



Wyoming Suicide Prevention Resource Guide **With Help Comes Hope**

For Emergency Assistance:

Call the National Suicide Prevention Lifeline at

1-800-273-TALK (8255)

*press 1 for Veterans

Visit suicidepreventionlifeline.org

TEXT "START" TO 741-741

crisistextline.org/get-help-now

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INTRODUCTION

Suicide has been identified both in Wyoming and nationally as a Public Health concern requiring comprehensive systems responses; suicide prevention is everyone's business. This wide-ranging resource guide represents the integrated suicide prevention efforts across the state of Wyoming. Hope and help are available in our Wyoming communities.

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Suicide Prevention Training and Survivor Outreach Coordinator
Prevention Management Organization of Wyoming
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224 N Main St.
Buffalo, WY 82834

STATEWIDE SUICIDE PREVENTION RESOURCES

AFSP WY (American Foundation for Suicide Prevention)

The grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

www.afsp.org/local-chapters/find-your-local-chapter/afsp-wyoming

Drew's Decision

Provide services to those who have suffered the loss of someone to suicide. You may feel helpless and hopeless now; we are here to help you restore your life.

www.facebook.com/pages/Drews-Decision/229163030492105

The Episcopal Diocese of Wyoming

We are not here to condemn those who die by suicide, but rather to offer hope and acceptance to those who are impacted by this tragedy. We can do this by changing how we talk about depression and suicide.

www.diowy.org/Resource%20Links/suicide-prevention-and-awareness.

Grace for 2 Brothers

The primary mission of our organization is Suicide Prevention through Awareness and Education. Formed in 2010 by our Executive Director, BJ Ayers, Grace For 2 Brothers Foundation continues its critical work for the community of Cheyenne and throughout the State of Wyoming.

The foundation will provide resource information and assistance to those who know someone in crisis, or to those who are in crisis; and provides support to survivors - those who have lost a loved one to suicide.

www.gracefor2brothers.com/

The Mattie Project

The Mattie Project: "How to Save a Life" is a non-profit organization dedicated to suicide prevention and awareness throughout our community and the State of Wyoming. The Mattie Project is committed to supporting our local efforts in suicide prevention through education, events, and awareness. We pledge to effectively educate our community on suicide prevention and depression awareness. In addition we provide support and resources to individuals who are in need of mental health services and to those who have lost a loved one to suicide.

www.facebook.com/TheMattieProject and **www.themattieproject.org**

NAMI WY (National Alliance on Mental Illness)

Assistance for people with mental illness and their families - NAMI Wyoming provides a variety of services to educate and support individuals who live with mental illness.

www.namiwyoming.org

PMO (Prevention Management Organization of Wyoming)

Through collaboration and partnerships, the Prevention Management Organization of Wyoming is dedicated to strengthening the prevention efforts around alcohol, tobacco, other drugs, suicide and chronic disease. Through research, data and valued partnerships, we empower our communities to steer their own prevention efforts surrounding suicide, chronic disease, alcohol, tobacco and other drugs. With a dedicated team of community prevention professionals, we are committed to using effective strategies that are proven to change perceptions and behaviors.

www.pmowyo.org

STATEWIDE SUICIDE PREVENTION RESOURCES

WDH (Wyoming Department of Health)

Behavioral Health Division, Mental Health & Substance Abuse Services

Like you, we are citizens of this great state and like you, we are concerned about the challenges posed by mental illness and addiction. Each of us has chosen to work for the Behavioral Health Division because we believe this is where we can make a difference. Our work is guided by the following guiding principles. You should always feel free to let us know how we are doing. We appreciate compliments but we also learn from constructive criticism. Both are welcomed. Please feel free to contact our Administrator, Dr. Alice Russler at (307) 777-6494. www.health.wyo.gov/mhsa/index.html

Wyoming Substance Abuse and Suicide Prevention Program

The Substance Abuse and Suicide Prevention Program (SASPP) is located within the Public Health Division (PHD) of the Wyoming Department of Health. The SASPP can be described as an integrated approach to the prevention of alcohol, other drugs, and suicide. This approach is achieved by focusing efforts on evidence-based prevention activities and by collaborating with multiple partners, to include those working on tobacco prevention and chronic disease prevention. (307) 777-6463 • (307) 777-3744
www.health.wyo.gov/phsd/prevention/index.html

