

## **Partners in Prevention of Suicide**

Final Report

Heritage University, Toppenish, WA  
Perry Technical Institute, Yakima, WA  
Comprehensive Healthcare, Yakima, WA

January 2019 – June 30, 2019

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Report Date  
June 29, 2019

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## Executive Summary

Heritage University and Perry Technical Institute worked together to ensure that the funds received from The Washington Student Achievement Council would have a lasting impact beyond the limited time afforded to our projects. Unfortunately, a no-cost extension was not allowed for private institutions, but we were very pleased to be able to receive funding for our project from the State and believe we also found a newly created partnership that allows us to continue to work closely together to sustain our work.

Activities included investments in professional development, planning, and preparation for the HU Cares and Perry Cares campaigns, which are designed to create an alert system and integrated support systems by training others to host safe spaces. The training was important to ensure the staff and faculty were able to learn about suicide awareness and mental health.

The total award amount was \$42,999. Not all of the allocated funding was used. Funding was provided for contractual services to support training, consultation, and professional development. Supplies were purchased for training, printing, books, resources, intake forms, and other items for ongoing sustainability for the Cares programs. Funding for services included support for the Jenxabar Retention Module for Perry Tech. A detailed budget report will be provided upon final invoices being received from partners and services providers.

## Project Activities

### Administration of Surveys

Heritage University and Perry Technical Institute administered surveys to gather baseline data on suicide awareness and prevention. The participation rates meet the expectations and provide valuable data to help inform the project. To ensure the survey was written in a valid and reliable way, a consultant provided technical support with the development of the surveys that were administered separately at each institution. Appendix A contains the result from Perry Technical Institute and Appendix B contains the results from Heritage University. Heritage University took a keen interest in adding questions regarding the LGBTQ community, while Perry opted to administer the survey to differentiate between students, staff, and faculty. Additionally, their participation in the survey was mandatory, while at Heritage University the survey was optional. For Heritage University, a total of 108 students responded 21 faculty and 36 staff. That is over 10% of our student population that responded, roughly half of our faculty, and about a third of the staff. For Perry Tech, 430 students responded 35 faculty and 55 staff members.

### Professional Development

Professional development was a major part of our efforts. Both Perry Tech and Heritage University redirected staff time to ensure that staff could participate in meaningful professional learning that would allow them to bring back information for future training and provide additional services to support students in crisis. Perry Tech and Comprehensive both sent staff

to participate in the Washington State Conference on Suicide Prevention in Postsecondary Education which was full of valuable information, resources, and conversations. The training was hosted by the University of Washington on April 15, 2019. Perry Tech certified one staff members in the L.E.A.R.N. Train the Trainer training, which was held on April 16, 2019.

Heritage University staff were not able to attend the training because the registration closed. The focus and need for Heritage Staff have been on licensure and certification of the Social Mental Health Counselor. Julie K. Cicero, LICSW, CFMHE provided supervision to the Heritage University Social and Mental Health Counselor. Additionally, we invested in various books and resources such as intake materials and mental health assessments.

### **Early Alert Systems and Advocacy**

Both Perry Tech and Heritage University spent time working to improve our early alert and referral systems. We met to review and compare our current systems and how effectively they were working given both Heritage and Perry use Jenzabar as the provider for the student database management system. Perry Tech opted to use the Retention Module, while Heritage University made improvements to reporting of data collected from our custom build advocacy work.

### **Training for Staff, Faculty and Alumni**

Comprehensive Healthcare provided the training as outlined at both Perry Tech and Heritage University. Attendance and participation were projected and met expectations. Mental Health 101 & LEARN Training were offered at Perry Tech on May 23, 2019, in two three-hour sessions. Mental Health 101 & LEARN Training was offered at Heritage University on June

12, 2019; this was a one three-hour session. Additionally, Heritage University Hosted QPRT: Suicide Risk Assessment, Prevention, Intervention & Management, one-day 6-hour training on June 13, 2019. Perry Tech hosted the training the faculty and staff and a total of 26 attendees participated. For Heritage University, 44 students, staff, faculty, and alumni participated in QPRT with the evaluations sheets reporting a high level of satisfaction. A total of 25 attendees participated in the LEARN Training that was provided by Comprehensive Healthcare and Perry Tech staff. Both Perry Tech and Heritage University have established future training to continue to provide these services to the respective campuses.

