

SENATE HEALTH & WELFARE COMMITTEE
Wednesday January 20, 2016

ATTACHMENT 3



SUCCESS THROUGH COLLABORATION

Report to Governor C.L. "Butch" Otter
December 2015

Idaho Council on Suicide Prevention
Linda Hatzenbuehler, Chair

COVER ACKNOWLEDGEMENT

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Introduction

The Idaho Council on Suicide Prevention (Council) was originally established by Governor Dirk Kempthorne in 2006. Governor C.L. “Butch” Otter reconfirmed the Council with Executive Order No 2010-12 in September 2010 and again in September 2014 with Executive Order No. 2014-08. The purpose of the Council is to:

- a) Oversee the implementation of the Idaho Suicide Prevention Plan (2011);
- b) Ensure the continued relevance of the of the Idaho Suicide Prevention Plan by evaluating implementation and developing changes and new priorities to update the plan;
- c) Advocate for suicide prevention in Idaho;
- d) Prepare an annual report on plan implementation for the Governor and Legislature.

The Council was developed because Idaho consistently ranks among the top 10 states in the country with the highest number of completed suicides per capita. Death by suicide is the second leading cause for youth under the age of 18 in Idaho. In 2014, there were six suicides per week in Idaho with a suicide rate of 19.6 per 100,000 population. The rate of suicides in Idaho per capita is increasing at a higher rate than the national rate. As shown in Table 1, in 2013, Idaho’s rate per 100,000 people was 19.2 whereas the national rate per 100,000 was 12.6.

**Table 1: Idaho and U.S. Resident Suicide Deaths
Age-Adjusted Rates per 100,000 Population - 1999-2014**

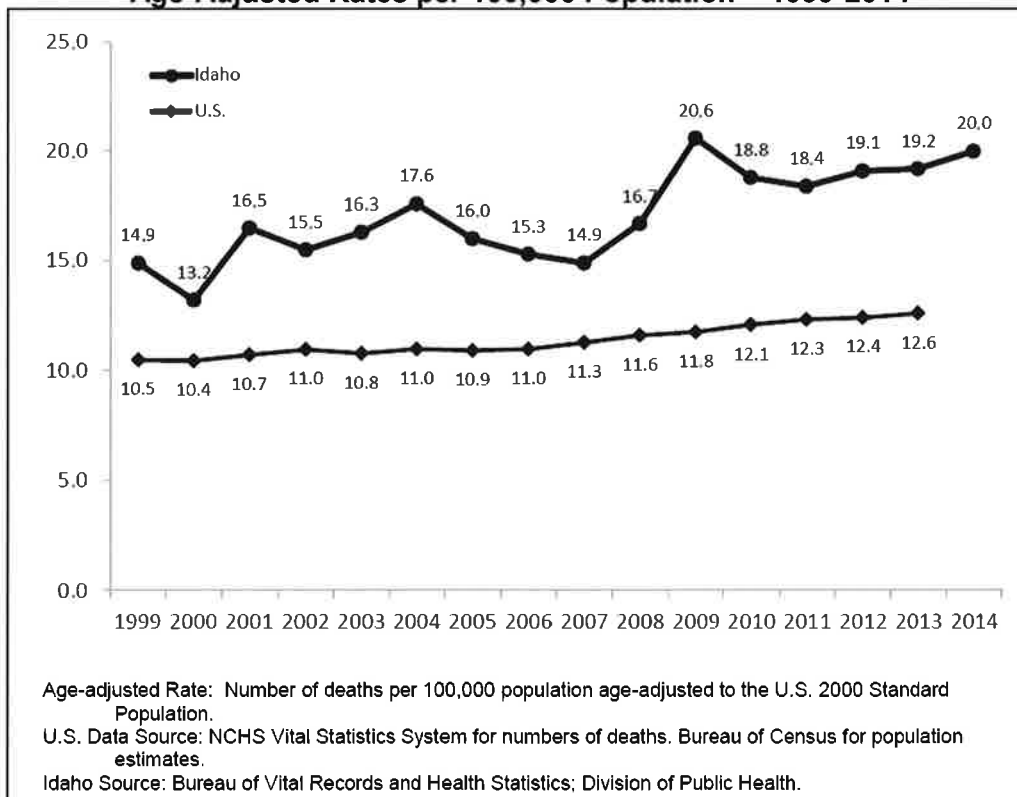
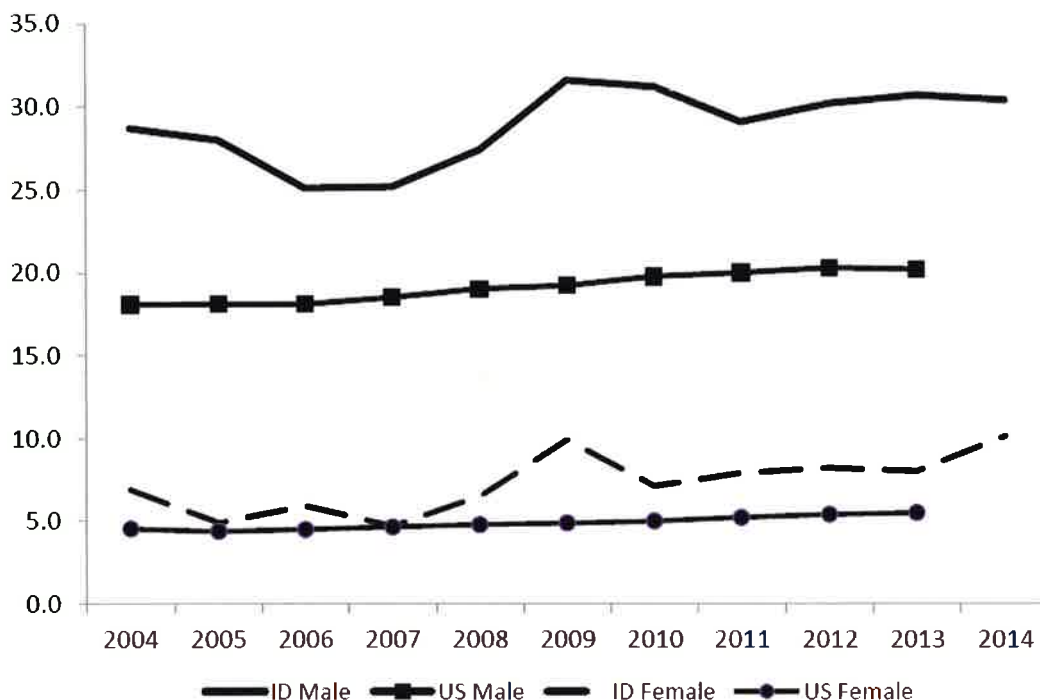


Table 2 shows that death by suicide is more common among males than females, but both genders in Idaho surpass the national average and are increasing at a more rapid rate than the national average.

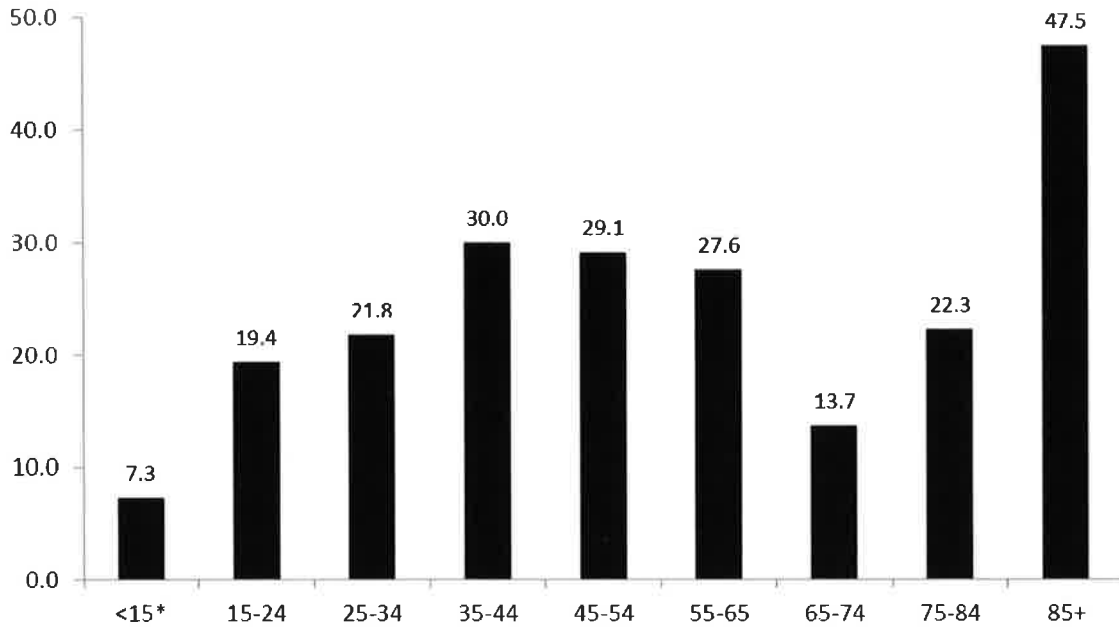
**Table 2: Idaho and U.S. Resident Suicide Deaths
Age-Adjusted Rates per 100,000 Population by Sex – 2004-2014**



Age-adjusted Rate: Number of deaths per 100,000 population age-adjusted to the U.S. 2000 Standard Population.
 U.S. data Source: NCHS Vital Statistics System for numbers of deaths. Bureau of Census for population estimates.
 Idaho Source: Bureau of Vital Records and Health Statistics; Division of Public Health.

The Idaho map (Figure 1) shows the breakdown of Idaho’s Public Health Districts while Table 3 presents the number of 2014 deaths by suicide per District. Table 4 shows the breakdown of 2014 deaths by suicide by age category. Some areas of Idaho surpass both the state and the national average for suicides.

**Table 4: Idaho Resident Suicide Deaths
2014 Rates per 100,000 Population by Age Category**



*Number of deaths is based on ages <15; population is based on 10-14.
Age-specific Rate: Number of deaths per 100,000 population in age group.

