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Suicide Prevention

Editor's Corner

Happy 2017! As we enter the new year, we celebrate the one-year anniversary of the [Washington State Suicide Prevention Plan](#) along with Governor Jay Inslee's [Executive Order 16-02](#) on firearm fatality and suicide prevention. Over the past year we have formed many partnerships with other agencies, task forces, coalitions and individuals across Washington.

My 2017 resolution for our suicide prevention efforts is "More." More partnerships, more awareness, more innovative ideas, more resources and more connectedness. I started reading Sebastian Junger's [Tribe: On Homecoming and Belonging](#), and I want to share a couple quotes about connectedness.

"Humans don't mind hardship, in fact they thrive on it; what they mind is not feeling necessary. Modern society has perfected the art of making people not feel necessary. It's time for that to end."

Losing an identity or purpose convinces people they aren't needed. Along with reassuring them that their worth isn't tied to any single identity, we need to also help them find a new role or contribution to their family or community.

"If you want to make a society work, then you don't keep underscoring the places where you're different—you underscore your shared humanity."

Suicide doesn't discriminate and it invades all communities. We're in this fight together and that's the message we want in our communities. Let's accomplish "more" in 2017. Together.

Thanks!

Neetha

January SPPI Workgroup Meeting

Join us for the next Suicide Prevention Plan Implementation (SPPI) Workgroup meeting. Please [submit your contact information](#) if you would like to receive updates and materials about the group.

When: 1:30-3 p.m., Monday, January 23

Where: Department of Health

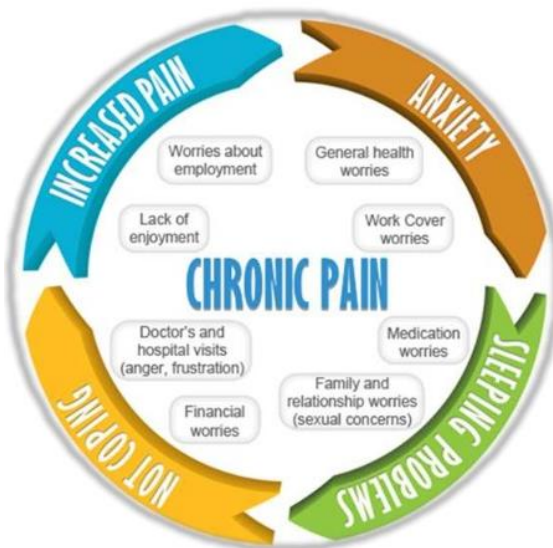
243 Israel Road S.E., Tumwater, TC3 Room 224

Webinar: <https://global.gotomeeting.com/join/679181101>

Call-in: 571-317-3129 **Access code:** 679-181-101



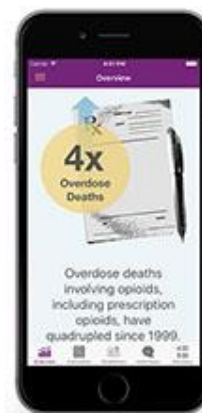
CDC Opioid Guideline Mobile App



Substance abuse is a warning sign and sometimes a method for suicide. Depression can also have a severe effect on those suffering from chronic pain. [Michael Clark](#), a psychiatrist and the director of the pain treatment program at Johns Hopkins Hospital, said chronic pain "patients with depression experience increased pain because of overlap in the two affected systems: pain reception and mood regulation. Both depression and chronic pain share some of the same neurotransmitters and nerve pathways. So pain is worse, function is poor, response to pain treatment is diminished and their prognosis is worse until they can get their depression under better control." This can lead

to taking more pain medication than prescribed.

In response to the growing prescription opioid overdose epidemic, the [Centers for Disease Control and Prevention \(CDC\)](#) designed a new, free mobile app for primary care providers called [CDC Opioid Guideline](#). The app includes recommendations from the CDC's Guideline for Prescribing Opioids for Chronic Pain, a Morphine Milligram Equivalent (MME) calculator and an interactive motivational interviewing feature. This tool is intended to educate providers about the prescription opioid overdose epidemic and to inform clinical



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www.cdc.gov

decision-making. The CDC also has several other [clinical tools about opioid overdose](#).

