [Michael Reading](#).
- **Seattle-Survivors of Suicide-Children's Group** by [The Healing Center](#): The Healing Center, 6409½ Roosevelt Way N.E., Seattle. A professional facilitates the children's group. Donations are accepted but not required. Contact: [Healing Center](#).
- **Seattle-Survivors of Suicide-Parent Who Has Lost a Spouse** by [The Healing Center](#): The Healing Center, 6409½ Roosevelt Way N.E., Seattle. A professional facilitates the group. Donations are accepted but not required. Contact: [Healing Center](#).
- **Sequim-Compassionate Friends:** St. Luke's Episcopal Church, 525 N. Sequim Ave., Sequim. Peer group for bereaved parents. Third Tuesday of each month at 6 p.m. Contact: Jacqueline, 360-457-7395.
- **Silverdale-Compassionate Friends:** Harrison Memorial Hospital, Iris Room on lower level, 17800 N.W. Myhre Road, Silverdale. Peer group for bereaved parents. Third Tuesday of each month at 7 p.m. Contact: [Carolyn Topness](#).
- **Spokane-Survivors of a Loved One's Suicide Support Group** by [Hospice of Spokane](#): 121 S. Arthur St., Spokane. Every Tuesday from 5:30 to 6:30 p.m. Contact: Tanya Charlton, 509-456-0438.
- **Tacoma - Supporting Bereaved Children and Families** by [BRIDGES](#): 310 N. K St., Tacoma. Twice monthly groups; information given at intake. BRIDGES serves children 4 to 18 and their parents or guardians. Eligible families include children who experienced the death of a parent or sibling owing to suicide. A bereavement camp is available for children ages 6-17 who have experienced the death of a loved one. The evenings begin with a potluck dinner, followed by

groups for children and adults led by a trained facilitator. Recommended charge of \$75 per month, but it can slide down to \$5. Contact: [Lisa Duke](#).

- **Wenatchee-Survivors of Suicide Loss Group** by [Grief Place N.C.W. Loss Support](#): Grief Place, 1337 Fifth St., Wenatchee. Six-week sessions offered a few times per year. Trained volunteers who have also experienced a death by suicide lead groups. Call to register for the next session. Contact: [Kriss Salgado](#).

## Local Organizations Offering Support to Cope with Suicide

**[American Foundation for Suicide Prevention-Washington \(AFSP\)](#):**



The foundation offers a lot of useful information in addition to

- [Surviving a Suicide Loss: A Financial Guide](#)
- [Surviving a Suicide Loss: A Resource and Healing Guide](#)
- [Personal Stories](#)
- [Suicide Bereavement Clinician Training Program](#)
- [Survivor Outreach Program](#): Trained survivors are available upon request to visit and offer peer support to the newly bereaved.

**[Crisis Clinic](#)**: The Crisis Clinic offers several types of bereavement support:

- Telephone emotional support-1-866-4CRISIS (866-427-4747)
- Drop-in bereavement group
- Six-week bereavement support group



## Online Support Groups

- **[Alliance of Hope](#)**: The alliance provides an informational website, bookstore, blog, and an [active online forum](#). A licensed mental health counselor and a trained team of moderators who are themselves survivors oversee the forum.

- [Parents of Suicides \(POS\)-Friends and Families of Suicides \(FFOS\)](#): This site offers several suicide grief communities and memorial websites, [lifeline gallery messages](#), [suicide education and prevention resources](#), and a [suicide grief chatroom](#).
- [Spouses of Suicides](#) is an online support Yahoo group.
- The [Tragedy Assistance Program for Survivors](#) (TAPS) offers around-the-clock care to all those grieving the death of a loved one serving in the armed forces. It provides a national peer support network and connection to grief resources.

## Resource for Native American Survivors

- [Native Cry Outreach Alliance](#): Native Cry is dedicated to suicide prevention awareness, helping survivors of suicide, and people who suffer a loss from suicide within the Native American community as well as other indigenous peoples around the world.
- [You Are Not Alone Network - YANAN](#): A website for Native youth in crisis

## Resources for Those Who Attempted Suicide and Survived

- [How a TED Talk from a fellow suicide attempt survivor helped me rebuild my self-respect](#) - blog
- [Break the silence for suicide attempt survivors](#) is a TED video.
- [What Happens Now?](#) Life after suicidal thinking. A project for the American Association of Suicidology.
- [Talking about suicide](#). A blog by Cara Anna, a suicide attempt survivor.
- [Live Through This](#) is a collection of portraits and stories of suicide attempt survivors.
- [Half of us](#): Help for dealing with feelings of stress, anger, anxiety, depression, hopelessness, and loneliness
- [Befrienders Worldwide](#): This website provides emotional support to prevent suicide worldwide. Volunteers listen to and help people without judging them.



## Resources for Those who Lost Loved Ones to Suicide

- [\*\*Suicide Survivor Series with Gretchen Kubacky\*\*](#): Gretchen lost her father and her brother to suicide. She now uses her experience as a dual survivor of suicide loss to help other survivors. Her goal is to provide hope, guidance, and comfort to recent survivors of suicide loss.
- [\*\*Our Side of Suicide\*\*](#): Jessica Hutchison lost her father to suicide. She created a blog to offer inspiration, hope, and support to those who have lost a loved one.
- [\*\*Suicide Grief Support Quick Reference\*\*](#): Reference guide of resources
- [\*\*Alliance of Hope\*\*](#): Website by survivors for survivors
- [\*\*Suicide: Finding Hope\*\*](#): Website of a father whose mentally ill son died of suicide
- [\*\*Suicide Loss Survivors\*\*](#): Books and resources for survivors
- [\*\*Surviving After Suicide Fact Sheet\*\*](#) from the American Association of Suicidology
- [\*\*Steve Mead\*\*](#): A video of Steve discussing the suicide death of his 12-year old daughter who killed herself after a bad day at school.
- [\*\*S.O.L.E.S.\*\*](#)-Survivors of Law Enforcement Suicide
- [\*\*Memory Tree of Lights\*\*](#): The “Memory Tree of Lights” is a ministry focusing on the Christmas season and providing comfort, education, intervention, and hope to people whose lives have been affected by the loss of someone to suicide.
- [\*\*Sibling Survivors\*\*](#): Resources for people who are survivors of sibling suicide

## Useful Websites

- [\*\*After a Suicide\*\*](#)-Recommendations for religious services and other public memorial observances
- [\*\*The Link Counseling Center\*\*](#): Suicide prevention and aftercare

- [Reach Out. Check In. Save a Life](#): This website provides you with suicide facts, the warning signs of suicide, personal stories, and gives you suggestions how to reach out to a person in need.
- [Lifeline E-cards](#): Sending a Lifeline E-card is a great way to show someone you care and let them know that hope is available. You can send a card for sympathy over a death or a loss of relationship, to offer emotional support, or to simply tell someone you are thinking of them.