



# Wyoming Suicide Prevention Resource Guide **With Help Comes Hope**

## **For Emergency Assistance:**

Call the National Suicide Prevention Lifeline at

**1-800-273-TALK (8255)**

\*press 1 for Veterans

Visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

**TEXT "START" TO 741-741**

[crisistextline.org/get-help-now](https://crisistextline.org/get-help-now)

# TABLE OF CONTENTS

<b>INTRODUCTION .....</b>	<b>3</b>
<b>Statewide Suicide Prevention Resources.....</b>	<b>4</b>
<b>LGBTQ (Lesbian, Gay, Bisexual, Transgendered, Questioning) Suicide Prevention Resources .....</b>	<b>7</b>
<b>Suicide Prevention Resources by Wyoming Counties .....</b>	<b>8</b>
<b>Suicide Prevention Gatekeeper Trainings.....</b>	<b>16</b>

# INTRODUCTION

Suicide has been identified both in Wyoming and nationally as a Public Health concern requiring comprehensive systems responses; suicide prevention is everyone's business. This wide-ranging resource guide represents the integrated suicide prevention efforts across the state of Wyoming. Hope and help are available in our Wyoming communities.

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# STATEWIDE SUICIDE PREVENTION RESOURCES

## AFSP WY (American Foundation for Suicide Prevention)

The grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

[www.afsp.org/local-chapters/find-your-local-chapter/afsp-wyoming](http://www.afsp.org/local-chapters/find-your-local-chapter/afsp-wyoming)

## Drew's Decision

Provide services to those who have suffered the loss of someone to suicide. You may feel helpless and hopeless now; we are here to help you restore your life.

[www.facebook.com/pages/Drews-Decision/229163030492105](https://www.facebook.com/pages/Drews-Decision/229163030492105)

## The Episcopal Diocese of Wyoming

We are not here to condemn those who die by suicide, but rather to offer hope and acceptance to those who are impacted by this tragedy. We can do this by changing how we talk about depression and suicide.

[www.diowyo.org/Resource%20Links/suicide-prevention-and-awareness](http://www.diowyo.org/Resource%20Links/suicide-prevention-and-awareness).

## Grace for 2 Brothers

The primary mission of our organization is Suicide Prevention through Awareness and Education. Formed in 2010 by our Executive Director, BJ Ayers, Grace For 2 Brothers Foundation continues its critical work for the community of Cheyenne and throughout the State of Wyoming.

The foundation will provide resource information and assistance to those who know someone in crisis, or to those who are in crisis; and provides support to survivors - those who have lost a loved one to suicide.

[www.gracefor2brothers.com/](http://www.gracefor2brothers.com/)

## The Mattie Project

The Mattie Project: "How to Save a Life" is a non-profit organization dedicated to suicide prevention and awareness throughout our community and the State of Wyoming. The Mattie Project is committed to supporting our local efforts in suicide prevention through education, events, and awareness. We pledge to effectively educate our community on suicide prevention and depression awareness. In addition we provide support and resources to individuals who are in need of mental health services and to those who have lost a loved one to suicide.

**[www.facebook.com/TheMattieProject](https://www.facebook.com/TheMattieProject)** and **[www.themattieproject.org](http://www.themattieproject.org)**

## NAMI WY (National Alliance on Mental Illness)

Assistance for people with mental illness and their families - NAMI Wyoming provides a variety of services to educate and support individuals who live with mental illness.

**[www.namiwyoming.org](http://www.namiwyoming.org)**

## PMO (Prevention Management Organization of Wyoming)

Through collaboration and partnerships, the Prevention Management Organization of Wyoming is dedicated to strengthening the prevention efforts around alcohol, tobacco, other drugs, suicide and chronic disease. Through research, data and valued partnerships, we empower our communities to steer their own prevention efforts surrounding suicide, chronic disease, alcohol, tobacco and other drugs. With a dedicated team of community prevention professionals, we are committed to using effective strategies that are proven to change perceptions and behaviors.

