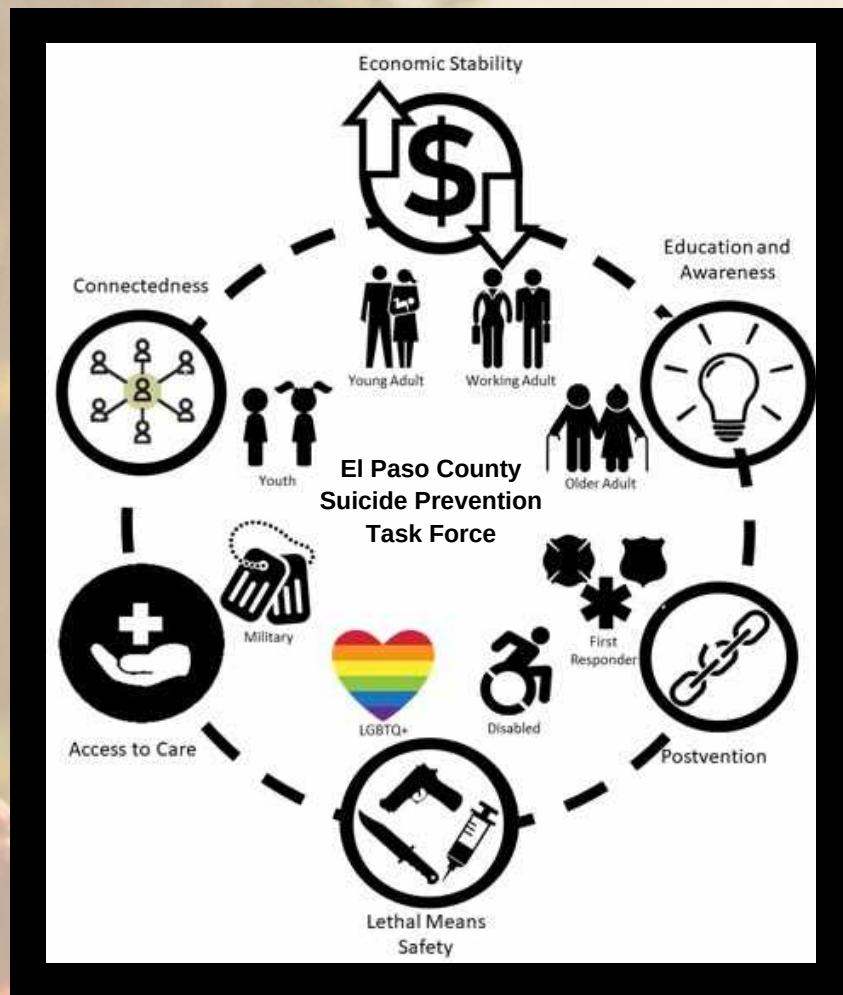




# 1st Annual El Paso County Suicide Prevention Conference: A Call to Action!



**FRIDAY, JANUARY 17, 2020, 8 AM – 1 PM**

**At the UCCS Gallogly Event Center  
1420 Austin Bluffs Pkwy, Colorado Springs**

***This event is made possible by the following  
sponsors:***



**PEAK VIEW**  
BEHAVIORAL HEALTH



University of Colorado  
Colorado Springs

# First Annual El Paso County Suicide Prevention Task Force: Call to Action

**8:00 am - Registration**

**8:30 am - Opening:** Duane France (Colorado Veterans Health and Wellness Agency)

Sarah Brummett (Colorado Office of Suicide Prevention)

Fountain Police Chief Chris Heberer

**9:30 am - BREAK**

**9:40 am - Connectedness:** David Galvan (Education for a Lifetime)

Heather Pelsler (Regional Youth Suicide Prevention Coordinator for El Paso)

**10:00 am - Education and Awareness:** Morgan Lavender (Student and Wellness Educator at UCCS)

Lori Jarvis-Steinwert (National Alliance on Mental Illness (NAMI))

**10:20 am - Economic Stability:** Joel Siebersma (Springs Rescue Mission)

Beth Roalstad (Homeward Pikes Peak)

**10:40 am - Access to Safer Suicide Care:** Andrea Wood (UC Health Zero Suicide Coordinator)

J

Jamie Falasca and Erin Milliken (Aspen Point)

**11:00 am - Lethal Means Safety:** Dr. Erik Wallace (Associate Dean for Colorado Springs Branch of

University of Colorado School of Medicine)

Sgt. Eric Frederic (Colorado Springs Police Department)

**11:20 am - Postvention:** Betty and Kevin Van Thournout (Heartbeat)

Cassandra Walton (Pikes Peak Suicide Prevention)

**11:40 am - BREAK**

**11:50 am - Panel:**

Youth: Meghan Haynes and Kelsey Leva (El Paso County Public Health)

Young Adults: Dr. Benek Altayli and Stephanie Hanenberg (UCCS)

Elderly: Magdalene Lim, PsyD (UCCS) and Jason DeaBueno (Silver Key)

Veterans: Duane France (Colorado Veterans Health and Wellness Agency)

1<sup>st</sup> Responders: Sgt. Jason Garrett (El Paso County Sheriff's Office)

LGBTQ: Dr. Alexander Wamboldt (Inside/Out Youth Services)

Disabilities: Elle Livengood and Carrie Baatz (The Independence Center)

**1:00 pm - Closing Comments**

# COLORADO-NATIONAL COLLABORATIVE FOR SUICIDE PREVENTION

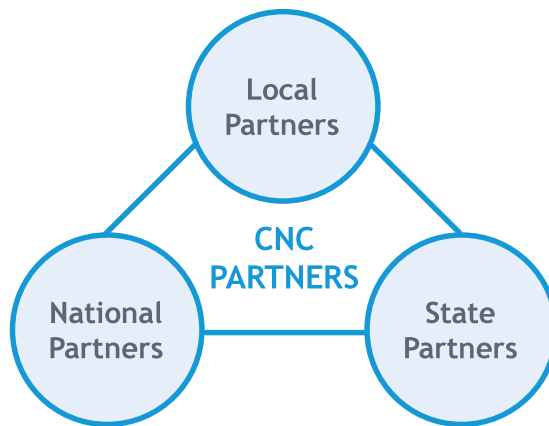
## COLORADO-NATIONAL COLLABORATIVE FOR SUICIDE PREVENTION

The Colorado-National Collaborative (CNC) is a partnership of local, state and national scientists and public health professionals working with health and social service agencies, nonprofit organizations, government agencies, businesses, academic organizations and Colorado residents to identify, promote and implement comprehensive state- and community-based strategies for suicide prevention in Colorado.

