

SUICIDE PREVENTION SUBCOMMITTEE (SPS) 2013 REPORT

Introduction and Overview

According to 2010 statistics from the Kansas Department of Health and Environment (KDHE), suicide trailed only unintentional injuries as the second leading cause of death in Kansas for 15 to 44 year olds. The state's suicide rate of 13.38 deaths per 100,000 people exceeded the national average of 11.8 per 100,000 residents. There were 409 suicides recorded in Kansas in 2010, and several thousand friends and family members were changed forever by losing a loved one. In Kansas, problem gamblers have a suicide rate of over 20%, higher than any other clinical population. According to the Fiscal Year 2012 report "Kansas Problem Gambling Treatment Enrollments" from the Kansas Department for Aging and Disability Services, nearly ¼ (23%) of all people seen said they were currently suicidal or had thoughts about harming themselves.

The Suicide Prevention Subcommittee of the Governor's Behavioral Health Services Planning Council (GBHSPC) is comprised of a diverse membership across the state dedicated to suicide prevention and to supporting survivors of suicide loss.

Leadership has included members who volunteer their time through research projects, educational programs, intervention services, and bereavement services to share information about suicide attempts and deaths in Kansas, about evidence-based and promising practices employed in the state or nationally, and to stimulate and support the adoption of new initiatives where needed to recognize and reduce suicide risk, attempts, and deaths of Kansans.

Mission

To bring Kansans of diverse backgrounds, government and private agencies, health care providers and funders together to share information about suicide risk, attempts, and deaths in Kansas, about evidence-based and promising practices that are employed in the state or nationally, and to stimulate and support the adoption of new initiatives where needed to recognize and reduce suicide risk.

Vision

To create a suicide-free Kansas where quality mental health services are available, trusted, and used when needed, without stigma.

Membership

Leadership: Bill Art, Johnson County Mental Health Center - Chair
Marcia Epstein, Headquarters Counseling Center, National Suicide Prevention Lifeline for Kansas, Kansas Youth Suicide Prevention - Co-Chair
Stan Edlavitch, Secretary/Treasurer, UMKC, KC-SAPP, Kansas Youth Suicide Prevention

Membership:

Bennett, Catrina	Mental Health America of the Heart
Braun, Meg	Topeka K – 12
Button, Christopher	US Air force

Chase, Bob	Southeast KS MHC
Deselms, Jason	Sedgwick County Coalition/ VA
Dunn, Richard	US Army
Faubion, Jane	Kansas Youth Suicide Prevention
Flamick, Lee	Rural Frontier Advocate
Geis, Bill	UMKC School of Psychiatry, KYSP
Harkness, Eric	NAMI Topeka/ Consumer
Haskett, Lori	KDHE
Hernandez, Tomas	Consumer
Jaffe, Gayle	SPRC
Kruger, Misty	Shawnee County Coalition
Maley, Bobbye	Four County MHC
Maxwell, Chris	Kansas Youth Suicide Prevention
Mays, Linda	US Army
Moreland, Rhonda	Consumer
Moser, Christine	Children's Mercy Hospital
Ochs, Linda	Shawnee County Coalition
Porter, Katrina	Stormont Vail
Potter, Kelly	KDADS
Potter, John	US Army/ Kansas Nat'l Guard
Reynolds, Jason	Harvey County Suicide Prevention
Rose, Janel	Central Kansas Partnership
Schuster, Sue	KDADS
Siebert, Sandy	Shawnee County Coalition
Stueve, Jane	KDHE
Swade, Bonnie	SASS MO-KAN
Sweeney, Sheli	ACMHCK
Unrein, Hillary	KDADS
Waite, Mary	Central Kansas Partnership
Woodward, Judith	Public

Accomplishments

Over the years, the SPS has met to prioritize goals and activities around transforming policy, programs and services, and funding. Areas of focus have included:

- Community based evidence-based and best practice strategies on suicide prevention
- Awareness and education on suicide prevention at conferences, workshops
- Outreach, education and awareness to middle school and high school youth on teen suicide prevention
- Adoption of the Kansas Suicide Prevention State Plan
- Signing of annual Suicide Prevention Proclamations with the Kansas Governor and in many city commissions/councils and county commissions across the state
- Access to care and service capacity through funding (\$100,000.00) a Resource Center for Kansans across the lifespan

Kansas has experienced significant accomplishments in suicide prevention influenced by the SPS, including:

