



#### Contents

- [First Washington State Suicide Prevention in Higher Education Conference](#)
- [Forefront in the Schools](#)
- [2015 International Survivors of Suicide Loss Day](#)
- [Veterans](#)
- [SAMHSA Report](#)
- [Preventing Suicide: A Comprehensive Public Health Approach](#)
- [New Research](#)
- [Interesting Websites](#)
- [Roseburg Shooting](#)
- [Bullying Prevention](#)
- [In the News](#)

# Suicide Prevention Newsletter

## First Washington State Suicide Prevention in Higher Education Conference

The [conference](#), organized by Forefront, included, on day one, comments from Rep. Tina Orwall and keynote speeches by Jason Kilmer and Donn Marshall, followed by breakout sessions. Day two of the conference consisted of the Assessing and Managing Suicide Risk (AMSR) training.

## Forefront in the Schools

Forefront is piloting a comprehensive new approach to suicide prevention called the [Forefront in the Schools Academy](#). Teams of school administrative staff members, faculty, counseling, and parent representatives of 14 King County high schools convened for a two-day intensive training at the end of September, and committed to monthly meetings with a Forefront liaison. During these monthly meetings the team members will

share what they have learned with their peers, with the hope that everyone in the school community will become involved.

## 2015 International Survivors of Suicide Loss Day

November 21 is the 2015 International Survivors of Suicide Loss Day. This day goes back to 1999 when Senator Harry Reid, a survivor of his father's 1972 suicide, introduced a new resolution into the U.S. Senate. With its passage, the U.S. Congress designated the Saturday before American Thanksgiving as National Survivors of Suicide Day, a day on which friends and family of those who have died by suicide can join together for healing and support. In recognition of the fact that suicide knows no geographic or national boundaries, the American Foundation for Suicide Prevention (AFSP) calls this day the International Survivors of Suicide Loss Day.

According to this [AFSP survivor's day website](#), events to commemorate this day in Washington State take place in Bremerton, College Place, Lynnwood, Seattle, Spokane, Tacoma, and Wenatchee.

## Veterans

- [In Unit Stalked by Suicide, Veterans Try to Save One Another](#)

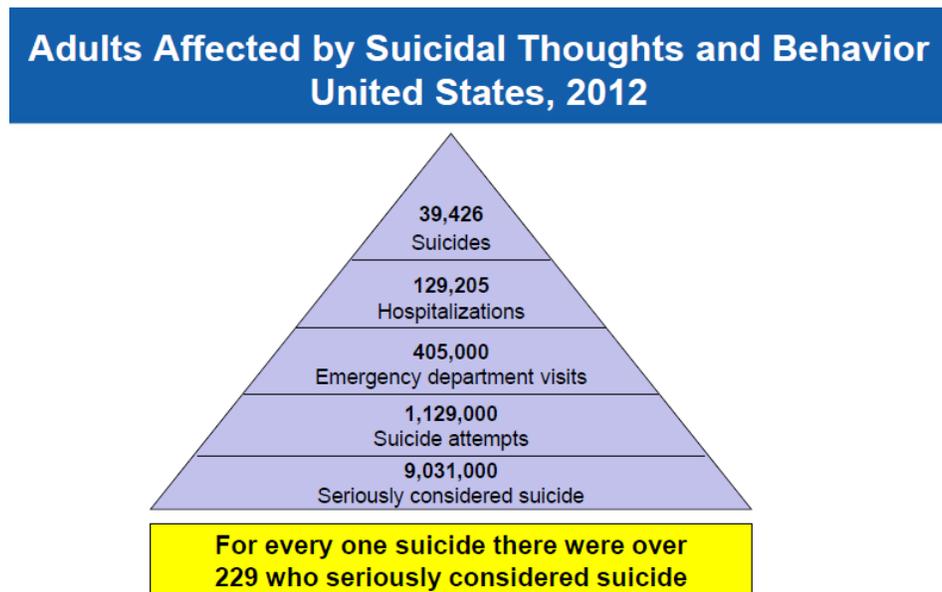
## SAMHSA Report

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) published new regional behavioral health barometers. Each report uses data from the National Survey on Drug Use and Health (NSDUH), collected annually. Topics addressed in the reports include youth substance use, youth mental health and treatment, adult mental health and treatment, substance use, and substance use and treatment. Here is the [report for our region](#).