Colorado’s suicide rate, 20.9 per 100,000 in 2017<sup>1</sup>, is among the highest in the nation.<sup>2</sup> Solutions to complex public health problems, like suicide, are often most successful when government, businesses, health services, nonprofit organizations and individual citizens coordinate their efforts. This way, partners can channel their resources to the same goals, avoid duplicating efforts, and enhance each other’s work to produce lasting change.

### NATIONAL PARTNERS

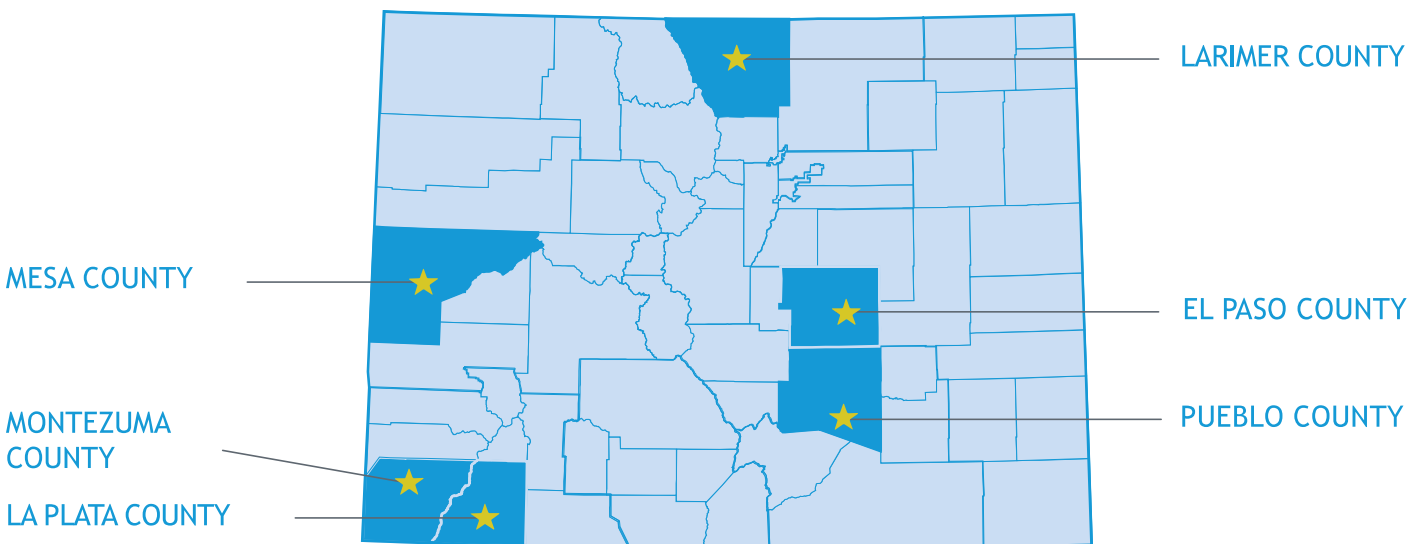
- Centers for Disease Control and Prevention
- Injury Control Research Center for Suicide Prevention
- National Action Alliance for Suicide Prevention
- Substance Abuse and Mental Health Services Administration
- Suicide Prevention Resource Center
- American Foundation for Suicide Prevention
- Education Development Center



### STATE PARTNERS

- Office of Suicide Prevention, Colorado Department of Public Health and Environment
- Colorado’s Suicide Prevention Commission
- Rocky Mountain Mental Illness Research, Education and Clinical Center at the Denver Veterans Administration Medical Center
- Governor’s Office
- Colorado Behavioral Healthcare Council
- Colorado School of Public Health
- University of Colorado Depression Center
- University of Colorado Hospital and School of Medicine

### LOCAL PARTNERS



1 Vital Statistics Program, Colorado Department of Public Health and Environment.  
 2 Centers for Disease Control and Prevention, National Center for Health Statistics, CDC WISQARS Online Database

Information on Colorado’s Suicide Prevention Efforts and resources can be found at [www.coosp.org](http://www.coosp.org).



## GOALS AND TASKS

In alignment with the Colorado Plan for Suicide Prevention, the National Action Alliance for Suicide Prevention, and the American Foundation of Suicide Prevention, *the goal of the CNC is to create a comprehensive suicide prevention model to reduce suicide statewide by 20 percent by 2024.*

The CNC defines a comprehensive model for suicide prevention as a public health approach that is data driven and prioritizes promising programs, practices and policies for populations and settings across all age groups to include individuals, families, communities and systems.

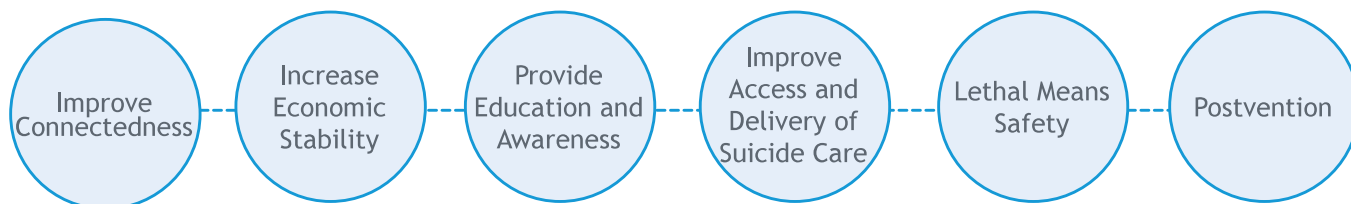
The process of assessing Colorado's needs and activities, creating a comprehensive approach to prevention, building county- and state-level capacity to implement chosen strategies, and sustaining and replicating the CNC process includes:

### Assessment:

- Colorado counties with high numbers and rates of suicide were identified including demographic information (e.g., age, gender, county of residence, method, occupation) and other circumstances surrounding suicide deaths. Colorado's Department of Public Health and the Environment's data dashboard can be found [here](#).
- Six counties (Montezuma, La Plata, Pueblo, El Paso, Mesa, and Larimer) have joined the CNC partnership, and include both rural and urban communities that cover approximately 24 percent of the total population of Colorado.
- In 2018, Over 100 agencies participated in a CNC Environmental Scan conducted for each of the 6 participating counties to learn more about their existing prevention efforts among community based organizations.
- Existing data, environmental scan results and resource information identify gaps in what we know about suicide and existing suicide prevention efforts in the participating counties.

### Planned Strategies:

- National, state and local county partners have identified six community strategy components that will make up the CNC strategy bundle:



- Next steps include efforts to facilitate and strengthen coordinated and comprehensive suicide prevention action plans across communities that align with the CNC bundle and with the priorities of the Colorado Suicide Prevention Plan.

