

Prevent Suicide

SPOKANE COALITION



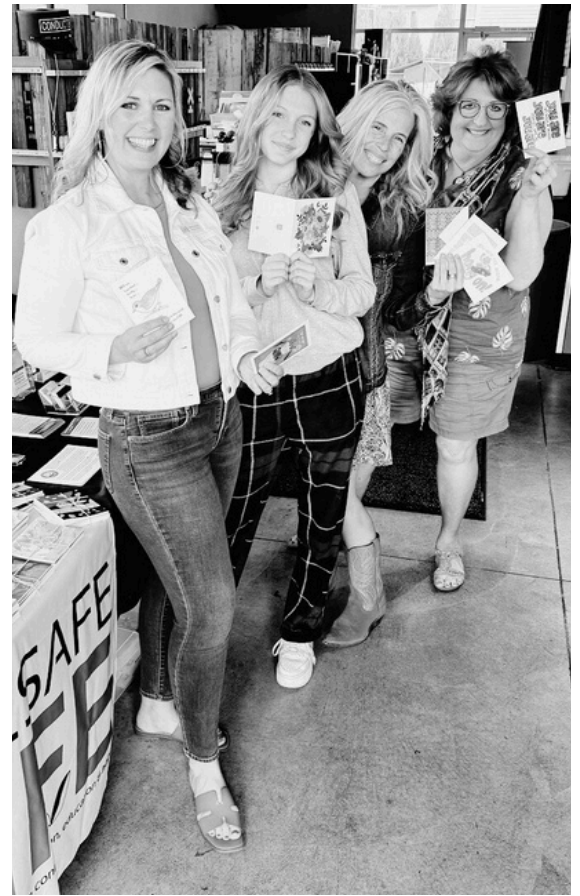
 COALITION
Welcome Packet

www.spokanesuicideprevention.org

WELCOME,

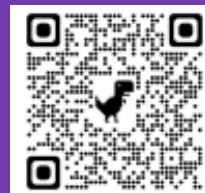
New Members!

Thank you for being interested in the Prevent Suicide Spokane Coalition! The Prevent Suicide Spokane Coalition is a group of individuals and organizations in behavioral health, education, government, and the private sector working to reduce and prevent suicide in the Greater Spokane Area. Our goal is to prevent suicide in our region, promote community mental health and wellness, and share vital resources with members and the Spokane community at large.



OUR MISSION:

The mission of the PSSC is to reduce suicide attempts and rates, and to promote prevention, intervention and postvention strategies in Spokane County.



FAST FACTS

About PSSC



Hope Squad boxes assembled by students.

✓ MEETS MONTHLY

PSSC meets monthly on the first Tuesday of every month in-person and virtually. Your level of involvement is completely up to you! Tier 1 members regularly attend monthly meetings and have voting authority, while Tier 2 members attend when they can. Membership is low-pressure and flexible. The only cost for membership is your time - no fees!



Construction professionals at ASIST Training.

✓ OFFERS TRAININGS

PSSC and its members hosts and assists with multiple suicide prevention and postvention training events each year, including ASIST, QPR, CALM, Screenagers, Healing After a Suicide Loss, and many more.



The coalition frequently tables and sponsors at community events.

MAKES A DIFFERENCE

Our members, through their organizations and in the community, are making a difference. Among many other projects, members have brought Hope Squad, Screenagers and My Ascension to our community. We collaborate on dozens of events and projects each year and reach hundreds of people, all in efforts to have a **zero-suicide community**.

WHO WE ARE

Meet the Leadership Team



Staci Cornwell

Prevent Suicide Spokane Coalition Chair

✉ staci.cornwell@mead354.org

Staci Cornwell has over 30 years of experience working with the entire continuum of suicide prevention, intervention, and grief response and has been a member of PSSC for nearly 20 years. She seeks to inspire and support others in their work toward a resilient and connected community.



Amanda Kaplan

Vice Chair

✉ amanda@namispokane.org

Amanda Kaplan has been a member of PSSC for 3+ years as part of her work as the Programs & Outreach Coordinator of NAMI Spokane. Amanda aims to raise awareness and reduce the stigma around mental health; to show people they are not alone.



Sarah McNew

Co-Secretary

✉ smcnew@esd101.net

Sarah McNew is the Coalition Coordinator for West Spokane Wellness Partnership, an Executive Leadership Committee member of the Spokane Regional Opioid Task Force, and an Adjunct Faculty Instructor at Eastern Washington University. Sarah enjoys being a community organizer and has a passion for energizing the community in which she lives and serves.



Audrey Curtis

Co-Secretary

✉ acurtis@esd101.net

Audrey Curtis is the current chair and community social worker for West Spokane Wellness Partnership. Audrey holds a Master's Degree in Social Work and a Bachelor's Degree in Psychology, and her work as a social worker has specifically focused on providing and advocating for youth mental health support groups, SBIRT, and suicide and substance prevention.

