

# Suicide Prevention Resources in Benton & Franklin Counties

September 2018

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## Crisis Help Phone Numbers

**If you are concerned about the immediate safety of yourself or someone else, CALL 911.**

|                                      |                        |
|--------------------------------------|------------------------|
| Lourdes Crisis Services (24/7)       | (509) 783-0500         |
| National Suicide Prevention Lifeline | 1-800-273-TALK (8255)  |
| Crisis Text Line – Text “Start” to   | 741-741                |
| National Sexual Assault Hotline      | 1-800-656-HOPE (4673)  |
| GLBT National Youth Talkline         | 1-800-246-PRIDE (7743) |
| The Trevor Project LGBT Crisis Line  | 1-866-488-7386         |
| Trans Lifeline                       | 1-877-565-8860         |

## Background

Suicide prevention efforts in Benton and Franklin Counties began with a statewide program led locally by field coordinators with the Youth Suicide Prevention Program (YSPP) since approximately 2000. Their mission was “To reduce youth suicide attempts and deaths in Washington State” among youth 12-24. YSPP was largely funded by the Washington State Department of Health. The field coordinator partnered with local schools and youth-serving agencies to train staff, students and parents on suicide prevention, intervention, and postvention skills. The focus of the work was on grades 6-12 using a peer-to-peer approach to training and an awareness campaign that followed. The majority of our Benton and Franklin County school districts participated in this program at some level with no fee.

It was during this time that the Benton/Franklin Youth Suicide Prevention Coalition was formed. Its mission: To promote awareness and understanding that suicide is a preventable health problem in Benton and Franklin Counties and encourage our community to TALK ABOUT IT! The work of the coalition started a grass roots awareness event in 2012 “The Walk About To Talk About Suicide.” This annual community event brings together survivors, students, mental health providers and advocacy groups to not only educate but honor and remember those we have lost to suicide.

Early in 2017, YSPP was acquired by Seattle Crisis Clinic and shortly thereafter, Benton and Franklin Counties lost their funding for a YSPP field coordinator and the free trainings to schools and community agencies ended. Since that time the Educational Services District 123 has filled in the gaps by providing ongoing fee-for-service training opportunities with a new program being adopted throughout the state, Signs of Suicide (SOS). In the spring of 2018, Lourdes Counseling provided leadership for the coalition and Benton Franklin Community Health Alliance adopted the coalition as a committee under their nonprofit status and bylaws. An executive board was formed that includes Cameron Fordmeir, Mark Lee, Dana Camarena, Kristi Haynes and Kirk Williamson. Despite losing funding, the coalition is active and growing in the number of participants representing diverse sectors of our community. Senator Sharon Brown became a fierce advocate for prevention efforts and funding in our state and the 8th district. She held a roundtable discussion in 2016 after several local youth suicides to hear from parents, mental health providers and YSPP staff. She then went to work introducing several bills addressing mental health and securing much needed funding.

The Youth Suicide Prevention Summit to be held in September 2018 was the result of Senator Brown’s advocacy to the state legislature to identify resources to maintain and expand youth suicide prevention efforts in Benton and Franklin Counties.

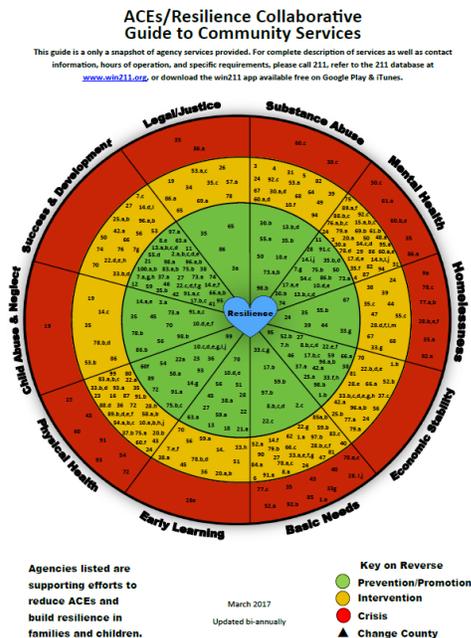
# Community Resources

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis. Research shows that these concrete supports are one of the primary protective factors that promote resilience and build on family and individual strengths.