### Capacity and Implementation

- CNC local partners have identified local capacity-building as a priority to implement and evaluate a comprehensive and coordinated strategy across all six counties. To be comprehensive, initiatives must be resourced among all six of the planned strategies. Ideally, resource partners will include government, foundation, and private funding at the local, state and national level.

### Replication and Sustainability

- As strategies are implemented, an evaluation will be conducted to demonstrate the approach is effective and can be replicated.

## LEARNING, QUALITY ASSESSMENT AND EVALUATION

The CNC will also systematically evaluate the methods and community-based processes that support quality improvement efforts. This will require assessment of partnership and capacity development, acquired skills and learning, community readiness, education and awareness, and other local community teams and coalition-led efforts that demonstrate saved lives and allow Colorado to serve as a model for other states.

### CONTACT:

Jarrod Hindman, MS, Deputy Chief  
Violence and Injury Prevention - Mental Health Promotion Branch, CDPHE  
[jarrod.hindman@state.co.us](mailto:jarrod.hindman@state.co.us)



**COLORADO**  
Department of Public  
Health & Environment

## CNC Settings and Strategies

### **Pillar: Connectedness**

Settings			
Youth serving organizations including Schools / Higher, Ed, Service Members, Veterans & their Family (SMVF), Workplaces, Other key community settings: LGBTQ+ serving organizations, faith communities, senior living, people with disabilities, and family's services organizations, parks and recreation and community cultural centers.			
Strategies			
Promote behavioral health Sources of Strength Elem. School Policy	Increase opportunities for safe and inclusive community events, gatherings and meaningful social interactions	Build public support for the inclusion of policies for LGBTQ+ community	Comprehensive human sexual education

### **Pillar: Economic Stability**

Settings			
Local food banks, Health care providers, Local Public Health Department, Local Department of Human Services, Older adult serving organizations, Schools and higher education setting, LGBTQ+ serving organizations, Housing authority, Local public health, Faith community, Veteran Serving Organizations, Community employers, EAP programs, Early childhood coalitions, Elected officials, Advocates, Unions, Good Business Colorado, Child care providers who accept CCAP (licensed and unlicensed), Early childhood coalitions/councils			
Strategies			
Food Security	Access to Affordable Housing	Family Friendly Employment	Access to affordable and quality childcare

### **Pillar: Education and Awareness**

Settings		
Community-based settings where suicide risk/burden is highest per county level <a href="#">Colorado Dashboard</a> data. Priority populations include LGBTQ+, Veterans, Older Adults and high risk industries.		
Strategies		
General suicide-alert helper or “gatekeeper” awareness trainings (e.g. QPR, SafeTALK, ASIST, SAVE, ACE, etc.)	Suicide prevention awareness campaigns	Organizational Policy Training

## Pillar: Access to Suicide Safer Care

Settings	
Community Mental Health Centers / Behavioral Health and Substance Use Disorder Treatment Agencies, Hospitals and Emergency Departments	Primary Care
Strategies	
Implement the Seven Elements of Zero Suicide	Adoption of suicide safer care practices in primary care.

## Pillar: Lethal Means Safety

Settings				
Work-place, Youth serving organizations including Schools and Higher Education, Primary care, Mental Health Centers / Behavioral Health & Substance Use Disorder Treatment Agencies, Hospitals and Emergency Departments, Judicial and Correctional Systems, Service Members, Veterans and their families (SMVF), Other: <u>Firearm Community</u> .				
Strategies				
Colorado Gun Shop Project	Lethal Means Safety Training (CALM) and resource dissemination	Support dissemination of a safe storage public messaging campaign	Offer and Promote Medication Take Back locations within the county	Best Practice Opioid Prescribing Guidelines

## Pillar: Postvention

Settings		
Community Mental Health Centers / Behavioral Health & Substance Use Disorder Treatment Agencies, County coroner/ medical examiner, Survivors of Suicide Loss, Lived Experiences Media, news, print, on-line, social media, reporters & journalists community, Faith communities, Service Members, Veterans & Family (SMVF), Schools / Higher, Ed., Workplaces, Media, news, print, on-line, social media, reporters & journalists.		
Strategies		
Survivor outreach and support	Community Postvention Response Plan	Safe messaging and media reporting

## Backbone Organization for the El Paso County Suicide Prevention Task Force:

### Colorado Health Partnerships (CHP)

Melissa Hansen, [melissa.hansen@ppchp.org](mailto:melissa.hansen@ppchp.org)

121 S. Tejon Street, Suite 601

Plaza of the Rockies, South Tower

Colorado Springs, CO 80903

<https://www.ppchp.org/>

## 2019 Conference Planning Committee

*We'd like to thank the following members of the El Paso County Suicide Prevention Conference Planning Committee. Without their hard work and dedication, this event would not be possible.*

Benek Altayli, PsyD, UCCS Wellness Center

Carey Boelter, El Paso County Sheriff's Office

Tyler Carpenter, AspenPointe

Katie Civiletto, Give an Hour Organization

Duane France, Colorado Veterans Health and Wellness Agency

Meghan Haynes, El Paso County Public Health

Stephanie Hanenberg, UCCS Wellness Center

Magdalene Lim, PsyD, UCCS Aging Center

Eric Gibbs, Peak View Behavioral Health

Heather Pelsler, Health Solutions

Amber Ptak, Community Health Partnership

Ann Rush, PhD, Status: Code 4, Inc.

Andrea Wood, UC Health



## Opening Speaker Bios in Alphabetical Order

### Duane France, M.A., LPC

Director of Veteran Services, Family Care Center  
Executive Director, Colorado Veterans Health and Wellness Agency  
Office: 719-540-2136

Duane France is a retired Army Noncommissioned Officer, combat veteran, and clinical mental health counselor. He is the Director of Veteran Services for the Family Care Center, a privately owned outpatient mental health clinic that supports service members, veterans, and their families. He is also the Executive Director for the Colorado Veterans Health and Wellness Agency, a 501(c)3 nonprofit professionally affiliated with the Family Care Center.

Mr. France was selected as the El Paso County Veteran of the Year for 2019, and was a member of the inaugural class of the George W. Bush Institute Veteran Leadership Program. He is currently the co-chair of the American Counseling Association's Public Policy and Legislation Committee, a member of Board of Directors for the Military and Government Counseling Association, and a member of the Advisory Board for the Peak Military Care Network. In addition to his clinical work, he also writes and speaks about mental health in the military population through a number of outlets.