**[www.pmowyo.org](http://www.pmowyo.org)**

# STATEWIDE SUICIDE PREVENTION RESOURCES

## WDH (Wyoming Department of Health)

### **Behavioral Health Division, Mental Health & Substance Abuse Services**

Like you, we are citizens of this great state and like you, we are concerned about the challenges posed by mental illness and addiction. Each of us has chosen to work for the Behavioral Health Division because we believe this is where we can make a difference. Our work is guided by the following guiding principles. You should always feel free to let us know how we are doing. We appreciate compliments but we also learn from constructive criticism. Both are welcomed. Please feel free to contact our Administrator, Dr. Alice Russler at (307) 777-6494. [www.health.wyo.gov/mhsa/index.html](http://www.health.wyo.gov/mhsa/index.html)

### **Wyoming Substance Abuse and Suicide Prevention Program**

The Substance Abuse and Suicide Prevention Program (SASPP) is located within the Public Health Division (PHD) of the Wyoming Department of Health. The SASPP can be described as an integrated approach to the prevention of alcohol, other drugs, and suicide. This approach is achieved by focusing efforts on evidence-based prevention activities and by collaborating with multiple partners, to include those working on tobacco prevention and chronic disease prevention. (307) 777-6463 • (307) 777-3744  
[www.health.wyo.gov/phsd/prevention/index.html](http://www.health.wyo.gov/phsd/prevention/index.html)

## **Wyoming Mental Health and Substance Abuse Providers by County**

[www.pmowyo.org/wyoming-mental-health-substance-abuse-provider-list/](http://www.pmowyo.org/wyoming-mental-health-substance-abuse-provider-list/)

## **WYSPAC (Wyoming Suicide Prevention Advisory Council)**

[www.health.wyo.gov/phsd/prevention/SuicidePrevention.html](http://www.health.wyo.gov/phsd/prevention/SuicidePrevention.html)

The Wyoming Suicide Prevention Advisory Council (WySPAC) is a statewide group of individuals and organizations whose mission is to improve the health and well-being of Wyoming individuals, families, and communities by reducing suicidal behaviors over the life span.

# LGBTQ (Lesbian, Gay, Bisexual, Transgendered, Questioning) Suicide Prevention Resources

## Wyoming

### Equal Health

c/o Wyoming Equality  
2614 Pioneer; Cheyenne, WY 82001

### Contacts:

**Meaghan McClellan:** (904) 988-3414 • mcclellan\_meg@yahoo.com

**Carl Oleson:** (307) 797-6884 • cioleson@yahoo.com

**Mary Harsha:** (303) 550-3602 • mharsha\_13@yahoo.com

### Reverend Dee Lundberg, United Church of Christ

1511 S Melrose; Casper, WY 82601  
(406) 930-1099 • revdeeucc@earthlink.net

## National Resources

### LGBT Youth Crisis and Support Lifeline

The Trevor Project  
www.thetrevorproject.org  
866-4-U-TREVOR (866) 488-7346

### Bullying Prevention & Safe-Schools Issues

Gay, Lesbian and Straight Education Network (GLSEN)  
www.glsen.org

### Messaging Resources

Movement Advancement Project (MAP)  
www.lgbtmap.org

# SUICIDE PREVENTION RESOURCES BY WYOMING COUNTIES

## Albany County

### **Suicide Prevention Community Coalition**

Lifesavers Coalition (UW Campus/Community)  
Keith Evashevski, Director of UW Counseling Center  
keski@uwyo.edu.com • (307) 766-2187

Albany County Suicide Prevention Task Force  
Bob Leonard • bleonard@laramielaw.com • (307) 742-7896

### **Other County Information**

NAMI (National Alliance on Mental Illness) Laramie  
Debbie Hinkel • namilaramie@wyo2u.com • (307) 760-9651

S.T.A.Y (Suicide Touches All Youth) An outreach program for youth by youth.  
(307) 742-6960