Wyoming Mental Health and Substance Abuse Providers by County

www.pmowyo.org/wyoming-mental-health-substance-abuse-provider-list/

WYSPAC (Wyoming Suicide Prevention Advisory Council)

www.health.wyo.gov/phsd/prevention/SuicidePrevention.html

The Wyoming Suicide Prevention Advisory Council (WySPAC) is a statewide group of individuals and organizations whose mission is to improve the health and well-being of Wyoming individuals, families, and communities by reducing suicidal behaviors over the life span.

LGBTQ (Lesbian, Gay, Bisexual, Transgendered, Questioning) Suicide Prevention Resources

Wyoming

Equal Health

c/o Wyoming Equality
2614 Pioneer; Cheyenne, WY 82001

Contacts:

Meaghan McClellan: (904) 988-3414 • mcclellan_meg@yahoo.com

Carl Oleson: (307) 797-6884 • cioleson@yahoo.com

Mary Harsha: (303) 550-3602 • mharsha_13@yahoo.com

Reverend Dee Lundberg, United Church of Christ

1511 S Melrose; Casper, WY 82601
(406) 930-1099 • revdeeucc@earthlink.net

National Resources

LGBT Youth Crisis and Support Lifeline

The Trevor Project
www.thetrevorproject.org
866-4-U-TREVOR (866) 488-7346

Bullying Prevention & Safe-Schools Issues

Gay, Lesbian and Straight Education Network (GLSEN)
www.glsen.org

Messaging Resources

Movement Advancement Project (MAP)
www.lgbtmap.org

SUICIDE PREVENTION RESOURCES BY WYOMING COUNTIES

Albany County

Suicide Prevention Community Coalition

Lifesavers Coalition (UW Campus/Community)
Keith Evashevski, Director of UW Counseling Center
keski@uwyo.edu.com • (307) 766-2187

Albany County Suicide Prevention Task Force
Bob Leonard • bleonard@laramielaw.com • (307) 742-7896

Other County Information

NAMI (National Alliance on Mental Illness) Laramie
Debbie Hinkel • namilaramie@wyo2u.com • (307) 760-9651

S.T.A.Y (Suicide Touches All Youth) An outreach program for youth by youth.
(307) 742-6960

Bighorn County

Suicide Prevention Community Coalition

Big Horn Prevention Alliance
Karen Sylvester • ksylvester@pmowyo.org • (307) 272-8503
PO Box 183; Greybull, WY 82426
www.bighornpmo.org

Other County Information

The Grace Southern Baptist Church
(307) 765-2575 • Big Horn County also facilitates
a Sources of Strength program • www.sourcesofstrength.org

Campbell County

Survivor of Suicide Loss Support Group

Spring Wilkins • (307) 696-8027 • www.campbellcountyprevention.org
Facilitators: Tom Fiske & Tanya Allee

Campbell County

Certified School Suicide Prevention Specialist
Katie Jacobson Ellison, Student Assistance Coordinator
kajacobson@ccsd.k12.wy.us • (307) 686-7198
School-based health center offering mental health services at low cost.
School district offers Signs of Suicide annually
www.nrepp.samhsa.gov/ViewIntervention.aspx?id=53

Other County Information

NAMI (National Alliance on Mental Illness) Gillette
Sandra Hollenbeck • (307) 689-0028 • www.citinternational.org
Local Law Enforcement is involved in CIT (Crisis Intervention Team) training.

