

# GET INVOLVED:

## LARIMER COUNTY SUICIDE PREVENTION SYMPOSIUM

July 21, 2020

**IMAGINE**  
ZERO working together  
to end suicide in  
northern colorado  
*of Larimer County*



Alliance for  
**SUICIDE PREVENTION**  
of Larimer County



# Join a Workgroup

## **LGBTQ+ YOUTH WORKGROUP**

SECOND THURSDAY MONTHLY, 10AM  
EMAIL [JAY@SUICIDEPREVENT.ORG](mailto:JAY@SUICIDEPREVENT.ORG) FOR DETAILS

## **ZERO SUICIDE WORKGROUP**

FIRST TUESDAY MONTHLY, 9AM  
EMAIL [RACHEL@IMAGINEZEROSUICIDE.ORG](mailto:RACHEL@IMAGINEZEROSUICIDE.ORG) FOR  
DETAILS

## **POSTVENTION WORKGROUP**

THIRD TUESDAY MONTHLY, 9AM  
EMAIL [RACHEL@IMAGINEZEROSUICIDE.ORG](mailto:RACHEL@IMAGINEZEROSUICIDE.ORG) FOR  
DETAILS

## **LARIMER TRAININGS WORKGROUP**

THIRD TUESDAY MONTHLY, 3:30PM  
EMAIL [INFO@SUICIDEPREVENT.ORG](mailto:INFO@SUICIDEPREVENT.ORG) FOR DETAILS

## **VETERANS & MENS WORKGROUPS**

EMAIL [AMPS@SUICIDEPREVENT.ORG](mailto:AMPS@SUICIDEPREVENT.ORG) FOR DETAILS



# Attend quarterly IZ Coalition Meetings

## **IMAGINE ZERO OF LARIMER COMMUNITY COALITION**

MEETS SECOND TUESDAY QUARTERLY  
EMAIL [RACHEL@IMAGINEZEROSUICIDE.ORG](mailto:rachel@imaginezerosuicide.org) FOR  
DETAILS

## **NEXT MEETING: OCTOBER 20TH 9-11AM CONNECTION AND CARE: BRIDGING COMMUNITIES FOR SUICIDE PREVENTION**

This workshop encourages connection, community, and care with the intent to reduce isolation, suicide attempts and death. By learning and implementing connectedness strategies, the community will increase the protective factors of meaningful and caring relationships and increased sense of belonging. This session will address identity, cycles of socialization, and what we can do to create connectedness to promote behavioral health through support, coping and living authentically.

For more information email: [rachel@imaginezerosuicide.org](mailto:rachel@imaginezerosuicide.org)  
Sign up here: <https://www.eventbrite.com/e/imagine-zero-connection-care-tickets-112686241582>



# Schedule a Training

## **QPR**

QPR (Question, Persuade, Refer) is a nationally recognized gatekeeper training for suicide prevention. Lasting an hour, it is designed to teach folks the warning signs of a suicide crisis and how to respond. Completion grants a 3 year certification.

To learn more or register for a training, contact:  
[info@suicideprevent.org](mailto:info@suicideprevent.org)



## **HFT**

HFT (Hope for Today) is an adult suicide prevention training through the Alliance for Suicide Prevention. This free hour and 15-minute presentation is delivered by two presenters who safely navigate their own stories of suicide attempt and loss throughout, and is delivered to any and all community members and groups.

For more information or to register for a training contact: [info@suicideprevent.org](mailto:info@suicideprevent.org)

## **RAPP**

RAPP (Raising Awareness of Personal Power) is a youth suicide prevention program delivered in middle and high schools across Larimer county, as well as in other youth-serving organizations.

Contact: [programcoordinator@suicideprevent.org](mailto:programcoordinator@suicideprevent.org)



# Schedule a Training

## **ABCs OF LGBTQ+**

This presentation provides knowledge around the basics of the LGBTQ+ community, including information about different identities, the importance of language and labels, and how to be a better ally. If you're curious about LGBTQ+ topics, have some questions that you've always wanted to ask, or simply wish to learn what all the letters mean, this training is for you!

