



Youth Suicide Prevention Community of Practice – Final Meeting

Suicide Prevention in North Dakota

**Wednesday, January 30, 2013
10:30 to 11:30 AM ET**

Featured Speaker:

Micki Savelkoul

Moderator:

Jennifer Allison

Please dial 1-866-835-7973 for audio.

The webcast will begin shortly. Your phone line is currently muted.

Meeting Orientation Slide

- If you are having any technical problems joining the webinar please contact the Adobe Connect hotline at **1-800-422-3623**.
- Type any additional questions or comments into the Chat box on the middle left hand side of your screen.
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Youth Suicide Prevention COP States

Minnesota

North Dakota

Virginia

Missouri

Oklahoma

West Virginia

Nebraska

Puerto Rico

Other Partners

North Carolina

Tennessee

Suicide Prevention in North Dakota

Changing the landscape



NORTH DAKOTA
DEPARTMENT *of* HEALTH

North Dakota Suicide Prevention

- GLS grantee from 2006-2010
- In 2011 awarded state general funds, suicide prevention was placed in the governors budget
- 2013 anticipate no major changes in funding



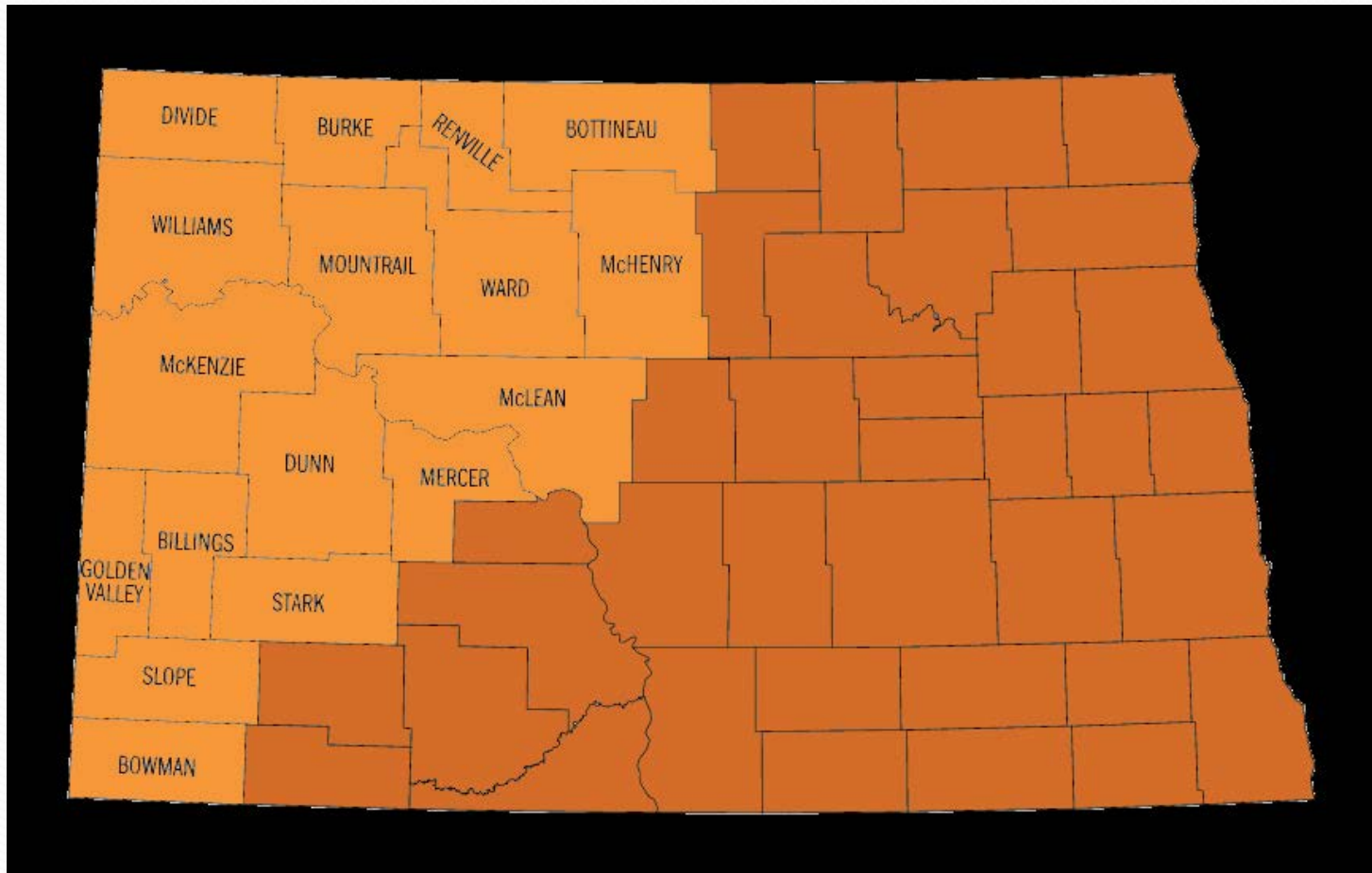
North Dakota

Challenges and opportunities

- 1st largest population white, 2nd largest population is American Indian
- Impacted by oil production, influx in population
- Large military and veteran population
