Restoring Hope
Forefront Suicide Prevention
2016 - 2017 ANNUAL REPORT
For the past five years, Forefront Suicide Prevention has facilitated systemic change in Washington state and beyond.

We could not have done this without the trust, advocacy, and generous contributions of our donors and partners. Your support sustains us - and makes it possible to reduce suicide.

To empower individuals and communities to take sustainable action to prevent suicide, champion systemic change, and restore hope.

To foster a world that openly addresses suicide and mental health with compassion, and where every individual acts on their capacity to prevent suicide.

Forefront takes aim at toughest issues in suicide prevention

Dear Supporters,

Thank you so much for your passion, support, and engagement with Forefront Suicide Prevention. When we look at these five years, it’s incredible what we’ve accomplished together.

Forefront is innovating solutions that promise to crack some of the toughest issues in suicide prevention. Some of our most important work has emerged through a growing faith in our ability to collaborate with bipartisan partners. Given the current polarization in our country, our success in focusing on the common ground of saving lives from suicide has been exhilarating.

With a growing number of partners both within and outside the University of Washington, we are in a unique position to address suicide as a public health issue, whereas historically it has been treated as problem confined to mental health treatment settings. We also are fortunate to offer public service programs Forefront in the Schools and Forefront Cares.

Our 2016-2017 record of accomplishment includes:

POLICY: Raised awareness of the need for emergency funding for Washington state’s crisis lines; presented the Higher Education Task Force report to the legislature.

SAFER HOMES, SUICIDE AWARE: Worked with diverse partners to create and implement a state law that allows for temporary transfer of firearms in case of a suicidal crisis.

FOREFRONT IN THE SCHOOLS: Completed a strong year two for suicide prevention work in 13 high schools and prepared to start our second cohort of 16 schools.

FOREFRONT CARES: Engendered a deepening level of commitment, education, and comradery among Forefront Cares mentors who provide a bridge to healing for suicide loss survivors.

TRAINING: Completed trainings across Washington state, from Forks to Colville and many other rural and urban communities.

As we move into our sixth year, we are profoundly grateful for the opportunity to lead this work. We still see need everywhere, but we also see hope – because of you.

Jennifer Stuber, Ph.D.
Director and Co-founder

Robin Warren
Advisory Board Chair
Championing systemic change

The Safer Homes, Suicide Aware kick-off brings gun locks, medication safety devices, and a 'means safety' message across Washington.

Forefront volunteers and the Safer Homes Task Force launched the Safer Homes, Suicide Aware campaign in Aberdeen, a rural community ready to heal and save lives. Through this campaign’s multiple funding sources, Aberdeen residents brought home 220 free locking devices for their medications and firearms.

Proactively locking up and limiting access to lethal means to prevent suicide is at the heart of this public education campaign.

Forty-three partners, including the Washington State Pharmacy Association, the Second Amendment Foundation, and the Washington Department of Veterans Affairs, stand ready to beam out a public health message to the community and to professionals at front line positions: healthcare providers, pharmacy professionals, and firearm retailers and safety instructors.

The Safer Homes Task Force is delivering a major public health message in various ways: distributing medication and firearm locking devices along with a brief conversation about suicide prevention, demonstrating key behavior changes in training videos, collateral materials, and delivering testimony to lawmakers.

Learn more: www.SaferHomesCoalition.org
Forefront championed a sixth state law, fortifying the Safer Homes, Suicide Aware campaign

This year, Forefront took its next step in public policy. House Bill 1612 created a public-private partnership to fund Safer Homes, Suicide Aware.

The result: a fortified campaign backed by alliances with the firearms community, pharmacists, dentists, and healthcare providers.

Forefront also helped secure $700 million in emergency funding for the state’s crisis call centers. This is a key step in ensuring that when individuals in a suicidal crisis call the National Suicide Prevention Lifeline their call will be answered - and they receive prompt information about local resources.