- Creation of the Kansas Youth Suicide Prevention Resource Center funded by the Garrett Lee Smith (GLS) Grant
- Annual Kansas Suicide Prevention Week Proclamation signing with the Governor
- Expansion of Suicide Prevention Coalitions to 7 urban, rural and frontier communities across the state
- Free, 24/7 suicide prevention hotline access to over 5,000 children, teens and adults in 2012.
- Bereavement supports to survivors of suicide loss through Kansas Suicide Support Groups.
- Expansion of Suicide Hotlines to two (2) community mental health centers (CMHCs) - Wyandot and Johnson County.
- Increased availability and usage of suicide data from KDHE Vital Statistics.
- Increased awareness on linkage between problem gambling and suicide risk.
- Increased information sharing among stakeholders and other GBHSPC subcommittees via e-mail on suicide prevention updates, resources, webinars, etc.
- Understanding of the importance of trauma informed care to reduce suicide risk.
- Strong Kansas contingent at national, state and local conferences and workshops on suicide prevention

The following chart highlights the 2012 Goals and Accomplishments of the SPS:

GOAL	ACCOMPLISHMENT
1. Use National Strategy for Suicide Prevention, website of National Action Alliance, and Healthy People 2020 as guides for an updated Kansas Suicide Prevention Plan	<i>The SPS received the updated national strategy in September of 2012 and has begun to review to align with priorities for Kansas. .</i>
2. Conduct a statewide review and update of the current Suicide Prevention Plan for Kansas originally adopted in 2006. By December 31, 2012, through a consensus process adopt the updated state plan for Suicide Prevention.	<i>The Subcommittee decided to set up a time line for the review and update of the state plan.</i>
3. To secure funding for implementation of the state plan for Suicide Prevention in Kansas.	<i>The subcommittee has made requests for funding from the state of the current plan for Suicide for the last three years.</i>
4. Create an Executive Committee with 1 member of the Governor’s Staff and 1 member of each of the 3 pertinent State Agencies and our 3 officers and create a bi-monthly meeting with key government officials to move the suicide prevention and system change agenda ahead in a coordinated fashion.	<i>There was discussion of this goal, but there was no action.</i>
5. Increase the number of certified trainers, and people who have completed training: in ASIST, Mental Health First Aid, and CIT for law enforcement	<i>The number of trainers has increased over the last year.</i>
6. Collaborate with The Regional Prevention Centers in identifying the correlation of alcohol use in school aged youth and the prevalence of suicidal thoughts and or suicide attempts.	<i>This was not completed.</i>
7. Provide speakers on Suicide Prevention for the annual conference of the ACMHCK	<i>Speakers were provided for this conference.</i>
8. Continue efforts to create membership reflecting the diversity of the 105 counties of Kansas	<i>Increased # of coalitions addressing the increased rates and numbers of suicide has increased in number. The following have been added: Harvey County Coalition, Central Kansas Partnership, Shawnee County Coalition, and Johnson County.</i>
9. Attach KDHE summary of statistics on suicide in Kansas	<i>This has been accomplished by KDHE.</i>

Explanation of 2013 goals

Priority #1: Review and update Suicide Prevention State Plan with statewide input.

- a. Convene a statewide ad hoc committee to review and update the state plan using the *State Suicide Prevention Planning: A CDC Research Brief* and *National Strategy for Suicide Prevention 2012* as a blueprint for success.
- b. Seek consultative services from the Suicide Prevention Resource Center (SPRC) and Alaska to provide guidance in the planning process.
- c. Promote kick-off of state planning in July 2013 in Hays, Kansas, in conjunction with Kansas Youth Suicide Prevention Summit sponsored by the Garrett Lee Smith funded Kansas Youth Suicide Prevention Program and co-sponsored by the SPS.
- d. Finalize first draft of updated Kansas Suicide Prevention Plan by December 2013, with final version by June 2014.

Priority #2: Provide Suicide Prevention Awareness Presentations at Statewide Conference and/or Annual Meetings.

- a. Identify and recruit panelists and speakers trained on suicide prevention, survivor loss and bereavement.
- b. Form a Speaker's Bureau to train on a number of topics at workshops, conferences and/or Annual Meetings.
- c. Workshops can be in the form of interactive panels, discussion groups, presentations, trainings or academic lectures.
- d. Issues and topics will be tailored to meet the specific needs of the group.

Priority #3: Create Kansas Suicide over the Lifespan Prevention Resource Center

- a. Develop strategies to expand the scope of the Suicide Prevention Resource Center being created through the SAMHSA GLS-funded Kansas Youth Suicide Prevention to promote access to care and service capacity.
- b. Research private and public funding opportunities at the federal, state and local level to support implementation of these efforts.

Priority #4: Inform public policy for suicide prevention in Kansas.

- a. Integrate suicide prevention into health care policies to address the need for better data on suicide attempts and utilization of medical and social services by Kansans dealing with mental health needs, suicide ideation, suicide attempts and completed suicide by requiring hospitals to provide e-coding data.
- b. Develop strategies and policy recommendations to ensure confidentiality of consumers and family members in Rural and Frontier regions of the state.
- c. Legislation to require medical and mental health professionals who are licensed to practice in the state of Kansas to have suicide prevention training for licensure renewal.