## Bighorn County

### **Suicide Prevention Community Coalition**

Big Horn Prevention Alliance  
Karen Sylvester • ksylvester@pmowyo.org • (307) 272-8503  
PO Box 183; Greybull, WY 82426  
www.bighornpmo.org

### **Other County Information**

The Grace Southern Baptist Church  
(307) 765-2575 • Big Horn County also facilitates  
a Sources of Strength program • www.sourcesofstrength.org

## Campbell County

### **Survivor of Suicide Loss Support Group**

Spring Wilkins • (307) 696-8027 • www.campbellcountyprevention.org  
Facilitators: Tom Fiske & Tanya Allee



## Campbell County

Certified School Suicide Prevention Specialist  
Katie Jacobson Ellison, Student Assistance Coordinator  
kajacobson@ccsd.k12.wy.us • (307) 686-7198  
School-based health center offering mental health services at low cost.  
School district offers Signs of Suicide annually  
[www.nrepp.samhsa.gov/ViewIntervention.aspx?id=53](http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=53)

### Other County Information

NAMI (National Alliance on Mental Illness) Gillette  
Sandra Hollenbeck • (307) 689-0028 • [www.citinternational.org](http://www.citinternational.org)  
Local Law Enforcement is involved in CIT (Crisis Intervention Team) training.

## Carbon County

### Suicide Prevention Community Coalition

Carbon County Suicide Awareness Coalition  
Cali O'Hare • (307) 321-7578  
Theresa Pacheco • (307) 328-3969  
Find us on Facebook at Carbon County Suicide Awareness Coalition  
[www.ccsacoalition.wordpress.com](http://www.ccsacoalition.wordpress.com)

Platte Valley Prevention Coalition  
Sally Patton • (307) 321-1093

### Grief Support Group

Through the Horse "Certified Equine Gestalt Coaching Method"  
Michelle Sidun • (307) 321-6715

### Other County Information

NAMI (National Alliance on Mental Illness) Carbon County  
Kinta Blumenthal • [kblumenthal@cccounselingcenter.com](mailto:kblumenthal@cccounselingcenter.com) • (307) 321-4571

## Converse County

### **Suicide Prevention Community Coalition**

Grace to Live  
Marsha Reizenstein or Tim Christensen  
(307) 359-8194 • PO Box 497; Douglas, WY 82633

### **Survivor of Suicide Loss Support Group**

Circle of Grace  
Marsha Reizenstein or Tim Christensen  
(307) 359-8194 • PO Box 497; Douglas, WY 82633

## Crook County

### **Suicide Prevention Community Coalition**

Crook County Prevention & Wellness  
Kathy Cluff • kcluff@pmowyo.org • (307) 290-0294  
PO Box 825; Sundance, WY 82729

## Fremont County

### **Suicide Prevention Community Coalition**

Fremont County Suicide Prevention Task Force  
Tauna GroomSmith • tgroomsmith@pmowyo.org • (307) 349-4495  
Find us on Facebook at Fremont County Suicide Prevention Task Force

### **Survivor of Suicide Loss Support Group**

Survivor of Suicide Loss Support Group  
Sue Rector • (307) 840-0311/ Tauna GroomSmith • (307) 349-4495

### **Other County Information**

Northern Arapaho Meth/Suicide Prevention Initiative  
Elk Sage, Suicide Prevention Coordinator • (307) 840-3797  
Find us on Facebook at Methamphetamine and Suicide Prevention Initiative

Eastern Shoshone Tribal Health  
Glenda Mitchell, Suicide Prevention Coordinator  
(307) 332-4758 or (307) 438-1238

Riverton High School Club Hope  
(Sponsor Youth available to talk and listen to students with emotional concerns)  
Brenda Iden • (307) 856-9491 ext. 4251