Carbon County

Suicide Prevention Community Coalition

Carbon County Suicide Awareness Coalition
Cali O'Hare • (307) 321-7578
Theresa Pacheco • (307) 328-3969
Find us on Facebook at Carbon County Suicide Awareness Coalition
www.ccsacoalition.wordpress.com

Platte Valley Prevention Coalition
Sally Patton • (307) 321-1093

Grief Support Group

Through the Horse "Certified Equine Gestalt Coaching Method"
Michelle Sidun • (307) 321-6715

Other County Information

NAMI (National Alliance on Mental Illness) Carbon County
Kinta Blumenthal • kblumenthal@cccounselingcenter.com • (307) 321-4571

Converse County

Suicide Prevention Community Coalition

Grace to Live
Marsha Reizenstein or Tim Christensen
(307) 359-8194 • PO Box 497; Douglas, WY 82633

Survivor of Suicide Loss Support Group

Circle of Grace
Marsha Reizenstein or Tim Christensen
(307) 359-8194 • PO Box 497; Douglas, WY 82633

Crook County

Suicide Prevention Community Coalition

Crook County Prevention & Wellness
Kathy Cluff • kcluff@pmowyo.org • (307) 290-0294
PO Box 825; Sundance, WY 82729

Fremont County

Suicide Prevention Community Coalition

Fremont County Suicide Prevention Task Force
Tauna GroomSmith • tgroomsmith@pmowyo.org • (307) 349-4495
Find us on Facebook at Fremont County Suicide Prevention Task Force

Survivor of Suicide Loss Support Group

Survivor of Suicide Loss Support Group
Sue Rector • (307) 840-0311/ Tauna GroomSmith • (307) 349-4495

Other County Information

Northern Arapaho Meth/Suicide Prevention Initiative
Elk Sage, Suicide Prevention Coordinator • (307) 840-3797
Find us on Facebook at Methamphetamine and Suicide Prevention Initiative

Eastern Shoshone Tribal Health
Glenda Mitchell, Suicide Prevention Coordinator
(307) 332-4758 or (307) 438-1238

Riverton High School Club Hope
(Sponsor Youth available to talk and listen to students with emotional concerns)
Brenda Iden • (307) 856-9491 ext. 4251

Goshen County

Suicide Prevention Community Coalition

The Comprehensive Community Coalition
Lynette Saucedo • lsaucedo@pmowyo.org • (307) 534-5843
1401 East K St./PO Box 211; Torrington, WY 82240
Catherine Deahl, CCC Chairperson • cdeahl@goshen1.org
2742 West E St.; Torrington, WY 82240

Other County Information

NAMI (National Alliance on Mental Illness) Torrington
Sandy Ellis • sandyellis@centurylink.net • (307) 532-8871

Hot Springs County

Suicide Prevention Community Coalition

PMO of Wyoming Hot Springs County Suicide Prevention Coalition
Becky Mortimore • bmortimore@pmowyo.org • (307) 864-4113 (office)
or (307) 921-2607 (cell)
148 E. Arapahoe; Thermopolis WY 82443

Johnson County

Suicide Prevention Community Coalition

Johnson County Suicide Prevention Coalition
Bill Hawley • bhawley@pmowyo.org • (307) 620-2279
224 N Main St.; Buffalo, WY 82834
Find our group on Facebook at Suicide Prevention Coalition of Johnson
County, Wyoming

Survivor of Suicide Loss Support Group

Hope & Healing
Bill Hawley • bhawley@pmowyo.org • (307) 620-2279
Sydney Rowe • srowe@pmowyo.org • (307) 620-9995

Laramie County

Suicide Prevention Community Coalition

Stop Suicide Cheyenne

Rhianna Brand • Rhianna.brand@gracefor2brothers.com

Survivor of Suicide Loss Support Group

Hour of Grace

Dianne Lowe-Carpenter • dloweca@gmail.com • (307) 287-6206

Other County Information

Grace for 2 Brothers • www.gracefor2brothers.com

Sources of Strength • www.sourcesofstrength.org

NAMI (National Alliance on Mental Illness) Cheyenne

Kim Dreyer • kimberly.dreyer@yahoo.com • (307) 214-7291

Lincoln County

Suicide Prevention Community Coalition

Star Valley Prevention Coalition

Brittany Ritter • britter@pmowyo.org • (307) 390-8442

830 Topaz Court; Kemmerer, WY 83101

Natrona County

Suicide Prevention Community Coalition

Natrona County Suicide Prevention Task Force

Traci Gardner • tgardner@mercerwy.org • (307) 233-4277

www.natronacountysuicideprevention.org/where-to-refer

Survivor of Suicide Loss Support Group

Suicide Survivor Support Group (grief support, caregiver support, attempt survivors support)