Death by suicide is not just a devastating emotional trauma to family and friends but also presents a significant financial burden to the community, as well as loss of productivity in the state. The most recent available data (2013) estimates that nearly \$1.3 Million in medical care costs and more than \$467 million in total lifetime productivity losses are due to suicides. Suicide has a major impact on Idaho's economy and on the ability of individual communities to develop and prosper. (Neill Piland, Institute of Rural Health, Idaho State University, 2015.)

Idaho Council on Suicide Prevention 2015 Report to the Governor Council Chair's Report

The Idaho Council on Suicide Prevention respectfully submits our 2015 annual report for the Governor and Legislature. This document reviews the events relevant to suicide prevention in Idaho during the past year. Through this report, you will see that 2015 was a watershed year for suicide prevention in Idaho. The Council met with the Health Quality Planning Commission (HQPC) in August 2014. Together, the Council and the HQPC recommended that a concurrent resolution be submitted to the 2015 Idaho Legislature in order to establish a system of care that prioritizes and implements the *2011 Idaho Suicide Prevention Plan: An Action Guide (ISPP)*.

Following the Council's presentation to the Idaho Legislature early during the 2015 legislative session (62nd), Senator Dan J. Schmidt, with Representative John Rusche's support, created Senate Concurrent Resolution 104 (SCR 104). The Concurrent Resolution was passed and charged the Health Quality Planning Commission (HQPC) with preparation of a plan for implementing a comprehensive suicide prevention program such as the one outlined in the *2011 Idaho Suicide Prevention Plan*. The Resolution further indicated that the HQPC should work with the Idaho Council on Suicide Prevention and other stakeholders on the implementation plan, which should give special consideration to institutional changes necessary to prevent suicide. SCR104 also directed that improved training be provided for state, education, health care, public safety personnel, and others likely to be able to prevent suicide through their interactions with persons at risk. The findings and recommendations of the HQPC including proposals for policy and statutory changes are expected in the 2016 session of the Idaho Legislature (63rd).

After SCR 104 was passed by the Legislature, a subgroup of the Council, the HQPC, and other leaders in suicide prevention met to select prevention strategies most likely to succeed and the infrastructure necessary to improve the coordination of prevention efforts.

SCR 104 Core Team
Subgroup of the Council, HQPC, and other leaders in suicide prevention met to select the prevention methods most likely to succeed and the infrastructure necessary to improve coordinated efforts.
<p>Team Members:</p> <ul style="list-style-type: none"> • Bob Polk, MD, Chair, Health Quality Planning Commission and Core Team • Jennifer Dickey, Idaho Lives Project • Ross Edmunds, Idaho Department of Health and Welfare, Division of Behavioral Health • Judy Gabert, SPAN Idaho and Idaho Lives Project • Jeni Griffin, SPAN Idaho • Linda Hatzenbuehler, Chair Idaho Council on Suicide Prevention • Kim Kane, Idaho Lives Project • Matt McCarter, State Department of Education • John Reusser, Idaho Suicide Prevention Hotline • Elke Shaw-Tulloch, Idaho Department of Health and Welfare, Division of Public Health • Dieuwke Disney-Spencer, Idaho Department of Health and Welfare, Division of Public Health • Corey Surber, St. Alphonsus Hospital

This core group of individuals collaborated on the development of recommendations put forward to the HQPC for their consideration and approval. Specifically, they developed the recommendations below with the following vision and goal as their guide.

VISION: Idaho will have the lowest suicide rate in the nation.
 GOAL: 10% reduction in suicide rate by 2020.

The core group reviewed the 10 goals articulated in the 2011 Suicide Prevention Plan and developed 12 initiatives that align with the plan’s goals into five broad categories:

- 1) Upstream (prevention: pre-ideation or behavior)
- 2) Midstream (prevention: pre-ideation or behavior)
- 3) Downstream (treatment and follow-up)
- 4) Over the Falls (post-completed suicide)
- 5) Streambed (infrastructure).

The 12 initiatives were then organized using this new grouping mechanism with strategies articulated under each category.

ABBREVIATED SUICIDE PREVENTION STRATEGIES	POTENTIAL IMPACT	Idaho Suicide Prevention Plan GOAL
<p>Upstream Interventions (Primary Prevention)</p> <ol style="list-style-type: none"> 1. Public Awareness Campaigns <ol style="list-style-type: none"> a. Mental health acceptance/parity b. Means restriction 2. Training of Youth in strengths, hope, help, resilience, and mental health acceptance 	<p>Increased acceptance Successful intervention</p> <p>Increased life-long resilience and well being</p>	<p>1, 2 and 5</p> <p>3</p>
<p>Mid-Stream Interventions (Secondary Prevention)</p> <ol style="list-style-type: none"> 3. Targeting gatekeeper training to those most likely to have the greatest impact <ol style="list-style-type: none"> a. Primary care personnel b. School personnel 4. Train media on safe and effective reporting 5. Sustainable Funding: Idaho Suicide Prevention Hotline 	<p>Increased identification and referrals</p> <p>Reduced contagion</p> <p>Increased intervention</p>	<p>3</p> <p>3</p> <p>8</p>

<p>Downstream: Treatment and Follow up (Tertiary Prevention)</p> <p>6. Ensure training of behavioral health clinicians in suicide assessment and management.</p> <p style="padding-left: 20px;">a. Through university curricula</p> <p style="padding-left: 20px;">b. Through re-licensing training</p> <p>7. Effective, immediate follow-up of suicidal patients post emergency department or mental health facility discharge, or post health care visit.</p>	<p>Increased treatment effectiveness</p> <p>Reduced lethality of highest risk periods</p>	<p>4</p> <p>6</p>
<p>Over the Falls: Postvention</p> <p>8. Immediate coroner reporting of suicides</p> <p>9. Train professionals who encounter survivors in the immediate aftermath of suicide loss</p> <p>10. Train survivor of suicide loss support group facilitators</p>	<p>Reduce contagion and thereby decrease the number of deaths</p>	<p>7, 10</p> <p>7</p> <p>7</p>
<p>Riverbed: Infrastructure</p> <p>11. Creation of an Office of Suicide Prevention to ensure effective implementation of the ISPP strategies and interventions statewide</p> <p>12. Overcome barriers to accurate and adequate data reporting of suicide and suicidal behavior</p>	<p>Increase effectiveness of suicide prevention efforts by assigning responsibility and resource management to a state office.</p> <p>Increased ability to measure effectiveness and participation in the National Violent Death Reporting System</p>	<p>9</p> <p>10</p>

Following this analysis, priorities were set and three initiatives were raised to the surface for calendar year 2015, namely:

1. Development of an Office of Suicide Prevention to be housed within the Department of Health and Welfare, Division of Public Health.
2. Increase educational programs to be provided in public schools through a variety of platforms such as the Idaho Lives project.
3. Ongoing funding for the Idaho Suicide Prevention Hotline such that 60% of the funding for the Hotline would come from state-appropriated funds.

The Council together with the HQPC will seek funding for all three (3) initiatives during the 2016 Legislative session.

In addition to these major accomplishments, a number of other activities occurred associated with prevention, as well as intervention with individuals and families who were survivors of suicide. Full reports from our partners who implemented these other interventions begin on page 22. Report highlights are in the following Executive Summary.

Idaho Suicide Prevention Plan Implementation 2015 Highlights Partner Reports Executive Summary

GOAL 1: PUBLIC AWARENESS

Idahoans understand that suicide is preventable and accept responsibility for their role in suicide prevention.

- A Chapter of the American Foundation for Suicide Prevention, a national organization that funds research, offers educational programs, advocates for public policy, and supports those affected by suicide was established in Idaho.
- KTVB, the Idaho Suicide Prevention Hotline, LiveWilder, and Meridian Mayor's Youth Advisory Council produced Public Service Announcement (PSA) <https://www.youtube.com/watch?v=llCtJelcY4> . This PSA aired on September 7 and continues to run. There are plans for quarterly productions for targeted content and age groups, airing with affiliates throughout the state.
- Approximately 450 school counselors, teachers, administrators, school resource officers and community stakeholders attended the Idaho State Suicide Prevention and Support Conference. During the conference, the Suicide Prevention Action Network (SPAN) of Idaho presented information to help schools with suicide prevention, intervention, and postvention support.
- The Boise Veterans Affairs Medical Center (VAMC) organized the VA Mental Health Summit: *Building Futures* in August 2015: Approximately 110 community members attended the conference.

GOAL 2: ANTI-STIGMA

Idahoans understand and accept that seeking help for mental health issues is to be encouraged and supported.

- HB 246 Anti-Bullying Bill signed into law April 26, 2015. Representative Ilana Rubel and Senator Janie Ward-Engelking sponsored the legislation.
- Recovery Community Centers provide a meeting place for individuals to work on and maintain their recovery from substance use disorders and mental illness. These centers help fight stigma by acting as a face for recovery to the community as a whole.
- The Shoshone-Bannock Tribes hosted the second annual "Walk for Life" suicide awareness and prevention activity.

GOAL 3: GATEKEEPER EDUCATION

The education of professionals and others working with people at risk for suicide include effective suicide prevention curricula as well as ongoing gatekeeper and other suicide prevention training.

- In 2015, the Idaho Lives Project provided new *Sources of Strength* training to 16 schools statewide, and *Sources of Strength* booster (second or third) trainings to 22 schools. Over 940 middle and high school students, as well as 100 school adult advisors were trained through this program in 2015.
- Idaho Lives trained over 1,300 school staff, 725 other professionals (law enforcement, juvenile justice, clergy, foster care, EMS, and physicians, etc.) and 267 community members in 2015
- SPAN Idaho trained over 375 individuals who come into contact with people who might be at risk, have suicidal behaviors or been affected by suicide loss. These include coroners, juvenile justice, clergy, schools, health clinics, 4-H clubs, law enforcement, civic groups, and businesses. Warning signs, statistics, how to talk about suicide, and resources are just some of the topics covered.
- Departments at six major Idaho universities and colleges were queried and found to have no specific classes or curriculums available to educate students in the practices of effective assessment, treatment, and management of individuals at risk for suicide.
- A number of articles and materials that can be a resource to professors in the development of curriculum have been identified and will be available on the Council website in 2016.
- The National Alliance on Mental Illness (NAMI) Idaho held "Question, Persuade, Refer" (QPR) training during their annual conference in Coeur d'Alene. Over 50 individuals were trained on warning signs and referral techniques for use in their communities.

