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Suicide Prevention

Editor's Corner

Hi! My name is Neetha Mony, and I am the new Statewide Suicide Prevention Plan Program Manager at the Department of Health. My first month at DOH has been a whirlwind, and I'm excited to add the newsletter to my community engagement.



I moved to Olympia from Thousand Oaks, California, and I have also worked in New York City, NY and Detroit, MI. I have a Master's of Forensic Psychology from John Jay College of Criminal Justice and a Master of Social Work focusing on management, policy, and evaluation from the University of Michigan. Needless to say, I am passionate about advocating for and raising awareness about social justice issues. My love of travel and learning about other cultures led me to serve in the Peace Corps in Kenya as a public health volunteer and teach about cultural understanding at a junior high school in Japan.

I enjoy learning about how culture and best practices can be intertwined to suit the needs of a community.

I am excited to be a part of Washington's DOH and have the opportunity to work alongside all of you! As we move forward with the plan implementation, I will include newsletter updates about the amazing work happening in our state.

If you have any announcements or events you want included in the newsletter, please send it to me at suicidepreventionplan@doh.wa.gov.

Thanks!
Neetha

National Suicide Prevention Week

National Suicide Prevention Week runs from September 5 to 11, 2016, and organizations are hosting events all through September and October. If you're interested in joining an event, please see the Upcoming conferences and events calendar at the end of the newsletter. The American Foundation for Suicide Prevention (AFSP) offers more ways to participate this week:

- [Join the Thunderclap](#) and use #StopSuicide on Facebook and Twitter
- [Sign the pledge](#) to have an open, honest, and judgment-free conversation when someone needs to talk
- [Add a filter](#) to your Facebook or Twitter account
- [Share an image](#) about suicide awareness
- [Walk Out of the Darkness](#)
- [Volunteer as a Field Advocate](#) for AFSP.



World Suicide Prevention Day

World Suicide Prevention Day is September 10, 2016, and this year's theme is "Connect. Communicate. Care." The International Association for Suicide Prevention has organized several ways to get involved.

An infographic for World Suicide Prevention Day. At the top is a red banner with "World Suicide Prevention Day" and "Connect. Communicate. Care." Below is a blue banner with "September 10th 2016". The main graphic is a large triangle divided into four colored sections: yellow (top-left), blue (top-right), red (bottom-left), and red (bottom-right). Each section contains an activity: "Light a Candle" (yellow), "Join us on social media" (blue), "Get involved in an event" (blue), and "Cycle Around the Globe" (red). A central graphic shows a hand holding a yellow ribbon.

- Participate in [Cycle Around the Globe](#), a worldwide initiative to save lives by raising awareness about mental health issues and suicidal behavior and thinking.
- Visit the [Facebook Event Page](#) to join people from all over the world who support World Suicide Prevention Day.
- [Light a Candle Near a Window at 8 p.m.](#) to show your support for suicide prevention and survivors of suicide or to remember a lost loved one. On this page, you may download e-cards or postcards in more than 50 languages.
- Download the [Toolkit](#), a document that includes links to World Suicide Prevention Day resources and information.
- Download the [2016 Facts and Figures PowerPoint presentation](#).

Suicide Safe Mobile App

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently released a free suicide prevention app called [Suicide Safe](#). Suicide Safe is a mobile and tablet app for healthcare providers that is based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage card. Forty-five percent of people who die by suicide visited a primary care provider in the month before their death, and 20 percent had contact with a mental health specialist. Suicide Safe helps healthcare providers better understand suicide prevention, talk with patients about suicide prevention, and find referral resources.



Tulalip Tribe's The Feels



The Tulalip Support Line is a one-stop shop about Tulalip tribal services, and tribal members have developed a free new resource for their community called [The Feels](#). Understanding that many people prefer to text rather than call a chat line, people now have the option to text their questions anonymously. To start, text the word "THEFEELS" to 30644 or call 360-245-6200 to receive a text back. Texting is available 8:30 a.m. to 5:30 p.m. and most evenings from 7 to 9 p.m., but they'll respond to missed texts once they're open.