Julie Raines • julieraines@msn.com • (307) 247-4726

Other County Information

NAMI (National Alliance on Mental Illness) Casper

namicspr@gmail.com • (307) 234-0440

133 W 6th St.; Casper, WY 82601

Dan Odell • dansodell@yahoo.com • (307) 247-1962

Becky Foster • (307) 266-4673

Niobrara County

Suicide Prevention Community Coalition

Niobrara County Prevention Coalition
Kerry Steward • ksteward@pmowyo.org • (307) 359-3829
www.niobrarapmo.org

Park County

Suicide Prevention Community Coalition

Suicide Prevention Alliance
Rachel Williams • (307) 578-7029
Ashley Trudo, West Park Hospital • (307) 578-2512

Survivor of Suicide Loss Support Group

Suicide Survivors Support Group
Yellowstone Behavioral Health Center • (307) 587-2197
2538 Big Horn Ave.; Cody, WY 82414

Survivor of Suicide Attempts Services

Brief Intensive Therapy
Yellowstone Behavioral Health Center • (307) 587-2197
2538 Big Horn Ave.; Cody, WY 82414

Other County Information

NAMI (National Alliance on Mental Illness) Park County
Peg Strow • tazz1948@hotmail.com • (307) 587-9426
Rita Overfield • (307) 587-5873

Northwest College Sources of Strength Team
Find us at Facebook at Sources of Strength Northwest College
www.sourcesofstrength.org

Platte County

Suicide Prevention Community Coalition

Platte County Prevention Initiative (PCPI)
Quinn Hutcheson • qhutcheson@pmowyo.org • (307) 331-7120
951 South St.; Wheatland, WY 82201

Sheridan County

Suicide Prevention Community Coalition

Sheridan County Suicide Prevention Coalition

Anne Quast, MS, LPC

aquast@pmowyo.org • (307) 655-8263 (office) • (406)853-2567 (cell)

Wendy Bruso, MS

wbruso@pmowyo.org • (307) 655-8263 (office) • (307) 760-6272 (cell)

www.sheridansuicideprevention.com

Survivors of Suicide Loss Support Group

Survivors of Suicide Loss

Dawn Sopron, LCSW • (307) 752-7016

Other County Information

NAMI (National Alliance on Mental Illness) Sheridan

Dr. Victor Ashear • vashear@optimum.net • (307) 672-3135

John Bruso • john@johnbruso.com • (307) 751-7040

Sublette County

Suicide Prevention Community Coalition

Sublette County Prevention Coalition

Kay Ryan • (307) 367-6445

Other County Information

NAMI (National Alliance on Mental Health) Sublette County

Scott Dimit • scottdimit@hotmail.com • (307) 260-3067

Sweetwater County

Suicide Prevention Community Coalition

Sweetwater County Suicide Prevention Coalition

Cassandra Crumpton • ccrumpton@pmowyo.org • (307) 389-7364

Teton County

Suicide Prevention Community Coalition

Teton County Suicide Prevention Coalition

Deidre Ashley • dashley@jhccc.org • (307) 733-2046

Jacob Richins • jrichins@pmowyo.org • (307) 690-1953

Uinta County

Suicide Prevention Community Coalition

Uinta County Suicide Prevention Task Force

Tera Lawlar • (307) 679-3234

Annette Swayze • (307) 789-7571

Other County Information

NAMI (National Alliance on Mental Illness) Uinta County

Roy Walworth • rwalw@allwest.net • (307) 799-7216

Cheryl Sherman • charpcherl@myway.com • (307) 220-8776

Washakie County

Suicide Prevention Community Coalition

Washakie County Prevention Coalition

Mary Buchanan • mbuchanan@pmowyo.org • (307) 347-2037

1200 Culberson Ave.; Worland, WY 82401

Weston County

Suicide Prevention Community Coalition

Weston County Prevention Task Force

Kristi Lipp • klipp@pmowyo.org • (307) 746-5457

PO Box 880; Newcastle, WY 82701

School Suicide Prevention Specialist

Nikki Bloom • Weston County School District #1 • (307) 746-2713

SUICIDE PREVENTION GATEKEEPER TRAININGS

The following evidence-based training programs in suicide prevention are currently being utilized throughout Wyoming. For more information, contact Sydney Rowe, LCSW Suicide Prevention Training and Survivor Outreach Coordinator at (307) 620-9995 or srowe@pmowyo.org