GOAL 4: BEHAVIORAL HEALTH PROFESSIONAL READINESS

Mental health and substance abuse treatment professionals are trained to use current, appropriate, and recommended practices for assessing and treating individuals who show signs of suicide risk.

- *The More Than Sad*, a program designed by the American Foundation for Suicide Prevention, teaches how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with youth, and get help. *The*

More than Sad was presented in coordination with a community partnership with All Under One Roof of South East Idaho in Pocatello on two occasions during their continuing education course offered to teachers and counselors through their Understanding Lesbian, Gay, Bisexual, and Transgender, (LGBT) Youth course.

- Boise VA Suicide Prevention Coordinator conducted training for 70 mental health professionals on suicide risk assessment in Twin Falls on August 27, 2015.
- A Council subcommittee reviewed the legislation passed in Washington that requires mental health professionals to complete continuing education in approved suicide assessment, treatment, and management training programs. The subcommittee has obtained a list of the programs and curriculum that have been approved in the state of Washington. This information will be made available on the Council website in 2016.
- In 2015, M. David Rudd, PhD provided suicide assessment and management training to over 800 behavioral health and primary care providers in 19 locations throughout Idaho.
- The Juvenile Justice Program continues to provide *Shield of Care* suicide prevention training to juvenile justice facilities throughout the state. *Shield of Care* is evidence-based suicide prevention training tailored specifically to the juvenile justice environment.
- The Boise VAMC presented at the Veterans Service Officer Conference on Suicide Prevention in July

GOAL 5: COMMUNITY INVOLVEMENT

Community leaders and stakeholders develop and implement suicide prevention activities that are current, recommended and culturally appropriate that are specific to their regions and communities.

- *The More Than Sad* was presented to parents and teachers on two (2) occasions at Idaho State University's Sexual and Gender Alliance (SAGA) Center in Pocatello.
- The Shoshone-Bannock Tribe was awarded the Garrett Lee Smith Youth Suicide Prevention Grant, hired a part time staff member, and started to administer the Patient Health Questionnaire 9 (PHQ-9), a depression and suicide screening form to all mental health patients.
- The Shoshone-Bannock Tribe applied for, and was awarded, the Department of Health and Human Services, Indian Health Services, Suicide Prevention Initiative grant.
- The Shoshone-Bannock Tribe established a Zero Suicide Implementation Team.
- The Speedy Foundation, in cooperation with Optum Idaho, continues to provide free Mental Health First Aid training courses throughout the state.

- The State Department of Education provided a “Safe Schools in Idaho” seminar for law enforcement and school officials which covered general principles of threat assessment in schools.

GOAL 6: ACCESS TO CARE

Crisis intervention and behavioral health services, including mental health and substance abuse treatment, are widely available, culturally appropriate, accessible, and valued by communities.

- The Crisis Centers can help people get the services and assistance they need without going to the emergency room or jail. The Legislature appropriated \$1.7 Million for a second crisis center in northern Idaho in 2015.
- The Jeff D. Lawsuit agreement was finalized in June 2015. The agreement targets the provision of community-based children and families’ Behavioral Health services, which has been the unresolved issue in the case.
- In the last 12 months, 80 Idaho Veterans have been identified as High Risk for Suicide and provided enhanced mental health services, 61 of those had suicide attempts. Eight (8) Veteran suicides were reported.
- In partnership with the Idaho Lives Project, the Idaho Suicide Prevention Hotline surveyed over 900 licensed behavioral health providers who were trained in suicide assessment and management by Dr. David Rudd to determine their readiness to manage suicidal clients and to add appropriate providers to the Hotline’s referral list.
- Behavioral Health published a standard on Peer Support Specialists enhancing the existing requirement and transitioning the certification process to the department to implement. To date, there are 105 trained Peer Support Specialists with 83 of those certified.

GOAL 7: SURVIVOR SUPPORT

Information and services are in place in all regions of Idaho to support survivors and others affected by suicide in a sensitive and culturally appropriate manner.

- On the Saturday before our American Thanksgiving “National Survivors of Suicide Day,” was held in Boise and Pocatello with survivors from across the state attending. Bryan Beddoes, MS, EDS, LPC spoke on the uniqueness of grief associated with suicide loss.
- The Idaho Lives Project trained 17 survivor support facilitators in August 2015. SPAN Idaho distributed over 250 survivor packets to families who have lost loved ones.

- SPAN Idaho distributed over 250 survivor packets during 2015. The packets contain information for families who have lost loved ones to suicide.

GOAL 8: SUICIDE PREVENTION HOTLINE

An Idaho statewide suicide prevention hotline is established and funded.

- In 2015, the Hotline trained over 60 prospective volunteers in the Applied Suicide Intervention Skills Training, or ASIST model.
- In 2015, the Hotline completed its third full year of operations.. The Hotline entered its second full year of 24/7 phone response and is on track to reach 5,000 calls in 2015. They are also preparing to launch Online Emotional Support (OES) via crisis text and chat response.
- The Idaho Suicide Prevention Coalition officially formed in June of 2015 with the goal to seek legislation to create sustainable State funding to support 60% of the Idaho Suicide Prevention Hotline's financial need. The Coalition will also seek sustainable funding from outside sources for the remaining 40% financial need for Idaho Suicide Prevention Hotline as a public and/or private initiative with statewide support for suicide prevention efforts and policy.
- All tribes in Idaho disseminated suicide hotline information through the Indian Health Service Centers and communities.
- The Idaho Lives Project and SPAN Idaho distributed hotline information and materials and over 120 trainings statewide in 2015.

GOAL 9: LEADERSHIP

The Idaho Council on Suicide Prevention oversees suicide prevention activities at all levels, as guided by the Idaho Suicide Prevention Plan, and works in collaboration with a lead Idaho state government agency that is responsible for Idaho's suicide prevention and intervention efforts.

- The Council assisted with the development of SCR 104, a concurrent legislative resolution charging the Health Quality and Planning Commission with the development of an implementation plan for suicide prevention in Idaho.
- The Council members participated in a core working group facilitated by HQPC leadership to develop an implementation plan and budget for the establishment of a State Office of Suicide Prevention. HQPC and Council leadership will present this proposal during the 2016 legislative session

GOAL 10: DATA

Data is available on which to make decisions regarding suicide prevention services.

- The Idaho Lives Project collected and analyzed data pertaining to school climate, student protective factors, and behavioral health provider skills.

In summary, 2015 was a progressive year for improving the prevention of death by suicide in Idaho. The Council is hopeful that the Legislature will look favorably upon our request to develop the Office of Suicide Prevention, as well as approve funding for the Idaho Suicide Prevention Hotline, and increase educational programs for schools. Moving these three (3) issues forward addresses several objectives of the 2011 Prevention Plan's Goal 9: Leadership from the Idaho Council on Suicide Prevention. We are most grateful to the HQPC and in particular the chairman, Dr. Robert Polk, for his leadership this year in advancing suicide prevention and the interests of the citizens of Idaho, and to Senator Dan Schmidt and Representative John Rusche for their leadership in passing SCR 104.

Respectfully submitted,



Linda C. Hatzenbuehler, Chair
Idaho Council on Suicide Prevention

SENATE CONCURRENT RESOLUTION 104

LEGISLATURE OF THE STATE OF IDAHO
Sixty-third Legislature First Regular Session - 2015

IN THE SENATE

SENATE CONCURRENT RESOLUTION NO. 104

BY HEALTH AND WELFARE COMMITTEE

A CONCURRENT RESOLUTION

1 STATING FINDINGS OF THE LEGISLATURE AND AUTHORIZING THE HEALTH QUALITY PLAN-
2 NING COMMISSION TO PREPARE A PLAN FOR A COMPREHENSIVE SUICIDE PREVEN-
3 TION PROGRAM IN IDAHO.
4

5 Be It Resolved by the Legislature of the State of Idaho;

6 WHEREAS, suicide is a leading cause of death among Idahoans; and
7 WHEREAS, Idaho has one of the highest suicide rates in the nation; and
8 WHEREAS, the difference between Idaho deaths by suicide and the na-
9 tional average continues to increase; and

10 WHEREAS, certain suicide risk factors have been identified by the Cen-
11 ters for Disease Control and Prevention; and

12 WHEREAS, the members of certain population groups in Idaho are at high
13 risk of suicide; and

14 WHEREAS, the Health Quality Planning Commission is tasked with promot-
15 ing the health and safety of Idahoans; and

16 WHEREAS, the Health Quality Planning Commission is tasked with making
17 recommendations to the Legislature.

18 NOW, THEREFORE, BE IT RESOLVED by the members of the First Regular Ses-
19 sion of the Sixty-third Idaho Legislature, the Senate and the House of Repre-
20 sentatives concurring therein, that the Health Quality Planning Commission
21 prepare an implementation plan for a comprehensive suicide prevention pro-
22 gram such as the Idaho Suicide Prevention Plan published by the Idaho Council
23 on Suicide Prevention.

24 BE IT FURTHER RESOLVED that the plan include the involvement of the
25 Idaho Council on Suicide Prevention and other stakeholders, and that it
26 give special consideration to the institutional changes necessary to better
27 prevent suicide, to training for state, educational, health care and public
28 safety personnel and others likely to be able to prevent suicide through
29 their interaction with persons at risk, and to programs and policies de-
30 signed to serve those most at risk of suicide.

31 BE IT FURTHER RESOLVED that the commission report its findings and rec-
32 ommendations, including proposals for policy or statutory changes, to the
33 Second Regular Session of the Sixty-third Idaho Legislature.



