Johnson County Suicide Prevention

November 29, 2016
Dedication

To those who have lost their lives by suicide,
To those who struggle with thoughts of suicide,
To those who have made an attempt on their lives,
To those caring for someone who struggles,
To those left behind after a death by suicide,
To those in recovery, and
To all those who work tirelessly to prevent suicide and suicide attempts in our nation.

We believe that we can and we will make a difference.

From the National Strategy for Suicide Prevention (2012)
In 2014.....

The nation lost 42,773 people to suicide

There were 455 deaths by suicide in Kansas

Johnson County lost 100 people to suicide & overdose

**Johnson County includes approximately 20% of the total population of the state of Kansas**
Kansas Suicide Rates

- Over 3 times as many people die by suicide in Kansas annually than by homicide.

- Suicide is the second leading cause of death for the 15-24 and 25-44 age-group; the fourth leading cause of death for the 5-14 age-group and the fifth leading cause of death for the 45-64 age-group.

- Three most common methods of suicide were firearms (237 deaths), suffocation (123 deaths), and poisoning (65 deaths).

http://www.kansassuicideprevention.org/data/
Johnson County Suicide/Overdose Deaths by Year

*Data from JoCo Coroner
**2016 Data from January-November 14
Johnson County
Suicide/Overdose by Age Range 2016

*Data from JoCo Coroner
**2016 Data from January-November 14
Johnson County
Suicide/Overdose by Gender 2016

*Data from JoCo Coroner
**2016 Data from January-November 14
Johnson County Suicides by Race/Ethnicity 2008-2014 (521 deaths by suicide)

90.98% - Caucasian, 474 people
3.65% - African American, 19 people
2.79% - Hispanic, 14 people
1.92% - Asian, 10 people
1.34% - other, 7 people
1.15% - multiracial, 6 people
0.58% - Native American, 3 people
0.38% - unknown, 2 people

Source: Hawkins, MPH Capstone Project, 2016
Johnson County Cause of Death 2014 and 2015

*Data from JoCo Coroner
**2016 Data from January-November 14
Highlights

150 People who attended the first community event four years ago

3 Number of proclamations with BOCC

3 The number of priority goals & workgroups

4 The amount of years the coalition has been working on prevention efforts

10 The number of ASIST trainings offered over the last 2.5 years

215 people trained in ASIST since August 2014

Over $12,000 received through community partnerships and in-kind donations

10,000 wrist bands & 500 magnets distributed to schools and police during suicide prevention week
Strategic Goals
From the National Strategy for Suicide Prevention

• Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes, and behaviors.

• Provide training to community and clinical service providers on the prevention of suicide and related behaviors.

• Promote suicide prevention as a core component of health care services.
On May 13, 2016 Governor Sam Brownback signed The Jason Flatt Act - Kansas in memory of Cady Housh.

The bill, SB323, was sponsored by Senator Greg Smith of Kansas from senate district 21.

SB 323 passed unanimously and rapidly through both houses in Topeka in 2016 making Kansas the 19th state to pass JFA into law since 2007.

Tennessee, the first state to pass the JFA and Headquarter’s for The Jason Foundation, saw a 28.3% reduction in suicides every year for the next 3 years.

On or before January 1, 2017 each board of education for each school district must provide suicide awareness and prevention training to all school staff members.

Staff members must complete 1 hour each calendar year on programs approved by the Kansas State Board of Education to include:
- Steps to recognize suicide ideation
- Appropriate methods of intervention
- A crisis recovery plan

Parents and legal guardians of students enrolled will also have access to training material.
Why Jason Flatt Act?

• The Jason Foundation is active in all 50 states and is the largest nonprofit organization dedicated to suicide awareness and prevention programs for junior and high school students.

• The Jason Foundation sponsors the training and materials to help eliminate funds to the school districts to promote these life saving programs.