### Sarah Brummett, M.A., J.D.

Office of Suicide Prevention Director  
Violence and Injury Prevention-Mental Health Promotion Branch  
4300 Cherry Creek Drive South  
Denver CO 80246  
Office: (303) 692-2369

Sarah Brummett is Director of the Office of Suicide Prevention at the Colorado Department of Public Health and Environment. The Office is legislatively mandated as the state coordinating body for suicide prevention, intervention and postvention efforts. The Office sets statewide priorities and works with state agencies and community organizations to develop and implement effective strategies, including a community grant program, means restriction education initiatives, the Zero Suicide initiative, education and awareness programs, emergency department and hospital outreach and education, the Colorado-National Collaborative, federal grant-funded initiatives, Mental Health First Aid, and a school grant program.

Before joining CDPHE, Ms. Brummett practiced family and appellate law in both Colorado Springs and the Denver Metro area. Ms. Brummett received her JD from the Sturm College of Law, University of Denver and also a Master's of Forensic Psychology from the Graduate School of Professional Psychology, University of Denver.

[Chris A. Heberer](#)

Chief of Police /Public Safety Director  
City of Fountain  
Office: (719) 382-6913

Chief Christopher Heberer is a native of Canon City, Colorado. He received a Bachelor of Arts degree in Criminal Justice from Gonzaga University, Spokane, Washington and received his Master of Arts degree from Webster's University in Security and Organizational Management in 2005. During his 20 year career in the Army serving as a Military Police officer, Chief Heberer commanded at all levels to include platoon, company and battalion. He served as the 759th Military Police Battalion Commander and as the Ft. Carson Director of Emergency Services. Chief Heberer commanded over 1,100 personnel and was responsible for directing and the implementation of all Police, Fire and 911 emergency dispatch services supporting a military and civilian community of over 26,000 personnel on Ft. Carson. Chief Heberer deployed three times throughout his career to include transforming the Mosul Police Force, Iraq in 2009 and serving as the Joint Expeditionary Forensic Director in 2011, supporting all US Forces in Iraq. Chief Heberer held a variety teaching and staff positions during his time in the Army and is a graduate of the Army's Command and General Staff School, US Army Airborne, Jump Master and Air Assault schools.

Chief Heberer was granted the distinction of Law Enforcement Executive Certification through CACP in 2015. Chief Heberer is also a Board Member for Status: Code 4, Inc.

## Pillar Speaker Bios in Alphabetic Order

### Jamie Falasca

Director of Healthcare Services  
AspenPointe  
179 S. Parkside Drive  
Colorado Springs, CO 80910  
Office: (719) 637-8912

Jamie Falasca is a Director of Healthcare Services with AspenPointe. Jamie oversees the clinical programs for children, adolescents and families. AspenPointe Health Services offers mental health, substance use disorder services, case management and skills development services for youth, adults and families. Jamie has been with AspenPointe for 10 years and previously worked in Child Protection. Jamie is a Licensed Professional Counselor (LPC) in the state of Colorado.

### Sergeant Eric Frederic

Wellness Sergeant  
Crisis Intervention Training Coordinator, Community Response Team Supervisor  
Colorado Springs Police Department  
7850 Goddard St, Colorado Springs, CO 80920  
Office: (719) 499-5080

Sergeant Eric Frederic has been a police officer for over 20 years. He started as an Explorer in the Los Angeles area back in the early 1980's. He was hired full time as a Jailer and Dispatcher in 1988 and as an officer in 1990. He completed his Bachelors in 1995 in Spanish and moved to Northern California in just after that. There, he was a police officer in Fremont, CA. He was a hostage negotiator, FTO, In-service Instructor, range instructor and School Resource Officer there. In 2004, he completed his Master's Degree in Criminal Justice Administration and Management. He then decided to move to Colorado Springs where he and his family have lived since.

Here in Colorado Springs, Eric has worked in all four patrol divisions and as a property crime detective in Falcon. In 2013, he was tasked with creating the organized retail crime investigator position. Eric began working with CIT in 2006 and eventually took over the CIT program in 2014 and was promoted to Sergeant in 2015. He is heavily involved in the crowd control team and is one of the team leaders.

Sergeant Frederic is now assigned as the Wellness Sergeant, a new position for the department. He manages the Peer Support team, CIT, and the Community Response Team. He also oversees the contracts with outside agencies relating to psychological services so employees can seek counselling for any work-related stressors.

### David Galvan

Director, Education for a Lifetime  
Office: (719) 425-7303

David has been teaching, training and facilitating conversations with students about whole-person health since 2010. During that time, David has frequently been in 24 high school campuses in El Paso County and has personally spoken to over 20,000 students. His vast amount of experience with students in a classroom informed him as he produced a 5-day Healthy Relationship program called 'Pursue', which is used throughout Colorado. He is constantly trying new content and adjusting things within the program to ensure Pursue aligns with the ever-changing needs of the students. In addition, David has co-produced 'Who Can Relate' which focuses on the issue of teen suicide prevention. David is also passionate about equipping and empowering parents to have conversations with their students about all high-risk behaviors. David is an engaging and dynamic speaker, who has spoken at numerous parent seminars/workshops around Colorado Springs, in addition to the Springs Mental Health Summit. David is a certified trainer in Youth Mental Health First Aid and has trained over 300 individuals in just over a year. David is part of the El Paso County Youth Suicide Prevention Workgroup, where he co-chairs the Faith-Based Community subgroup and sits on their steering committee.

### Erin Milliken

Director of Crisis Services  
AspenPointe  
179 S. Parkside Drive  
Colorado Springs, CO 80910

Erin Milliken is a licensed professional counselor in the state of Colorado and the Director of Crisis Services at AspenPointe. She has been involved with suicide prevention efforts and crisis care for over eleven years.

### Heather N Pelser

Regional Youth Suicide Prevention Coordinator (El Paso and Pueblo)  
Office: (719) 423-1252

Heather Pelser is the Regional Youth Suicide Prevention Coordinator for El Paso and Pueblo Counties. Her work is funded through the Garrett Lee Smith Youth Suicide Prevention Grant and managed by the Colorado Office of Suicide Prevention. Heather is employed by Health Solutions in Pueblo and is an active member of their Zero Suicide Implementation Committee. Heather worked for 10 years in the El Paso County child welfare system where she lost a teenage client to suicide. She is currently a Master of Social Work student and has completed an internship at Pikes Peak Suicide Prevention and is currently working on an internship in a Crisis Services Unit. Heather was hired as the Youth Suicide Prevention Coordinator in June 2018. She is involved in several state and local suicide prevention initiatives and has provided QPR Training to over 600 professionals and community members throughout El Paso and Pueblo Counties. She is a single parent to two teenagers, one of which lost his best friend to suicide and lives with chronic suicidal ideation.