## Goshen County

### **Suicide Prevention Community Coalition**

The Comprehensive Community Coalition

Lynette Saucedo • lsaucedo@pmowyo.org • (307) 534-5843

1401 East K St./PO Box 211; Torrington, WY 82240

Catherine Deahl, CCC Chairperson • cdeahl@goshen1.org

2742 West E St.; Torrington, WY 82240

### **Other County Information**

NAMI (National Alliance on Mental Illness) Torrington

Sandy Ellis • sandyellis@centurylink.net • (307) 532-8871

## Hot Springs County

### **Suicide Prevention Community Coalition**

PMO of Wyoming Hot Springs County Suicide Prevention Coalition

Becky Mortimore • bmortimore@pmowyo.org • (307) 864-4113 (office)

or (307) 921-2607 (cell)

148 E. Arapahoe; Thermopolis WY 82443

## Johnson County

### **Suicide Prevention Community Coalition**

Johnson County Suicide Prevention Coalition

Bill Hawley • bhawley@pmowyo.org • (307) 620-2279

224 N Main St.; Buffalo, WY 82834

Find our group on Facebook at Suicide Prevention Coalition of Johnson

County, Wyoming

### **Survivor of Suicide Loss Support Group**

Hope & Healing

Bill Hawley • bhawley@pmowyo.org • (307) 620-2279

Sydney Rowe • srowe@pmowyo.org • (307) 620-9995

## Laramie County

### **Suicide Prevention Community Coalition**

Stop Suicide Cheyenne

Rhianna Brand • Rhianna.brand@gracefor2brothers.com

### **Survivor of Suicide Loss Support Group**

Hour of Grace

Dianne Lowe-Carpenter • dloweca@gmail.com • (307) 287-6206

### **Other County Information**

Grace for 2 Brothers • www.gracefor2brothers.com

Sources of Strength • www.sourcesofstrength.org

NAMI (National Alliance on Mental Illness) Cheyenne

Kim Dreyer • kimberly.dreyer@yahoo.com • (307) 214-7291

## Lincoln County

### **Suicide Prevention Community Coalition**

Star Valley Prevention Coalition

Brittany Ritter • britter@pmowyo.org • (307) 390-8442

830 Topaz Court; Kemmerer, WY 83101

## Natrona County

### **Suicide Prevention Community Coalition**

Natrona County Suicide Prevention Task Force

Traci Gardner • tgardner@mercerwy.org • (307) 233-4277

www.natronacountysuicideprevention.org/where-to-refer

### **Survivor of Suicide Loss Support Group**

Suicide Survivor Support Group (grief support, caregiver support, attempt survivors support)

Julie Raines • julieraines@msn.com • (307) 247-4726

### **Other County Information**

NAMI (National Alliance on Mental Illness) Casper

namicspr@gmail.com • (307) 234-0440

133 W 6th St.; Casper, WY 82601

Dan Odell • dansodell@yahoo.com • (307) 247-1962

Becky Foster • (307) 266-4673

## Niobrara County

### **Suicide Prevention Community Coalition**

Niobrara County Prevention Coalition  
Kerry Steward • [ksteward@pmowyo.org](mailto:ksteward@pmowyo.org) • (307) 359-3829  
[www.niobrarapmo.org](http://www.niobrarapmo.org)

## Park County

### **Suicide Prevention Community Coalition**

Suicide Prevention Alliance  
Rachel Williams • (307) 578-7029  
Ashley Trudo, West Park Hospital • (307) 578-2512

### **Survivor of Suicide Loss Support Group**

Suicide Survivors Support Group  
Yellowstone Behavioral Health Center • (307) 587-2197  
2538 Big Horn Ave.; Cody, WY 82414

### **Survivor of Suicide Attempts Services**

Brief Intensive Therapy  
Yellowstone Behavioral Health Center • (307) 587-2197  
2538 Big Horn Ave.; Cody, WY 82414

### **Other County Information**

NAMI (National Alliance on Mental Illness) Park County  
Peg Strow • [tazz1948@hotmail.com](mailto:tazz1948@hotmail.com) • (307) 587-9426  
Rita Overfield • (307) 587-5873