- Rural state, limited resources



Oil producing counties in ND



Suicide statistics in North Dakota

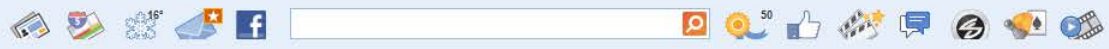
	2010	Per 100,000	2011	Per 100,000
Total suicides	103 deaths	15.3%	114 deaths	16.9%
10-24 age group	28	19.1%	18	15.8%
Males	86	26.8%	92	28.7%
Females	17	5.3%	22	6.8%
Over 65	17	17.4%	14	14.4%
White	89	14.7%	102	16.8%
American Indian	13	35.5%	10	27.3%
Veteran status	24		25	



Suicide Prevention Programs

- Kognito-At risk
 - UND given a grant to manage on boarding hospitals
 - MSU given a grant to manage on boarding high schools
 - Online free training





+ AT-RISK in the ED +

[print certificate](#) | [feedback survey](#) | [resources](#)

Click a section to begin topic

Module 1 BASICS OF SCREENING ✓	12 mins	REPLAY
Module 2 LUCY ✓	20 mins	
Module 3 ANTHONY ✓	15 mins	
Module 4 JODY ✓	12 mins	
Module 5 FINAL THOUGHTS ✓	4 mins	REPLAY



[Legislative Session Begins Tuesday The 63rd Legislative Assembly kicks Tues...](#)

[The Minot Infant Development Program is entering the Neurosequential Model of Th...](#)

[The North Dakota Protection and Advocacy Project will be hosting legislative mee...](#)

[Delivering the last of the Living Tree gifts just in time for Christmas! NDCPD'...](#)

[The North Dakota Community Staff Training Program, a project at the North Dakota...](#)