A key ingredient critical to the success in reducing suicide in Kansas is collaborative partnerships among key stakeholders to form local planning teams or coalitions of public and private agencies, organizations, and individuals, each bringing unique perspectives and resources at the community level to shape community values and norms for successful suicide prevention initiatives.

In Kansas, a robust infrastructure has been developed in several communities and agencies throughout the state. Agencies such as Headquarters Counseling Center, Inc. and six (6) local Suicide Prevention Coalitions help guide efforts to take action to prevent suicides and suicide attempts of Kansans.

The following highlights, activities and goals of these community-based strategies are provided below:

Headquarters, Inc.

Highlights:

- Free, 24/7 suicide prevention hotline for all of Kansas through the National Suicide Prevention Lifeline (800.SUICIDE and 800.273.TALK) as well as our local line 785.841.2345. In 2012 that service was used over 5,000 times by children, teens, and adults.
- Outgoing "follow up" calls to people at high risk of suicide, as well as those concerned about them.
- Suicide bereavement support group and family/individual counseling used by Douglas, Johnson, Leavenworth, and Shawnee County residents.
- Educational presentations including to KU, Baker, Haskell Indian Nations University, and community groups.
- Community workshops during Suicide Prevention Week in September and International Survivors of Suicide Day in November.
- 2 staff completed ASIST (Applied Suicide Intervention Skills Training) Training for Trainers and began providing ASIST workshops.
- Consultation with Kansas communities, providing assistance with suicide-related concerns.

Goals & Plans:

- Funded by renewable SAMHSA Garrett Lee Smith Youth (10 -24 years of age) Suicide Prevention grant of \$480,000 per year from August 1, 2012 - July 31, 2015. (Notification received on August 4, 2012.)
- The goal of this award is to reduce suicide attempts and deaths of young Kansans, by building a state-wide safety based on evidence-based practices and partnerships. Specific activities include: building a Kansas Suicide Prevention Resource Center; increasing surveillance of suicide behaviors in Kansas; providing suicide prevention training and consultation to community members as well as primary and behavioral health care workers; establishing pilot projects pairing youth-serving sites with mental health providers; annual Kansas Youth Suicide Prevention Summit; increasing use of National Suicide Prevention Lifeline; increasing the presence of suicide prevention coalitions across Kansas; and more
- August - December activities included promoting awareness of this award to encourage participation from all 105 Kansas counties, building a staff team to lead these activities, participating in extensive training by SAMHSA, and beginning activities as mentioned above.

Goals & Plans:

- Both the counseling center program and the state-wide youth suicide prevention will continue activities as described above.

Sedgwick County Suicide Prevention Coalition

Highlights:

- The Sedgwick County Suicide Prevention Coalition hosted the 9th Annual Link 4 Life Run on Saturday, April 14 at the Old Cowtown Museum. Nine hundred ninety-three runners and walkers registered for the event and approximately 1,000 additional family members came to cheer their runners on at the finish line. The Link 4 Life Run raises awareness for suicide, the prevention of suicide and generates funds to support prevention efforts in our community throughout the year.
- During National Suicide Prevention Week, September 9 - 15, the Sedgwick County Suicide Prevention Coalition and community volunteers handed out 35,000 bookmarks at local QuikTrips and Dillon and Walgreen pharmacies displaying warning signs of suicide and where to seek help.
- Every year on the Saturday before Thanksgiving, the American Foundation for Suicide Prevention sponsors National Survivors of Suicide Day providing an opportunity for those who have lost someone to suicide to come together for support, healing, information and empowerment. On November 17, the Suicide Prevention Coalition hosted the 8th Annual Survivors of Suicide Conference and webcast at Via Christi Hospital.
- Evidence-based Practice Workgroup - This workgroup was developed in 2011 to identify and disseminate best practices related to suicide prevention in Sedgwick County. In 2012, the workgroup reviewed evidence-based approaches to suicide prevention that could be implemented in our community. The group recommended bringing a training on means restriction counseling to our community (scheduled for mid-2013) and including resources for survivors of suicide attempts and their loved ones on the coalition's website.
- Methodology - In 2012, the Methodology Committee initiated a systematic approach to identifying outcomes of current and potential coalition activities, with the goal of improving and expanding our measurement of outcomes. This project will continue into the coming years as we work toward implementing additional data collection efforts and proposing new prevention activities in our community based on local data.