Northwest College Sources of Strength Team  
Find us at Facebook at Sources of Strength Northwest College  
[www.sourcesofstrength.org](http://www.sourcesofstrength.org)

## Platte County

### **Suicide Prevention Community Coalition**

Platte County Prevention Initiative (PCPI)  
Quinn Hutcheson • [qhutcheson@pmowyo.org](mailto:qhutcheson@pmowyo.org) • (307) 331-7120  
951 South St.; Wheatland, WY 82201

## Sheridan County

### **Suicide Prevention Community Coalition**

Sheridan County Suicide Prevention Coalition

Anne Quast, MS, LPC

aquast@pmowyo.org • (307) 655-8263 (office) • (406)853-2567 (cell)

Wendy Bruso, MS

wbruso@pmowyo.org • (307) 655-8263 (office) • (307) 760-6272 (cell)

www.sheridansuicideprevention.com

### **Survivors of Suicide Loss Support Group**

Survivors of Suicide Loss

Dawn Sopron, LCSW • (307) 752-7016

### **Other County Information**

NAMI (National Alliance on Mental Illness) Sheridan

Dr. Victor Ashear • vashear@optimum.net • (307) 672-3135

John Bruso • john@johnbruso.com • (307) 751-7040

## Sublette County

### **Suicide Prevention Community Coalition**

Sublette County Prevention Coalition

Kay Ryan • (307) 367-6445

### **Other County Information**

NAMI (National Alliance on Mental Health) Sublette County

Scott Dimit • scottdimit@hotmail.com • (307) 260-3067

## Sweetwater County

### **Suicide Prevention Community Coalition**

Sweetwater County Suicide Prevention Coalition

Cassandra Crumpton • ccrumpton@pmowyo.org • (307) 389-7364

## Teton County

### **Suicide Prevention Community Coalition**

Teton County Suicide Prevention Coalition

Deidre Ashley • dashley@jhccc.org • (307) 733-2046

Jacob Richins • jrichins@pmowyo.org • (307) 690-1953

## Uinta County

### **Suicide Prevention Community Coalition**

Uinta County Suicide Prevention Task Force

Tera Lawlar • (307) 679-3234

Annette Swayze • (307) 789-7571

### **Other County Information**

NAMI (National Alliance on Mental Illness) Uinta County

Roy Walworth • rwalw@allwest.net • (307) 799-7216

Cheryl Sherman • charpcherl@myway.com • (307) 220-8776

## Washakie County

### **Suicide Prevention Community Coalition**

Washakie County Prevention Coalition

Mary Buchanan • mbuchanan@pmowyo.org • (307) 347-2037

1200 Culberson Ave.; Worland, WY 82401

## Weston County

### **Suicide Prevention Community Coalition**

Weston County Prevention Task Force

Kristi Lipp • klipp@pmowyo.org • (307) 746-5457

PO Box 880; Newcastle, WY 82701

### **School Suicide Prevention Specialist**

Nikki Bloom • Weston County School District #1 • (307) 746-2713

# SUICIDE PREVENTION GATEKEEPER TRAININGS

The following evidence-based training programs in suicide prevention are currently being utilized throughout Wyoming. For more information, contact Sydney Rowe, LCSW Suicide Prevention Training and Survivor Outreach Coordinator at (307) 620-9995 or [srowe@pmowyo.org](mailto:srowe@pmowyo.org)

## **Professional Level Training in Suicide Treatment Assessing and Managing Suicide Risk**

Core competencies for Mental Health Professionals AMSR is one-day training for mental health professionals that focuses on knowledge and attitudes, using skill demonstrations, discussions, and journaling through the course.