WHO WE ARE

Meet the Leadership Team



Gabriel Minchow

Treasurer

✉ gminchow@northpointrecovery.com

Gabriel has served as Treasurer for the Prevent Suicide Spokane Coalition since 2022. He has also served on the education, events, and communication committees and managed the budget for successful PSSC events.



Kalen Fairley

PSSC Coordinator

✉ kvia@esd101.net

Kalen is the Regional Behavioral Health Student Assistance Advocate at ESD 101 and is passionate about helping PSSC in its mission to prevent suicide in the Greater Spokane Area and beyond.



Shannen Talbot

Leadership Team

✉ stalbot@nwagc.org

Shannen Talbot is the Marketing & Communications Director of the Inland Northwest Associated General Contractors and the Chapter's designated Construction Culture Manager. Trained in ASIST, QPR, and Forefront Construction Suicide Prevention, she is passionate about bringing prevention efforts into the open across industries.



Sabrina Votava

Leadership Team

✉ sabrina.votavsa@failsafe4life.org

Sabrina Votava is a Licensed Mental Health Counselor and an educator on suicide prevention and intervention. She is also the founder and Executive Director of FailSafe For Life. Having worked in this field for over two decades, Sabrina's passion is evident in her work.

COMMITTEES

Get Involved

In addition to being a member, you can get involved at PSSC by joining one of our committees! Committees are open to all members unless otherwise specified and work to advance the Coalition's vision and mission.



01 Education and Outreach Committee

Time commitment: 2 hours per month

This committee advances the PSSC goal of enhancing community competency around suicide prevention by coordinating events, recruiting new members, reviewing community partnerships, and more.

Contact: Staci Cornwell, staci.cornwell@mead354.org

02 Communication & Media Committee

Time commitment: 2 hours per month

This committee leads the coalition's communication tools and strategies by keeping the website updates, organizing online requests, and helping to market and communicate the coalition's need and events.

Contact: Amanda Kaplan, amanda@namispokane.org

03 Leadership Team

Committee appointment by invitation

The Leadership Team directs PSSC activities and operations, expanding the reach of the Prevent Suicide Spokane Coalition.

WHO WE ARE

Meet our Members

The Prevent Suicide Coalition members are both individuals and organizations all throughout the Greater Spokane Area, including but not limited to*:

FailSafe For Life
ESD 101
Inland Northwest Behavioral Health
Mead School District
Northpoint Recovery
NAMI Spokane
Inland Northwest Associated General Contractors
Excelsior Wellness
Kellan CARES Foundation
Light A Lamp Nonprofit
Spokane Outreach Networking Group
Unite Us
988
Spokane Regional Health District
Spectrum Center Spokane
Multicare Health System, Inc.
Martin Hall Juvenile Detention Facility
Spokane County Medical Examiner's Office
Frontier Behavioral Health
Charmed Counseling PLLC
Lutheran Community Services
Journey Thru Grief
Sharp Shooting Indoor Range & Gun Shop
Survivors of a Loved One's Suicide Support Group (SOLOS)
Spokane Veterans Affairs
Healthy Ferry County Coalition
Spokane Public Schools
Specialized Training and Consultation Inc.



Let's Talk Suicide Conference: The Power of Connection

**New members are always joining PSSC and may or may not be reflected here. This packet is periodically updated; if you would like ensure your organization is listed in future editions, please contact stalbot@nwagc.org.*



STRATEGIC

Plan

This is a synopsis of the PSSC Strategic Plan. The complete plan can be found at spokanesuicideprevention.org.



FOCUS ON VISION

The Prevent Suicide Coalition has developed a clear operational strategy from which they provide early investment in children and families, create a community invested toward connectedness, shift community and cultural norms, improve the spectrum of care, decrease access to lethal means, and build compassionate and robust aftercare in order to reduce the suicide and attempted suicide rates in Spokane County.

IDENTIFY BARRIERS

PSSC worked to identify barriers to the success of the coalition's mission and vision, including but not limited to perceptions of suicide, agency disunification, systemic structural issues, and unaligned political prioritizations.

DIRECTION 1: EXPAND INCLUSION AND REACH

The Coalition identified three primary strategic directions to advance its mission. The first, Expand Inclusion and Reach, addresses the health inequity in suicide prevention by focusing on marginalized, at-risk or historically underserved communities. It acknowledges that there are certain populations within our community that have higher rates of suicide attempts, and that different messages about suicide will have a greater impact with different audiences.

DIRECTION 2: ENHANCE COMMUNITY COMPETENCE

The second strategic direction, Enhancing Community Competency Around Suicide Prevention, looks to break the stigma of suicide and strengthen the community's ability to address suicide within their family, among their friends and neighbors.