[Beth Hall Roalstad, MSW](#)

Executive Director  
Homeward Pikes Peak  
2010 E Bijou St.  
Colorado Springs, CO 80909  
Office: (719) 473-5557

Beth Hall Roalstad is the Executive Director of Homeward Pikes Peak. Prior to taking this role in January 2017, Roalstad was the Senior Vice President of Engagement at Pikes Peak United Way. She has also been the Executive Director for the Innovations in Aging Collaborative and the Women's Resource Agency. Ms. Roalstad received her Masters of Social Work from the University of Denver and a Bachelor of Science in Political Science from State University of New York College at Oneonta. She is a graduate of the Colorado Springs Leadership Institute. In addition, Ms. Roalstad has served on numerous community boards and has an extensive list of volunteer work with local non-profit organizations. She combines her passion for legislative advocacy, social work and community building in all the issues and work she undertakes. Beth is also the mother of two teenage daughters and pursues her hobbies of traveling, reading, hiking, and triathlons when not at juggling all of the above!

[Joel Siebersma, MA, LPC](#)

Director of Addiction and Recovery  
Springs Rescue Mission  
Office: (719) 314-2349

Joel Siebersma, LPC, is the Director of Addiction and Recovery at the Springs Rescue Mission. For over 11 years he has worked in Substance Use Disorder (SUD) recovery among those currently experiencing homelessness. As Director he oversees the one-year men's residential recovery program, a recovery residence and other SUD issues around the campus. After a day of men's recovery programming, he returns home to his wife and three daughters.

[Lori Jarvis-Steinwert](#)

Executive Director  
National Alliance on Mental Illness (NAMI)

Lori Jarvis-Steinwert is the Executive Director of the local National Alliance on Mental Illness chapter. The organization, known as NAMI, provides support groups for those with mental illness as well as for their family members.



## Betty and Kevin Van Thournout

### Heartbeat

On July 10, 2014, our sweet, kind-hearted, red-headed baby ended his life. He had just turned 26 years old. We were absolutely and totally devastated. We didn't know where to turn or what to do, we were in such shock. We knew there had to be others out there who were walking this grief journey as well. After a web search, we found a wonderful organization entitled Heartbeat Survivors After Suicide. We were welcomed and loved on from the moment we attended our first meeting. Without this wonderful peer support group, who knows how we would have handled Ryan's death. As time went by, we got the opportunity to facilitate this group and to help others as they are on their grief journey after they've lost a loved one to suicide. It is our calling and our passion. We too, will welcome you from the moment you step through the doors. We are so very sorry that you are now a part of this 'club', but always remember, you're not alone.

In memory of

Ryan Ford Van Thournout

June 6, 1988 – July 10, 2014

## Erik Wallace, MD, FACP

Associate Dean for Colorado Springs Branch

Associate Professor of Medicine

Faculty Associate, Center for Bioethics and Humanities

University of Colorado School of Medicine

4863 North Nevada, Room 426

Colorado Springs, CO 80918

Office: (719) 255-8084

Dr. Wallace graduated from Washington University School of Medicine where he served as President of the Class of 2000. He then completed his residency training in Primary Care Internal Medicine at the University of Alabama at Birmingham in 2003. Following residency, he joined the Internal Medicine Faculty from 2003-2014 at the University of Oklahoma School of Community Medicine in Tulsa where he served as Vice-Chair for Education for the Department of Internal Medicine, Internal Medicine Clerkship Director, and as the Associate Program Director for the Internal Medicine Residency Program. In 2014, he joined the University of Colorado School of Medicine as the Associate Dean for Colorado Springs Branch. He graduated from the Professionalism in Contemporary Practice course at the Stanford Faculty Development Center in 2005. He previously served as Chair of the National Council of Young Physicians in 2009 and as an ex-officio member of the Board of Regents for the American College of Physicians. In 2011, he received the Walter J. McDonald Award for Young Physicians from the American College of Physicians which recognizes outstanding achievement by a physician member who is within 16 years of graduating medical school. In 2015, he received the John A. Benson Jr., MD Professionalism Article Prize from the American Board of Internal Medicine Foundation for his 2014 JAMA article on "Hospital Relationships with Direct-to-Consumer Screening Companies."

## Cassandra Walton

Executive Director  
Pikes Peak Suicide Prevention  
Office: (719) 573-7447

Cassandra has worked in human services in our community for the past 15 years, working with children and families in many different capacities. Additionally, she spent nine years as a corporate Therapeutic Crisis Intervention Trainer for mental health workers supporting at-risk youth. In 2017, on behalf of Pikes Peak Suicide Prevention, Cassandra helped to gather important data from our community teens through the Teen Think Tank research project with El Paso County Public Health. Cassandra has recently taken the helm at PPSP to continue the organization's tireless efforts to educate our community, raise awareness, connect individuals to needed services and create additional resources as needed.

## Andrea Wood

UC Health Zero Suicide Coordinator  
Memorial Hospital: University of Colorado Health  
1400 E. Boulder Street  
Colorado Springs, Colorado 80909  
Office (719) 365-5966

Andrea L. Wood, MA, LPC, was raised in Colorado Springs and attended District 11 schools. She graduated from Washington State University with her Bachelor's in Psychology and with her Master's in Counseling and Human Services from UCCS School of Education. She has been in the Behavioral Health field for 24 years and is currently the Zero Suicide Coordinator for the UCHHealth Southern Region. She has been providing suicide care and evaluations at UCHHealth for the past 10 years. She has worked in the behavioral health field in the Colorado Springs area since 1995 for such agencies as the Cleo Wallace Center, Youth Ventures, Connect Care, Aspen Pointe, Pikes Peak Professional Counselors, TESSA, and the Colorado Springs Fire Department CARES Program. She is very invested in the community and is very motivated to decrease the rate of suicide in El Paso County, as well as increase suicide care in the region.

## Panel Speaker Bios in Alphabetic Order

### Z. Benek Altayli, PsyD

Director, Mental Health Services  
UCCS Wellness Center  
1420 Austin Bluffs Parkway  
Colorado Springs, CO 80918  
Office: (719) 255 3257

Dr. Altayli is licensed clinical psychologist, with a special interest in psychological trauma, and behavioral emergency assessments and interventions. She is an American Psychological Association Division 56 member (Trauma Psychology), and Colorado Psychological Association (CPA) member. Additionally, Dr. Altayli has been serving at the CPA Board of Directors for the past three years. For the past 11 years, she has been serving as the Director of Mental Health Services at University of Colorado at Colorado Springs (UCCS). In this position, she supervised the clinical staff and a director of clinical training, created and managed the budget for her unit, provided psychological assessment and psychotherapy services for UCCS students, and provided clinical supervision for masters, doctoral, and postdoctoral level psychology and counseling trainees. She has served on various multidisciplinary committees on campus and she teaches graduate level classes at the Psychology Department as a visiting assistant professor. As part of her duties to the campus community, she develops, implements and manages behavioral emergency assessment and intervention services for the campus, develops and delivers psychoeducational programs for the campus community, and establishes service partnerships for the community members to enhance access for the UCCS community members.