## **At-Risk in Primary Care**

This is a CME-approved online training simulation designed to prepare primary care providers to screen patients for mental health and substance abuse disorders, perform brief interventions using motivational interviewing techniques, and refer patients to treatment. In this simulation, PCP's interact with two virtual patients in order to learn the practical and tangible techniques to efficiently and effectively screen and manage the treatment of patients with some of the most common mental health disorders. For more information, visit [www.wyoming.kognito.com](http://www.wyoming.kognito.com)

## **At-Risk in the ED**

This is a CME-approved online training simulation that prepares emergency department personnel to screen patients for mental health and substance abuse disorders, perform brief interventions using motivational interviewing techniques, and refer patients to treatment. The learning experience is structured around a series of clinical scenarios where users engage in role-play practice conversations with virtual patients, using evidence-based screening tools. For more information, visit [www.wyoming.kognito.com](http://www.wyoming.kognito.com)

## **Counseling on Access to Lethal Means (CALM)**

This online course is designed for providers who counsel people at risk for suicide, primarily mental health and medical providers, but also clergy and social service providers. The first module explains why reducing access to lethal methods of self-harm saves lives. The second module teaches practical skills on when and how to ask suicidal clients about their access to lethal means and how to work with them and their families to reduce their access. To access the training, or more information, visit [www.training.sprc.org](http://www.training.sprc.org).



## **Intervention Level Training in Suicide Recognition and Response**

### **School Suicide Prevention Accreditation Program**

For school psychologists, social workers, counselors, nurses, and all others dedicated to or responsible for reducing the incidence of suicide and suicidal behaviors among today's school-age youth. Online certification course:

[www.suicidology.org/training-accreditation/school-suicide-prevention-accreditation](http://www.suicidology.org/training-accreditation/school-suicide-prevention-accreditation)

### **Applied Suicide Intervention Skills Training (ASIST)**

ASIST is a two-day (15 hours) intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to prevent the immediate risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. For more information, visit [www.livingworks.net/programs/asist](http://www.livingworks.net/programs/asist)

### **Crisis Intervention Teams (CIT)**

These programs promote and support collaborative efforts to create and sustain more effective interactions among law enforcement, mental health care providers, individuals with mental illness, their families and communities and also reduce the stigma of mental illness. For more information, visit [www.citinternational.org](http://www.citinternational.org)

### **Mental Health First Aid (MHFA)**

MHFA is an eight hour in-person training that teaches you how to help persons developing a mental illness or in crisis. For more information, visit [www.mentalhealthfirstaid.org/cs/](http://www.mentalhealthfirstaid.org/cs/)

### **Youth Mental Health First Aid**

Youth Mental Health First Aid is an 8 hour in-person workshop primarily designed for adults who regularly interact with young people, ages 12-18. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. For more information, visit [www.mentalhealthfirstaid.org/cs/](http://www.mentalhealthfirstaid.org/cs/)

### **Sources of Strength**

Sources of Strength, a universal suicide prevention school-based program, is designed to build socio-ecological protective influences among youth to reduce the likelihood

that vulnerable students will become suicidal. The program trains students as peer leaders and connects them with adult advisors at school and in the community. For more information, visit [www.ourcesofstrength.org](http://www.ourcesofstrength.org)

## **Public Level Education**

### **safeTALK**

safeTalk, about three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. For more information, visit [www.livingworks.net](http://www.livingworks.net)

### **Operation S.A.V.E.: VA Suicide Prevention Gatekeeper Training**

Operation S.A.V.E is a one- to- two-hour gatekeeper training program provided by VA suicide prevention coordinators to veterans and those who serve veterans. Optional role-playing exercises are included. Components of the S.A.V.E model are: Signs of Suicide, Asking about suicide, Validating feelings, Encouraging help and Expediting treatment. For more information, visit [www.sprc.org/bpr/section-III/operation-save-va-suicide-prevention-gatekeeper-training](http://www.sprc.org/bpr/section-III/operation-save-va-suicide-prevention-gatekeeper-training)

### **Question, Persuade, Refer (QPR)**

QPR stands for Question, Persuade, Refer, three steps anyone can learn to help prevent suicide. QPR is a 1-2 hour training. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. For more information or to inquire about on-line training options, visit [www.qprinstitute.com](http://www.qprinstitute.com)