Washington 2-1-1 provides a single reference point where people can learn about available concrete community supports. The vision of 2-1-1 is to make people’s lives better, to enhance community resiliency, to identify and break cycles of need, and to help organizations, foundations, businesses, individuals, and government more efficiently distribute resources.

2-1-1 is a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week. By simply calling 2-1-1, accessing [www.win211.org](http://www.win211.org), or downloading the free app, anyone in need can be referred to one of over 5,000 community organizations providing essential services to people in Washington State. Trained specialists can guide the caller to programs that meet their unique needs including transportation, housing, food assistance and legal resources in their preferred language.

Greater Columbia 2-1-1 has partnered with the Benton-Franklin Health District and other community partners to create a document designed for agencies that support youth and families. The “[Bullseye](#)” highlights resources for this population in ten different areas, divided into categories for prevention (green), intervention (yellow) and crisis (red). Contact information for all resources identified can be found at 2-1-1.



- Basic Needs
- Economic Stability
- Homelessness/Housing
- Mental Health
- Substance Abuse
- Legal/Justice
- Success & Development
- Child Abuse & Neglect
- Physical Health
- Early Learning

# Promotional Strategies

## Community Coalitions

**Benton Franklin Youth Suicide Prevention Coalition** – Mission: *To promote awareness and understanding that suicide is a preventable health problem in Benton and Franklin counties and encourage our community to TALK ABOUT IT!* Meetings are held the first Wednesday of each month at 9:15 am at the United Way in Kennewick. Members represent diverse sectors of our community and have a common passion to see an end to youth suicides. The work of the coalition is focused on awareness events and creating a safety net for our youth through agency collaboration and advocacy. Contact [Cameron.Fordmeir@lourdesonline.org](mailto:Cameron.Fordmeir@lourdesonline.org) or go to <http://www.bfcha.org/youth-suicide-prevention-coalition.html>.

**The Behavioral Health Committee of the Benton-Franklin Community Health Alliance** – The mission of the Benton-Franklin Community Health Alliance is to bring the community together to work collaboratively and cooperatively to address community-wide health issues, and provide affordable and accessible healthcare for all residents of the Mid-Columbia region. Their purpose focused on three strategies: improve access to health care, reduce obesity, and improve the Mental/Behavioral Health System. The Mental/Behavioral Health Committee passionately promotes acceptance, fosters resiliency, and encourages compassion to support recovery and the mental well-being of our community. It is soon to publish a handout illustrating the important connection between mental health and physical health. The committee meets the first Wednesday of every month (except July) from 3 to 4 pm in the Benton-Franklin Public Health District Boardroom. <http://www.bfcha.org/mental-behavioral-health.html>

**Prosser Thrive** - Prosser Thrive is located in Prosser, Washington. It was formed by different sectors wanting to have a positive impact on today's youth. Their mission is to build and sustain a healthy community through substance abuse prevention and education. They aim their work on predominately four key values: Diversity, Respect, Safety, and Excellence. Prosser Thrive partners with local community agencies and concerned community members. Meetings are held on the third Thursday of each month from 8:15 – 9:30 am at Bethel Church (270 North Gap Road, Prosser). <https://prosserthrive.org/>

**Pasco Discovery Coalition** - The Pasco Discovery Coalition is a group of community members who work together to create and sustain a healthy, safe, alcohol- and drug-free community through transformation of attitudes and norms. The coalition has monthly meetings on the second Thursday every month at 3:15 pm, at Ellen Ochoa Middle School, (1801 E Sheppard St, Pasco). <http://www.pascodiscoverycoalition.org/>

**PFLAG Benton Franklin** - The mission of PFLAG is to build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm

LGBTQ people. General group support nights are the 2<sup>nd</sup> Tuesday of the month at 7pm at FUSE (723 The Parkway, Richland). Youth nights are the first Thursday of each month from 6:00 – 8:00 pm. Location varies depending on activity and is always posted on Facebook page.

[www.pflagbf.com](http://www.pflagbf.com)

**Safe Kids Benton-Franklin** – Safe Kids Benton-Franklin is led by Benton-Franklin Health District. Safe Kids is a nonprofit organization working to help families and communities keep kids safe from preventable injuries and deaths. Safe Kids is part of an extensive network of more than 400 coalitions worldwide. Locally, Safe Kids conducts community outreach and education on safe gun storage and poison prevention in addition to child passenger safety, safe sleep, drowning prevention, head injury prevention, and more.