# Preventing Suicide: A Comprehensive Public Health Approach

As part of its Public Health Grand Rounds program, the Centers for Disease Control and Prevention (CDC) had a set of presentations called Preventing Suicide: A Comprehensive Public Health Approach. Here are links to a [video](#) and [PowerPoint slides](#) for these presentations.

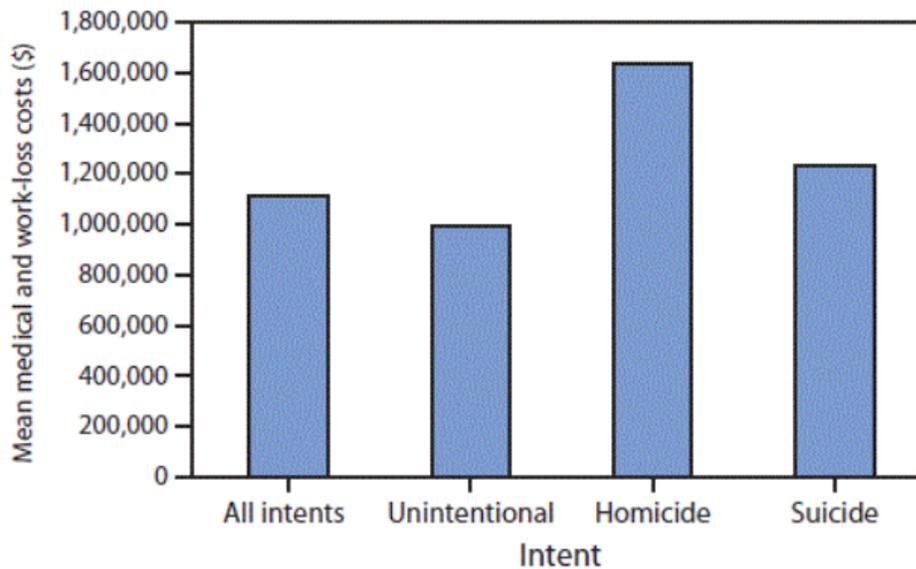
One of the PowerPoint slides:



## New Research

The Centers for Disease Control and Prevention (CDC) released new research on the cost of injury in the [Morbidity and Mortality Weekly Report \(MMWR\)](#). The updated research finds that the combined lifetime medical and work loss costs of injury and violence in the United States was \$671 billion in 2013. Non-fatal injuries accounted for two-thirds of the estimated costs (\$457 billion), while injuries resulting in death accounted for \$214 billion. Injuries remain the leading cause of death for Americans aged 1 to 44, accounting for 59 percent of all deaths.

**FIGURE 1. Mean medical and work-loss costs per injury death, by intent\* – United States, 2013**



To deal with this issue, the CDC developed this toolkit, [Cost of Injury: Tools for Partners](#), and this fact sheet, [Injuries and Violence in the US: Preventing human and economic costs to society](#).

## Interesting Websites

- The Bureau of Labor Statistics has identified the construction industry among the top nine occupations with the highest risk for suicide. Demanding physical work, coupled with the stresses of seasonal employment and often minimal access to mental health care, often create a workforce vulnerable to mental health challenges such as depression, substance abuse, and suicidal thoughts. In response to this, a national partnership of construction industry leaders and suicide prevention experts launched a collaborative initiative designed to prevent suicides: [A Construction Industry Blueprint: Suicide Prevention in the Workplace](#).
- [How to Dispose of Unused or Expired Prescription Drugs](#)
- [Strategies to Help Communities Prevent Youth Violence](#)

## Roseburg Shooting

Dr. Paul Quinnett, founder and CEO of QPR (Question Persuade Refer) wrote the following post for his [blog](#):

### A little food for thought

Roseburg, Newtown, Columbine... who will be next?

As we endure the next few days of TV pundits chattering about this and that on the media, two issues dominate the current news cycle: a) women's health (Planned Parenthood), and b) another mass shooting – always by males who, in the course of revealing the facts, will be mentally ill and not receiving care.

As a topical issue, Planned Parenthood will go away. Mass shootings will not.

Why?

Because it is only a matter of time until we experience another one.

Untreated mentally ill young men are not going away. They live all around us in our communities and on our college campuses. Most will never be violent toward others, but thousands will be violent toward themselves. Yet their brain disorders appear not to matter to us. Until, as always, it is too late.