### Carrie Baatz

Community Training Coordinator  
The Independence Center  
729 S. Tejon St.  
Colorado Springs, CO 80903  
Office: (719) 471-8181 x116

Carrie Baatz serves as the Community Training Coordinator for The Independence Center. She has more than 7 years of experience in professional writing, speaking, qualitative research, project management, administration, advocacy and community organizing. She has expertise in topics and issues such as accessible healthcare, ADA compliance, assistance animals, mental health, violence prevention, personal wellness planning, homelessness, and affordable housing. Carrie has organized community around access for people with disabilities, affordable housing in the Pikes Peak Region, awareness and prevention of domestic violence, and sexual assault. Carrie has served as a community speaker for NAMI and enjoys educating the community about recovery, access and inclusion for all people.

### [Jason DeaBueno](#)

President & CEO  
Silver Key  
1625 South Murray Blvd  
Colorado Springs, CO 80916  
Office: (719) 884-2300

Jason DeaBueno, MBA, LCSW is the President and CEO of Silver Key Senior Services. He is responsible for leading and overseeing all aspects of the nonprofit organization. His experience includes more than 20 years in nonprofit agencies serving the behavioral health needs of people with a strong affinity for senior services.

### [Stephanie Hanenberg MSN, FNP-C, FACHA](#)

Executive Director of Health and Wellness, Gallogly Recreation and Wellness Center  
University of Colorado Colorado Springs  
1420 Austin Bluffs Parkway  
Colorado Springs, CO 80918  
Office: (719) 255-4444

Stephanie Hanenberg is the senior executive director of Health and Wellness Services at the University of Colorado Colorado Springs (UCCS), where she received her undergraduate and graduate degrees and has been employed for the past 14 years. During her tenure at UCCS, she assisted with the design, and now provides oversight of the Gallogly Recreation and Wellness Center expansion that incorporates physical health, mental health, campus recreation, nutrition and wellness promotion. This model was one of the first in the nation to provide a truly holistic approach to student well-being. In addition to her executive director responsibilities, Stephanie is also a nurse practitioner seeing patients one day a week and has also been actively involved with the American College Health Association (ACHA) serving on their Board of Directors as the region II representative, vice president, president-elect, president, and currently serves as the immediate past president.

### [Meghan Haynes, M.P.H.](#)

Teen Suicide Prevention Planner  
El Paso County Public Health  
1675 W. Garden of the Gods Rd.  
Colorado Springs, CO 80907  
Office: (719) 578-3130

Meghan Haynes is a Teen Suicide Prevention Planner with El Paso County Public Health. In this role, she convenes the Youth Suicide Prevention Workgroup, created in 2016 to bring together community partners to take collective action in support of youth mental health and suicide prevention. The

Workgroup has grown to involve more than 90 community partners in identifying community needs and assets, improving community networking and partnerships, and developing an action plan for comprehensive community-driven strategies to prevent youth suicide. Prior to becoming the Teen Suicide Prevention Planner, Meghan was a Community Health Educator for the Tobacco Education & Prevention Partnership at El Paso County Public Health, where her work focused on collaborating with community partners to advance policy change in Colorado Springs and community-level protections from secondhand smoke throughout the county. Meghan holds a Master of Public Health in Community and Behavioral Health from the University of Colorado Anschutz Medical Campus.

### [Kelsey Leva](#)

Youth Health and Development Planner  
El Paso County Public Health  
1675 W. Garden of the Gods Road  
Colorado Springs, CO 80907  
Office: (719) 578-3218

Kelsey Leva is a Youth Health and Development Planner with El Paso County Public Health. In this role, Kelsey leads the El Paso County Child Fatality Review Team (CFRT) and convenes the Youth Suicide Prevention Workgroup. The Workgroup has grown to involve more than 90 community partners in identifying community needs and assets, improving community networking and partnerships, and developing an action plan for comprehensive community-driven strategies to prevent youth suicide. Prior to joining El Paso County Public Health as the Youth Health and Development Planner, Kelsey led community efforts to implement evidence-based social/emotional learning practices in educational settings and facilitated collaboration among agencies in the community to positively impact the health and wellbeing of young children and families.

### [Magdalene Lim, PsyD.](#)

Director, UCCS Aging Center  
4863 N. Nevada Ave, Ste 321  
Colorado Springs, CO 80918  
Office: (719) 255 - 8002

Dr. Magdalene Lim joined the UCCS Aging Center in 2016. She is a licensed Clinical Psychologist and current Director of the UCCS Aging Center. She is a Medicare provider and oversees the clinical training of graduate-level Geropsychology students who provide both psychological interventions and cognitive assessments to older adults and their families. Dr. Lim completed her postdoctoral fellowship at the University of Rochester Medical Center and holds a post-degree certificate for family intervention. In her two-year postdoctoral residency, she provided integrated services at a family medicine residency clinic and served as educator for internal medicine residents at an affiliated hospital caring for geriatric patients. Other inter-professional collaborative work include a team approach to caring for oncology patients in a department of surgery.



### Elle Livengood

Independence Center  
729 S. Tejon St.  
Colorado Springs, CO 80903  
Office: (719) 471 8181

Elle holds her Master's Degree in Deaf Education and has taught in both Residential Deaf Schools and Mainstream programs across the country. As a teacher, activist and community advocate, Elle works to educate people about disability awareness, intersectionality, healthcare access and assistance animal rights and responsibilities.

### Alexander Wamboldt, PhD

Manager of Prevention Programs  
Inside/Out Youth Services  
223 North Wahsatch Avenue Suite 101  
Colorado Springs, CO 80903  
Office: (719) 328-1056

Alexander Wamboldt, PhD is the Manager of Prevention Programs at Inside/Out Youth Services. He is a graduate of Brown University and completed his MA and PhD in cultural Anthropology from Princeton University. Dr. Wamboldt has extensive professional expertise in public health; sexual violence prevention and sexual health; youth violence prevention and related, negative health-outcomes (including poor mental health and substance-use disorders); intersectional and inclusive education; as well as LGBTQ+-specific issues. Most recently, he comes to El Paso County from the Sexual Health Initiative to Foster Transformation at Columbia University, where he helped to conduct one of the most thorough research projects to examine college sexual violence ever. He has published work on young peoples' experiences of sexual consent, decisions to report sexual violence, alcohol and drug use, and mental health, as well as on the efficacy of bystander interventions in preventing sexual assaults. He previously has conducted research in Israel and Egypt on LGBTQ families, religious freedom, and sexual violence.



