

2019 YEAR IN REVIEW

WHO WE ARE

Since 1989, the Alliance for Suicide Prevention of Larimer County (ASP) has provided suicide prevention educational programs and grief support services for youth and adults. We prevent suicide through training and education, providing outreach, and offering support. Annually, our free education programs reach thousands of people across Larimer County and provide invaluable information that could save a life. We offer adult education, youth programming, peer outreach to high risk populations (Adult Men, Veterans, LGBTQ+ Youth), and grief support to individuals who have lost a loved one to suicide.

2019 KEY ACHIEVEMENTS

- Named *Service Provider of the Year* by the City of Fort Collins Commission on Disability
- Doubled annual operating budget with 90% of new funding going directly to community programs
- Expanded our staff from 1 to a team of 6
- Started new outreach programs for:
 - Veterans
 - Adult men
- Became backbone agency of Imagine Zero Coalition
- Relocated into the new United Way of Larimer County Community Impact Center
- Reached over 3,300 Larimer County Youth through prevention programming
- Created a new collaborative with other non-profits and providers to expand and better coordinate mental health trainings in Larimer County
- Added three new Board Members to our Board of Directors

TESTIMONIALS

RAPP

"This is the most important presentation we have all year." -High School Teacher

"Talking about myths of suicide and depression really helped me." -Middle School Student

"I learned where and who I can go to if I or a friend is feeling suicidal." -High School Student

Peer Outreach

"We have truly appreciated the support we receive from Marshall. He has been instrumental in addressing the complex challenges that our shared veteran clients face." -Executive Director, *Aspire 3D*

"We just want to say again what a great resource Marshall has been to the LCSO and the veterans we have referred to him." -Larimer County Sheriff's Office

WHAT WE DO

➤ Adult Education

Through our programs Hope for Today and QPR, we provide adult training on reducing the stigma surrounding mental health, how to recognize the warning signs of suicide, and how to respond to a person in crisis.

➤ Youth Education

Through RAPP (Raising Awareness of Personal Power), we teach middle and high school students the warning signs of suicide, coping skills, and resources.

➤ Targeted Peer Outreach

We provide support for populations that are statistically at a higher risk (adult males, veterans, and LGBTQ+ youth) through individual peer mentorship and work groups.

➤ Grief Support

We host two support groups (You're Not Alone and Heartbeat) that provide safe spaces for individuals who are grieving the loss of a loved one to suicide. We also organize the annual Remembrance Walk and Survivors of Suicide Loss Day.

➤ Imagine Zero

A coalition of professionals, agencies, and community members who meet to improve communication and coordination of services around suicide prevention.



ASP Staff, from left to right: Marshall Spring, Savanna Phelan-Jones, Cecilia Reynolds, Scott Smith, Rachel Olsen, Kiera Butler

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Alliance for
SUICIDE PREVENTION
of Larimer County

700+

youth attended the 2019 Teen Self Care Fair and received local mental health resources in addition to learning new coping skills.

77%

reported learning a NEW skill to manage their mental health

400

Self-care kits created for the community by ASP's Youth Advisory Council

35+

clients reached through the new peer outreach programs
86% have had suicidal ideation
29% are survivors of a past attempt
17% were survivors of a suicide loss

RAPP during the
2018/19 school year

2,583

students reached

493

students were referred to a mental health professional

95%

have a better understanding of suicide

94%

report knowing where to find resources

93%

would seek help for themselves or others

560

total individuals attending Hope For Today training presentations in Estes Park, Loveland, and Fort Collins

50+

total individuals connected to QPR training across Estes Park, Loveland, and Fort Collins since hiring our new Training Coordinator

800+

participants at three community awareness events targeting adult men

A NOTE FROM THE EXECUTIVE DIRECTOR



Scott Smith, MSW
Executive Director

In February of 2019, I moved to Larimer County from Southwestern Colorado and was honored to be hired at ASP. From the beginning, I was amazed with the level of collaboration, support and effort this county puts towards mental health. Thanks to the high level of partnerships and support in our community, 2019 has truly been a growth year for ASP. We provided education, outreach and support services to over 5,000 residents in Larimer County. We piloted a peer outreach model that resources and empowers the most at-risk populations for suicide: men ages 24-65, veterans and LGBTQ+ youth. Additionally, ASP is now the backbone agency for the Imagine Zero Coalition which uses the evidenced based Collective Impact model to address suicide in collaboration with the Colorado Department of Health and Environment, the Office of Suicide Prevention, and the Center for Disease and Control.

Email info@suicideprevent.org to schedule a free training for your work, group, or organization or if you are interested in becoming a sponsor.