### **Cares Campaigns**

As part of our HU Cares Awareness campaign, included support from Seattle Children's Hospital to include Firearms Safety, (Yakima Safe Firearm Storage Giveaway). The intention of this event was to help prevent suicide and accidental death by giving away free lock boxes and trigger locks. Children's Hospital states, "safe firearm storage reduces the risk of suicide by firearm by 78% and accidental shootings by 85% for children and teens" and encourages the use of safe firearm storage in all homes. The event was held in Yakima on Saturday, May 18, 2019. Students, staff, and faculty from Heritage University help run the event and make it possible. While no direct funding was allocated to support this event it was very much a success with over 900 devices given away. See Appendix C to review the flyer for more information. In the future, this event will be hosted again on the Heritage University campus.

Both Heritage University and Perry Tech shared ideas and collaborated on how best to prepare each of the campuses and culture to roll out the Cares campaign. Heritage University

opted to focus on inclusion, acceptance and safe spaces with a specific focus on our LGBTQA community. HU worked with a service provider that developed training based on best practices and standards for support LGBTQA. Once volunteers have been screened, selected and participated in the training they will receive a customized logo designed to alert students or others that the person they are working with is trained and is qualified to host a Safe Space. The recruitment and selection process will begin in August, coinciding with the start of Fall Semester, the training will take place in early September and the rollout of the Safe Space Hosts will be introduced at the National Coming out Day on October 11.

Perry Cares is modeled after the Red Folder Initiative. It is a resource for dealing with students in distress that will be given to each staff and faculty member. It includes signs of distress, the steps to having a conversation with a student suspected to be in distress or suicidal, and a guide to resources available both on- and off-campus. As part of our PTI 101 series that all new students attend, it is anticipated the Stress, Coping & Resilience training will focus on helping Perry students cope with stress and anxiety, discuss suicide prevention and mental health, offer tips for resiliency, and cover available resources. Perry Tech will implement it for the first time in August with approximately 140 students in attendance. All future incoming students will attend, with an estimated additional 450 students attending during the following three quarters.

During the Stress, Coping & Resilience session Perry Tech will also be using materials from the JED Foundation's Seize the Awkward campaign. Following the first Stress, Coping & Resilience session will be putting Seize the Awkward posters in the 68 bathrooms and stalls on

campus. Perry will also be distributing Perry Cares stress balls during Stress, Coping & Resilience session.

Perry Tech and Heritage University will offer optional, more in-depth suicide prevention L.E.A.R.N. training for interested students on our campus, and will print and provide handouts and wallet cards with the L.E.A.R.N. steps. Students will have the opportunity to sign up for this training as part of their University 101 or their PTI 101 Stress, Coping & Resilience session and again through periodic emails.



## Project Evaluation

Preliminary survey results indicated that there was room for additional learning when it came to one's comfort and awareness of being able to address suicide. What was collected in the survey results (See Appendix A and B) indicates that at Perry Tech faculty and staff for example reported moderate levels of confidence when asked if they could recognize the warning signs of suicide. With 60% reporting "little confidence". Students of Perry Tech were a bit more confident in their response with 36% of them reporting they felt confident. This could be a generational or cultural difference.

For Heritage University the community is a bit more confident, with over 50% of the responses reporting they felt confident for very confident when asked recognizing the warning signs for suicide. Heritage University offers Bachelors' degrees in Psychology, social work, and criminal justice, students and faculty in these programs are exposed to such training and information in course curriculum and as part of required training prior to internships or practicum experiences. With this baseline collected Heritage University and Perry Tech will re-evaluate responses in future given the no-cost extension was not allowed and response rate would have been minimal.

Other assessments tools used to evaluate the training were post-training evaluations. These evaluations provided insight into the learning and quality of the training. After are review the majority of participants rated the training as valuable and information they would use in the future and also indicated stated they strongly agreed that some of the information

reviewed was new. The Average response for Relevant and Useful information was 4.85 and the average response for New Information and Content was 4.56 (n=34).

In the future we will be able to track referral rates and information collected from the Cares programs, a baseline was not available. Additionally, both Perry Tech and Heritage University will administer one additional survey to measure learning and comfortable levels around address suicide.

## Expenditure Report

This information will be provided in July after the close out of all expenditures to ensure an accurate reflection and account of through June 30, 2019. We anticipate unexpended funding in the range of \$7K to 12K. We want to ensure each partner has an opportunity to review and send us final invoices by July 8, 2019.