## **SUICIDE AWARENESS RESOURCES**

# Important Information About Suicide

*The act of suicide is a desperate attempt to end the emotional or physical pain felt by an individual in crisis.*

**Take all suicide threats seriously.**

## **DO NOT:**

- Keep a secret
- Treat lightly or dismiss the threat
- Offer or suggest drugs or alcohol
- Try to be a counselor
- Leave the person alone
- Offer simple solutions
- Judge

## **Common Warning Signs:**

- A previous suicide attempt
- Verbal threats — “I wish I were dead.” “I just want to end it.”  
“There is nothing worth living for.”
- Behavioral changes — unusual risk taking or more reserved
- Making unusual purchases, such as a rope or weapon
- Giving away possessions
- Abusing alcohol or drugs
- Problems in school or work
- Isolation from others
- Themes of death
- Sudden, unexpected happiness
- “Taking care of business,” such as making final plans, preparing a will or saying goodbye



## **How should I talk to my loved one in crisis?**

- Stay calm. Talk slowly and use reassuring tones.
- Realize you may have trouble communicating with your loved one. Ask simple questions and repeat them if necessary, using the same words each time.
- Understand that the crisis may cause your loved one to say hurtful things. Try not to take these insults personally.
- Say “I’m here. I care. I want to help. How can I help you?” not “Get over it.”
- Call family, friends, neighbors, people from your place of worship or from a local support group to help you. This situation is too large to handle alone.
- Use 911 when you or others are in immediate danger.

# You are not alone.

Supporting a loved one who is struggling with thoughts of suicide can be difficult, but you can have a positive impact on your loved one's wellness. Help your loved one cope before, during and after and help them find the best treatment.

## Get support.

<b>What you can say to help:</b>	<b>What not to say:</b>
How are you feeling today? You are important to me. Your life is important to me.	It's all in your head.
Tell me what I can do now to help you.	We all go through times like this.
You are not alone in this. I'm here for you.	You'll be fine. Stop worrying.
I understand you have an illness, and that's what causes these thoughts and feelings.	Look on the bright side.
I'm not sure how I can help in this situation, but I promise to stick with you through it.	You have so much to live for? Why would you want to end it all? to die?
I may not be able to understand exactly how you feel but I care about you and want to help.	I can't do anything about your situation.
When you want to give up, tell yourself you will hold on for just one more day, hour, minute — whatever you can manage for today.	Just snap out of it.
I am here for you. We will get through this together.	Stop acting crazy.
How is your relationship with your counselor? When is your next appointment?	What's wrong with you?
Will you agree to talk with me if the suicidal feelings return? If not, is there someone else you can talk to?	Shouldn't you be better by now?

# Mental Illness Risk Factors

**Situational Depression or Depressive Episode** — Involves sadness and/or anxiety brought on by traumatic or stressful situations in the person's life. Symptoms may be similar to clinical depression, but will be less severe and temporary.

**Clinical Depression** — Involves a deep sadness that cannot be willed or wished away, no longer allowing the person to function as normal at work and at home. Symptoms will vary in severity for each person, but a combination of symptoms must persist for two-plus weeks to be diagnosed as clinical depression. Depression can be a one-time event or have multiple recurrences; it can appear gradually or suddenly, and last for a few months or become a life-long disorder.

## Symptoms of Clinical Depression

- Prolonged sadness lasting two weeks or longer
- Noticeable appetite and sleep changes
- Excessive worry or anxiety
- Irritability, agitation, anger
- Negativity, pessimism, lack of interest
- Decreased energy, sluggish
- Complaints of aches and pains
- Lack of concentration
- Social withdrawal
- Feelings of guilt, hopelessness and worthlessness
- Alcohol or substance abuse



**Bipolar Disorder (Manic Depression)** — Involves extreme changes in mood, thought, energy and behavior. A bipolar person has moods that typically alternate between extreme happiness/hyperactivity, called mania, and extreme depression. These changes or “mood swings” can last for days, weeks or months.

**Generalized Anxiety Disorder** — Involves feeling very worried and anxious almost every day for six months or more.

**Social Anxiety Disorder** — Involves strong feelings of tension, nervousness and fear of being watched by others in social situations, or in the spotlight.

**Panic Disorder** — Involves sudden feelings of intense fear. Symptoms can include: pounding heart, chest pains, feeling short of breath, dizziness, tingling or numbness, hot flashes or chills, nausea or feeling suffocated. The strongest symptoms usually peak within 10 minutes but can last longer. Caffeine, alcohol or medications can trigger panic attacks but typically come on with no warning.

**Obsessive Compulsive Disorder** — Involves an obsession or thoughts that repeat over and over and a compulsion or repeated actions. Obsessions take the form of extreme fears, nagging doubts, aggressive feelings and embarrassing sexual urges.

Compulsions help to ease the anxiety by repeating activities such as washing and cleaning, counting, storing, arranging and checking.

**Posttraumatic Stress Disorder** — Involves living through a major stressful or painful event such as child abuse, combat, physical assault, serious accident or natural disaster. Symptoms include nightmares or memories (flashbacks) of the painful event that cause strong feelings of anger and fear and disrupt your daily life; avoidance of feelings, friends and reminders of the painful event; grouchy or restless feelings; trouble concentrating or sleeping; and headaches, stomach problems, dizziness, chest pain and other pain.

**Borderline Personality Disorder** — Characterized by a pervasive instability in mood, interpersonal relationships, self-image and behavior. The name of this diagnosis is derived from the comment that these persons struggle with living on the line of psychosis, always wrestling with seeking emotional stability and losing emotional control. This diagnosis is associated with a very high rate of anorexia, self-injury and suicidal thoughts.



# Frequently Asked Questions

## **What biological factors increase risk for suicide?**

Researchers believe that both depression and suicide can be linked to decreased serotonin in the brain. Scientists have learned that serotonin receptors in the brain increase activity in persons with major depression, which explains why medications that desensitize receptors have been found effective in treating depression. Currently, studies are underway to examine to what extent medications can reduce suicidal behavior.

## **Can the risk for suicide be inherited?**

There is growing evidence that familial and genetic factors contribute to the risk for suicidal behavior. Major psychiatric illnesses, including bipolar disorder, major depression, schizophrenia, alcoholism and substance abuse, and certain personality disorders, which run in families, increase the risk for suicidal behavior. This does not mean that suicidal behavior is inevitable for individuals with this family history; it simply means that such persons may be more vulnerable and should take steps to reduce their risk, such as getting treatment at the first sign of mental illness.