**Suicide in Idaho: Fact Sheet
August 2015**

- Suicide is the 2nd leading cause of death for Idahoans age 15-34 and for males age 10-14. (The leading cause of death is accidents.)
- Idaho is consistently among the states with the highest suicide rates. In 2013 Idaho had the 7th highest suicide rate, 47% higher than the national average.
- In 2014, 320 people completed suicide in Idaho; a slight increase from 2013.
- Between 2010 and 2014, 78% of Idaho suicides were by men.
- In 2014, 60% of Idaho suicides involved a firearm.
- 15.8% (1 in 7) of Idaho youth attending regular public and charter high schools reported seriously considering suicide in 2013. 7.0% (1 in 14) reported making at least one attempt.
- Between 2010 and 2014, 96 Idaho school children (age 18 and under) died by suicide. Twenty of these were age 14 and under.
- Number of emergency department visits for self-inflicted injury per year: 836,000 in the United States
- In 2013, there were 41,149 deaths by suicide in the United States, an average of 1 person every 12.8 minutes.

Idaho Resident Suicides by Region – 2014

Region	Anchor City	Suicides	Rate (per 100,000)	Population	Tot. # suicides	
					2010-2014	5-yr Avg Rate
1	Coeur d'Alene	53	23.9*	221,398	235	21.7
2	Lewiston	33	30.8*	107,033	119	22.4
3	Nampa	35	13.1-	268,080	220	16.9
4	Boise	85	18.1*	468,980	374	16.6
5	Twin Falls	42	22.1*	190,496	188	20.0
6	Pocatello	36	21.7-	166,232	175	21.1
7	Idaho Falls	36	17.0*	212,245	190	18.1

* Increase from 2013, - decrease from 2013

**Idaho Suicides by Age/Gender 2010-14
Over 5 year period**

Age	Total	Male	Rate	Female	Rate
< 15	20	18	3.3	2	0.7
15-24	231	182	31.6	49	8.9
25-34	212	171	31.8	41	7.9
35-44	255	192	38.9	63	13.1
45-54	303	226	44.6	77	15.1
55-64	248	186	39.4	62	12.8
65-74	117	99	32.6	18	5.7
75-84	69	62	42.7	7	4.1
85+	46	42	87.0	4	4.7

**Method 2010-14
(all ages)**

Firearm	60.4%
Poisoning	16.5%
Suffocation	18.5%
Cut/Pierce	1.0%
Fall	0.9 %
Other	2.6%

Idaho Suicide Rates 2005 – 2014

Year	Number	ID Rate	US Rate
2005	225	15.7	11.8
2006	218	14.9	11.2
2007	220	14.7	11.5
2008	251	16.7	11.9
2009	307	19.9	12.0
2010	209	18.5	12.4
2011	284	17.9	12.7
2012	299	18.7	12.9
2013	308	19.1	13.0
2014	320	19.6	N/A

Idaho Youth Risk Behavior Survey 2013 – Regular Public and Charter High School Students

Grade	Sad or Hopeless	Suicidal	Plan	Attempt	Medical Care For Attempt
9 th	28.4%	18.2%	12.8%	8.3%	2.8%
10 th	27.8	14.4	12.7	7.6	3.0
11 th	31.0	15.3	11.9	6.8	2.0
12 th	29.3	14.9	14.3	5.7	1.9
Idaho Overall	29.4	15.8	13.0	7.0	2.5

Idaho Suicide Rate by County

5-year total number and 5-year average annual rate 2010-2014

(Resident suicides per 100,000 people)

County	Number	Rate	County	Number	Rate
Ada	328	16.0	Gem	12	14.4
Adams	4	20.8	Gooding	14	18.3
Bannock	101	24.2	Idaho	16	19.7
Bear Lake	7	23.5	Jefferson	24	18.0
Benewah	9	19.7	Jerome	29	25.7
Bingham	38	16.7	Kootenai	143	20.0
Blaine	25	23.5	Latah	25	13.2
Boise	12	34.8	Lemhi	12	30.7
Bonner	42	20.5	Lewis	5	25.9
Bonneville	101	19.0	Lincoln	4	15.2
Boundary	16	29.4	Madison	12	6.4
Butte	3	21.9	Minidoka	13	12.9
Camas	-	-	Nez Perce	61	30.8
Canyon	168	17.2	Oneida	2	9.5
Caribou	11	32.1	Owyhee	7	12.2
Cassia	19	16.3	Payette	18	15.9
Clark	4	88.2	Power	3	7.8
Clearwater	12	27.8	Shoshone	25	39.6
Custer	11	51.4	Teton	14	27.5
Elmore	27	20.5	Twin Falls	84	21.3
Franklin	13	20.2	Valley	7	14.4
Fremont	9	13.8	Washington	11	21.8
			Idaho (total)	1,501	18.8 (5-year average)

Note: Rates for many counties are based on fewer than 20 deaths. Caution is advised when interpreting rates based on small numbers.

Sources: Idaho Bureau of Vital Records and Health Statistics,
Idaho Department of Health and Welfare,
Center for Disease Control and Prevention
State Department of Education, YRBS Idaho, 2013

Compiled by Jeni Griffin, Executive Director, SPAN Idaho
Special Thanks to Martijn Van Beek, Research Analyst Senior and Pam Harder, Research Analyst Supervisor,
Bureau of Vital Records and Health Statistics

Idaho Council on Suicide Prevention 2015 Membership

Board Name: Idaho Council on Suicide Prevention

Board Purpose: The Council's responsibilities shall be to oversee the implementation of the Idaho Suicide Prevention Plan, to ensure the continued relevance of the Plan by evaluating implementation progress reports and developing changes and new priorities to update the Plan, to be a part of suicide prevention in Idaho, to prepare an annual report on Plan implementation for the Governor and Legislature.

Term of Office: 2

Member Name	Position Expires	Original Appointment	Board Position
Jeff Kirkman	October 25, 2017	September 11, 2015	Corrections
Vacant 3	October 25, 2017		Dept. of Educ.
Linda Hatzenbuehler	October 25, 2017	April 21, 2014	CHAIR
Kim Kane	October 25, 2017	April 21, 2014	Other--Idaho Lives Project
Matthew Olsen	October 25, 2017	October 25, 2006	Bannock Co. Juvenile Justice
Dieuwke Dizney-Spencer	October 25, 2017	December 14, 2012	Health & Welfare Rep.
Pamela Catt-Oliason	October 25, 2016	January 17, 2012	Comm. on Aging
Mary Pierce	October 25, 2017	November 20, 2010	Veterans Affairs
Jeni Griffin	October 25, 2017	March 2, 2012	SPAN
Vacant 01	October 25, 2014		House
Neva Santos	October 25, 2016	October 23, 2012	ID Academy Family Physicians
John Reusser	October 25, 2016	October 23, 2012	ID Suicide Prevention HOTLINE
Heidi Lasser	October 25, 2017	November 20, 2012	Health & Welfare
Fred Martin	November 30, 2016	February 3, 2015	Senate
Kristy Broncho	October 25, 2017	October 30, 2013	Idaho Tribes Rep.
Amanda Wester	October 25, 2015	November 5, 2013	Youth Advocate
Catherine Perusse	October 25, 2017	September 10, 2014	NAMI Board Mbr.
Linda Peterson	October 25, 2017	September 10, 2014	Survivor
William Wilder	October 25, 2017	September 10, 2014	Mental Health Professional
Vacant 02	October 25, 2016		St. Al's

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Idaho State Department of Health and Welfare, Division of Behavioral Health

Idaho Suicide Prevention Hotline

LiveWilder Foundation

Shoshone-Bannock Tribes, Mental Health Program

Suicide Prevention Action Network of Idaho (SPAN Idaho)



AMERICAN FOUNDATION FOR Suicide Prevention

The Idaho Chapter of The American Foundation for Suicide Prevention

Officially chartered - November of 2015

Board Members

Executive Committee:

Chairperson: Carmen Stanger
Secretary: Ruby Gallegos
Treasurer: Jeff Weeks

Board Members:

Sara Helmer
Jackie Sodaro
Darbi McKean
Natalie Galloway Hardenbrook
Darren Rux
Amanda Hundt

The American Foundation for Suicide Prevention is the leader in the fight against suicide. We fund research, offer educational programs, advocate for public policy, and support those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, AFSP has over 80 local chapters with programs and events nationwide. We are proud that Idaho recently became the 81st chapter in the fight to end suicide.

OVERVIEW 2015

2015 has been a challenging and very productive year for the Idaho AFSP Chapter. We made it our goal in the spring of 2015 to become an official chapter of the American Foundation for Suicide Prevention by the end of 2015. It required dedication, research and hard work of select suicide prevention advocates to bring the AFSP officially to Idaho. This hard work paid off, and Idaho received its official AFSP Charter on November 4th, 2015.

EDUCATION

MORE
THAN SAD



More Than Sad - This program is designed by the AFSP to be presented to teens, parents, teachers and counselors. It helps teens to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. This program teaches parents how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help. It helps teach educators to recognize signs of mental health distress in students and refer them for help. The program complies with the requirements for teacher education suicide prevention training in many states.

The More Than Sad program was presented to parents and teachers on two occasions at Idaho State University's SAGA Center (Sexual and Gender Alliance) in Pocatello. It was also presented in coordination with a community partnership with All Under One Roof of South East Idaho in Pocatello on two occasions during their continuing education course offered to teachers and counselors through their Understanding LGBT Youth course. Due to local fundraising efforts, AFSP presents this program at no fee to the community. We received positive feedback for our presentations and additional requests for more presentations for the 2016 year. We travel to communities who request this program throughout the state at the expense of the AFSP Idaho Chapter and present this program free of charge to any school district or in any community that invites us to present it. More Than Sad has taught over a million students and educators throughout the nation how to be smart about mental health.

Additional education and awareness events:

The Idaho AFSP chapter attended several other events throughout the state including mental health fairs, counseling events, invitational seminars, and tabling opportunities with other partner agencies to increase community conversations and awareness on the resources available in Idaho.