## Next Steps

Heritage University and Perry Technical Institute have forged a new partnership and anticipate further collaborate on future projects. As two private non-profit organizations that provide different services, but serve the same populations, the value of working together was established as part of this work on the suicide prevention grant. The Suicide Prevention grant allowed both institutions to pave the way for our continued work on the Cares programs, the vision for this initiatives is to ensure that faculty and staff are well trained and prepared to assist students in crisis and more important trained to recognize the signs when students might disengage from their learning environment.

## Certifications

The undersigned certify, to the best of their knowledge, that this report is accurate and complete. If employed by a postsecondary education institution, the undersigned also certify that the institution they work for completed the data survey outlined in Substitute Senate Bill 6514 and plans to complete future data surveys resulting from the bill.

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Project Director Signature

Melissa Hill, Ph.D.

Print Project Director Name

Vice President for Student Affairs

Print Project Director Title

June 30, 2019

Print Date Signed

If applicable (add as many lines as necessary for multiple co-directors):

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Project Co-Director Signature

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Print Project Co-Director Name

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Print Project Co-Director Title

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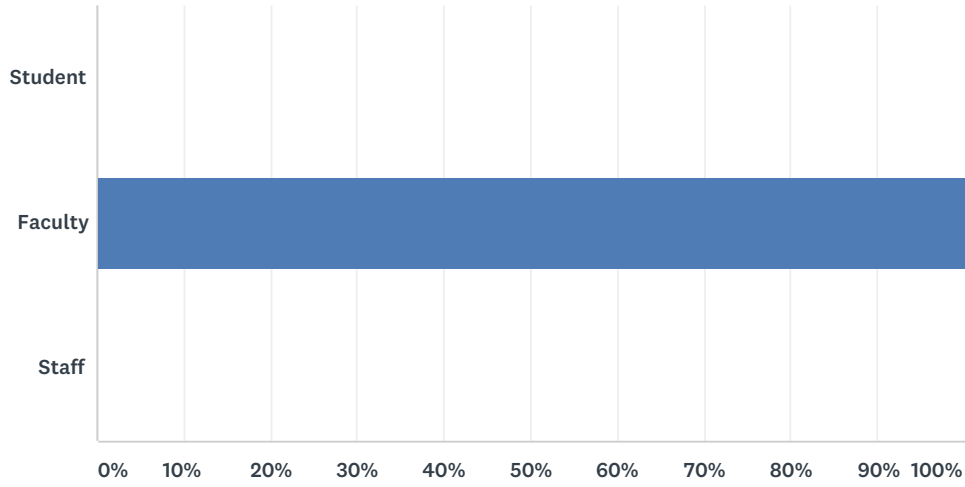
Print Date Signed