Opioid Overdose Training Video

A message from the [Center for Opioid Safety Education \(COSE\)](#):

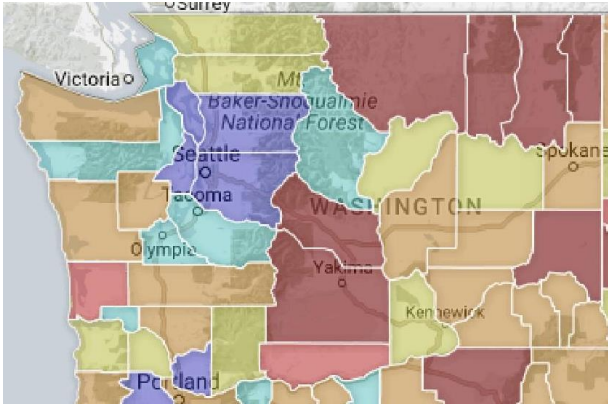
In partnership with the [Kelley-Ross Pharmacy](#), COSE has just released a new opioid overdose training video specifically for Washington. This eight-minute video covers overdose risks, the Washington State Good Samaritan Law, and a step-by-step demonstration of what to do in an opioid overdose (including rescue breathing and intranasal naloxone). This video is freely available for overdose educators, program staff members, pharmacists, first responders, clinicians, schools, and others as a tool in your overdose prevention training.



January National Observance

January is Poverty Awareness Month. Wealth disparity, job loss, and health problems contribute to financial struggles. When people are straining to meet their basic needs, health insurance is usually the first item taken off the list. "Adults without consistent health insurance are more likely to skip medical care because of cost concerns, which can lead to poorer health, higher long-term health care costs, and early death" ([CDC](#)). If people with poor physical health are not asking for or receiving proper care, mental health care is not perceived as a priority. Understanding the financial circumstances and lack of access to affordable care can help us advocate for and improve mental health services.

[Poverty USA](#), a program through the Catholic Campaign for Human Development, reports that in 2015, 43.1 million people lived in poverty, which is 13.5 percent of our population. Children, people with disabilities, single parents, seniors, and blacks have the highest poverty numbers. The site has an [interactive map](#) of poverty rates by state and counties. In Washington, seven counties have poverty rates above 19 percent.



Another group with a high poverty rate is the transgender community. Last month the National Center for Transgender Equality (NCTE) released its [2015 U.S. Transgender Survey Report](#). Twenty-nine percent of the respondents reported living in poverty compared to 14 percent of the U.S. population. “A major contributor to the high rate of poverty is likely respondents’ 15 percent unemployment rate—three times higher than the unemployment rate in the

U.S. population at the time of the survey (5 percent).” Regarding suicide, 40 percent of respondents had attempted suicide before, compared to 4.6 percent of the U.S. population.

Book recommendation: [Hillbilly Elegy: A Memoir of a Family and Culture in Crisis](#). The author, J.D. Vance, recently discussed poverty, the opioid epidemic, and education on [PBS NewsHour](#).

Book Quote

Jenny Lawson, *Furiously Happy: A Funny Book About Horrible Things*

“When you come out of the grips of a depression there is an incredible relief, but not one you feel allowed to celebrate. Instead, the feeling of victory is replaced with anxiety that it will happen again, and with shame and vulnerability when you see how your illness affected your family, your work, everything left untouched while you struggled to survive. We come back to life thinner, paler, weaker ... but as survivors. Survivors who don’t get pats on the back from coworkers who congratulate them on making it. Survivors who wake to more work than before because their friends and family are exhausted from helping them fight a battle they may not even understand.

“I hope to one day see a sea of people all wearing silver ribbons as a sign that they understand the secret battle, and as a celebration of the victories made each day as we individually pull ourselves up out of our foxholes to see our scars heal, and to remember what the sun looks like.”