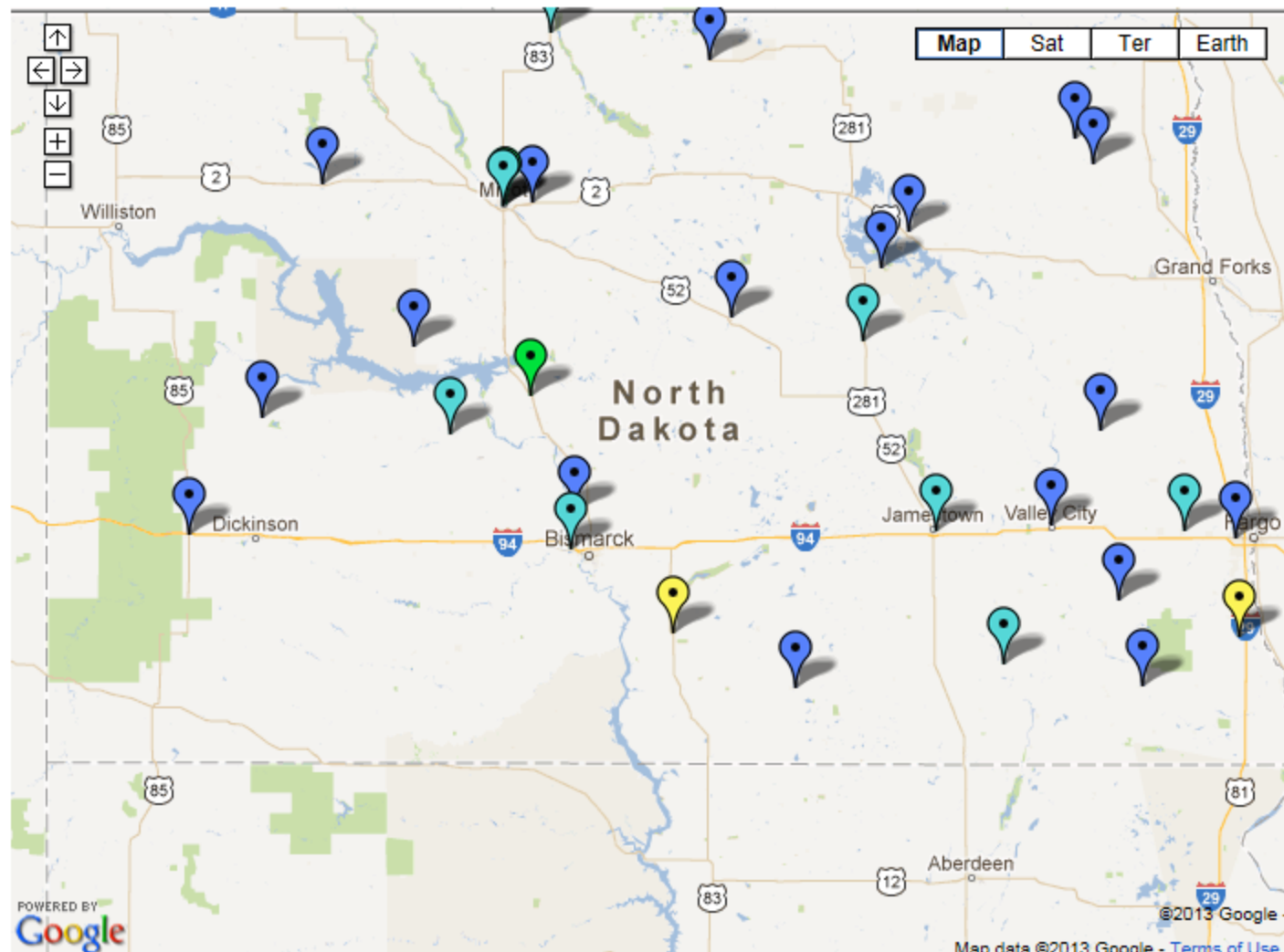


North Dakota Suicide Prevention Program

The North Dakota Center for Persons with Disabilities and the North Dakota Department of Health would like to thank all of our participating schools.

At-Risk for High School Educators is a one hour online, interactive training simulation designed to prepare high school teachers and staff to recognize the common indicators of psychological distress and approach an at-risk student for referral to the appropriate school support service.

To sign up your school please visit: <http://highschool.kognito.com/nd>



- Safetech solutions LLC
 - Emergency Medical Services training
 - Written policy passed into ND EMS rules
 - Train the trainer program
 - 16 Trainings across the state



to **THREATENED** or **ATTEMPTED SUICIDE**

EMS GOALS

- Be safe
- Prevent harm
- Gather information
- Provide support and hope
- Safely transport for more evaluation
- Convey information

TIPS

- Slow down
- Show concern and be sympathetic
- Establish rapport/build trust
- Demonstrate seriousness of situation
- Listen and let them unload despair and vent anger
- Any conversation is a positive sign
- Ask directly about suicide
- Ask directly about means/method
- Provide hope and compassion
- Don't argue, give advice or promise confidentiality
- Ask family and friends to remove means
- Anyone threatening or attempting should be transported to ED for more evaluation
- Unsure or need advise? Call your medical control.

(continued on reverse)

- Substance abuse
- Access to lethal means
- History of recent loss

MAJOR WARNING SIGNS

- Suicidal thoughts or threats
- Seeking ways or planning
- Acquiring means
- Talking, texting, writing about dying or suicide
- Making final arrangements
- Anxiety and insomnia
- Sudden changes in behavior

EMS responders, families and patients may call the

NATIONAL SUICIDE PREVENTION LIFELINE

1.800.273.TALK (8255)

Give this number to family members!

