



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 | |

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.