Upcoming Conferences and Events

January 11

Webinar

[OSPI: Implementing MTSS for Behavior \(PBIS\) in a Secondary Setting – the critical roles district and building leaders play](#)

January 13

[Application deadline for travel award](#)
Military Suicide Research Consortium (MSRC) Pre-conference Research Training Day (held on April 26 before the AAS conference)

January 17

Seattle

[Chad's Legacy – A Documentary Screening and Panel on Mental Health Access, Research, & Treatment](#)

January 20-22

Kirkland

[NAMI Family-to-Family](#)
(application due Jan. 13)

January 23

Tumwater

Suicide Prevention Plan Implementation Workgroup meeting
Contact [Neetha Mony](#) for more details.

January 23-29

Nationwide

[National Drug & Alcohol Facts Week](#)
Find [WA events](#)

January 26

Chehalis

Adult Mental Health First Aid Course
Contact [Janis Housden](#) for more details.

January 30-31

Spokane

[ASIST Training](#)

February 2-3

Orange Beach, AL

[7th Annual National Peer Program Conference](#)

February 4-5

Kirkland

[NAMI Ending the Silence](#)
(application due Jan. 27)

February 8

Webinar

[OSPI: Lessons Learned from the K-12 Achievement Analytics](#)

February 10-12

Kirkland

[NAMI Peer-to-Peer](#)
(application due Feb. 1)

February 13-16

Olympia

[Forefront's Suicide Prevention Education Week](#)

February 16

Olympia

[Forefront's Suicide Prevention Education Day 2017](#)

(Register by Jan. 31 to organize a meeting with your legislator)

February 20

Olympia

[NAMI Lobby Day](#)
NAMI's [2017 Legislative Priorities](#)

February 24-25

Ocean Shores

[2017 West Region EMS Conference](#)

February 25

Kirkland

[NAMI Parents & Teachers As Allies](#)
(application due Feb. 17)

February 28

Deadline for [Paul G. Quinnett Lived Experience Writing Contest](#)

March 3

Everett

[Assessing and Managing Suicide Risk \(AMSR\)](#)

March 7

Wenatchee

[Assessing and Managing Suicide Risk \(AMSR\) free training](#)

March 8

Webinar

[OSPI: Graduation Outliers: key practices and processes](#)

March 14

Seattle

[Assessing and Managing Suicide Risk \(AMSR\) training](#)

March 15

Shoreline

[Washington State Nurses Association Suicide Prevention Training](#)

April 2

Seattle

[2017 National Council Preconference Universities: Best Practices in Suicide Prevention](#)

April 3-5

Seattle

[2017 National Council Conference: The Intersection of Innovation and Action](#)

April 12

Webinar

[OSPI: What is Career Ready?](#)

April 26, 2017

Phoenix, AZ

Military Suicide Research Consortium (MSRC) Pre-conference Research Training Day (part of AAS conference) [Travel award](#) (deadline January 13, 2017)

April 26-27

Seattle

[2016 The Science of HOPE Conference](#)

April 26-29

Phoenix, AZ

[American Association of Suicidology's Suicidology at 50: Honoring the Past, Innovating the Future](#)

April 28-30-27

Seattle

[2016 The Science of HOPE Conference](#)

May 10

Webinar



[OSPI: Building a Dual Credit System in Washington State](#)

May 11-12

Yakima

[2017 Student Support Conference: Enhancing Support, Increasing Success](#)

JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5 #ElevateTheConvo Twitter Chat: Veterans and Mental Health/Suicide Prevention	6	7
8 	9	10	11 Webinar: OSPI: Implementing MTSS for Behavior (PBIS) in a Secondary Setting	12	13 Application deadline for AAS pre-conference travel award	14
15	16	17 Chad's Legacy- Documentary Screening and Panel on Mental Health Access, Research, & Treatment	18	19	20 NAMI Family-to-Family (Jan. 20-22)	21
22	23 Suicide Prevention Plan Implementation Workgroup meeting	24	25	26 Adult Mental Health First Aid Course	27	28
29	30	31	National Drug & Alcohol Facts Week (Jan. 23-29; Find WA events)			
	ASIST Training (Jan. 30-31)		See the DOH Suicide Prevention Events page for more events. If you would like to share an event, send information to suicidepreventionplan@doh.wa.gov .			