Governor Jay Inslee gives brief remarks at a LEARN training for legislators and staff in Olympia, WA

Suicide Prevention Education Week
Forefront hosted Feb. 2017 legislative advocacy event

- 60 Guests attended LEARN training for Governor’s Cabinet
- 100+ Participated in Education Day
- 48 Districts represented in constituent-legislator meetings
- 15 Volunteers installed 1,129 headstones in Safer Homes Memorial to show suicide’s toll

TIMELINE: How Forefront shaped Washington's suicide prevention legislation

2012
- HB 1336: Framework for schools to become better prepared to prevent suicide

2013
- HB 2366: All behavioral health professionals required to have training in suicide prevention

2014
- HB 2315: All medical professionals required to have training in suicide prevention
- Statewide prevention plan created
- HB 1424: Established focus on lethal means and Veterans for trainings

2015
- HB 1138: Created a task force on suicide prevention in higher education
- HB 2793: Enacted Safer Homes, Suicide Aware campaign

2016
- HB 1612: All dentists to receive training in suicide prevention; Safer Homes, Suicide Aware Campaign strengthened
- Emergency funding to improve crisis time response
Fifteen Washington counties experienced healing power of Forefront Cares in the past year

Supporting suicide loss survivors, who are at a higher risk for future suicides, is vital to prevention. Forefront Cares provides survivors with phone-based peer support and Cares packages of books, resources, and comfort items, all funded by your donations.

In the past year, Forefront Cares delivered 50 more packages and made 40 percent more peer-to-peer support assignments than the previous year.

Individuals are spreading the message about this service, especially through Forefront’s rural initiative outreach to counties traditionally lacking access to suicide bereavement or peer support networks.

Thanks to your support, both rural and urban communities will be able to use Forefront Cares through referrals from chaplains, fire departments, and community members.

There’s not a lot in my town to offer loss survivors. So the package allowed me to breathe, knowing it came from people who really get it. It felt as if no matter how many miles away I am from an urban area, I wasn’t alone.

- Cares package recipient
Husky, Help & Hope readied thousands at University of Washington for suicide prevention

AFTER THREE YEARS, the Husky Help & Hope (H3) initiative has ended, but leaves ongoing impact at the University of Washington - Seattle.

Forefront oversaw all programming as part of the federal Garrett Lee Smith grant to unify suicide prevention resources across the UW campus.

Forefront helped to:

- Secure funding for a full-time suicide intervention program coordinator at UW Health & Wellness;
- Train multiple campus departments on suicide prevention; and
- Train the Campus Counseling Center and Hall Health Center teams on dialectical behavior therapy (DBT).

To raise awareness and funds for the student group Huskies for Suicide Prevention, Forefront co-hosted the fourth annual H3 Walk for suicide prevention on the UW campus in May.

Forefront/JED Foundation Partnership

Forefront helped forge a partnership with the JED Foundation, the Jolene McCaw Family Foundation, and representatives from 13 higher education campuses.

These schools will collaborate for four years to enhance their comprehensive suicide prevention efforts. The University of Washington is one of the campuses sustaining and building on efforts that began under the Husky Help & Hope grant.
Consultation and training make life-saving skills accessible to thousands

From consulting on suicide prevention tools at the Facebook Headquarters, to training hockey teams, and the Governor’s Cabinet, Forefront reached increasingly diverse audiences.

Trainings and consultation are the backbone of any suicide prevention effort. We teamed up again in March with Facebook’s suicide prevention team to build life-saving tools for users and to train their suicide prevention team.

Customized for different audiences, the LEARN five-step prevention model became accessible to more individuals who seek a framework to intervene with someone thinking of suicide.

This year we also partnered to develop an additional suite of occupation-based trainings: for pharmacists, firearm retailers, and healthcare providers.

Forefront staffers at the Facebook headquarters in Menlo Park, CA, consulting on suicide prevention tools.

