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.

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.
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
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

~ brian 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

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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.