# Appendix A

## Survey Results

# Q1 Which of the following describes you?

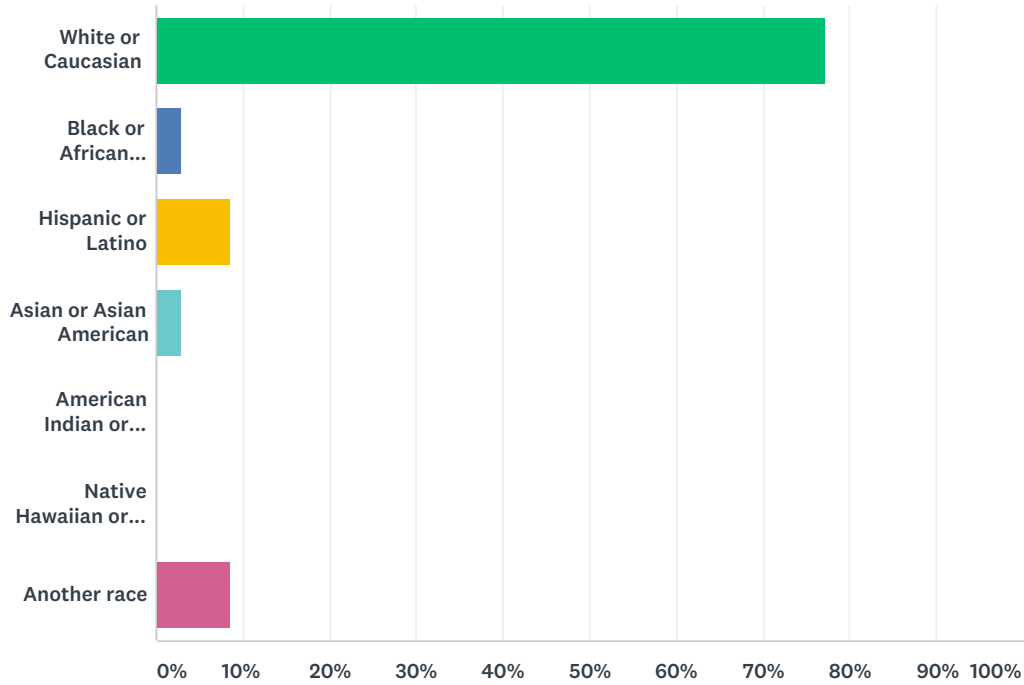
Answered: 35 Skipped: 0



ANSWER CHOICES	RESPONSES
Student	0.00% 0
Faculty	100.00% 35
Staff	0.00% 0
TOTAL	35

## Q2 What is your ethnicity?

Answered: 35 Skipped: 0

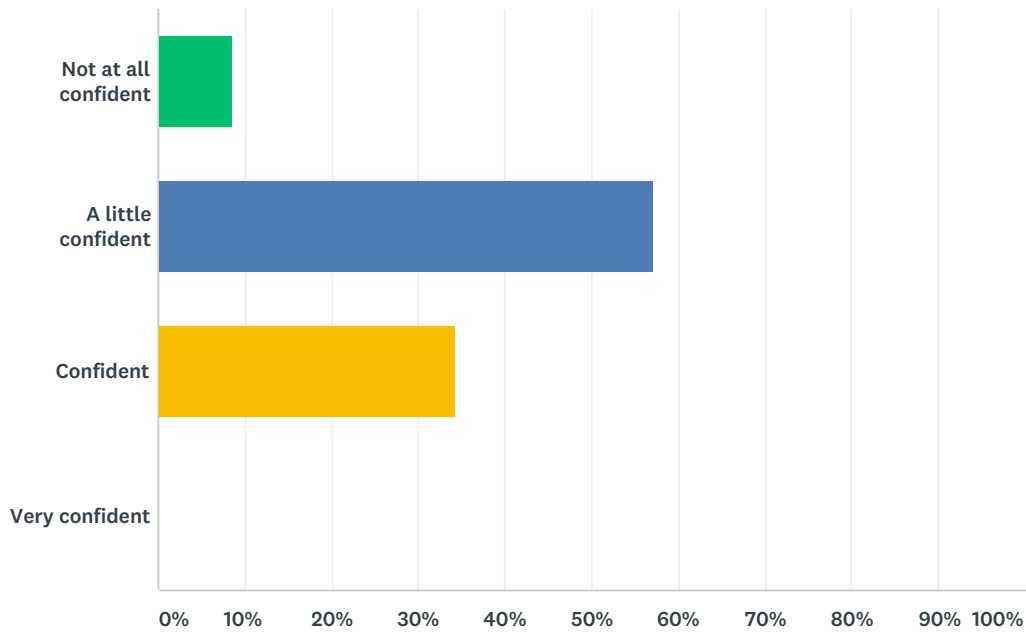


ANSWER CHOICES	RESPONSES	
White or Caucasian	77.14%	27
Black or African American	2.86%	1
Hispanic or Latino	8.57%	3
Asian or Asian American	2.86%	1
American Indian or Alaska Native	0.00%	0
Native Hawaiian or other Pacific Islander	0.00%	0
Another race	8.57%	3
<b>TOTAL</b>		<b>35</b>