309 K-12 ESAs trained in recognition & referral

1,829 Professionals trained in suicide assessment, management, & treatment

68 Major junior ice hockey players trained in suicide recognition & referral

170 Construction industry leaders trained in suicide recognition & referral
Forefront prepared 13 King County high schools to better handle emotional, social, and mental challenges

Forefront in the Schools (FIS) has been closing a gap since 2015: empowering schools to make mental health and suicide prevention a sustainable, long-term part of their culture and systems.

With funding from the Jolene McCaw Family Foundation, the program has engaged 13 schools (each with a suicide prevention team) in its 2015-2018 cohort.

For the first time, Forefront added peer-to-peer student LEARN trainings, building on trainings by and for teachers, administrators, and parents.

This engagement encouraged more students to ask for help for themselves and for friends who were struggling.

"I am more confident in working with students with suicidal ideation and in other crisis situations than any time during my 27 years as a counselor."

– School counselor, cohort 1

Each school mapped its social-emotional learning and prevention programming, to prepare for their final year in FIS, focusing on upstream suicide prevention.

- 836 teachers trained in suicide prevention
- 600+ parents trained in suicide prevention
- 2,700 students trained in suicide prevention
- 125 Safety plans for students created

We like the approach of starting with a small group of schools as a cohort to really learn from each other and help shape a program that can then hopefully be implemented on a much larger scale.

- Jolene McCaw, Jolene McCaw Family Foundation
In Forefront’s statewide initiative, six rural Washington counties work on healing and coalition-building

Forefront’s continued supporting rural Washington with training and bereavement services. A grant from Washington Women’s Foundation (WWF) and the state Office of Public Instruction (OSPI) made this work possible.

Six counties participated in the two-year pooled grant: Clallam, Chelan, Pierce, Okanagan, Stevens, and Island. Training reached 1,107 behavioral health/health care providers and K-12 staff.

Individuals seeking Forefront Cares packages totaled 171 over the two years. In four counties, demand for services grew.

In counties with suicides rates above the statewide rate (15.9 per 100,000), field coordinators built coalitions with school and community advocates.

In 2017, renewed funding from OSPI brought another year of rural outreach. As the program grows, so does confidence: Program participants report feeling better prepared to support individuals at risk of suicide.

There’s a true need for Forefront Cares in Wenatchee. I feel it’s so important to support people who have been through suicide also.

- Cares recipient
Forefront brings best practices in suicide and mental health reporting to the media and classrooms

Responsible reporting on suicide was vitally important in the year of “13 Reasons Why” and the suicides of musicians Chris Cornell and Chester Bennington.

Safe reporting on suicide reduces the risk of contagion, and helps to educate society about suicide and suicide prevention as a public health issue.

In the past year:

- 115 University of Washington journalism students participated in quarterly Forefront workshops on responsible reporting about suicide. Participants included the UW Communication’s Visiting Journalism Scholars on Difference on Equity program.
- Forefront provided expertise for 50 news articles, radio or broadcast interviews.
- KIRO-TV earned Forefront’s 2016 Washington Award for Excellence in Coverage of Mental Health and Suicide.

“\nWhat most stood out to me about Forefront’s media workshop is that learning how to report on suicide well is about preventing people from dying.

- Undergraduate UW journalism student”
**MAJOR EXPENSES**

- Personnel 56%
- Benefits 16%
- Consultants 7%
- Travel 4%
- Supplies 5%
- University fees 4%
- Other expenses 8%

**Expenses by Category**

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**MAJOR FUNDING SOURCES**

- State contracts (21%) 303,112
- Foundations (19%) 273,405
- Fee for service (8%) 120,866
- Individual contributions (17%) 251,019
- In-kind contributions (34%) 491,000
- Total $1,439,402
Forefront Suicide Prevention’s Safer Homes Memorial display at the state Capitol, showing the state's toll of suicide losses in 2015.

Memorial Color Key: red, firearm; white, suffocation; yellow, poisoning or overdose. Not included: colors for jumping, cutting, or other means.