PUBLIC POLICY



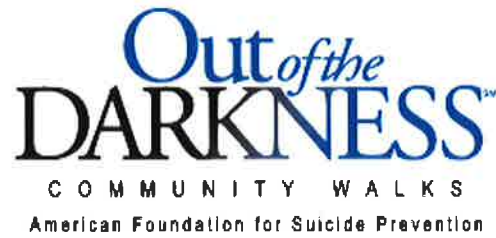
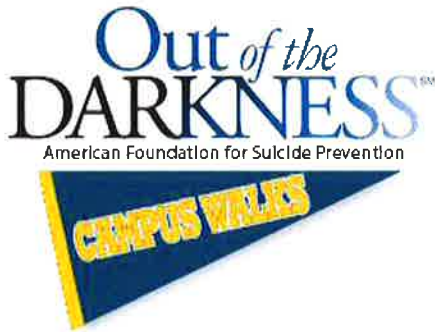
Annual Advocacy Forum- Each year, the Advocacy Forum brings together AFSP Chapter advocacy leaders and staff to network, share the latest research, and provide the public and policy makers with the information and tools they need to be effective advocates in preventing suicide.

Three of Idaho's AFSP Field Advocates went to Washington D.C. in June of 2016, to meet with our U.S. Senators and Representatives to tell share their personal stories of loved ones lost to suicide, and to advocate for policies to support mental health care reform across the board, including the request for permanent funding for the suicide prevention hotline in all states. Among other issues, the Idaho AFSP Chapter sees funding the hotline as an immediate priority to help drive the rate of suicide down in the state of Idaho. We are committed to working with our state and national legislators, and partner agencies to advocate for permanent hotline funding.

Annual Leadership Conference- The AFSP Idaho Chapter sent one of its representatives to the annual leadership forum this year. The objective is to bring chapter members from all 50 states joined with AFSP Executive staff to connect, educate and share strategies to bring the local efforts to a national level. Attending this conference was significant for chapter development in Idaho because allowed for collaboration with other states to learn about successful and measurable programs, and implement a strategy to gain momentum in forwarding chapter development in the state of Idaho.

Support

Fundraising



We held two major fundraising events this year. One of the events was our Out of the Darkness Campus Walk held on the Idaho State University Campus in Pocatello this spring. The second fundraising event was our Boise Area Out of the Darkness Community walk held this fall. We are at once a grassroots movement, a support network, an educator, a professional research organization and a grant-making foundation totally funded through our fundraising events and private donations. While AFSP does not provide direct services, such as counseling or running a crisis hotline, we do work closely with the organizations providing these services. These two fundraising events will allow the Idaho Chapter of the AFSP to contribute significantly in the fight to end suicide in our state.

Survivor Support



Survivor Day & Grief Support Facilitator Training

In 1999, Senator Harry Reid, a survivor of his father’s 1972 suicide, introduced a new resolution into the US Senate. With its passage, the US Congress designated the Saturday before American Thanksgiving “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.

For many loss survivors, attending a Survivor Day event is the first time they realize they are not alone. Just hearing the stories—from people at all stages of healing—can be helpful. The gathering also provides participants with a chance to share their own stories with those who understand firsthand the challenges of living in the aftermath of a suicide loss.

Our annual event was held in Boise with survivors from across the state attending. Bryan Beddoes, MS, EDS, LPC spoke on the uniqueness of grief associated with suicide loss.

We also offer grief support facilitator training.

American Foundation For Suicide Prevention – Idaho Chapter
Annual Report for the Idaho Council on Suicide Prevention
December 2, 2015

2016 PROJECTED PLAN

To fully achieve its mission, AFSP engages in the following Five Core Strategies:

- **Fund scientific research**
- **Offer educational programs for professionals**
- **Educate the public about mood disorders and suicide prevention**
- **Promote policies and legislation that impact suicide and prevention**
- **Provide programs and resources for survivors of suicide loss and people at risk, and involve them in the work of the Foundation**

As we increase funding for the Idaho Chapter of the AFSP, our goal is to become aligned with the Five Core Strategies. This is an effort that will take time and planning.

For the 2016 year, our plan and budget provides for as follows:

- **Offer educational programs for professionals:**

More Than Sad Program: Suicide Prevention Education for Teachers and other School Personnel– To be provided to teachers and counselors throughout the state free of charge.

SafeTalk Training – To be offered free to a limited number of professionals throughout the state as our budget will allow.

ASIST Training – To be offered to a limited number of professionals throughout the state as our budget will allow.

- **Educate the public about mood disorders and suicide prevention**

Talk Saves Lives – Present this program for free throughout the state and engage panel and community discussions with partner agencies on the risks, warning signs, and how to ask for help.

More Than Sad: Teen Depression– To be presented to teens throughout the state free of charge.

The Truth About Suicide: Real Stories of Depression in College – To be presented free of charge at campuses throughout the state to educate students on anxiety and depression among college students.

- **Promote policies and legislation that impact suicide and prevention**

State Advocacy Day – The Idaho Chapter of the AFSP will be sponsoring a state advocacy day at the Capitol. We will be inviting several partner agencies to attend. The goal is to work in a collaborative effort with our partner agencies in the suicide prevention community to work together to draft legislation and testify at hearings, send

letters to decision makers and local media, facilitate trainings, promote quality educational programs, and develop relationships with our lawmakers. It is important to make it known that effective policies can make a difference in reducing suicide.

Annual Advocacy Forum – The Idaho Chapter will send 3 delegates to Washington DC again to work with our legislators on a national level regarding mental health reform and funding issues, and keep them informed on the legislative needs of their Idaho constituents.

- **Provide programs and resources for survivors of suicide loss and people at risk, and involve them in the work of the Foundation**

International Survivors of Suicide Loss Day – We will be increasing this event to hopefully two additional locations throughout the state.

Grief Support Facilitator Training – We will continue to provide training guides for this program.

Campus and Community Walks – We will be increasing our walks to 2 campus walks and a community walk. This also gives people a way to honor their loved one, honor those with lived experience and participate in the work of the Foundation.

Partner Agency Referrals – We will continue an ongoing dialogue with key community partners of the suicide prevention community to continue building a solid referral network for those in crisis. Examples of a few of these key partners include: The Idaho Suicide Prevention Coalition, Idaho Lives, The Idaho Suicide Prevention Hotline, The Veterans Administration, The LiveWilder Foundation, Speedy Foundation, Health and Welfare Behavioral Health and Mobile Crisis Unit, Boise PD Crisis Intervention, The Idaho Federation for Families, and SPAN-Idaho.

Through our programs, we The American Foundation for Suicide Prevention have taken a leadership role in identifying and encouraging into treatment people who have the highest risk for suicide. We educate the public by disseminating vital information about suicide and its prevention, mobilize a national network of grassroots advocates who alert officials to policies and legislation that can help to prevent suicide, and reach out to those who have lost someone to suicide to offer support and opportunities to get involved in our work.



United States Department of Veterans Affairs

Boise Veterans Affairs Medical Center

Suicide Prevention Program

The Veterans Affairs' basic strategy for suicide prevention is to provide ready access to high quality mental health (and other health care) services supplemented by programs designed to help individuals and families engage in care and to address suicide prevention in high risk patients. Outreach, education and participation on community boards are also critical aspects of the Boise VAMC suicide prevention program.

- The Suicide Prevention Coordinator ensures suicidal Veterans receive the appropriate services. *In the last 12 months 302 Idaho Veterans were connected to the Suicide Prevention Coordinator by Veterans Crisis Line consults, community hospitals, various social welfare agencies, families and friends, and have been connected with VA Services.*
- Screening and assessment processes have been set up throughout the system to assist in the identification of Veterans at risk for suicide. A chart "flagging" system has been developed to assure continuity of care and provide awareness among providers. Veterans who have been identified as being at high risk receive an enhanced level of care, including missed appointment follow-ups, safety planning, weekly follow-up visits and care plans that directly address their suicidality. *In the last 12 months 80 Idaho Veterans have been identified as High Risk for Suicide and provided enhanced mental health services, 61 of those had suicide attempts. Eight Veteran suicides were reported.*
- The Suicide Prevention Coordinator and VA Mental Health staff provide community outreach that includes education on veterans mental health issues, suicide prevention

and intervention, and providing Veterans Crisis Line materials at community events. *The Boise VAMC Suicide Prevention efforts included:*

- 187 community outreach activities, including 36 presentations on the topics of suicide prevention, working with suicidal veterans, suicide risk assessment and intervention strategies.
- Outreach Highlights
 - VA Mental Health Summit, “Building Futures” on August 25, 2014. Approximately 110 community partners attended the conference.
 - Presented on Suicide Prevention and the Veterans Crisis Line at the Idaho Veterans Service Officer Training Conference on July 30, 2015.
 - Presented training on suicide risk assessment and working with suicidal clients to 70 mental health professionals in Twin Falls, Idaho on August 27, 2015. Attendees received 4 hours of continuing education credits at no cost.
- The Suicide Prevention Coordinator is a current member of Governor’s Council on Suicide Prevention; Board member for the Idaho Suicide Prevention Action Network; and participates on the Advisory Board for the Idaho Suicide Prevention Hotline.



National Alliance on Mental Illness (NAMI) - Idaho

The NAMI – Idaho is committed to supporting suicide prevention efforts in our state. We have provided Question, Persuade, Refer (QPR) Gatekeeper trainings throughout the year at our quarterly statewide conferences. Additionally, NAMI – Idaho joint the Idaho Suicide Prevention Coalition. We have two NAMI – Idaho Board Members who sit on the Suicide Prevention Hotline Advisory Board and one Board member who sits on the Suicide Prevention Action Network Idaho Board of Directors.

Idaho Council on Suicide Prevention

Health Professions Subcommittee

Subcommittee Report - October 2015

The Health Professions Subcommittee focuses on the following goals of the Idaho Suicide Prevention Plan:

Goal 4: Behavior Health Professional Readiness

Goal 6: Access to Care

In an effort to enhance Behavior Health Professional Readiness and Access to Care, the committee developed several objectives for 2015.

Objective 1: Enhance the level of theoretical and practice education of students in undergraduate and graduate behavioral health professions programs at Idaho universities and colleges on the recognition of warning signs, assessment, treatment, and management for individuals at risk for suicide.