### Q3 How confident are you that you can recognize the warning signs of suicide?

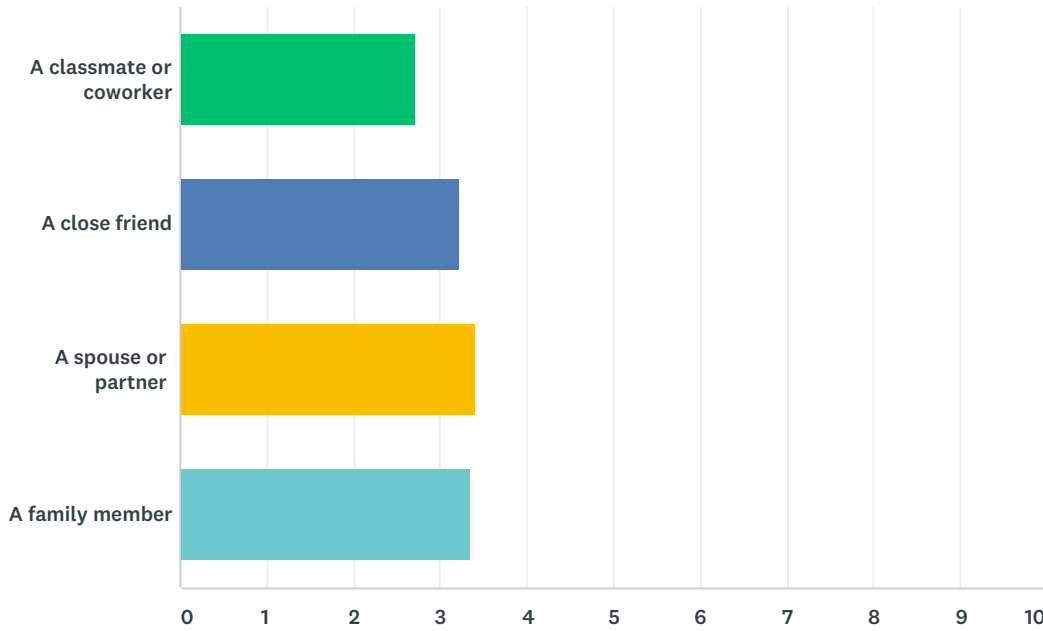
Answered: 35 Skipped: 0



ANSWER CHOICES	RESPONSES
Not at all confident	8.57% 3
A little confident	57.14% 20
Confident	34.29% 12
Very confident	0.00% 0
<b>TOTAL</b>	<b>35</b>

### Q4 If you were concerned that the following people were at risk, how comfortable would you be talking with them about suicide?