- Applied Suicide Intervention Skills Training (ASIST)
 - Tribal College campuses
 - ASIST T4T
 - FirstLink
 - Federal Probation ASIST



 Search

Programs

Experience ASIST



WHAT Applied Suicide Intervention Skills Training

GOAL Learn suicide first aid intervention skills

WHO Community and professional caregivers

TIME Two consecutive days

BY Minimum 2 trainers to 30 participants maximum

USES Workbook, handbook, wallet card, certificate, stickers

[BACK](#) | [REPLAY](#)

For information on opportunities to attend trainings in your area or to find out how these programs can be part of your community or organization's suicide-safer plans, please [contact LivingWorks](#)

- FirstLink-Callback program
 - Offered to hospitals and clinics
 - Fax referral procedure
- FirstLink-T4T
 - Mentorship of trainers





SUICIDE PREVENTION FOLLOW-UP CALL FAX REFERRAL

FIRSTLINK answers the National Suicide Prevention Lifeline locally 7 days a week, 24 hours a day. **1-800-273-8255**
 PO Box 447
 FARGO, ND 58107-0447

Please Fax to: FirstLink 701.235.2476

Referral follow-up calls are provided by FirstLink

REFERRING PROVIDER INFORMATION		Date Fax Sent	
Provider Name		Telephone Number	
E-Mail Address	County	Fax Number	
Name of Clinic/Facility	City	State	ZIP Code

You may receive an Outcomes Report via fax documenting results of your patient referral to the program. In order to receive a Participant's Outcome Report, you must be a HIPAA-Covered Entity. Please complete the below to receive an Outcomes Report:

I am a HIPAA-Covered Entity: (Please check one)	I want an Outcomes Report Faxed (Please check one)
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I Don't Know	<input type="checkbox"/> Yes <input type="checkbox"/> No

PATIENT INFORMATION

Patient Name	Date of Birth	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender	Reason for Referral <input type="checkbox"/> Suicide Attempt <input type="checkbox"/> Suicide Ideation
Address	City	State	ZIP Code
Best Telephone Number to Call <input type="checkbox"/> Cell <input type="checkbox"/> Home <input type="checkbox"/> Work	Alternate Telephone Number to Call <input type="checkbox"/> Cell <input type="checkbox"/> Home <input type="checkbox"/> Work		
Previous Suicide Attempt <input type="checkbox"/> Yes <input type="checkbox"/> No	History of Mental Health Treatment <input type="checkbox"/> Yes <input type="checkbox"/> No		
Current Substance Abuse <input type="checkbox"/> Yes <input type="checkbox"/> No	History of Substance Abuse <input type="checkbox"/> Yes <input type="checkbox"/> No		
What is the best time of day for the National Suicide Prevention Lifeline to call you?	Language <input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> ASL <input type="checkbox"/> Other (specify): _____		

CONSENT AND AUTHORIZATION TO RELEASE INFORMATION (to be completed by patient)

- SouthEast Education Cooperative
 - Working with 11 schools
- Hatton
 - Olweus
- SouthHeart
 - Lifeskills
- North Valley Career Tech Center
 - Positive Behaviors Intervention Support



- Boys and Girls Club
 - Culture camp
 - Screening
 - ASIST
 - Teenscreen
 - Survivor support groups



- Coal Country
 - Screening using the PHQ-2 and PHQ-9
 - Scores dictate further action
 - Physician counseled
 - Referral to social worker
 - Referral to the lifeline



- Family Planning Clinics
 - 8 of the 9 on board with screening
 - PHQ-2 and PHQ-9
 - statewide



The Patient Health Questionnaire-2 (PHQ-2)

Patient Name _____ Date of Visit _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?

	Not At all	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3

The Patient Health Questionnaire (PHQ-9)

Patient Name _____ Date of Visit _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?