Activity 1: Identify the colleges and universities with behavioral health professional programs and departments and determine what classes and curriculum are currently being taught on the topics in Objective 1.

Progress: Departments at six major universities and colleges were contacted and we determined that there is not a specific class or curriculum currently being taught to educate students in the practices of effective assessment, treatment, and management of individuals at risk for suicide. The topic is being discussed in some classes. Education and gatekeeper education programs for students are being offered in some cases through counseling centers on campus.

Activity 2: Identify and provide curriculum materials that can be organized into a library of resources that college and university faculty may access to educate students in evidence-based practices for assessing, managing, and treating clients at risk for suicide.

Progress: We have submitted to the council for review a number of articles and resources that can be a resource to professors in the development of curriculum.

Objective 2: Enhance the practice skills of licensed providers in behavioral health professions.

Activity 1: Identify a list of curriculums and programs that can be used in continuing education workshops for licensed providers.

Progress: The subcommittee reviewed the legislation passed in Washington that requires mental health professionals to complete continuing education in approved suicide assessment, treatment, and management training programs. The subcommittee has obtained a list of the programs and curriculum that have been approved in the state of Washington, and have provided the information to the council members for review.

Mental Health First Aid Summary

November 2015

Optum Idaho – Georganne Benjamin

The Partnership

In August 2014, The Speedy Foundation partnered with Optum Idaho to offer free Mental Health First Aid courses in communities throughout the state, with a focus on offering courses in rural communities with limited access to mental health services. Through the partnership, The Speedy Foundation funded 10 sessions to be taught by certified Mental Health First Aid instructors from Optum Idaho. Sessions were conducted in Salmon, Sandpoint, Idaho City, Grangeville, Boise, Weiser, Montpelier, Shoshone, Duck Valley Indian Reservation and Challis, Idaho and over 100 individuals were certified in Mental Health First Aid.

About Mental Health First Aid

Mental Health First Aid is an 8-hour course that teaches people how to recognize the most common signs of mental illness including depression, anxiety disorders, eating disorders and substance abuse, and the steps they can take to help someone get professional support.

Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices, a database of mental health and substance abuse interventions that catalogues programs that have been shown to be helpful for people with mental illness. According to the National Council for Behavioral Health, since it was first used in the United States in 2007, the adult Mental Health First Aid program has been delivered to nearly 100,000 Americans through a network of more than 2,500 instructors.

Participant Feedback

Participants expressed gratitude for making Mental Health First Aid training available in their communities and giving them the tools to help their friends, neighbors and families. Some examples of participant feedback are below:

- *"I just want you to know I have been able to utilize what I have learned in your class. My confidence level has really improved while assisting clients with behavioral health concerns ... I can't thank you enough."*
- *"I learned a lot and know it will help me be a better peer specialist."*
- *"This was a great resource for future encounters with people in a crisis."*
- *"Great course, very well taught. Genuinely as applicable as physical first aid."*

Mental Health First Aid Summary

November 2015

Optum Idaho – Georganne Benjamin

- *“It was a solid basic introduction to mental illness and how to approach someone dealing with it.”*
- *“This is probably one of the best trainings I have attended.”*
- *“It made me look at myself more with what I struggle at. It was the best training I have taken this year.”*
- *“I feel more equipped to help asses people in my community with mental health issues”*
- *“As a pastor I often deal with people dealing with trauma in their lives ... I believe this will help.”*
- *“I learned so much. It was useful and motivating information that I can utilize in my own life as well as my profession in social services.”*
- *“Great course! I learned so much from this training.”*
- *“Greatly needed; leaving confident.”*

2016 Mental Health First Aid

Plans for mental health first aid trainings in 2016 are in the development stages. Considerations include targeted regional trainings, partnering with additional trainers and community partners throughout the State to extend reach and focused trainings on supporting youth.

About Optum Idaho

Optum is a leading information and technology-enabled health services business dedicated to helping make the health system work better for everyone. Optum Idaho manages outpatient mental health and substance use disorder services for adults and children enrolled in Medicaid through the Idaho Behavioral Health Plan.

Optum Idaho’s goal of helping people facing a mental health or substance use issue access the behavioral health services they need to reach long-term recovery, aligns closely with The Speedy Foundation’s dedication to understanding mental illness, preventing suicide and fighting stigma through education, research, and advocacy. Optum Idaho partnered with The Speedy Foundation to offer Mental Health First Aid Training in order to teach more people to recognize the signs that someone is experiencing a mental health distress or crisis, and how to help that person get connected to appropriate professional care and treatment.

The Idaho Lives Project is a joint project of the State Department of Education and the Suicide Prevention Action Network of Idaho. The Project is federally funded by the Garrett Lee Smith State and Tribal Youth Suicide Prevention Grant awarded through the Substance Abuse and Mental Health Services Administration on October 7, 2013. The mission of this three-year Project is to foster connectedness and resilience throughout Idaho school communities to prevent youth suicide.

The Idaho Lives Project's four overlapping programs create a comprehensive approach to youth suicide prevention in Idaho.

The **School Communities Program** brings *Sources of Strength*, an ongoing, comprehensive wellness program, and the most well-researched program of its kind, into Idaho middle/junior high and high schools to build connectedness and resilience among the students, and increase referrals and treatment of students at risk for suicide. Because students in crisis must have trained, trusted adults to turn to, the program also trains school staff and communities to identify, assist and refer those at risk.

In 2015, the Project provided new *Sources of Strength* training to 16 schools statewide, and *Sources of Strength* booster (second or third) trainings to 22 schools. New schools included Burley Jr. HS, Caldwell HS, Cassia HS (Burley), Canyon-Owyhee School Services Agency (Widder), Declo HS, Kellogg HS, Eagle Academy, Lowell Scott MS (Meridian), Minco HS (Rupert), Mt. Harrison HS (Heyburn), Rimrock Jr/Sr HS (Bruneau), Rocky Mtn. (HS Meridian), Shoshone-Bannock HS, Total Learning Center (Rupert), Union HS (Nampa), and West Minico MS (Paul). Booster trainings were provided to all schools newly trained in 2014. Over 940 middle and high school students, and 100 school adult advisors were trained through this program in 2015. School staff members and community members also received training in suicide prevention. The Project trained over 1,300 school staff and 267 community members in 2015. The majority (over 80%) of school staff participants and 85% of community members rated the training and its value to them as outstanding or above average.

Qualitative data from the *Sources of Strength* trainings have been overwhelmingly positive with several examples of students utilizing skills learned in trainings, positive changes in student behavior and students identified for risk of suicide. One father attested that the *Sources* program at his son's school saved his son's life.

The **Health Professionals Program** is based on the knowledge that trained adults must be able to refer youth and their parents to well-trained health professionals. This program brings expert, evidence-based suicide assessment and management training to behavioral health and primary care professionals throughout Idaho.

In 2015, M. David Rudd, PhD provided suicide assessment and management training to over 800 behavioral health and primary care providers in 19 locations throughout Idaho. A large majority of training participants (approximately 90%) strongly agreed or agreed that they increased knowledge in the essential tools needed to accurately assess suicide risk and manage challenging scenarios in an effective manner.

Qualitative data for Dr. Rudd's trainings also has been overwhelmingly positive. Training participants continue to request more of this training. In response, and though the Project had not originally intended to, Dr. Rudd will be brought back in February of 2016 for three more large-scale trainings.

The **Young Adults Program** addresses youth age 18 to 24 through outreach and training. The program provides suicide prevention training to young adult-serving agencies and groups, including college and university staff and students. It reaches out to businesses serving young adults with materials from the Idaho Suicide Prevention Hotline and targeted behavioral health messages including those through *Man Therapy*. College interns also participate in the School Communities Program.

The Project provided 24 trainings in 2015 to a variety of young-adult-serving professionals including law enforcement, EMS, foster care staff, clergy, disability workers, mental health providers, primary care providers and LGBTQ groups. More than 570 professionals were trained through these activities. The Project also conducted outreach to tens of thousands of others serving youth with information related to prevention and intervention including, but not limited to, materials for the Idaho Suicide Prevention Hotline and for *Man Therapy* including *Man Therapy* radio spots.

The **Juvenile Justice Program** provides *Shield of Care* suicide prevention training to juvenile justice facilities throughout the state. *Shield of Care* is evidence-based suicide prevention training tailored specifically to the juvenile justice environment. Ongoing technical assistance is provided to these facilities and to participants of all programs.

In 2015, the Project conducted a *Shield of Care* trainer update for mental health personnel from ten of the 13 juvenile justice facilities in Idaho. In 2015, the Project provided 13 in-depth, 4-6-hour suicide prevention trainings to seven Idaho Juvenile Justice facilities reaching 150 staff, and three shorter trainings for 50 juvenile probation, judges and facility staff.

The Idaho Lives Project continues to collect data to evaluate the effectiveness of its programs and to create program improvements to better serve the needs of Idaho youth. For more information about the Idaho Lives Project, visit www.idaholives.org.



Idaho State Department of Education: 2015 Suicide Prevention Efforts

The Idaho State Prevention & Support Conference is hosted annually by the Idaho State Department of Education (SDE). The conference is a gathering focused on innovation, best practices, collective problem-solving and motivation to most effectively address youth risk behaviors, foster optimal health and realize academic success for Idaho students. The most recent conference was held in April, 2015, with workshops offering topics related to school safety planning, emergency operations, suicide prevention, law enforcement / school partnerships, drug and alcohol prevention, violence prevention, out of school programming and community engagement in schools. Participants included approximately 450 school counselors, teachers, administrators, school resource officers and community stakeholders. The conference also provided information from the Suicide Prevention Action Network of Idaho to help schools with suicide prevention, intervention and postvention support. These activities aligned closely with goals three and five of the Idaho Suicide Prevention Plan by educating the community and school professionals about appropriate suicide prevention activities and awareness.