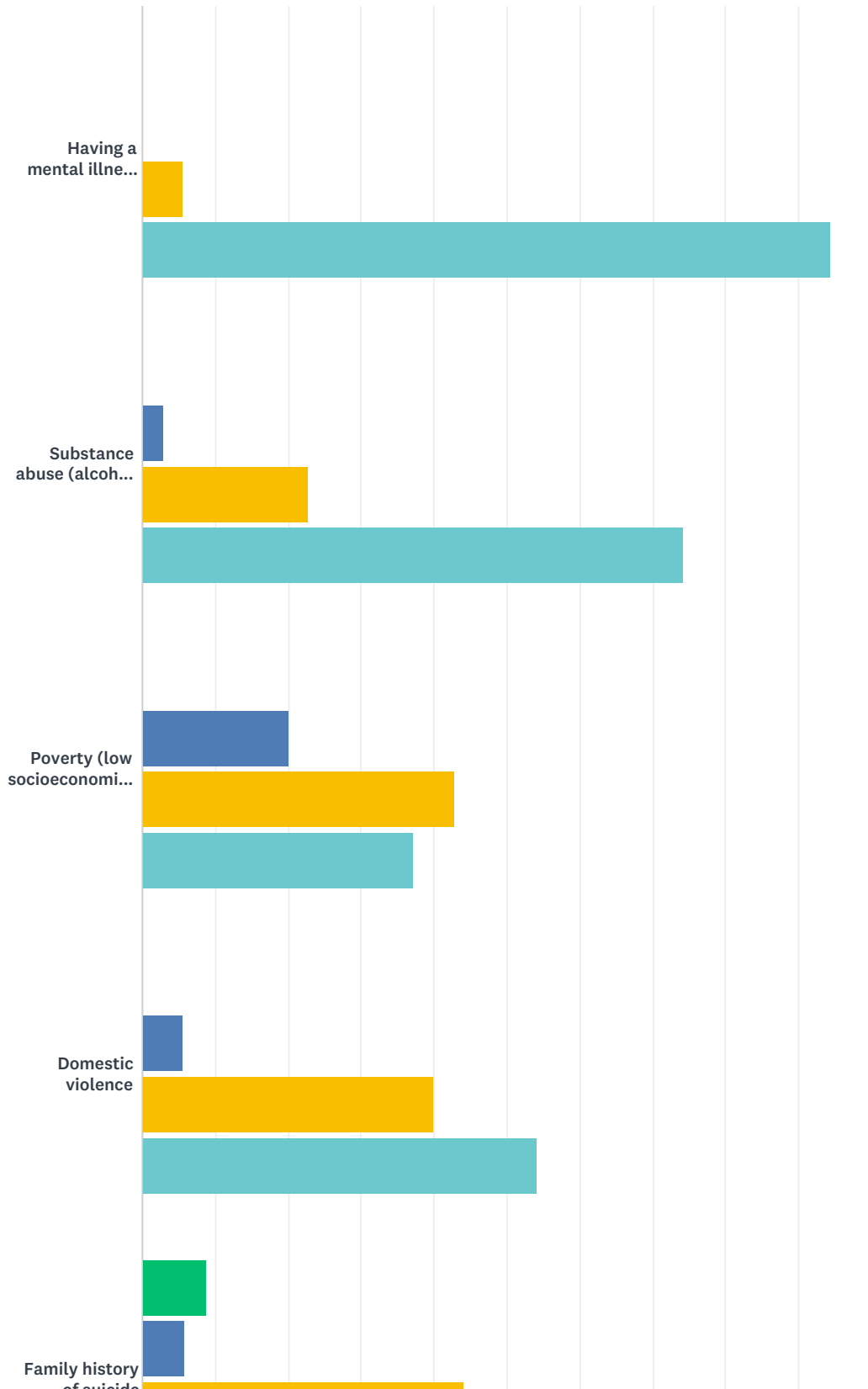
Answered: 35 Skipped: 0

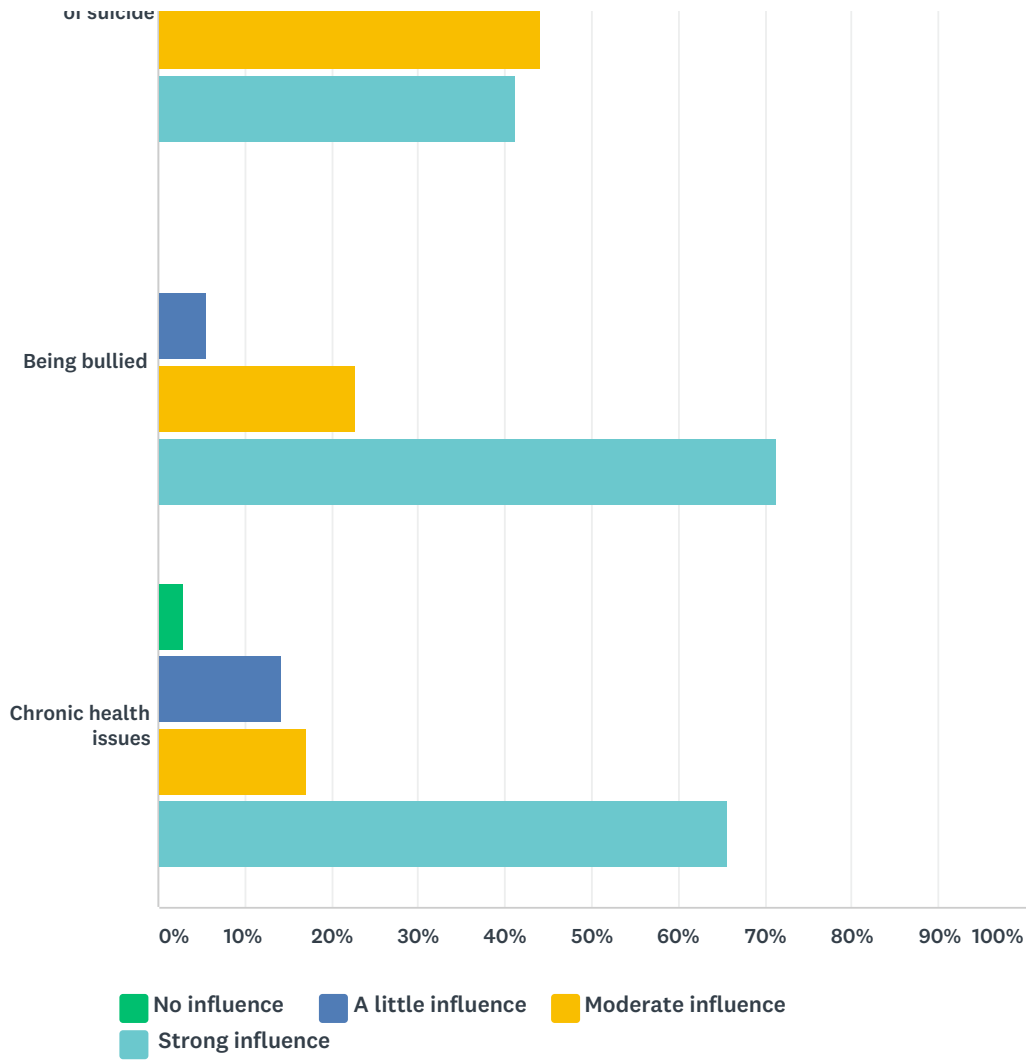


	NOT AT ALL COMFORTABLE	A LITTLE COMFORTABLE	COMFORTABLE	VERY COMFORTABLE	TOTAL	WEIGHTED AVERAGE
A classmate or coworker	5.71% 2	34.29% 12	42.86% 15	17.14% 6	35	2.71
A close friend	0.00% 0	8.57% 3	60.00% 21	31.43% 11	35	3.23
A spouse or partner	0.00% 0	5.71% 2	48.57% 17	45.71% 16	35	3.40
A family member	0.00% 0	5.71% 2	54.29% 19	40.00% 14	35	3.34

