

ANNUAL REPORT 2020



DIRECTOR'S STATEMENT

"2020 has been an incredibly difficult and trying year for not only our community but the global community as well. ASP is grateful to all of our community and agency partners, sponsors, volunteers, board and staff for continuing to advocate and promote positive mental health in Larimer County.

We are proud to announce that we continued our trajectory of growth from last year. We provided 5,668 individuals across Larimer County with training, outreach and support. We were fortunate enough to hire 4 additional staff, and now have an incredible team of 10!

This growth would not have been possible with the support of the communities of Larimer County, so thank you."

SCOTT SMITH

EXECUTIVE DIRECTOR



5,668

INDIVIDUALS SERVED IN 2020
THROUGH THE USE OF FIVE KEY PROGRAMS

YOUTH EDUCATION: 3,774 SERVED

ADULT EDUCATION: 1,341 SERVED

IMAGINE ZERO: 380 SERVED

PEER OUTREACH: 149 SERVED

GRIEF SUPPORT GROUPS: 24 SERVED

YOUTH EDUCATION

Cecilia Reynolds: Youth Program Manager

YOUTH ADVISORY COUNCIL

The Alliance for Suicide Prevention's Youth Advisory Council is a space for young people to come together to advise our youth programming and work on mental health community service projects. In 2020:

- **4** youth leaders paid for their work
- **300+** community self-care kits created
- **430** youths participated in the virtual Teen Self-Care Fair
- **97%** of those participating reported learning at least 1 new self-care skill

The Youth Advisory Council continues to meet on a monthly basis.

RAISING AWARENESS OF PERSONAL POWER

The Alliance for Suicide Prevention is proud to continue offering Raising Awareness of Personal Power (RAPP), a virtual youth suicide prevention education program. RAPP in the 2019-2020 school year:

- **3,340** students presented to across **17** schools
- **550** students referred to mental health professionals
- **4,100** crisis cards distributed in **6** Poudre District schools
- **81** parents and trusted adults attended Teen Talks
- **91.5%** have a better understanding of suicide
- **94.3%** increased their help-seeking behavior

Thank you to all teachers, counselors, and students who prioritize mental health education and partner with us to make our youth programming possible!

ADULT EDUCATION

Savanna Phelan-Jones - Training and Lived Experiences Coordinator

SUICIDE PREVENTION TRAINING

The Alliance for Suicide Prevention continues to train more community members every day, giving them the tools to prevent suicide in both their personal and professional lives through multiple programs. In 2020:

- **1,341** community members attended some form of training
- **904** attended the Question, Persuade, Refer program
- **226** attended the Advanced Hope For Today program
- **120** attended the Hope For Today program
- **91** attended the Trusted Adult/ABCs of LGBTQ+ program

NUMBERS AND TESTIMONY

"This training was very educational and provided great information about suicide prevention and resources for individuals with suicidal ideation/action. The instructors were competent, compassionate, and knowledgeable. They did a wonderful job acknowledging the difficulties this topic might bring up and presenting this information in a graceful way." - Question, Persuade, Refer attendee

- **96.2%** of participants agree/strongly agree that changing language around mental health can reduce stigma.
- **96.1%** of participants agreed/strongly agreed that if they know someone who is struggling, they will assist them in connecting to resources
- **88.5%** of participants reported they are more knowledgeable about local behavioral health resources
- **90.1%** of participants agree that the language we use in regards to mental health has a direct influence on how it is perceived by ourselves and others.

IMAGINE ZERO

Rachel Olsen - Imagine Zero of Larimer County Coordinator

IMAGINE ZERO COALITION

The success of community-wide suicide prevention hinges on collaboration and cooperation across agencies and organizations. We are so grateful to all of the community partners that have come together to grow Imagine Zero of Larimer from a small handful of thoughtful people to an ever-growing network of over 50 agencies and 900 individuals. Suicide prevention is truly a team effort and we could not do this without each and every one of you!

2020 TRAININGS

January:

- Building Community Capacity for Postvention Crisis - Response (**60** attendees)
- Postvention Panel

July:

- Larimer Suicide Prevention Symposium (**230** attendees)
- 6 Presentations on the Larimer County 5 year CNC Strategic Plan

October:

- Connection & Care: Bridging the Communities for Prevention (**50** attendees)

December:

- Connection & Care- Our Thoughts to Action: Considering our Biases Around Suicide Prevention (**40** attendees)

PEER OUTREACH

Jay Ytell - LGBTQ+ Outreach Coordinator
Marshall Spring - Veteran Outreach Coordinator

LGBTQ+ OUTREACH

The Alliance for Suicide Prevention is so grateful for all of our community partners that have helped us get GSAs in schools, train teachers & community members on LGBTQ+ inclusion, and support LGBTQ+ youth in the community. Through fostering more awareness and supporting inclusive spaces for the LGBTQ+ people, we are building a culture of connectedness, respect, and care.

- **91** individuals attended the Trusted Adult/ABCs of LGBTQ+ program
- **58** individuals supported through **70+** different LGBTQ+ peer groups
- **11** LGBTQ+ Youth Workshops facilitated

VETERAN OUTREACH

The Alliance continues to provide peer support to individuals struggling with suicidality. Outreach and education activities are conducted among our most vulnerable populations: first responders, adult men, military veterans, and the construction industry. None of this impactful programming could exist without the continued support of our community.

- **91** individuals provided with one-on-one peer outreach
- **16** individuals connected to crisis services and behavioral health supports
- **9** individuals connected to long-term behavioral health care
- **8** individuals directly connected with employment and/or job training
- **5** individuals provided with food assistance
- **4** individuals connected to lasting employment
- **4** individuals connected to case management services
- **3** support groups created
- **2** individuals connected to legal resources
- **1** individual provided with permanent temporary housing

GRIEF SUPPORT

Kiera Butler - Youth Education Facilitator/Grief Services Coordinator

SUPPORT GROUPS

The Alliance for Suicide Prevention also offers suicide loss support groups to the community through multiple programs. The healing and connection achieved within these groups has changed the lives of participants and allowed them to keep the door in front of them open and bright. In 2020:

- **24** community members attended **9** Heartbeat support groups
- **10** You're Not Alone support groups facilitated
- **30** individuals attended the International Survivors of Suicide Loss Day

TESTIMONIES

"Suicide Loss Day provides me with at least one day per year where I can communicate with others who know exactly how I feel. It provides new and different perspectives from my monthly grief meeting." - ISOSLD Participant

"Losing a loved one to suicide is a more difficult, complicated kind of loss. I've found it uniquely helpful to be able to talk with other survivors of suicide. To be able to share with other people makes this loss so much less lonely. It helped me keep going when life felt impossibly hard and now I feel like I can help other people in that early, inconceivably painful stage of loss." - Anonymous

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