Goals & Plans

- 2013 Training - The Suicide Prevention Coalition will host Craig J. Bryan, PsyD, ABPP, a board-certified clinical psychologist in cognitive behavioral psychology to Wichita, Kan. to host the next suicide prevention training.
- Dr. Bryan is a nationally recognized expert in military mental health and suicide, and serves as a consultant to the Department of Defense for suicide prevention and mental health promotion. The professional workshop will take place July 24, 2013, WSU Eugene M. Hughes Metroplex.

Shawnee County Suicide Prevention Coalition

Highlights:

- 9-27-12: Suicide Cluster Response Plan – the group continued the work on this plan that was begun in 2011. The final plan was accepted by the group on this date.
- 11-15-12: The Suicide Cluster Response Plan community group decided to continue meeting and form the Shawnee County Suicide Prevention Coalition. A board of officers was chosen.

Goals & Plans

- The Shawnee County Suicide Cluster Response Plan will be presented to School Superintendents, County Commissioners and City Council Members. (We actually have already presented it to the Superintendents and the County Commissioners in early 2013.)
- The Suicide Prevention Coalition will be meeting monthly.
- A 5K Run/Walk is being planned for September 14th in conjunction with National Suicide Prevention Week.
- The coalition will be working on developing a Logo and website.
- Prevention and Recovery Services (PARS) has volunteered to serve as the fiscal agent for the coalition.
- The group will be communicating about training for member agencies such as Mental Health First Aid.
- The coalition will be considering grant opportunities.

Harvey County Coalition

Highlights:

- After four years above the national average for completed suicides per capita, the accomplishment for 2012 is that Harvey County experienced our second year with average or near average suicide data.
- S.A.F.T. Team We also completed our first year of the Suicide Awareness and Follow-up Team (S.A.F.T. Team). This is a team of two chaplains and two retired law enforcement officers who provide intervention/follow-up to people in our community.
- The S.A.F.T. Team is also sent to surviving families after a completed suicide. 14 days after the event - once the autopsy and memorial service have taken place and the friends and family have returned to routine life, a SAFT Team shows up to the home to say "We are from the Sheriff's Office, and we know that you experienced a loss recently. We want you to know the community hasn't forgotten. How can we help?"

Goals & Plans

- The coalition is currently working on a measurement tool to track risk factors evident in suicide call outs so that we can target specific risk factors with appropriate evidence based protective factor programs and efforts in the future. Completing this tracking system by September is our goal.

Central Kansas Partnership

Highlights:

- Met and organized Central Kansas Partnership Suicide Prevention Task Force
- Reviewed goals from State Plan
- Selected: Educate Public & Professionals about Suicide Prevention
- Ordered & Distributed Suicide Hotline Posters through Central Kansas Partnership
- Reviewed Yellow Ribbon Campaign—Sent info to schools
- Reviewed QPR intervention training/ Funds needed for training
- Scheduled & held Suicide Prevention Community Speaker—Dr. Jason Deselms
- Made posters & bookmarks—Signs of Suicide Risk—Distributed to school libraries and community libraries
- Sent letters to Schools, Churches, Church Groups, Doctors, Hospitals, Health Depts.
- Radio Show
- Presentation to County Commissioners

- 4 Great Stories in the Tribune—Thank you Karen LaPierre!

Goals & Plans

- 5K & 2 K walk and run in conjunction with BCC or Lake Barton September; Running for Life (tentative title)
- Use media/stories to help make known the connection between sexual abuse –child abuse and suicide
- Build self-esteem and compassion in children and adults
Blue Dot Campaign
- Mentoring programs for children
- Send Letters to schools and churches about programs they can choose to use with their group
- Ask kids what they need
- Current Chairperson: Mary Waite, Barton County Health Department WIC Program

SASS MO-KAN

Highlights:

- SASS held a community walk for suicide awareness and survivor support in September 2012
- SASS donated money to the area support group from proceeds from our walk to help with purchasing books, kleenex, and other needed items
 - We provided a Holiday Memorial Service in November. Dt. Harold Ivan Smith, author spoke to the group. We had a candle lighting ceremony.
- In February we had a Healing Day. Participants got to enjoy yoga, information on nutrition, journaling, aromatherapy etc.
- SASS has a quarterly newsletter that is send through e-mail
 - SASS received check marked by the Greater Kansas City Community Foundation

Goals & Plans

- Annual community walk taking place on September 8, 2013
- Memorial Service November 2013
- Healing Day February 2014
- SASS continues to bring awareness to the public about suicide through articles in KC CARES, a magazine designed for nonprofit organizations.

KC SAPP

Johnson County Suicide Prevention Summit

Highlights:

- Completed a Summit on Suicide Prevention November, 2012

Goals & Plans

- Meet to discuss next steps for Suicide Prevention in Johnson County
- Determine which goals and objectives from the 2012 National Strategy for Suicide Prevention to use