# Q5 As far as you know, how much do the following factors increase a person's suicide risk?

Answered: 35 Skipped: 0

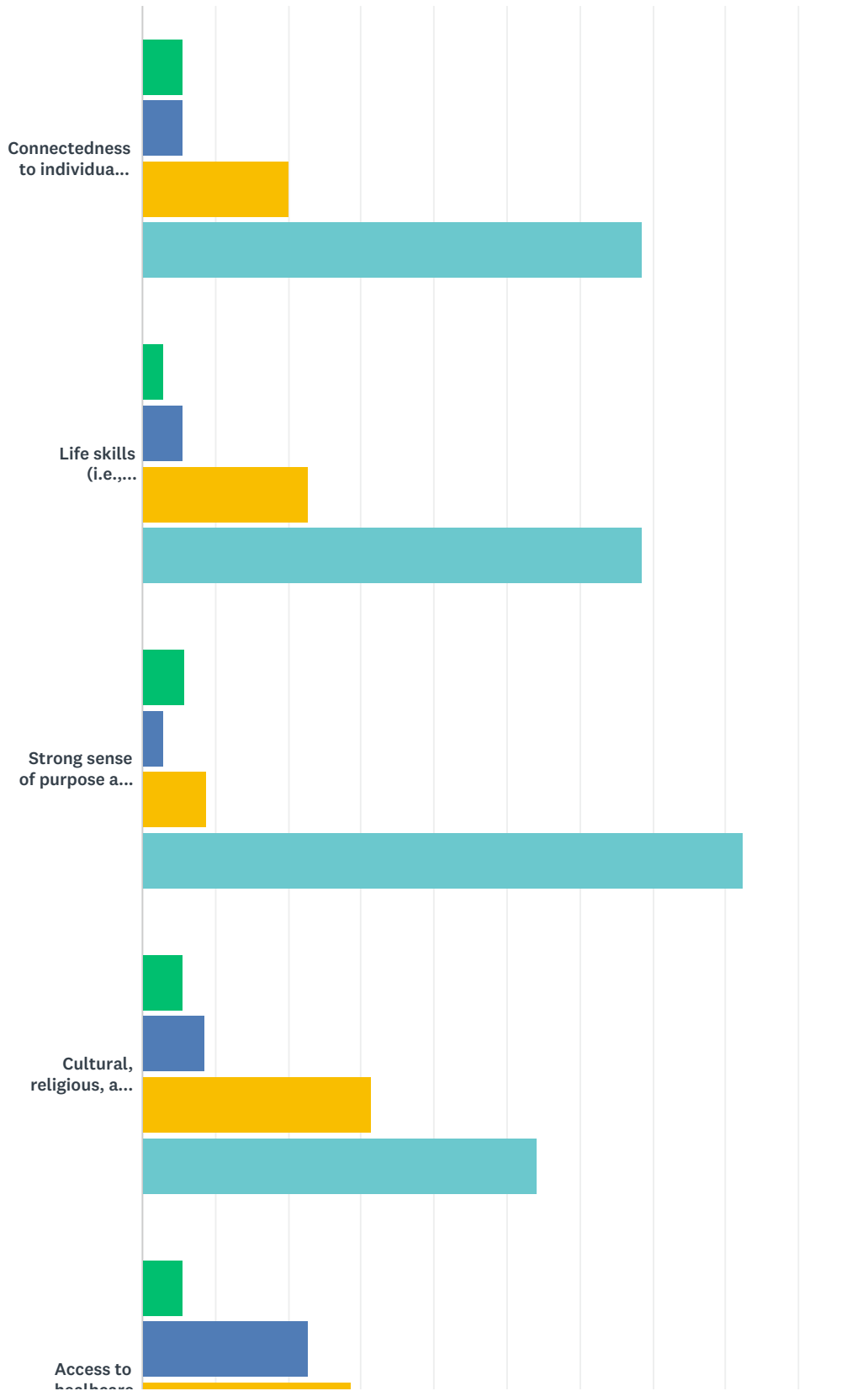


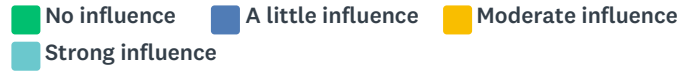
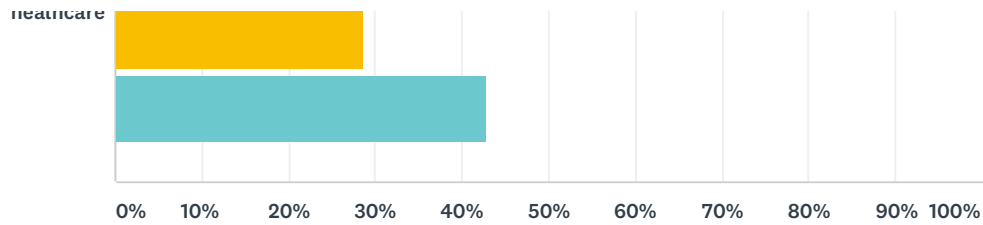


	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL
Having a mental illness (depression, PTSD, anxiety, etc.)	0.00% 0	0.00% 0	5.71% 2	94.29% 33	35
Substance abuse (alcohol, drugs, etc.)	0.00% 0	2.86% 1	22.86% 8	74.29% 26	35
Poverty (low socioeconomic status, homelessness)	0.00% 0	20.00% 7	42.86% 15	37.14% 13	35
Domestic violence	0.00% 0	5.71% 2	40.00% 14	54.29% 19	35
Family history of suicide	8.82% 3	5.88% 2	44.12% 15	41.18% 14	34
Being bullied	0.00% 0	5.71% 2	22.86% 8	71.43% 25	35
Chronic health issues	2.86% 1	14.29% 5	17.14% 6	65.71% 23	35

