

RURAL RESILIENCY

ON THE PALOUSE

Whitman County Suicide Prevention, Intervention and Response Task Force Newsletter

December 2019

Countywide Community-Based Task Force Established

Spurred by the enormous wake of tragedy that follows a death by suicide, a countywide community-based task force was established earlier this fall. The first workshop was held on Monday, October 14, 2019, at The McGregor Company auditorium in Colfax. Task force members represent the broad spectrum of the county including community leaders, fire/EMS, law enforcement, primary and higher education, mental health professionals, healthcare professionals, faith-based community leaders, agribusiness, and public and private sector. A special thanks to our task force members for their commitment and their time.

The purpose of the task force is to build resiliency within our communities, educate and train our community members to identify early-on common mental health issues, develop effective interventions and responses to a suicidal crisis, and provide support after a death by suicide.

Resources

SHARING SUICIDE DATA TO SAFE LIVES

SUICIDE IS PREVENTABLE—EVERYONE CAN PLAY A ROLE

See attached to this newsletter a flier from the Washington State Department of Health providing valuable insights regarding suicide statistics in our state and useful resources.

The FCC has unanimously approved moving forward in designating 988 as a new nationwide phone number for suicide prevention and mental health crisis hotline.

The number would be directed to the existing national Suicide Prevention Lifeline 1-800-273-TALK.

FCC hopes to make 988 the national number for suicide prevention soon.

*U.S. News & World Report
Dec 13, 2019*

5 Action Steps for Helping Someone in Emotional Pain

 ASK "Are you thinking about killing yourself?"	 KEEP THEM SAFE Reduce access to lethal items or places.	 BE THERE Listen carefully and acknowledge their feelings.	 HELP THEM CONNECT Save the National Suicide Prevention Lifeline number 1-800-273-8255.	 STAY CONNECTED Follow up and stay in touch after a crisis.
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For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention

  National Institute of Mental Health

In This Issue

- Countywide Task Force
- Resources
- Action Steps
- Meet Corey Laughary
- Upcoming Training
- MHFA
- QPR

From NIMH <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

Meet Corey Laughary

MHFA and QPR Instructor

Rev. Corey Laughary has been serving as pastor to the Palouse community since 2004. While raising a family with his wife Tina he also drives school bus, coaches cross-country and volunteers with the local EMS.

Corey is a certified Mental Health First Aid Instructor (with additional Fire/EMS, Law Enforcement, Rural, and Elderly endorsements) as well as a QPR Suicide Intervention Instructor.



Rev. Corey Laughary

Besides experience in pastoral counseling and family systems counseling, Corey has worked as a Crisis Telephonist for First Call for Help, and worked as a residential life counselor at group home for youth.

2020 Upcoming Regional Training

MENTAL HEALTH FIRST AID (MHFA)

2/05 Wednesday 8:00 am-5:00 pm Pullman City Hall

2/19 Wednesday 8:00 am-5:00 pm Pullman City Hall

Contact Chief Gary Jenkins: gary.jenkins@pullman-wa.gov

Flier attached with registration information.

WSU Cougar Health Services Sponsored MHFA Courses

<https://cougarhealth.wsu.edu/mental-health-promotion/mental-health-trainings/>

1/22 & 23; 3/3 & 4; 4/21 & 22 12:30 pm-5:00pm

On-line registration https://wsu.co1.qualtrics.com/jfe/form/SV_3yJeUoefx9F2kWF

EWU Sponsored MHFA Courses 509-359-4279, stuhealth@ewu.edu

1/28 & 30 12 pm-4:30 pm; 2/14 8:30 am-5 pm; 2/25 & 27; 3/9 & 11 12 pm-4:30 pm

QPR - QUESTION. PERSUADE. REFER

1/14 Tuesday 7:00 PM-8:30 PM, Palouse Federated Church, Palouse

Contact Annie Pillers, 509-397-5641, anne.pillers@co.whitman.wa.us OR

Corey Laughary, 509-878-1509, corey@palousechurch.org

OPEN DATES FOR YOUR COMMUNITY / AGENCY / ORGANIZATION

We also have date options for a class specifically for your group.

They are reserved on a first come first serve basis. See contact below.

MHFA - Mental Health First Aid

This course can be tailored to EMS/Fire or the General Public

1/18/2020 Sat., 9:00 am-6:00 pm Location determined by requesting group

2/22/2020 Sat., 9:00 am-6:00 pm Location determined by requesting group

QPR - Question Persuade Refer

This course can be tailored to EMS/Fire or the General Public

1/20/2020 Mon., Time/Location determined by requesting group

2/03/2020 Mon., Time/Location determined by requesting group

2/27/2020 Thurs., Time/Location determined by requesting group

Contact:

Annie Pillers, 509-397-5641, anne.pillers@co.whitman.wa.us OR
Corey Laughary, 509-878-1509, corey@palousechurch.org

MHFA

Mental Health First Aid

"...teaches you how to **identify, understand and respond** to signs of mental illnesses and substance use disorders."

This 8-hour training gives you the skills you need to reach out and provide initial support...and help connect them to the appropriate care."

Visit MHFA on the web at www.mentalhealthfirstaid.org/

QPR

Question. Persuade. Refer.

"The 3 simple steps anyone can learn to help save a life from suicide."

"As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life"

Visit QPR on the web at <https://qprinstitute.com/>