The SDE is also the fiscal agent for a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The Idaho Lives Project (ILP) is a collaboration between the SDE, the Suicide Prevention Action Network of Idaho (SPAN Idaho) and partners to reduce suicide in Idaho by targeting youth, ages 10-24, whose suicide rates are significantly higher than the national average. ILP is a systematic and comprehensive approach using Sources of Strength, Shield of Care, community gatekeeper training and updated assessment and treatment training for health, mental health, and substance abuse professionals to foster resilience and connectedness throughout Idaho communities and prevent youth suicide. In addition to training students, ILP trains the staff from participating schools, community members and mental health clinicians on the warning signs of suicide and how to best respond. By increasing the number of individuals who have been trained statewide, ILP aims to ensure that youth at-risk for suicide are identified and referred to appropriate follow-up care. ILP entered the third and final year of the grant in October, 2015.

During the 2015 legislative session, the Idaho legislature appropriated \$4,031,400.00 in funding to partially restore Safe and Drug Free schools money (SB 1186). The SDE has been

dispersing this funding to school districts for the provision of school safety improvements and/or prevention activities. In their applications for funding, many school districts identified suicide prevention as a district priority. In alignment and encouragement of the third goal in the Idaho Suicide Prevention Plan, the SDE has provided technical assistance and support for school districts regarding best practice programs about suicide prevention/response and additional school safety resources. The 2015 legislative session also passed a bill enhancing the previous bullying legislation. School districts and charter schools are now required to provide mandatory professional development focused on training staff to respond to harassment, intimidation and bullying. The SDE believes that this new mandatory training will help schools provide positive school climates and better support the well-being of their students.

Division of Behavioral Health Program Highlights – SYF 2015

The Division of Behavioral Health is dedicated to promoting quality services that are innovative and evidence-based. The division engages in a variety of special initiatives each year to advance the service delivery system. Special initiatives in SFY2015 included:

Establishing Behavioral Health Crisis Centers

After Idaho's first Behavioral Health Crisis Center opened in Idaho Falls in December 2014, funding was appropriated by the 2015 Idaho Legislature to establish a second facility in North Idaho. Crisis centers are available on a voluntary basis to all Idaho citizens, offering evaluation, intervention and referral for people who are experiencing a crisis because of serious mental illness or a co-occurring substance use disorder. The centers can help people get the services and assistance they need without going to the emergency room or being taken to jail. The Legislature appropriated \$1.7 million for the crisis center in northern Idaho in 2015, which is evidence of the hard work done at the first crisis center in Idaho Falls and a testament to the commitment of lawmakers to helping those experiencing a behavioral health crisis.

Transforming Idaho's Behavioral Health System

Transformation legislation passed during the 2014 legislative session and became law in July 2014. Under a transformed and unified behavioral health system, the mental health and substance use disorder systems are being integrated. The advisory boards in each region, representing mental health and substance use disorders, have successfully combined to become Regional Behavioral Health Boards. Each newly formed board submitted the first required Gaps and Needs report in 2015 to the Idaho Behavioral Health Planning Council; the report addressed behavioral health concerns in each region. The boards are now actively involved in making decisions regarding whether to realign their advisory relationships to be under the public health districts or remain under the Division of Behavioral Health. If the boards choose to move under the public health districts, the division and the public health districts will then operate within a contractual agreement for continued support of the boards. This realignment is seen as strengthening the connection between physical and behavioral health and benefits all involved.

Behavioral Health Integration

In the last decade, studies have shown that people with mental health and/or substance use disorders die at a younger age than those in the overall population. Causes of these premature deaths are likely to include treatable health conditions such as heart disease and diabetes. A major reason for the high rates of illness and death among people with substance use disorders or mental health conditions has been their lack of contact with primary health services. The division, as a part of the State Healthcare Innovation Plan (SHIP), will spend the next four years working toward the integration of primary care and behavioral health care, which will allow health professionals to coordinate diagnoses and treatments so they can complement each other. The Behavioral Health Integration Sub-Committee will recommend models and best practice for behavioral health integration to the Idaho Healthcare Coalition. This will lead to better health and better outcomes for people with behavioral health issues.

Children's Mental Health Services

The federal court approved a settlement agreement in the 35-year-old Jeff D class action lawsuit concerning children's mental health services in June 2015. The agreement targets the provision of community-based services, which has been the unresolved issue in the case. The agreement is designed

to establish a comprehensive and coordinated system of care for Idaho children with serious emotional disturbances and their families. The agreement outlines an overall implementation time frame of about eight years. The first nine months is devoted to the development of an implementation plan, followed by four years to complete the plan. Once the implementation plan is completed, there is a three-year period of sustained performance. The agreement outlines specific measures to determine compliance with the implementation plan and sustained performance period. The case will be dismissed after substantial compliance has been shown. When the case is dismissed, the court is expected to issue a permanent injunction to continue the services and supports developed through the implementation plan.

Recovery Community Centers

Recovery Community Centers provide a meeting place for individuals to work on and maintain their recovery from substance use disorders and mental illness. These centers help fight stigma by acting as a face for recovery to the community as a whole. The centers offer a venue for building meaningful and healthy relationships, which is key to successful recovery. Recovery Community Centers respect all pathways to recovery and offer volunteer-driven activities and resources unique to each center, including peer support, job search assistance, smoking cessation classes, access to computers, courses covering a variety of issues, and referrals to other community supports.

During the 2015 Legislative Session, the division worked closely with the Idaho Association of Counties on a Millennium Fund Grant proposal to support four recovery community centers across the state. After obtaining that funding, all four centers opened in 2015, in Ada, Canyon, Gem, and Latah counties. Data will be collected at each of the centers, but more time is needed to analyze their effectiveness. Even so, anecdotal reports highlighting stories of success are plentiful. Idaho's model for recovery community centers is unique in that most recovery community centers across the country focus on addiction; Idaho's model services people suffering from mental illness, substance use disorders or both.

Accomplishments and Activities 2015

The Idaho Suicide Prevention Hotline is committed to the prevention of suicide in Idaho. The Hotline is a program of Mountain States Group, a 501 (c) (3) non-profit organization. The Hotline provides crisis intervention, emotional support, resource referrals, and follow-up calls if needed to all Idahoans. ISPH completes its third full year of operations, enters its second full year of 24/7 phone response, is on track to reach 5,000 calls this year, and prepares to launch Online Emotional Support (OES) via crisis text and chat response.

Idaho Suicide Prevention Hotline		
Call Statistics		
January 1 to September 30, 2015		
	3rd Quarter	2015
Total Calls Received	1378	3648
Military Members / Families	126	489
Rescue Calls (approximate)	24	87
Follow Up Activities Completed	160	527
Percentage of Calls Receiving Follow Up Activities	7%	10%
Caller Age:		
10 – 14	23	104
15 – 19	115	353
20 – 24	103	297
25 – 34	190	460
35 – 44	175	320
45 – 54	126	332
55 – 64	176	556
65 – 74	27	83
75 – 84	6	17
85+	1	4
Didn't Report	436	1122
Total Calls Received	1378	3648

Volunteer and Staff Recruitment and Training

The hotline operates with 6.25 FTE's of paid staff, 3 interns and 2 Americorps volunteers. In 2015 ISPH trained approximately 60 + prospective volunteers in the ASIST (applied suicide intervention skills training) model. Approximately 85 volunteers are currently active as hotline Phone responders. In the first 3 quarters of 2015 volunteers contributed a total of 9880 hours, for an in-kind value of \$168,000. ISPH operates 24 hours per day/7 days per week with 2-3 volunteer responders per shift from 9 am to 1 am. Overnight phone coverage is provided by a paid supervisory staff person. All shifts are onsite and calls are silently monitored and supervised by a master's level clinician or equivalent. We are continuing



to recruit non-phone worker volunteers or ‘Hotline Ambassadors’ to assist with community outreach and support tasks both in Boise and across the state and have provided quality display materials to our SPAN partners in the Coeur d’alene and Idaho Falls areas. Information about volunteer opportunities, including the 2016 volunteer training schedule can be found here:

www.idahosuicideprevention.org/volunteer/

Facilities

Our continued sincere thanks go to Jay Lugo, Executive Director of the Idaho Lions Sight and Hearing Foundation for their donation of a 2,200 square feet of operations/ office space for an in-kind value of \$1,900 per month. Last year he hotline installed 4 distinct Responder stations in its existing space, improving acoustics during increasingly busy shifts and expanding capacity for higher call volume and 24/7 service provision.

Hotline Data Capacity

ISPH has 3 years’ worth of data on calls. Responders request demographic info from each caller. Requests for statistics related to caller demographics should be directed to jreusser@jannus.org with “request for Hotline statistics” in the subject line. Our resource database is periodically updated by staff & volunteers; if your agency receives an email from noreply@icarol.com please complete the form provided to ensure we have the best, most recent information about your agency or program to share with our callers. ‘One-pagers’ or distillations of ISPH quarterly reports are available here for reference and distribution:

www.idahosuicideprevention.org/data/

Outreach

The Hotline has distributed approximately 100,000 tri-fold wallet cards and several hundred bilingual marketing kits containing wallet cards, posters, rack cards, magnets and both small and bumper sized stickers throughout the state. Outreach materials and a video PSA are available upon request by calling 208-258-6994, emailing tbarnes@jannus.org and including “request for Hotline marketing materials” in the subject line or linking/ downloading printer- ready PDF versions from our website:

www.idahosuicideprevention.org/outreach/

Goals for the Next Year

Top goals for the Hotline for 2016 include: increasing our response capacity via infrastructure improvements pending available funds and increasing volunteer staffing levels by training new Responder cohorts in February, May and October. We will continue to pursue sustainable funding strategies and broaden our advisory/ fundraising board to include representation from Eastern Idaho. We will increase the breadth and penetration of our outreach to include billboards, television and radio ads statewide and implementation of text and chat response.

Many thanks to our funders and partners, without whom this vital program would not have been possible: Idaho Department of Health and Welfare, Idaho Division of Veteran’s Services, the Idaho State Legislature, SPAN-Idaho, U.S. Veterans Affairs, United Way of Treasure Valley, United Way of Kootenai County, United Way of Southeast Idaho, The Speedy Foundation, Idaho National Guard, Saint Alphonsus Regional Medical Center, Wells Fargo, JA & Kathryn Albertson Foundation, Saint Luke’s Regional Medical Center, Ada County EMS, Meridian and Boise Police departments, and numerous other donors and supporters.

