

2022 YEAR IN REVIEW



ABOUT THE ALLIANCE

Since 1989, the Alliance for Suicide Prevention of Larimer County 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, and grief support to individuals who have lost a loved one to suicide. All our services are free of charge.

The Alliance for Suicide Prevention receives a large portion of funding from Larimer County Behavioral Health Services and the Colorado Office of Suicide Prevention. Because that funding begins in the fall, we have adjusted our annual reports to capture the work accomplished by those specific projects (10/1/21- 9/30/22). We could not be more grateful for those partnerships and are happy to be leaders in the suicide prevention landscape.

2022 KEY ACHIEVEMENTS

- 11,214 individuals served in total
- 5,231 served in Youth Education
- 4,420 served in Adult Education
- 640 served by Imagine Zero
- 771 served in Peer Outreach
- 152 survivors served in Grief Support Groups

TESTIMONIAL

"I want to thank you for the QPR training today. It is my 21st year in the district and this was the best staff training I have attended in all of my time in here! Thank goodness for QPR. I am so very grateful."

- Question, Persuade, Refer attendee, Educator

SERVICES OFFERED

Youth Education: Our Youth Advisory Council and the program, Resiliency Education Protecting the Lives of Youth, (REPLY) connect with middle and high schoolers to teach them the warning signs of suicide, coping mechanisms, and provide resources.

Adult Education: Through our programs Hope for Today and Question, Persuade, Refer, we provide adult training on reducing the stigma surrounding mental health, recognizing the warning signs of suicide, and how to respond to a person in crisis.

Imagine Zero/CNC: We are proud to be 1 of 6 counties, nationwide implementing a comprehensive, upstream, public health approach to suicide. Made up of a coalition of professionals, agencies, and individuals who meet to improve communication and coordination of services around suicide prevention.

Peer Outreach: We provide support for populations that are statistically at a higher risk for suicidality through individual peer mentorship, work and support groups.

Grief Support: We host two support groups that provide safe spaces for those who are grieving the loss of a loved one to suicide. We also organize the annual Remembrance Walk and Survivors of Suicide Loss Day.

DIRECTOR'S STATEMENT



Alliance for
SUICIDE PREVENTION
of Larimer County

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

"It's hard to believe that we are over two years beyond the start of the Covid 19 Pandemic. While those last several years brought many challenges, I am filled with a renewed sense of optimism as we take a look back at our programs and successes over the last 12 months.

During that period, we served 11,214 Larimer County residents, more than doubling the number of people reached compared to 2019 and 2020. With our team reaching more people than ever in our 33 years, we do have a lot to celebrate. We see the impact of our efforts reflected in the nearly 12% reduction in suicides compared to 2019. We didn't accomplish this alone and that significant reduction in suicides is also a testament to the great work that all of our community partners and members contributed to. So, a big thank you to all of our community partners, staff, board, and you for helping to and succeeding at reducing suicide in Larimer County."

SCOTT SMITH, MSW

EXECUTIVE DIRECTOR

GRIEF SUPPORT (152 SURVIVORS SERVED)

- 99 survivors attended 24 Heartbeat support groups
- 62 participants reached during survivor events
- 400 Grief Booklets distributed

COLORADO NATIONAL COLLABORATIVE (CNC) (12% DECREASE SINCE INCEPTION)

- 400+ medication lock boxes and gun safes distributed.
- 2000+ hours of technical assistance to partners, supporting an upstream, public health approach to suicide
- 58 facilitated work groups to move the needle in suicide prevention

ADULT EDUCATION (4,420 TRAINED)

- 3,989 attended the Question, Persuade, Refer program
- 190 trained in Hope for Today
- 241 partners trained in offering support after a suicide loss

PEER OUTREACH 771 PEOPLE SERVED

- 730 individuals attended the Trusted Adult/ABCs of LGBTQ+
- 90 middle and high schools offered GSA support
- 41 individuals provided with 1:1 peer support

YOUTH PROGRAMMING (5,231 YOUTH TRAINED)

- 5,231 students trained in REPLY across 24 schools
- 620 students referred to mental health professionals
- 94.3% of youth increased their help-seeking behavior
- 700 self-care kits/resources distributed to youth.

IMAGINE ZERO (640 CONNECTED)

- 340 participants at Connect with Intention Around Mental Health Summit
- 300+ youths participated in the Teen Self-Care Fair