Any Google search will find plenty of male health disparities, one of which is that death by suicide ranks near the top of causes of death, especially in Native American communities.

Where is men's health?

Where is Planned Fatherhood?

Where is the federal funding for helping young men? Obama has offered some through his My Brother's Keeper Program, but this a fledgling still in its nest.

The Movember men's health movement – not a spelling error – came from Down Under and is starting up here in the U.S. It has a long way to go but does focus on mental health.

In the meantime, where do young men find mentors, seniors, elders, and adult male role-models to help them grow in healthy young men sound of body and mind?

I submit for consideration that all the pundit talk about enhancing access to mental health services will not address a fundamental piece of male psychology, and that is that "Call us for help" is a failed strategy, especially for those at risk of suicide and homicide.

I try to imagine 007 calling a crisis line. Or this young man in Oregon picking up the phone to call a mental health center instead of picking up a magazine of ammo. Except as a "Saturday Night Live" skit, neither of these images compute.

Currently, when young men turn 18 we toss them out. We defund them. We pull any safety net from under them. Fend for yourself, we say. Find a job, we advise. Join the Army. Make yourself useful.

And if you don't? Then you are a burden on the rest of us.

Did you say burden? A young suicidal patient of mine who had suffered a crushed foot in a mining accident and had to have an amputation said to me, "If a man can't work he might as well be dead."

How many "mass murder shooters" had jobs, girlfriends, children they were providing for, or a duty to others in any form whatever?

If you are not "burdened" as a male with a day job, bills to pay, helping a friend put on a new roof – you are, as men often say, "As useless as a bicycle for a fish."

Useless men are dangerous men. Just look at Jihadist recruits.

Consider that 30,000 men die from prostate cancer every year in the U.S. and that the same number kill themselves.

Now consider that from 2007 to 2015 the *American Journal of Men's Health* published roughly four articles with the word "suicide" in the title, and more than 1,000 with the words "prostate cancer" in the title.

In my parallax view of the world something is wrong with this picture.

If we really want to help young at-risk males feel good about themselves and stop shooting up our communities and themselves, we're going to have to rethink a) our funding for male suicide research, b) our attitudes toward young men, c) our mental health delivery system, and d) how we are going to get on the ground and do something different to enlist young men and boys into their own development and positive growth.

But most of all, we need to put them to work. We need to burden them with adult male responsibilities. We need to begin – again – a Civilian Conservation Corps.

In the depths of the Great Depression, the CCC put three million unemployed young men at labor doing important work to help build a young country. (If you are not familiar with the CCC see: [https://en.wikipedia.org/wiki/Civilian\\_Conservation\\_Corps](https://en.wikipedia.org/wiki/Civilian_Conservation_Corps).)

That same beloved country is falling apart. It is in disrepair. Bridges collapse. Forests need thinning. Blue highways and city streets crumble under our tires. The trails through the mountains those young men built are now tangles of vines and alder brush.

That country needs its young men.

Oh, and I am writing this from a 75-year-old CCC-built supervisor's log cabin in the mountains of Northern Idaho. The 800 young men who built this place and miles upon miles of nearby roads and trails and tunnels in this forest came from New York, New Jersey, and Arkansas. Every one a volunteer, they came with a willing heart.

Their stories abound hereabouts and are full of the pride of accomplishment. Travel to a far place. Becoming a part of something bigger than themselves. With ax, shovel, and sweat, they grew into men.

An old timer said to me of his CCC days, "Best time of my life."

Dr. Paul

## Bullying Prevention

- October is Bullying Prevention Month. Groups across the country committed to stop bullying will release new resources, campaigns, and efforts aimed at bringing awareness to address [bullying prevention](#).

Started as an awareness week initiated by [PACER's National Bullying Prevention Center](#) in October 2006, the event has evolved into a month's worth of events and activities to raise awareness and to provide the latest resources to those who need it. You can also join the conversation on [Facebook](#) and [Twitter](#).

- CDC released the fact sheet [\*Bullying and Absenteeism: Information for state and Local Education Agencies.\*](#)

## In the News

- [Why we should think of gun violence as a disease, and study it accordingly](#)
- [A New Way to Tackle Gun Deaths](#)
- [Tacoma walk aims to end the silence of suicide](#)