



Join the Movement: Aspiring Towards Zero Suicide in Colorado

**Morning Keynote – Ursula Whiteside, PhD; CEO NowMattersNow.org; Clinical Faculty University of Washington; Research Grantee of American Foundation for Suicide Prevention and National Institute of Mental Health.**

**Date:** Friday May 19, 2017

**Location:** Lowry Conference Center

**Time:** 9:30am – 10:30am

**Title:**

What does Lived Experience Have to Do with Suicide Prevention

**Abstract:**

The field of suicide prevention has changed dramatically in the past few years due to the inclusion of those who have had suicidal experiences - or those with lived experience. This presentation describes a ground-breaking project, NowMattersNow.org, funded by the American Foundation for Suicide Prevention and the National Institute of Mental Health. NowMattersNow.org brings the voices of those with lived experience to life by sharing their success stories and evidence-based strategies for managing suicidal thoughts. Providing and sharing easily accessible resources is a form of social justice. NowMattersNow.org is a public resource for those struggling with suicidal thoughts, as well as clinicians, family members, friends wanting to support them. The tool provides resources for those wanting to learn long term ways to manage suicidal thoughts and negative emotions.

**Learning Objectives:**

At the conclusion of the session, participants will be able to:

- Describe what the term "Lived Experience" refers to.
- Explain language recommendations (from those who have had suicidal experiences) concerning mental health experiences related to suicide.
- Improve understanding of Zero Suicide as a set of best practices for zero defects in suicide care in health and mental health systems.
- Improve understanding of how caring messages can be used to engage individuals struggling with suicide

**Presenter Biography:**

Dr. Ursula Whiteside (@ursulawhiteside) is a licensed clinical psychologist, CEO of NowMattersNow.org and Clinical Faculty at the University of Washington. As a researcher, she has been awarded grants from the National Institute of Mental Health (NIMH) and the American Foundation for suicide prevention. Dr. Whiteside is co-principal investigator on a study involving 18,000 high-risk suicidal patients in 3 major health systems. This study includes a guided version NowMattersNow.org, a program she developed which includes skills for managing suicidal thoughts based on Dialectical Behavior Therapy (DBT) and paired with Lived Experience stories. Clinically she began her training with Dr. Marsha Linehan in 1999 and later served as a DBT-adherent research therapist on a NIMH-funded clinical trial led by Dr. Linehan. Now she treats high-risk suicidal clients in her small private practice in Seattle using DBT and caring contacts. Dr. Whiteside serves on the faculty of the National Action Alliance Zero Suicide Academy, is a founding board member of United Suicide Survivors International ([usurvivors.com](http://usurvivors.com)), and a member of the National Suicide Prevention Lifeline Standards, Trainings and Practices Subcommittee. As a person with lived experience, she strives to decrease the gap between "us and them" and to ensure that the voices of those who have been there are included in all relevant conversations: nothing about us without us.

**Citations:**

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/taskforces/ClinicalCareInterventionReport.pdf>

Suicide Care in Systems Framework. National Action Alliance: Clinical Care & Intervention Task Force; 2011.

[https://www.jointcommission.org/sea\\_issue\\_56/](https://www.jointcommission.org/sea_issue_56/)

Sentinel Event Alert 56: Detecting and treating suicide ideation in all settings. The Joint Commission; 2016.

Simon GE, Coleman KJ, Rossom RC, Beck A, Oliver M, Johnson E, **Whiteside U**, Operskalski B, Penfold RB, Shortreed SM, Rutter C. [Risk of suicide attempt and suicide death following completion of the Patient Health Questionnaire depression module in community practice](#). J Clin Psychiatry. 2016 Feb;77(2):221-7. doi: 10.4088/JCP.15m09776. PMID: 26930521