

## Suicide Prevention Coalition of Yellowstone Valley Conference

Mike Yakawich  
September 30, 2013

Dear Friends:

We just concluded a very informative conference.

“In the USA someone dies by suicide every 13.7 minutes which averages to 105 people every day!” This means that 34,598 completed suicides takes place each year in the US as there are 380,578 attempts leading to various injury internally and externally (National Institute for Mental Health)...and very preventable!

Just for your interest.

Here is a brief report on this conference.

Also, some links for your interest.

[www.prc.mt.gov/suicideprevention](http://www.prc.mt.gov/suicideprevention)  
[www.afsp.org/](http://www.afsp.org/)  
[www.suicidology.org](http://www.suicidology.org)  
[www.sprc.org](http://www.sprc.org)  
1-800-273 TALK (8255)

Sincerely yours,

Mike Yakawich

### Suicide Prevention Workshop

September 30, 2013



*Mike Yakawich (Chair SPC-YV), Dr.Harr, Karl Rosston, Joan Nye (Chair: MT AFSP), Fredricka Gilje (Sec. SPC-YV)*

On September 30th, the Suicide Prevention Coalition of Yellowstone Valley (SPC-YV) in Billings, Montana sponsored it 3rd Annual workshop on suicide prevention. There were over 100 participants including 53 school counselors. Others included members of non-profits, mental health agencies and the general public.

Highlights included the Director of Montana Suicide Prevention Director Karl Rosston, Family Therapist Connie Dilts, members of the NAMI plus suicide prevention training including Q.P.R. and Safe Talk. Some points shared:

Suicide prevention must address mental health

We must address stigma and discrimination dealing with suicide

Proper parenting leads to healthy children, resilience/validation to suicide prevention

There are very credible and effective training programs such as Question, Persuade, Refer and Safe Talk where essential points like having confidence to ask the question if one is considering suicide, signs of suicide and role modeling on how to help people considering suicide to safe outcomes

During the program, we honored Dr. Donald Lee Harr. He is a leading advocate of mental health for the state of Montana and a good friend. A former psychiatrist who pioneered mental health in Billings helping to establish the first Mental Health Center in Montana, lobbying for mental health related legislation and member of the Montana State Board of American Foundation for Suicide Prevention and member of the SPC-YV.