Safe Kids meets the second Wednesday of every month, from 12 noon - 1:30 pm at the United Way of Benton & Franklin Counties and is open to any community members interested in preventing injuries among children ages 0 to 19. Contact Kathleen Clary-Cooke at [kathleenc@bfhd.wa.gov](mailto:kathleenc@bfhd.wa.gov).

**ACES and Resilience Collaborative** – The purpose of the ACEs and Resilience collaborative is to utilize collective impact to address childhood adversity, build resilience and increase trauma-informed organizations in Benton and Franklin Counties. Our mission is to build resilience in families and community through education, resource sharing, and working collectively with community partners. Meetings are held quarterly at Benton-Franklin Health District. Contact Carla Prock for further information at [carlap@bfhd.wa.gov](mailto:carlap@bfhd.wa.gov).

**National Alliance on Mental Illness (NAMI)** - The purpose of NAMI is to provide support and education not previously available to those in need. NAMI helps reinforce national public policies for those with mental illnesses and their families while providing tools, resources and skills necessary to save mental illness. NAMI leads public awareness events and activities, including Mental Illness Awareness Week. <https://namitricities.org/>

## Awareness Events

**The Climb** - Sponsored by PFLAG: An annual awareness and fundraising event at Badger Mountain trailhead for LGBT advocacy and support around bullying, self-harm, and suicide prevention. PFLAG Benton Franklin is all volunteer led and is the local chapter of the nation's largest family and ally organization. PFLAG is committed to advancing equality through its mission of support, education, and advocacy. They hold monthly meetings, support groups, and youth nights. Contact [www.PFLAGbf.org](http://www.PFLAGbf.org) for more info.

**Walk About to Talk About Suicide Prevention** – An annual awareness event coordinated by the Youth Suicide Prevention Coalition to raise awareness in our communities that suicide is preventable and together we can save lives! The event brings together survivors, advocates, students, and mental health professionals to raise awareness and remember those we have lost. For more information contact [Cameron.Fordmeir@lourdesonline.org](mailto:Cameron.Fordmeir@lourdesonline.org).

**Faith Community and Mental Health Summit** will be held October 5<sup>th</sup> at Richland Baptist Church. The focus will be on suicide prevention: recognizing risks, reaching out, recovery and rebuilding. Contact Emmaus Counseling Center at 509-946-1430.

**Gay Straight Alliance (GSA) Forum**- An annual event created and hosted by ESD123, held in the fall for GSA club advisors and leadership to support and empower LGBT youth to create safe schools and increase protective factors against suicide and substance abuse. This year's forum will be held on November 16<sup>th</sup>. Contact: Dana Camarena at [dcamarena@esd123.org](mailto:dcamarena@esd123.org).

**Lock Box Giveaway Events** – Benton-Franklin Health District, Safe Kids Benton-Franklin, Kadlec Regional Medical Center, and Ranch & Home have partnered with two other organizations (Seattle Children's in 2015 and Locks for Life in 2018) to provide free gun lockboxes to the community. These events are hosted in hopes of preventing firearm injuries and deaths and to educate the community on the importance of safe gun storage.

If considering hosting a giveaway event, please contact Benton-Franklin Health District.

**Hidden in Plain Sight** is an Informative and educational program for adults to learn about the signs, symptoms, and current trends of drug and alcohol use. Participants will learn to identify indicators of drug and alcohol use, depression, suicide, risky sexual behaviors, and trafficking.

This presentation gives adults the knowledge they need to identify whether the youth in their lives might be using drugs/alcohol or engaged in other risky behaviors and the tools to intervene. To book a Hidden in Plain Sight presentation, or for more information, contact Jennifer Dorsett at (509) 851-1348 or [Jennifer.dorsett.sac@gmail.com](mailto:Jennifer.dorsett.sac@gmail.com).

**Film Viewings of *Suicide: The Ripple Effect*** – This documentary film focuses on the devastating effects of suicide and the positive ripple effects of advocacy, inspiration, and hope that have been proven to have helped millions heal and stay alive.

To host a viewing of the film, contact [outreach@bfhd.wa.gov](mailto:outreach@bfhd.wa.gov).