Idaho Suicide Prevention Plan:

Goal 1: Public Awareness and Goal 2: Anti-Stigma

Key Activities focused on Awareness, Anti-Stigma, Education/Training, and Community Involvement:

- Zero Means Zero Conference, March 10, 2015, held at Gonzaga University, Fiscal and Gold Sponsor. Planning underway for 2016 conference. ACHIEVING ZERO SUICIDE FOR OUR INLAND NORTHWEST COMMUNITIES, Representation from WA, ID, MT & WY
<http://www.gonzaga.edu/academics/events/zerosuicide/>
- Public Outreach: Speaking and Community Events:
 - Board members, John Reusser and Stewart Wilder spoke with Boise State Psychology students about depression and suicide on Sept. 28, 2015
 - Community Walk:
 - AFSP Out of the Darkness walk: Saturday October 17, 2015. Resource booth and team.
- Public Service Announcements
 - KTVB (NBC affiliate), Hotline and LiveWilder: Meridian Mayor's Youth Advisory Council production. Started airing on National Suicide Prevention Week September 7, 2015. Planning for quarterly productions to air with NBC affiliates statewide.
<https://www.youtube.com/watch?v=IICtJelcY4>
- Policy
 - Supported HB 246 Anti-Bullying Bill signed into law April 26, 2015. Rep. Ilana Rubel, Sen. Janie Ward-Engelking, sponsors.
<http://www.spokesman.com/blogs/boise/2015/apr/06/otter-signs-anti-bullying-bill-law/>
- Community Safe Youth Programming (Pilot Project), community partners include:
 - YMCA, Boise School District Administration, Dept. of Education, Boise Police Dept., area counselors and psychiatry, educators from Boise and Timberline High Schools, One Stone and LiveWilder.
 - Goal: to provide a safe place for youth to have connectivity with the community, peer and adult mentors, activities, volunteering, etc. Connecting parents will be a critical factor as well as there are no support groups for youth struggling with depression or other mental health/physical health issues or for parents dealing with their children who may be struggling.
- Partnership funding with SPAN Idaho to bring Sources of Strength to Rocky Mountain High School in Meridian through Idaho Lives Project.
- Structured and held a Community Conversation on depression and suicide at the Idaho Federation of Families for Children's Mental Health annual meeting.
 - Panel of experienced survivor, LiveWilder, SPAN Idaho, Idaho Lives Project, Senator Rubel and Representative McDonald all participated in the community discussion on suicide prevention.
 - The Federation of Families is working on a documentary on awareness, anti-stigma and education hopefully with Idaho Public Television and other media outlets in the Pacific Northwest.

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208-401-9263
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The SHOSHONE-BANNOCK TRIBES

COUNSELING & FAMILY SERVICES

P O BOX 306
FORT HALL, IDAHO 83203
PHONE (208) 237-5631
LOCATION MISSION ROAD
FAX (208) 237-5796



TRIBAL HEALTH & HUMAN SERVICES DEPARTMENT

P O BOX 306
FORT HALL, IDAHO 83203
FAX (208) 238-3940

The Fort Hall Indian Reservation is located in southeastern Idaho and is home to the Shoshone and Bannock Tribes. There are 5844 enrolled members of the Shoshone-Bannock Tribes, with approximately 3800 of those member residing on the Reservation as well as many non-natives.

The Counseling and Family Services program offers a full range of outpatient mental health and medical social work services to the people of the Shoshone-Bannock Tribes and other eligible Native American recipients. Crisis services are available twenty-four hours a day, seven days a week. Our mission is to provide these services that integrate traditional Native American beliefs and practices with Western attitudes and approaches, and will be delivered in a culturally competent, professional, confidential atmosphere.

Reported activities/events the Tribes has provided and/or participated in this year that meet the goals of the Idaho Suicide Prevention Plan are:

- Held three ASIST (Applied Suicide Intervention Skills Training) to the community and Portneuf Medical Center in Pocatello
- Started a SPAN (Suicide Prevention Action Network) Chapter here in Fort Hall
- Participated and help coordinate a Sources of Strength training at Sho-Ban Jr/Sr High School
- Held a Shield of Care training at the Fort Hall Justice Center
- Held two QPR (Question, Persuade, Refer) trainings here in the community
- Awarded the Garrett Lee Smith Youth Suicide Prevention Grant, hired a part time staff member and started to administer the PHQ-9 (depression/suicide) screening form to all MH patients, established a Zero Suicide Implementation Team
- Hosted 2nd Annual "Walk for Life" Suicide Awareness/Prevention/Remembrance activity
- Developed a "Suicide Survivor- digital story" with local community member
- Applied for and was awarded the Department of Health and Human Services, Indian Health Services, Suicide Prevention Initiative grant
- Disseminated Idaho Suicide Hotline information in the community
- Participated in the State Juvenile Justice grant, provided Mental Health screenings to 65% or more of adolescents entering the Fort Hall Corrections
- Participate in Region 6 Behavioral Health Board, Protective Custody Task Force and Children's Mental Health Subcommittee



ACCOMPLISHMENTS AND ACTIVITIES

November 2015

Overview

SPAN Idaho is a suicide prevention organization founded in 2002 as a 501 (c) (3) nonprofit organization. At the state level, SPAN Idaho comprises a volunteer board of directors and two part-time staff, with established chapters in each of the seven Idaho Department of Health and Welfare (IDHW) regions to carry out statewide suicide prevention awareness activities and to respond at a community level. From its beginning SPAN Idaho, as a grassroots organization, has encouraged and recognized the importance of regional and local involvement to prevent suicide. SPAN Idaho's mission is to reduce suicide in Idaho through statewide advocacy, collaboration and education in best practices. With the help of our chapters and other organizations, SPAN Idaho works to have zero suicides in our state.

Most Recent

In partnership with Idaho State Department of Education (SDE), SPAN Idaho received the Garrett Lee Smith Memorial Act (GLSMA) grant administered by the Substance Abuse and Mental Health Services Administration (SAMHSA) to target youth, ages 10-24 in suicide prevention to begin October of 2013. The Idaho Lives Project (ILP) will reach more than 31,000 individuals over the three years of the grant, with training for youth, school staff, and community adults along with health and mental health providers to respond effectively to suicidal youth. All goals of the project align with the goals of the Idaho Suicide Prevention Plan (ISPP) and the National Strategy for Suicide Prevention (NSPP). We are in the last year of that grant. More about this project is included in this current report.

Training and Awareness

SPAN Idaho and its chapters consistently provide or co-host a variety of community activities to educate the public about mental health and wellness and suicide prevention. We also provide resources and support when there has been a suicide death. Some examples of SPAN's involvement, we

- Host a biennial conference in which we feature leading experts in suicide prevention. This valuable and up-to-date, best-practices conference ensures that we offer Idahoans training that is safe and current, and provides the latest in research and prevention.
- Developed and conducted presentations and trainings on suicide and suicide prevention for the Idaho Department of Labor, Idaho Criminal Justice Commission, IDHW Children's Mental Health, Idaho Juvenile Justice, Idaho State Tax Commission, Hispanic Commission, Idaho National Guard, schools, parent groups and community groups.
- Provided comprehensive trainings that were specific to clergy in the state at seven different locations with a two- hour workshop primarily centered on spiritual leaders and their congregations about suicide prevention, warning signs, resources and self-care.
- Held several regional annual Save-the-One walks to raise awareness and support survivors.
- Provided materials at community events and gatherings to share suicide warning signs and other prevention measures.

- Conducted many regional projects through the chapters which include suicide prevention messages on radio, television and newspapers; joined other agencies to discuss and respond to area suicides; trained area school staff and others in suicide prevention and met monthly to plan and promote suicide prevention activities.

New and Ongoing

- We align our programs and activities to the Idaho Suicide Prevention Plan.
- We maintain a highly- informative and well-regarded website.
- We fulfill requests for information and resources on-line and on the phone which may include highly sensitive calls.
- We act as a conduit for suicide prevention information locally, statewide and nationally and engage and collaborate with other groups, including the Idaho Suicide Prevention Hotline, the Veterans' Administration, 211 Careline, the Commission on Aging, RADAR, SDE, IDHW and others. Nationally, SPAN Idaho engages with the major suicide prevention groups, participates in conferences and webinars, and writes articles to exchange best practices information, data and ideas.
- We provide information packets to suicide survivors through the Idaho Funeral Directors Association and county coroners as well as to suicide loss survivors on request to support the grieving and healing process.
- We offer information on suicide loss survivor support groups regionally.
- We distribute materials to the general public and community events.
- We offer QPR training and other specific suicide prevention training to groups on request.
- We provide information and guidance to high school and college students for their projects.
- We are members of the Idaho Council on Suicide Prevention and collaborate to carry out activities that implement the Idaho Suicide Prevention Plan along with coordinating efforts in Idaho communities to introduce the National Strategy for Suicide Prevention and bring more attention to national and local suicide prevention efforts.
- We continually review suicide prevention research and best practices to develop programs and distribute relevant information statewide.
- We partner with the Idaho Suicide Prevention Hotline to distribute Hotline information with the help of SPAN Idaho regional chapters and our Idaho Lives Project to carry out mutually helpful suicide prevention projects.
- We implement and evaluate the Idaho Lives Project which promotes overall wellness in youth to prevent suicidal behavior and identifies intervenes with referring students at risk for suicide.
- We developed a SPAN Idaho chapter in Fort Hall to enhance working with tribal members.

Upcoming

- Continue training specific groups in suicide prevention and survivor support including target groups such as first responders, mental health and health care providers, school personnel, aging services staff, corrections personnel, human resource management offices, parents and others.
- Support efforts to expand statewide leadership in suicide prevention.
- Increase suicide awareness activities on college campuses.
- Encourage growth in regional chapters.

For more information visit spanidaho.org