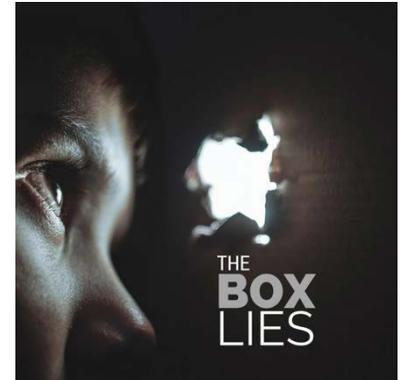
What Dreams May Come

Last month I read a wonderful article by Dese'Rae L. Stage titled, "[What Dreams May Come: What Robin Williams' Suicide Teaches Us About How To Save Lives](#)." In her tribute to Robin Williams, Stage gives a powerful description about how suicidal thoughts distort perspective. She writes,

"That's the thing about suicide: It doesn't discriminate. It doesn't matter who you are or what you have. It doesn't matter how loved you are. The pain and the feelings of isolation can build and build over time, and if something or someone doesn't set you back on your path, you may get trapped in the box. The box is filled with self-loathing, self-doubt, hopelessness, futility, the thought that you and your pain are a burden to every single person around

you, and that they'd be better off if you erased yourself from their lives. The box lies. And when you get trapped in that box, it can feel impossible to get out. Sometimes it is. That's when we can lose the people we love."

Stage goes on to encourage everyone to help prevent suicide by following these steps: ask, listen, keep your loved ones safe, be there for them, and stay connected and follow up. We can all save lives, just by being there for someone when they feel trapped in the box.



Upcoming Conferences and Events

September 7-8, 2016

Bow, Washington

[2016 Tribal Behavioral Health Conference](#)

[Building Community Resiliency](#)

September 9-11, 2016

Chicago, IN

[Our Journey Continues: 1st National Conference for Long-Term Survivors of Suicide Loss](#)

September 22-23, 2016

Joint Base Lewis-McChord, WA

[ASIST Workshop for military service members](#)

September 28-29, 2016

Forth Worth, TX

[6th Annual National LOSS Team Conference](#)

**Forefront Cares
Peer Phone
Support Training**

September 29th, 2016 10:00am-3:00pm

Are you a suicide loss survivor that is ready to support someone who has recently been bereaved by suicide?

We are recruiting a diverse collective of survivors to be available by phone to others experiencing a suicide loss so no one has to go through this traumatic loss alone.

To be a Peer Phone Support you must meet the following criteria:

- 1: A minimum of 2 years since you lost your own loved one
- 2: Have taken steps to resolve your grief through counseling or group support
- 3: It is preferred that you have attended suicide prevention training on your own (e.g. safeTALK, ASIST, QPR etc)

Interested? Contact Us:

Forefront
4101 15th Ave NE
Seattle, WA 98195

206-543-1016
ffront@uw.edu



September 30-October 2, 2016

Port Angeles, WA

[NAMI Washington 2016 Annual State Conference](#)

[The Road to Recovery: Mental Health Matters](#)

October 2, 2016

Wenatchee, WA

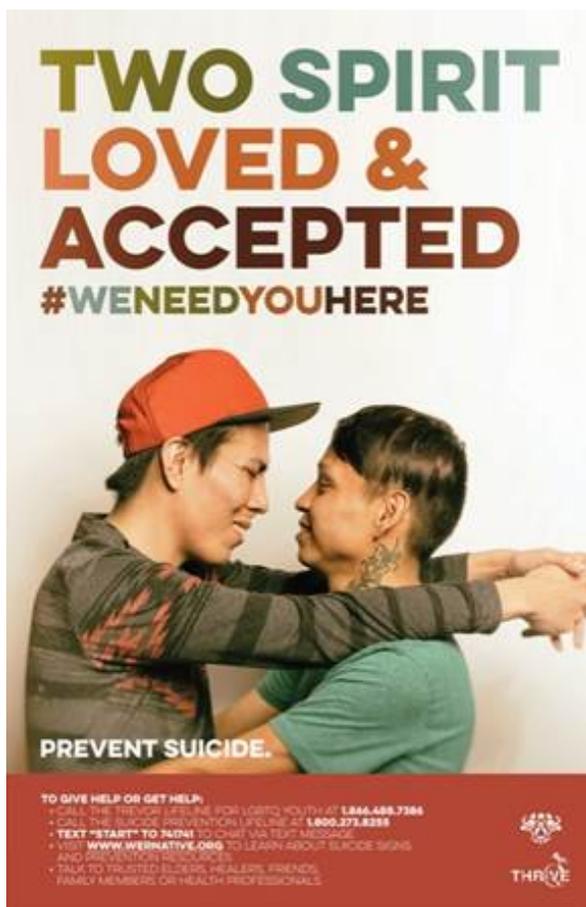
[Wenatchee Out of the Darkness Walk](#)

October 3, 2016

Toppenish, WA

Heritage University's Domestic Violence Awareness event

[Contact Yovana Cook](#) if you'd like to help.