## Prevention Materials and Trainings

**Parent Newsletter** – “Let’s Talk About The Tough Stuff” is a suicide and substance abuse prevention tool created and distributed electronically twice a year by the ESD123 Student Support Services and is also available in Spanish. Contact Kristi Haynes at [Khaynes@esd123.org](mailto:Khaynes@esd123.org).

**Mental Health Pocket Card** – Portable and accessible resource that provides support on how to respond to a mental health crisis. Cards reveal warning signs, strategies for providing support, and emergency crisis hotlines and contact information when needing to respond in a crisis. Also available in a rack card format. Esprit Printing has the template and cards can be ordered at [www.espritinc.net](http://www.espritinc.net).

**After A Suicide: A Toolkit for Schools** – This resource was developed primarily for administrators and staff in middle and high schools but it can also be useful for parents and communities. After a Suicide focuses on how to respond in the immediate aftermath of a suicide death of a student. Ideally, schools should have a crisis response and postvention plan in place before a suicide occurs. This enables staff to respond in an organized and effective manner. But whether or not a school has such a plan, this toolkit contains information schools can use to initiate a coordinated response. To download a copy, go to [www.SPRC.org](http://www.SPRC.org). ESD123 distributes this guide when training school staff and assists in developing crisis plans.

For a copy of a model school crisis plan, go to [www.k12.wa.us/safetycenter/youthsuicide/](http://www.k12.wa.us/safetycenter/youthsuicide/).

**Networks For Life** is a three-hour training offered by the ESD123 designed for school staff that increases knowledge, awareness, and skills in identifying students at risk of suicide. Participants learn how to assist students in need of help and discuss the school and staff roles in youth suicide prevention, intervention, and postvention. Contact Dana at [dcamarena@esd123.org](mailto:dcamarena@esd123.org).

**Signs of Suicide Curriculum Presentation** – Signs of Suicide (SOS) is a four-hour training for school staff offered by the ESD123. This program was developed to reduce the incidence of suicide among adolescents. SOS is unique among suicide prevention programs as it incorporates two prominent suicide prevention strategies into a single program: the educational curriculum which aims to raise awareness of suicide and its related issues and a brief screening for depression and other risk factors associated with suicidal behavior.

The SOS Program is the only youth suicide prevention program that has demonstrated an improvement in students’ knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts.

The SOS Program can be easily implemented by existing school personnel within one school period. Participating schools receive program components containing everything needed to implement the program. For more info contact Dana at [dcamarena@esd123.org](mailto:dcamarena@esd123.org).

Both of the above suicide prevention trainings are OSPI-approved courses that meet the requirement for a continuing certificate or the professional certificate (WAC 181-79A-221) for

school counselors, psychologists, nurses, and social workers. They are also recognized by the Suicide Prevention Resource Center's Best Practice Registry.

**Signs of Suicide** is also available in a one-hour format offered by the ESD123 for community groups and agencies. Participants learn the warning signs and a three-step help-seeking action plan known as ACT. Upcoming training dates include September 24<sup>th</sup> at Prosser Bethel Church and September 26<sup>th</sup> at Kadlec. To register go to [Prosserthrive.org](http://Prosserthrive.org) or [Kadlec.org/krc](http://Kadlec.org/krc). To host a training contact Dana at [dcamarena123@esd123.org](mailto:dcamarena123@esd123.org).

**Youth and Adult Mental Health First Aid** - Youth and Adult Mental Health First Aid is an eight-hour certification course that teaches ALGEE: a five-step action plan to recognize and help people struggling with a mental illness and/or an addiction or experiencing a crisis. To learn more go to [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org). Upcoming trainings include the adult version at Kadlec on October 23<sup>rd</sup> and a Youth Mental Health First Aid on November 7<sup>th</sup> at the ESD123. To host a training, contact Dana at [dcamerna@esd123.org](mailto:dcamerna@esd123.org).

To register go to [www.Kadlec.org/krc](http://www.Kadlec.org/krc) or [www.esd123.org/learn](http://www.esd123.org/learn).

## Prevention Programming

**The Council for Boys & Young Men** - The Council promotes resiliency and safe passage through preteen and adolescent years, while meeting a core developmental need for strong, positive relationships. The program engages boys and young men in activities designed to increase social, emotional, and cultural literacy through promoting positive relationships with peers and adult facilitators.

