Tuesday, March 10, 2015

ACHIEVING ZERO SUICIDE FOR OUR INLAND NORTHWEST COMMUNITIES

A conference hosted by Gonzaga University’s School of Nursing & Human Physiology, School of Education, and Native American Studies

Organized by Suicide Prevention-Inland Northwest.

This conference is free of charge.

WHAT IS ZERO SUICIDE?

Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems and also a specific set of tools and strategies. It is both a concept and a practice. Its core proposition is that suicide deaths for people under care are preventable and that the bold goal of zero suicides among persons receiving care is an aspirational challenge that health systems should accept.

—The National Action Alliance for Suicide Prevention

However we want more for our communities. Our goal is zero suicide, period. We understand that this is a major undertaking, that this conference creates a beginning, an open door. It’s after the conference that the work will begin.
CONFERENCE AGENDA

WELCOME
8:45 a.m.
Councilman Matt Wynne, Spokane Tribe of Indians

ZERO SUICIDE KEYNOTE
9:00 a.m. - 9:50 a.m.
Paul Quinnett, founder and CEO of the QPR Institute

BREAK
9:50 a.m. - 10:00 a.m.

PANEL 1
10:00 a.m. - 11:00 a.m.
Achieving Zero Suicide - in healthcare, in our communities
What is Zero Suicide? Where and what are models that we can adapt here?
What will it take at a grassroots community level to achieve zero suicide for our region?
Panel Moderator: Carrie Holliday, Washington State University
Michael Hogan, National Action Alliance for Suicide Prevention
Julie Rickard, Suicide Prevention Coalition of North Central Washington
Ursula Whiteside, Forefront; creator of the Now Matters Now website

BREAK
11:00 a.m. - 11:15 a.m.

PANEL 2
11:15 a.m. - 12:15 p.m.
What’s Working, What Isn’t - defining the problem in the Inland NW
Discuss the status of suicide prevention within each state, including tribal reservations.
Panel Moderator: Rebecca Nappi, Providence Health Care
Washington: Jennifer Stuber, Forefront
Idaho: Catherine Perusse (northern Idaho) & Stewart Wilder (southern Idaho)
Montana: Matt Kuntz, National Alliance on Mental Illness-Montana
Matt Taylor, National Native Children’s Trauma Center
LUNCH
12:15 p.m.
Lunch is provided by Gonzaga University and Sodexo. We thank them for their support.

Q&A with morning panels
12:45 p.m. - 1:15 p.m.
Moderator: Lora Whalen, Panhandle Health District

PANEL 3
1:15 p.m. - 2:30 p.m.
Suicide Prevention and Gun Safety
Our region has strong support for the 2nd Amendment. However, guns contribute to suicides and murder-suicides. How do we achieve our goal of zero suicide for our region while avoiding battles over the 2nd Amendment?

Panel Moderator: Paul Quinnett
Elaine Frank, New Hampshire Firearm Safety Coalition; Dartmouth College
Robin Ball, Sharp Shooting Indoor Range & Gun Shop
Scot Haug, Post Falls Chief of Police

BREAK
2:30 p.m - 2:45 p.m.

PANEL 4
2:45 p.m - 4:00 p.m.
Achieving Zero Suicide for the Inland Northwest:
Vision, Our Communities’ Call to Action
To achieve our goal of zero suicide for the Inland Northwest, what are our next steps?

Panel Moderator: John Osborn
Dr. Iris PrettyPaint, Kauffman & Associates
David Crump, Spokane Public Schools
David Dickinson, Region X Administrator, Substance Abuse & Mental Health Services Administration
Michael Hogan, National Action Alliance for Suicide Prevention

SUMMARY AND CLOSURE
WHO WE ARE:

Suicide Prevention Inland Northwest is an ad hoc group of suicide prevention advocates who believe that within a committed community much can be done to significantly lower - or even eliminate - the number of lives lost to suicide. We seek to adapt and incorporate the body of knowledge known as the Zero Suicide Initiative into the Inland Northwest.

Dr. Paul Quinnett is a clinical psychologist, and founder and CEO of the QPR Institute. QPR is used nationally and internationally as a training to teach any adult how to respond if concerned with someone's emotional safety. Dr. Quinnett was director of training for the Spokane Mental Health APA-approved psychology internship program for more than 20 years and has served on the board of the American Association of Suicidology. Heavily involved in the training of mental health professionals, he currently serves as clinical assistant professor in the Department of Psychiatry and Behavioral Science at the University of Washington School of Medicine. To help prevent suicide, he donated his bestseller, Suicide: the Forever Decision, to the world in 2005 via the World Wide Web.