DIRECTION 3: STRENGTHEN SAFETY NET

The third strategic direction, Strengthening the Safety Net, focuses on providing the appropriate care for those in crisis via a variety of means, including educating the community on how to access care, restricting lethal means, and ensuring our care system is adequately supportive and responsive to those in crisis.

PSSC Sponsorship Request Form

Step 1: Please complete the following information and submit to preventsuicidespokane@gmail.com.

Requestor Name/Contact information:	
Event Name:	
Date/Time/Location of Event:	
Intended Audience:	
Brief Description of the Event:	

1. The following criteria for PSSC sponsorship apply:

- ☐ Event aligns with PSSC mission: *The mission of the PSSC is to reduce suicide attempts and rates, and to promote prevention, intervention and postvention strategies in Spokane County.*
- ☐ Requester is for a PSSC Tier 1/active member Event
- ☐ No prior PSSC sponsorship has been provided for the Tier 1/active member this calendar year.
- ☐ Event is not affiliated with a PSSC Tier 1/Active Member: Will be reviewed on an individual basis

Comments:

2. Type of PSSC Sponsorship/Support requested:

- ☐ Financial Sponsorship (\$250)
- ☐ Volunteers
- ☐ Vendor Table at the Event
- ☐ Marketing, Promotion of Event
- ☐ PSSC material

Additional information for type of support needed (i.e. # of volunteers, roles, type of materials, etc.):

Step 2: Approval (The following to be completed by PSSC Education Committee)

<input type="checkbox"/> PSSC Criteria Met; if not, why?	
<input type="checkbox"/> Financial Sponsorship	
<input type="checkbox"/> Volunteers	
<input type="checkbox"/> Vendor table at the event	
<input type="checkbox"/> PSSC Materials	
<input type="checkbox"/> Other	

*Note: Financial, Volunteers, and materials must be confirmed prior to approval

Step 3: Notify Requester of Approval/Denial Status within 30 days of receipt and request W-9

Tools & Resources

- 01 **Crisis Resources**
Call/Text 988 • www.988lifeline.org
 Specific crisis resources can be found at **www.spokanesuicideprevention.org/resources**
- 03 **Events & Support**
 Find events, including support groups, fundraisers, awareness events and more at **www.spokanesuicideprevention.org/events**.
- 02 **Training Opportunities**
 Would you like to attend a training as an individual or plan one for your organization? Fill out the PSSC Sponsorship Request Form today, or email a member of the PSSC Leadership Team.
- 04 **Community Collaboration**
 Looking for a specific resource or have a specific need but not sure where to find answers? PSSC has members across the region in almost every industry. Our community is happy to help answer questions and help you find what you need.

Communication

Contact Details

✉ preventsuicidespokane@gmail.com

🌐 www.spokanesuicideprevention.org



Please Note

⚠ The Prevent Suicide Spokane Coalition Contact Page is not a full-time crisis line and is not staffed solely by mental health professionals. Response times may vary. **If you or someone you know is experiencing an emergency or is seeking immediate assistance and guidance pertaining to suicide, please contact 988.**

FREQUENTLY

Asked Questions

How do I become a member?

Use this space to provide your answer. You can add details or examples to help your reader along! Adding graphic elements can also give detail and depth to a text-heavy document. Be as creative as you want!

Can I attend a training without being a member?

Yes! Most trainings do not require PSSC membership. For information on upcoming trainings and events, please visit www.spokanesuicideprevention.org/events. To request a trainer or speaker, please fill out PSSC Sponsorship Request Form.

How can my organization partner with PSSC?

We invite other organizations to partner with PSSC! For ways your organization can get involved beyond membership, check out the PSSC Sponsorship Request Form in this packet. For additional information on partnership opportunities, email a member of our Leadership Team.

In what ways can I help?

Getting involved with the Prevent Suicide Spokane Coalition offers multiple ways to help prevent suicide in our region. PSSC members, as well as individual community members, volunteer at events, host and promote trainings, and much more. Contact PSSC at preventsuicidespokane@gmail.com to learn more.

TAKE ACTION!

If you are passionate about suicide prevention in our region, we encourage you to become a member of the Prevent Suicide Spokane Coalition. Individuals, non-profits, companies and other organizations can all become members of PSSC. Please get in touch with us via contact information below to learn how you can help prevent Spokane suicides.

THANK YOU FOR MAKING A DIFFERENCE IN OUR COMMUNITY!

Please reach out to us by email at preventsuicidespokane@gmail.com, or by filling out the Contact form on our website, **www.spokanesuicideprevention.org**.

*The Prevent Suicide
Spokane Coalition*



preventsuicidespokane@gmail.com
www.spokanesuicideprevention.org

