

Presentation submission for Join the Movement: Aspiring Toward Zero Suicide in Colorado
2017

Western Colorado Alternative Suicide Prevention Services

Session Presenters

Janice Curtis, Peer Support Services Manager, Mind Springs Health,

Bereaved by suicide, and a peer who supports others affected by loss or suicidal behavior

Rebecca Hayes, Peer Support Services Coordinator, BA, Mind Springs Health

Bereaved by suicide, a suicide attempt survivor and a peer who supports others

affected by loss or suicidal behavior

Clinician/peer support – Intermediate

Objectives are to present on healing from loss and attempts, in part, by being a driving force in creating exciting, effective, cost efficient peer alternatives, including in-home peer crisis respite and groups that support those with suicidal ideation or loss

At the conclusion of this presentation, the participant should be able to identify a unique way to heal, that includes creation of new ideas in services that are both short term, longer term and cost effective, as well as received with high satisfaction. They will also be able to identify effective peer services that are uniquely serving those impacted by attempts and loss.

Using a combination of personal sharing, instructional presentation, combined with Q & A, we will explain how our recovery has been dramatically influenced by serving others. We will share the suicide prevention services in the 10 counties of Western Colorado. We will begin by sharing our personal stories, which include building peer services that have a positive impact on suicide for those we serve. We are offering a variety of alternative peer services, with more planned for the future. We will discuss how we use peer staff to extend services provided to those dealing with suicide and other stressful situations. Also covered will be the use of preventative peer groups to educate and support all who want to move forward in their grief and recovery. A calendar of our peer groups will be available. We will discuss the efficacy of peer delivered services and will provide an overview of the work being done in various size counties, including rural, resort and urban. Using examples and quotes from both staff and peers served, we will identify the successes as well as the challenges experienced. Results will be shared with the audience.