Professional Level Training in Suicide Treatment Assessing and Managing Suicide Risk

Core competencies for Mental Health Professionals AMSR is one-day training for mental health professionals that focuses on knowledge and attitudes, using skill demonstrations, discussions, and journaling through the course.

At-Risk in Primary Care

This is a CME-approved online training simulation designed to prepare primary care providers to screen patients for mental health and substance abuse disorders, perform brief interventions using motivational interviewing techniques, and refer patients to treatment. In this simulation, PCP's interact with two virtual patients in order to learn the practical and tangible techniques to efficiently and effectively screen and manage the treatment of patients with some of the most common mental health disorders. For more information, visit www.wyoming.kognito.com

At-Risk in the ED

This is a CME-approved online training simulation that prepares emergency department personnel to screen patients for mental health and substance abuse disorders, perform brief interventions using motivational interviewing techniques, and refer patients to treatment. The learning experience is structured around a series of clinical scenarios where users engage in role-play practice conversations with virtual patients, using evidence-based screening tools. For more information, visit www.wyoming.kognito.com

Counseling on Access to Lethal Means (CALM)

This online course is designed for providers who counsel people at risk for suicide, primarily mental health and medical providers, but also clergy and social service providers. The first module explains why reducing access to lethal methods of self-harm saves lives. The second module teaches practical skills on when and how to ask suicidal clients about their access to lethal means and how to work with them and their families to reduce their access. To access the training, or more information, visit www.training.sprc.org.

Intervention Level Training in Suicide Recognition and Response

School Suicide Prevention Accreditation Program

For school psychologists, social workers, counselors, nurses, and all others dedicated to or responsible for reducing the incidence of suicide and suicidal behaviors among today's school-age youth. Online certification course:

www.suicidology.org/training-accreditation/school-suicide-prevention-accreditation

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day (15 hours) intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to prevent the immediate risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. For more information, visit www.livingworks.net/programs/asist

Crisis Intervention Teams (CIT)

These programs promote and support collaborative efforts to create and sustain more effective interactions among law enforcement, mental health care providers, individuals with mental illness, their families and communities and also reduce the stigma of mental illness. For more information, visit www.citinternational.org

Mental Health First Aid (MHFA)

MHFA is an eight hour in-person training that teaches you how to help persons developing a mental illness or in crisis. For more information, visit www.mentalhealthfirstaid.org/cs/

Youth Mental Health First Aid

Youth Mental Health First Aid is an 8 hour in-person workshop primarily designed for adults who regularly interact with young people, ages 12-18. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. For more information, visit www.mentalhealthfirstaid.org/cs/

Sources of Strength

Sources of Strength, a universal suicide prevention school-based program, is designed to build socio-ecological protective influences among youth to reduce the likelihood

that vulnerable students will become suicidal. The program trains students as peer leaders and connects them with adult advisors at school and in the community. For more information, visit www.ourcesofstrength.org

Public Level Education

safeTALK

safeTalk, about three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. For more information, visit www.livingworks.net

Operation S.A.V.E.: VA Suicide Prevention Gatekeeper Training

Operation S.A.V.E is a one- to- two-hour gatekeeper training program provided by VA suicide prevention coordinators to veterans and those who serve veterans. Optional role-playing exercises are included. Components of the S.A.V.E model are: Signs of Suicide, Asking about suicide, Validating feelings, Encouraging help and Expediting treatment. For more information, visit www.sprc.org/bpr/section-III/operation-save-va-suicide-prevention-gatekeeper-training

Question, Persuade, Refer (QPR)

QPR stands for Question, Persuade, Refer, three steps anyone can learn to help prevent suicide. QPR is a 1-2 hour training. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. For more information or to inquire about on-line training options, visit www.qprinstitute.com