The Council meets weekly in a group of six to 10 boys of similar ages with one or two group facilitators. The duration of this intervention is typically a total of 10 weeks, depending on the capacity of the setting.

**Girls Circle** – Girls Circle focuses on promoting resiliency and healthy relationships in pre-teen and teen girls, in a structured support group setting. Girls Circle is designed to increase positive connections, personal and collective strengths, and competence in girls. Girls Circle provides a safe environment for girls to express themselves and to explore meaningful goals in education, careers, and relationships. Girls Circle is listed on SAMHSA's National Registry of Evidence-Based Programs.

Girls Circle groups typically meet once per week, for eight to 12 weeks.

The Council for Boys & Young Men and Girls Circle groups are facilitated by local agencies in Benton and Franklin Counties who have trained staff through *One Circle Foundation*. Local agencies currently offering groups include the Boys and Girls Club of Benton & Franklin Counties and Domestic Violence Services of Benton & Franklin Counties. The programs have also been offered at several local schools.

Benton-Franklin Health District has curriculum sets available for schools or organizations interested in offering the program. For more information, contact Vanessa at [vanessam@bfhd.wa.gov](mailto:vanessam@bfhd.wa.gov).

## Intervention Practices

**Lourdes Crisis Services** – Critical and urgent behavioral health intervention services by trained crisis counselors are available 24 hours a day by phone (509-783-0500) or walk-in (500 N. Morain St., Suite 1250, Kennewick).

Lourdes also offers the only inpatient hospital in the region. Whether someone is in need of inpatient mental health services or outpatient behavior health services, LCC provides a full range of behavioral health services for adults, adolescents, children, families, and groups. They can also assist with medication management, life skills training, jail support, and chemical dependency services for adults dealing with mental illness. For more information, go to [www.yourlourdes.com](http://www.yourlourdes.com).

**SWIFT** – SWIFT is a national technical assistance center that aims to provide academic and behavioral support to improve outcomes for all students. SWIFT targets their system in ensuring that all students feel welcomed and included in their school, especially in their classrooms with support. Both academic and behavior supports are integrated through a multi-tiered system of support.

**WISe** – Wraparound with Intensive Services program focuses on intensive mental health services amongst Medicaid-eligible youth in home and community settings. Typically, WISe is used when other strategies haven't worked. This program offers a variety of options to identify the needs behind the behavior and then creates individualized plans to help address those needs with a primary focus on providing multi-level support to the youth and their families.

WISe Program takes place through Washington State DSHS and is offered locally through the 3 Rivers WISe in Kennewick (3321 W Kennewick Ave, Suite 150). For more info on SWIFT and WISe programs go to [www.lcsnw.org/office/tri-cities-kennewick](http://www.lcsnw.org/office/tri-cities-kennewick).

**NAMI's Peer to Peer Education Programs** – An eight-session recovery-focused course for adults (18 and over) with mental health conditions. To register for this class, contact [namitricities@gmail.com](mailto:namitricities@gmail.com) or Pam at 509-578-1190.

**My Friends Place** – For homeless teens ages 13-17 years old. Provides a safe and nurturing environment for children and teens when there are no other alternatives. It is supervised by trained staff 24-hours a day, seven days a week. Staff members are required to follow state mandatory trainings such as ACEs, Trauma-Informed Care, and 16+ hours of mental health trainings. My Friends Place is located at 1112 N. Grant Place in Kennewick. 509-783-5734. For more information, go to [www.crisisnursery.org](http://www.crisisnursery.org).

**ANSIL** – A residence for individuals ages 18-24 who are low income (50% or lower of poverty level). Priority is given to those with limited or no family support and those who are homeless or at risk. ANSIL is located at 2625 W Bruneau Place, Unit B, Kennewick. For more information contact Tobaski Snipes at (509) 628-4047.

## Postvention Supports

**Chaplaincy Health Care and Corks Place Grief Care** – offers guidance, comfort, and care for people experiencing serious illness, end of life, behavioral health issues, personal crisis, and grief. They offer support groups and grief care for families and friends who have lost a loved one to suicide. For more info [www.chaplaincyhealthcare.org](http://www.chaplaincyhealthcare.org) or call 509-783-7416.