Not At all	Several Days	More Than Half the Days	Nearly Every Day
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1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you're a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or, the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Column Totals _____ + _____ + _____

Add Totals Together

- Communications summit
 - Fargo and Bismarck
- Injury Prevention Conference
- DC Faber
 - Night session geared towards Military personnel
- Currently planning a suicide prevention conference with the coalition



Partnerships

- American Foundation for Suicide Prevention (AFSP)
- Sit on the planning committee for the Out of the darkness walk
- Co-Chaired the Kurt Schreiner Memorial Golf Tournament
- International Survivors Day
- Adult and adolescent survivor support groups
- Speakers
- Co-leadership at meetings



REMEMBERING....

DON



"If love was enough to keep you alive, you would have lived forever." It's an old saying that continuously runs through my mind when I think of Don Savelkoul. Never did I think that I would have to say that my grandpa, at the age of 79, died by suicide. He was physically healthy and had many years left to live. Don was a beloved husband, father, grandfather and great grandfather. One of his great loves was his family. He loved spending time with family, laughing and usually playing a pinochle game or two. One of our favorite pastimes was to tell family stories of all my uncles and aunts

growing up, and so much of that family history and story telling was lost when he died. His second love was fishing, summer or winter, any season he could be found on the water looking for the next "big one" that may or may not have gotten away.

Nationally, elderly white males are at the highest risk of suicide. Never did I think that my family would be a statistic. There are many life moments I am sad that my grandpa will miss in my life; dancing at my wedding, future family high school graduations and being able to pick up the phone to hear



REMEMBERING.... KENNY



"Sometimes in our lives, we all have pain, we all have sorrow. But if we are wise, we know that there's always tomorrow. Lean on me, when you're not strong. And I'll be your friend; I'll help you carry on. For it won't be long, 'til I'm going to need someone to lean on. Please, swallow your pride, if I have things you need to borrow." It's funny how song lyrics can speak when there are no words. That song "Lean on Me" was played at the funeral service of my uncle Kenny Savelkoul, age 49, who died by suicide. And the lyrics are etched in my heart forever.

Kenny was the life of the party, always up for a good time and usually up to good hearted mischief. Kenny logged many service hours in his community. He was one of those people with hundreds of friends, who was always happy, loved to laugh and didn't seem to have a care in the world. His world revolved around his wife and son who were his greatest joy. Hunting was a close second, even when it entailed shooting a skunk inside a closed building.

I will miss Kenny until my dying day. The joy and light he brought to life. I wish Kenny felt about himself how others felt about him. Kenny certainly wore a mask; he hid his struggle well, perhaps too well. Looking back there were many signs that Kenny was struggling with suicidal thoughts. I'd give anything if foresight, rather than hindsight was 20/20, because he left so many hints of his plans for death. Many people can quote the warning signs of suicide. After knowing Kenny's struggles to ask for help and many other



Partnerships cont.

- Suicide coalition
 - Multi-disciplinary group
 - Restructured
 - Representation for youth groups, American Indian populations, practitioners, National Guard representation, survivors and other concerned citizens
- National Guard
 - Golf tournament
 - Coalition
 - Professional Development for 3,500
 - Speakers for yellow ribbon events



Upcoming Projects

- University of Mary-
 - Speaker, high school policy development
- Partnership with the National Guard and Sanford Health
- Expanded Screening grants
 - Heart of America-Hospital and clinics
 - Sakakawea Medical Center and clinic
 - Sanford-Bismarck
- Question Persuade Refer



Contact Information

Micki Savelkoul, MA

Suicide Prevention Program Director

Division of Injury Prevention and Control

North Dakota Department of Health

600 East Blvd. Ave., Dept. 301

Bismarck, ND 58505

Phone: 701.328.4580

Fax: 701.328.1412

Email: mlsavelkoul@nd.gov





Community of Practice State Highlights

Action Plans

- **7 states**
- **1 territory**

Missouri



- New partnerships
- Education via conferences and statewide networks
- Team member became certified trainer in QPR gatekeeper training
- Toolkit being developed

Nebraska

- Collaboration to create resource list on evidence-based practices
- New partnerships
- Shared learning experiences and discussion for team members



North Carolina

- Created statewide Youth Advisory Council
- Planning statewide Youth Summit
- Providing workshops for school staff



Oklahoma



- Placing billboards with hotline number across state
- Disseminating mental health messages
- Conducting gatekeeper trainings
- Implementing Hazelden's Lifelines program in schools



Thank you for your participation!

Please take a moment to complete our survey on your experience today: