

Headquarters, Inc. Kansas Youth Suicide Prevention Collaboration and Services Across Our State



1969: Opened in Lawrence, Kansas as a drug crisis center, soon known as drug abuse & personal crisis center.

1985: Began teen suicide prevention education programs in local junior highs. Began participating in American Association of Suicidology.

Also: added Phone A Friend line for children.

2001: Became center for Kansas for callers to national suicide prevention hotline network. Credentialed by American Association of Suicidology.

Also: trained full-time staff in Critical Incident Stress Management (CISM) & developed first Emergency Management Disaster Mental Health Team.

February 2011: Grant writing team from Kansas Suicide Prevention Subcommittee Bill Art, Stan Edlavitch, Marcia Epstein, & Bill Geis submitted application from Headquarters, Inc. for a *Garrett Lee Smith* award, to coordinate youth suicide prevention for Kansas.

These grants had been awarded across the country since April 2005, but Kansas had not yet been successful.



Garrett Lee Smith 9.9.1981 ~ 9.8.2003

The son of U.S. Senator Gordon Smith, J.D. (D-OR), Garrett Lee Smith loved the outdoors and spending time with family and friends. Garrett also suffered from depression. He died by suicide the day before his 22nd birthday.

2012: Upon return from ASIST Training-for-Trainers on August 4, Director received the notification of award of a three-year federal grant, a *Garrett Lee Smith* award, to coordinate youth suicide prevention for Kansas.

The grant started on August 1!

Kansas Youth Suicide Prevention Creating a Safety Net Across 105 Counties

Technical assistance

State-wide cadre of trainers of evidence-based programs

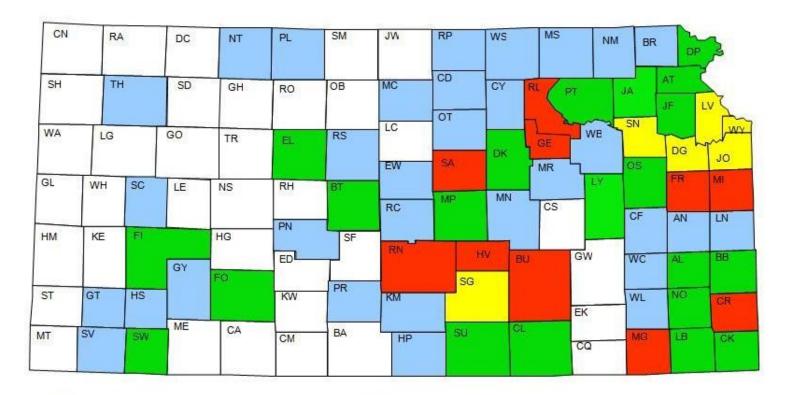
Safety net of trained "regular" folks as well as physical & behavioral healthcare workers

Local Response: Urge people to:

Ask the question

•Make the call to Headquarters Counseling Center, through NSPL 800.273.8255 or 785.841.2345

Kansas Youth Suicide Prevention Creating a Safety Net Across 105 Counties



Urban - 150.0 or more persons per square mile

Rural - 6.0 - 19.9 persons per square mile

Semi-Urban - 40.0 - 149.9 persons per square mile

Frontier - Less than 6.0 persons per square mile

Densely-Settled Rural - 20.0 - 39.9 persons per square mile

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Headquarters Counseling Center's Suicide Prevention Hotline Service caring support right now. we know how to help.

The only AAS credentialed center in Kansas

The only NSPL center in Kansas

Winner of AAS 2013 Crisis Center Excellence Award

Serving since 1969

Headquarters Counseling Center's Suicide Prevention Hotline Service caring support right now. we know how to help.

Training our staff:

- 15 hour ASIST workshop followed by 10 weeks with: readings, 3 hours one-on-one training, and 5 hour group session each week
- Credentialed (through March 2018) by American Association of Suicidology
- Meet National Suicide Prevention Lifeline standards for Risk Assessment, Imminent Risk, and Follow-Up

Headquarters Counseling Center's Suicide Prevention Hotline Service caring support right now. we know how to help.

Counseling provided by phone, in-person, email. Calls/emails/texts offered *to* clients:

- Youth with any safety concern
- People at high risk of suicide, as part of safety plan
- People at high risk of suicide, reported to us by another
- People who expressed concern about someone else

awareness + tools = change

When someone shows signs of feeling suicidal:

- Listen and state your concern.
- Ask the question—are you thinking about suicide?
- Find someone to be with the person.
- Get help from someone trained in suicide prevention such as HQCC staff.
- •Always recommend eliminating access to firearms, large amounts of medications, and other dangers.
- Never keep a secret about suicide.
- Know that suicide is **never** someone else's fault.

awareness + tools = change

Suicide Bereavement

•Remember the person, not just how s/he died.

•Feeling guilty is common, but know that suicide is **never** someone else's fault.

- •Take really good care of yourself.
- •Remember what you did right.

Free, 24/7 help for those with thoughts of suicide, concerned about someone with thoughts of suicide, or bereaved by suicide: Headquarters Counseling Center at 785.841.2345 or through 800.273.8255, National Suicide Prevention Lifeline

Premier Suicide Prevention Websites

www.ActionAllianceForSuicidePrevention.org www.AFSP.org www.SPRC.org www.SuicidePreventionLifeline.org www.Suicidology.org

> And coming July 2013 www.RightAboutNow.org www.KansasSuicidePrevention.org

there came a moment in the middle of the song when they suddenly felt every heartbeat in the room & after that they never forgot they were part of something much bigger ~ brían andreas



Cassidy Moore 7.6.87 ~ 4.23.11 Baldwin City, KS son of HQ, Inc.'s Board President Thank You For Your Commitment! from the Kansas Youth Suicide Prevention team

PI, Program Director: Marcia Epstein, LMSW Marcia@HeadquartersCounselingCenter.org

Co-PI, Director of Evaluation: Stan Edlavitch, PhD EdlavitchS@umkc.edu

> Director of Training: Bill Geis, PhD BillGeis@earthlink.com

Project Coordinator: Jane Faubion Jane@KansasSuicidePrevention.org

Resource Center Coordinator: Chris Maxwell Chris@KansasSuicidePrevention.org

Kansas Youth Suicide Prevention: Collaboration and Services Across our State

Regional suicide prevention coalitions, scientific advisors, & statewide youth suicide prevention coalition.

Training in reducing suicide risk through evidence-based practices for community members and for physical & behavioral healthcare workers. Enhance linkage starting with 3 new pilot projects per year in different regions of Kansas.

Annual Kansas Youth Suicide Prevention Summit.

Mini-grants for local projects, coalitions, and training.

Resource center with websites for youth suicide prevention in Kansas.

Increase capacity & usage of the *National Suicide Prevention Lifeline* service for Kansas.