For more information, contact: [jay@suicideprevent.org](mailto:jay@suicideprevent.org)

## **CALM**

Counseling on Access to Lethal Means is a free online 2 hour course that covers how to identify people who could benefit from lethal means counseling, ask about their access to lethal methods, and work with them and their families to reduce access. This course is designed for mental health professionals, but is beneficial to all. Available online through the Suicide Prevention Resource Center.

## **MILITARY VETERAN CULTURAL FAMILIARIZATION TRAINING**

The goal of Military Veteran Cultural Familiarization Training is to provide a baseline understanding of veteran culture for those who work with veterans and their families. Outcomes include an increased understanding of veteran communication style, beliefs, habits and behaviors.

For more information contact: [amps@suicideprevent.org](mailto:amps@suicideprevent.org)






# Schedule a Training

## **MENTAL HEALTH FIRST AID**

Mental Health First Aid (MHFA) is a course and certification that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

For more information or to register, contact:  
[annie.brunsell@summitstonehealth.org](mailto:annie.brunsell@summitstonehealth.org)

## **UTILIZING SBIRT TO SCALE SUICIDE PREVENTION EFFORTS**



Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based approach to identify and prevent risky substance use. SBIRT can be applied to many systems-level settings such as schools, hospitals, primary care clinics, and others. Within these settings, SBIRT can be utilized to screen for and purposefully engage patients/clients around shared risk factors of both suicide, substance use, and Substance Use Disorders (SUDs), such as depression. This training will provide a foundational overview of SBIRT and its application to identification of risky substance use, and further make the case for aligning the approach to complement and consolidate suicide prevention efforts.

For more information or to register for the training on August 19th, at 1:30pm, contact:  
[info@suicideprevent.org](mailto:info@suicideprevent.org)



# Mark Your Calendar

For more information on these events, follow the Alliance for Suicide Prevention on Facebook or sign up for our mailing list

## **SEPTEMBER: SUICIDE PREVENTION MONTH**

FOLLOW US ON FACEBOOK AND INSTAGRAM (@ASP\_LARIMER) FOR MORE INFO!

## **INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY**

NOVEMBER 21ST, CLUB TICO, TIME TBD  
EMAIL [INFO@SUICIDEPREVENT.ORG](mailto:INFO@SUICIDEPREVENT.ORG) FOR DETAILS

## **HEARTBEAT SUICIDE LOSS GROUP**

MEETS MONTHLY VIRTUALLY  
THIRD WEDNESDAY, 6:30PM  
EMAIL [KIERA@SUICIDEPREVENT.ORG](mailto:KIERA@SUICIDEPREVENT.ORG) FOR DETAILS

## **TEEN HEARTBEAT SUICIDE LOSS GROUP**

MEETS MONTHLY VIRTUALLY  
FOURTH TUESDAY, 6:00PM  
EMAIL [KIERA@SUICIDEPREVENT.ORG](mailto:KIERA@SUICIDEPREVENT.ORG) FOR DETAILS



# Connect With A Coordinator

## **LGBTQ+ YOUTH COORDINATOR**

CONTACT JAY: [JAY@SUICIDEPREVENT.ORG](mailto:JAY@SUICIDEPREVENT.ORG)

## **MEN'S OUTREACH COORDINATOR**

CONTACT MARSHALL:  
[AMPS@SUICIDEPREVENT.ORG](mailto:AMPS@SUICIDEPREVENT.ORG)

## **VETERANS OUTREACH COORDINATOR**

CONTACT MARSHALL:  
[AMPS@SUICIDEPREVENT.ORG](mailto:AMPS@SUICIDEPREVENT.ORG)

## **LARIMER COUNTY YOUTH SUICIDE PREVENTION COORDINATOR**

CONTACT CECILIA:  
[PROGRAMCOORDINATOR@SUICIDEPREVENT.ORG](mailto:PROGRAMCOORDINATOR@SUICIDEPREVENT.ORG)

## **TRAINING AND VOLUNTEER COORDINATOR**

CONTACT SAVANNA: [INFO@SUICIDEPREVENT.ORG](mailto:INFO@SUICIDEPREVENT.ORG)

## **IMAGINE ZERO COORDINATOR**

CONTACT RACHEL:  
[RACHEL@IMAGINEZEROSUICIDE.ORG](mailto:RACHEL@IMAGINEZEROSUICIDE.ORG)