## **Do suicides occur more frequently around the holidays?**

Nationally, suicides are not more frequent during the holidays. Suicide rates tend to be highest in April and the summer months of June and July.

## **Who is at highest risk for suicide in the U.S.?**

Males aged 35-55 experience the highest rates for suicide, which increase significantly with age. Males use more lethal methods (i.e., firearms) and are less likely to talk about their plans. Teen girls, ages 15-19 years, have the highest rates of suicide attempts.

## **Are gay, lesbian, bisexual, transgender youth at high risk for suicide?**

Regarding *completed suicide*, there are no national statistics for suicide rates among gay, lesbian, bisexual, transgender or questioning (GLBTQ) persons. Sexual orientation is not a question on death certificates. Sexual orientation is a characteristic that people can, and often do, choose to hide. This is a problem when considering GLBTQ youth, who may be less certain of their sexual orientation and less open. GLBTQ youth also face additional stigma and trials because of their sexuality. State and national studies indicate that high school students who report to be homosexually or bisexually active have higher rates of suicidal thoughts and attempts in the past year compared to heterosexual youth.

## **What is the most frequent method of suicide?**

Eighty percent of all people who complete suicide do so with a firearm, accounting for more than 18,000 deaths each year in the U.S. Firearms are now the most frequent method of suicide for men and women of all ages, including boys and girls ages 10-14 years.

## **Apart from encouraging a suicidal person to go for counseling, what else can we do?**

Going with someone to the counselor often helps. If the person won't listen to you, you may need to talk to someone who might influence him or her. Saving a life is more important than keeping their intentions a secret. There are support groups and services listed on the "Resources for Help" page.

## **People often get uncomfortable when someone discloses suicidal thoughts. What can be done to reduce the stigma of suicidal thoughts or depression?**

Attitudes about suicide will begin to change as people begin to recognize that suicidal behavior is a symptom of a medical illness, not a sign of weakness or a character defect.

# SUICIDE-SPECIFIC RESOURCES

**Pikes Peak Suicide Prevention** .....(719) 573-7447  
**www.pikespeaksuicideprevention.org** 704 N. Tejon St, 80903

Free and confidential support groups for adults and adolescents with thoughts or actions toward suicide. Support groups for family members of attempters. Children Left Behind by Suicide: weekly grief support groups for youth who have lost someone to suicide. Please call or check website for group meeting days and times.

**Colorado Crisis Services (24 hour hotline)** .....(844) 493-TALK (8255)  
 .....Or text "TALK" to 38255

**Heartbeat**  
**www.heartbeatsurvivorsaftersuicide.org** .....(719) 337-6640

Monthly support groups for adults who have lost someone to suicide from 7-9pm on 1st Tuesday of each month at East Methodist Church 1505 E. Monument St, 80903

## INPATIENT / OUTPATIENT SERVICES

**Peak View Behavioral Health** ..... (719) 444-8484  
**www.peakviewbh.com** 7353 Sisters Grove, 80923

Inpatient and outpatient care for youth 9-17, adults, and seniors. Free needs assessments offered 24/7. Provides school and senior community mobile assessments.

**Crisis Stabilization Unit** ..... (719) 572-6100  
**www.aspenpointe.org** 115 S. Parkside Dr., 80910

Open 24-hours-a-day, seven days a week and is available for all ages, regardless of ability to pay. Access to licensed professional counselors, peer specialists and care coordinators.

**Cedar Springs Hospital** ..... (719) 633-4114  
**www.cedarspringshospital.com** 2135 Southgate Rd, 80906

Programs treating all ages. Offers acute and residential inpatient psychiatric treatment, medical detox and rehab, and outpatient services. School mobile assessments. Tricare-certified and most insurance. 24/7 free assessments.

## NEARBY INPATIENT/ OUTPATIENT SERVICES

**Highlands Behavioral Health (Littleton, CO)**.....(866) 974-4445  
**www.highlandsbhs.com** 8565 South Poplar Way, 80130

**Parkview Medical Center Behavioral Health (Pueblo, CO) ...**(719) 595-7891  
**www.parkviewmc.com** Provides inpatient treatment of mental health and substance abuse. Short-term crisis intervention, evaluation and stabilization for acute mental health admissions as well as medical detoxification, medication management and substance abuse treatment for those suffering from drug/alcohol abuse or dependence.

### FIRST RESPONDER - SPECIFIC RESOURCES

**Status: Code 4, Inc.** .....(719) 822-3387  
**www.sc4i.org** 2860 S. Circle Dr., Ste 300, 80906  
 Provides free counseling services to First Responders and their family members. Holds PTS support groups every Tuesday 1800 & Thursday 0900.

### MILITARY-SPECIFIC RESOURCES

**Peak Military Care Network** .....(719) 955-0742  
**http://www.pikespeak.co.networkofcare.org/veterans**

Extensive directory of all local services, and state and national resources.

**Military 1 Source (hub for all military related services)**.....(800) 342-9647

**Colorado Veterans Health and Wellness Agency**..... (719) 540-2136

### ADVOCACY/ SELF-HELP/ SUPPORT GROUPS

**Pikes Peak Suicide Prevention**.....(719) 573-7447  
**Depression and Bipolar Support Alliance (DBSA)**.....(719) 477-1515  
**National Alliance of Mental Illness (NAMI)** .....(719) 473-8477  
**Empower Colorado (support groups for families with children)**..(866) 213-4631

## HOTLINES

**24-hour Hotlines: For emergencies (Medical/Police) CALL 911**

**Crisis Hotline - Text "HELP" to 741741**

**Colorado Crisis Services (Any crisis ) (24 hour hotline).** (844) 493-TALK (8255)  
 .....Or text "TALK" to 38255

**Alcoholics Anonymous** ..... (719) 573-5020

**Domestic Violence/Sexual Assault (TESSA)** ..... (719) 633-3819

**Aspen Pointe Lighthouse** ..... (719) 572-6340

**Self-Injury Hotline (800) DON'T CUT** ..... (800) 366-8288)

**Suicide Prevention (National)**.....(800) 273-TALK (8255)

**The Trevor Project** ..... (866) 488-7386  
**www.thetrevorproject.org**

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24). Or text "TREVOR" to .... (202) 304-1200

**National Veterans Crisis Line**..... (800) 273-8255 /press 1

**Vets 4 Warriors ( answered 24/7 by veterans)**..... (855) 838-8255

**Safe2Tell** ..... (877) 542-SAFE (7233)

## DETOX

**Colorado Springs Detox Center**..... (719) 249-3545

2102 University Park Blvd. 80918  
 24/7, call/walk in, for those under the influence or experiencing