• Current steps are being made to have JFA laws in all 50 states.
Flippin’ Sweet Memorial Disc Golf Tournament

Tom Gottschalk, Flippin’ Sweet

- Flippin’ Sweet Memorial Disc Golf Tournament started in 2014 in memory of suicide victims Tom Karlin and Grant Gottschalk.
- Tournament idea developed by Connor Mitts and his mother, Susan Mitts - Connor is same age as Tom and Grant, good friends with both.
- Susan Mitts enlisted help from John Erickson, who coached all 3 boys in baseball and basketball, and Tom Gottschalk—who is father of Grant, and plays disc golf.
- Have had increased participation in the tournament each year by players, good support from business community in terms of donations and sponsorship.
- Are currently exploring development of a disc golf mentoring program that has experienced disc golf players teaching basic disc golf skills to at-risk students and veterans.
Suicide Prevention Week

*Shawn Reynolds, Olathe Police Department*

- School tool kits to all high schools in JoCo
  - 10,000 wrist bands
  - Informational sheet
  - Lifeline cards
  - SAMHSA book
- 500 magnets purchased for police and city vehicles
- Daily Facebook posts
- Posters distributed in community
Olathe Police Department
Co-Responder

Shawn Reynolds, Olathe Police Department

MH Related Calls Increasing

• 2011-1,073
• 2012-1,175
• 2013-1,419
• 2014-1,597
• 2015-1,634
• 2016 projected-1,858
• Since 2011-63.8% increase

Co-Responder (Olathe)

• OPD continues to look for opportunities to fund the expansion of the Co-Responder Program.
• Olathe was the first agency in Johnson County to initiate the Co-Responder Model.
Olathe Police Department
Co-Responder

• Since the inception of the program, the work done by Co-Responder Kimberly Rowlands and officers has impacted the lives of over **3,500 citizens**.

• Since the inception of the program repeat calls for service to the same citizens has **decreased by approximately 20%**.

• Follow-up contacts by Co-Responder and Officers are in **excess of 1,800** and include: phone calls and direct contact with citizens who have Olathe PD contact due to a mental health crisis or due to a family member completing suicide.

• Program has **reduced emergency room visits by 64 times**.
‘Not Even One’ Campaign

Sherrie Balmer, Marillac

• Overview of #notevenone

• Schools

• School activities during Suicide Prevention week

• App

• Growth
Annual School Event

Joe Kordalski, De Soto Schools

- Each year the Coalition hosts a training event directed toward the support staff within our school systems. In years past the topics have included:
  - Self Care and Secondary Trauma - How this impacts our ability to be compassionate and productive service providers
  - Sign and symptoms of students who self harm
  - How to access services from our local PRTF partners

- This year we are working to provide an all day training delivered by the TREVOR Project entitled; C.A.R.E. Connect, Accept, Respond, Empower: How to Support LGBTQ Youth

- This interactive workshop will provide an overview of suicide among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth and the different environmental stressors that contribute to their heightened risk for suicide. Objectives from the program include:
  - Learning what research states regarding reducing the risk of suicide and promoting resiliency.
  - Best practices and practical steps that service providers, educators, and others can take to promote a positive environment for all youth.
Parent Resource Video

Steve Willsie, Cenpatico

https://www.youtube.com/watch?v=VS3SWJNGEKo
Johnson County Suicide Prevention Coalition

Kevin McGuire, Johnson County Mental Health Center

Other Accomplishments

• ASIST Trainings in the community
• Launch of SPC Website
• Use of SPC business cards
• Email address
  – spc@jocogov.org
ASIST
(Applied Suicide Intervention Skills Training)

• When: January 19/20, 2017: 8:30am-4:30pm (both days)

• Location: Shawnee Mission Medical Center

• Cost: $100

• To register, contact Jenny Rodriguez 913.715.7880
Recognition

Shana Burgess, Johnson County Mental Health Center

• Olathe Northwest
  - Donation - school spirit wear sales

• St. Thomas Aquinas
  - SP Week Activities

• Suicide Awareness Survivor Support
  – Donation - September Remembrance Walk
Johnson County
Suicide Prevention Coalition

• Meets monthly on the fourth Thursday
  – December 6th 3-4:30
  – January 2016-regular meetings resume

• 3:00-4:30pm at Johnson County Mental Health Center
  - 1125 W. Spruce in Olathe

• Please contact Prevention Services at 913-715-7880 or megan.clark@jocogov.org for more information
Thank you for your participation!

Please fill out feedback form provided on table

If you are interested in being on the coalition distribution list, please fill out your information on the notecards provided

For more information please contact Megan Clark at megan.clark@jocogov.org or 913-715-7880

www.jocogov.org/suicideprevention
www.facebook.com/Jocomnh