October 6-7, 2016

Spokane, WA

[ASIST Training](#)

October 7-8, 2016

Seattle, WA

[American Foundation for Suicide Prevention's](#)

[Traumatic Grief After Suicide](#)

October 8, 2016

Tacoma, WA

[Tacoma Out of the Darkness Walk](#)

October 9, 2016

Aberdeen, WA

[Aberdeen Out of the Darkness Walk](#)

October 15, 2016

Everett, WA

[Everett Out of the Darkness Walk](#)

October 23, 2016

Seattle, WA

[Seattle Out of the Darkness Walk](#)

October 29, 2016

East Wenatchee, WA

[Seattle Children's Safe Gun Storage Event](#)

[Lock Box and Trigger Lock Giveaway](#)

November 2-3, 2016

Eugene, OR

[Mind Your Mind: Advancing Mental Health Wellness](#)

November 19, 2016

Portland, OR

[2016 International Survivors of Loss Day](#)

December 7-9, 2016

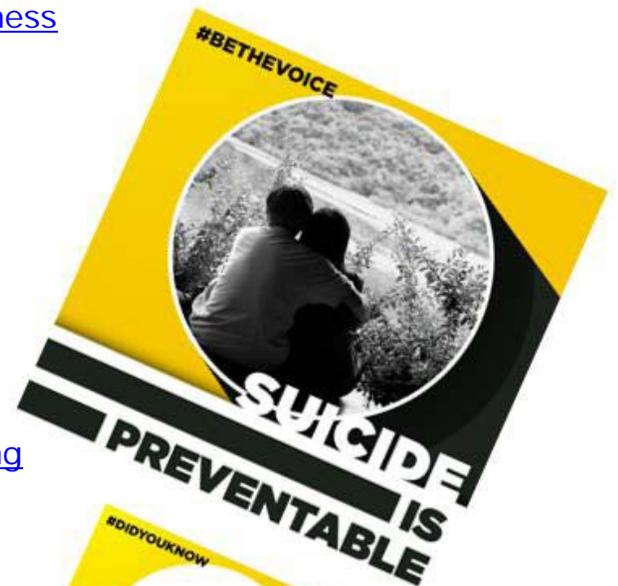
San Diego, CA

[Positive Culture Framework \(PCF\) Public Training](#)

December 13, 2016

Seattle, WA

[Forefront's AMSR Training](#)



April 26-29, 2017

Phoenix, AZ

American Association of Suicidology's

Suicidology at 50: Honoring the Past, Innovating the Future

[Call for papers](#) (deadline October 31, 2016)

A Program of
the Office of Juvenile Justice and
Delinquency Prevention



OJJDP Tribal Youth
Training and Technical Assistance Center

Available Free of Charge to All Federally Recognized Tribes, BIE Schools, and Partners

Build the skills to help at-risk youth in tribal communities

Kognito's conversation simulations featuring virtual avatars provide an exciting new opportunity for effectively delivering behavior change outcomes.

FRIEND 2 FRIEND



High school students learn how to recognize when a peer is showing signs of psychological distress and master the conversations to motivate them to seek help.

AT-RISK FOR HIGH SCHOOL EDUCATORS



Educators and other adults learn how to identify and approach high school students and master the conversations to motivate them to seek help

TRAUMA - INFORMED POLICING WITH TRIBAL YOUTH



COMING SOON

Virtual training simulation module designed for use by tribal law enforcement officers and intended to encourage positive interactions with tribal youth.

Provided by the OJJDP Tribal Youth Training and Technical Assistance Center
Contact: tribalyouthttcenter@ouhsc.edu or (405) 271-8858

This project was supported by Award No. 2015-MU-MU-K011 awarded to the Indian Country Child Trauma Center
University of Oklahoma Health Sciences Center, by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs

National Suicide Prevention Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2016				1	2	3
4	5	6 Webinar: Crisis Contact Centers and ZeroSuicide	7 Webinar: Striving for Perfection in Suicide Care: The Zero Suicide Framework	8	9	10 World Suicide Prevention Day activities Free Forefront Training
11	12	13 AMSR Training	14	15	16	17 Poulsbo Walk Spokane Walk State Plan Intro + ACE ReSPECT Veterans Culture Lunch & Learn
18	19	20	21	22 Webinar: Evidence-Based Programs in Community & School Settings	23	24 Olympia Walk Forefront Cares Peer Phone Support Training
25	26	27	28	29	30	Visit the DOH Annual Suicide Prevention Week page for more events