Dr. John Osborn, physician at Spokane’s VA Hospital, has long worked to bring better suicide prevention training to the VA. He became a suicide loss survivor in September 2013, after the death of his 17-year-old nephew in Boise. This year, Osborn was honored by the UW-based organization, Forefront, for his advocacy for a suicide prevention measure in the Washington Legislature. The new law - the first in the nation - requires all health care staff, including primary care providers, to receive education in assessing, managing and treating suicidal patients.

Marny Lombard is a writer and editor. She lost her 22-year-old son to suicide in April 2013. After nearly 10 years at Gonzaga University as editor of the alumni magazine, she is working as an advocate for suicide prevention and depression awareness.

Sabrina Votava directs the Spokane Suicide Prevention Coalition and is a field worker for the Youth Suicide Prevention Program in Spokane and eastern Washington. Two of Sabrina’s brothers, Zach Ross and Kacey Ross, died by suicide.

We began working together in fall 2013.

PLANNING COMMITTEE

Stewart Wilder  
Marny Lombard  
Sabrina Votava  
Dr. John Osborn  
Dr. Paul Quinnett  
Carrie Holliday  
Lora Whalen  
Carole Erickson  
Catherine Perusse  
Jeff Ramirez  
Nancy Beckham
DECLARATION ON PREVENTING SUICIDE
IN THE INLAND NORTHWEST AND THE ZERO SUICIDE INITIATIVE

Spokane, March 10, 2015

Suicide’s Toll

Suicide in America is a preventable major cause of death, with more than 100 of our fellow citizens ending their own lives each day. Our region has the highest suicide rates in the nation outside Alaska, according to CDC reports for 2012. For completed suicides Montana ranked 2nd, Idaho 8th, and Washington 22nd.

Lives lost to suicide in our three states tallied 1,568 in 2012 — 4 persons per day, 30 a week. Suicide takes more lives than car crashes and is a leading cause of death in our workforce, among our youth, our elders, Native Americans and Veterans. These deaths are equal to a commuter plane between Missoula and Spokane, or Boise and Seattle, crashing each week with all lives lost. Even worse, suicides are increasing: among males 25-to-55 years old, a 28 percent increase in less than a decade.

In suicide’s wake, families, friends, and communities struggle with horrendous loss. Survivors are left to grieve and try to put their lives back together over months, years, and lifetimes.

Almost all of this is preventable, but will require concerted action across our region. This Declaration is that call to action: to achieve zero suicide in our three-state region.

Zero Suicide

Zero suicide is our goal: Our commitment as a community to prevent all suicides for people at risk. We can do this: in health care systems actively working for zero suicide, suicides rates have dropped by a stunning 80 percent. These successes require leadership, safety-oriented policies and procedures, and the application of evidence-based care.

In the Inland Northwest, achieving zero suicide will require that we avoid re-inventing the wheel and instead look to local, regional, and national successes. We’ll need to put our grief and loss to work, to network with each other, secure resources, provide broad-based trainings, and mobilize our communities. We’ll need to focus on settings where risks are higher including our courts, jails, juvenile justice settings, law enforcement, and worksites.

Commitment to Act

To achieve Zero Suicide for the Inland Northwest, we will:

- Network together people who care about preventing suicide;
- Adapt zero suicide successes to our communities across the region;
- Obtain active support from community leaders;
- Provide 24/7 services for people in need;
- Ensure that services provided are best practice, reviewed, and updated;
- Export reforms achieved in one Legislature to the other Legislatures — such as Washington’s new law requiring all care-givers to have training as a condition of credentialing;
- Write and implement policies and procedures for all organizations with responsibility for the health and safety of its members, e.g., schools, hospitals, clinics and counseling centers, churches, and employers, as well as the broader community and its members.
ADDENDMENT OFFERINGS
QPR Institute online training is offered free for conference attendees

CONFERENCE SPONSORS

PLATINUM:
American Foundation for Suicide Prevention
(Washington - Montana - Idaho)

GOLD:
QPR Institute
#LiveWilder Foundation
Marny Lombard
Youth Suicide Prevention Program

SILVER:
WSU School of Nursing
Andy Benjamin JD PhD ABPP

BRONZE:
Idaho Panhandle Health District
Jennifer Stuber
Spokane Coalition for Suicide Prevention
Carrie Holliday
SPAN North Idaho
The Rider Family

OTHER:
Greg Bever
Gurian Institute
Dave Ross
Spokane Transfer
Sylvia Passé

In remembrance of Sam Lombard, Cameron Wilder and far too many others.