# Q6 As far as you know, how much do the following factors decrease a person's suicide risk?

Answered: 35 Skipped: 0

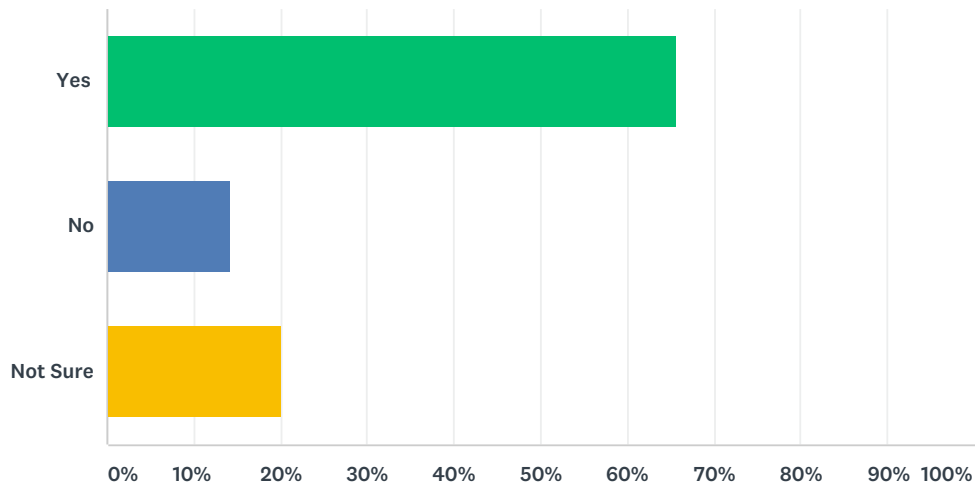




	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL
Connectedness to individuals, family, and community.	5.71% 2	5.71% 2	20.00% 7	68.57% 24	35
Life skills (i.e., problem-solving, coping skills, and ability to adapt to change)	2.86% 1	5.71% 2	22.86% 8	68.57% 24	35
Strong sense of purpose and meaning in life.	5.88% 2	2.94% 1	8.82% 3	82.35% 28	34
Cultural, religious, and personal beliefs	5.71% 2	8.57% 3	31.43% 11	54.29% 19	35
Access to healthcare	5.71% 2	22.86% 8	28.57% 10	42.86% 15	35

### Q7 If you knew someone was thinking about suicide, do you know who to refer them to on campus?

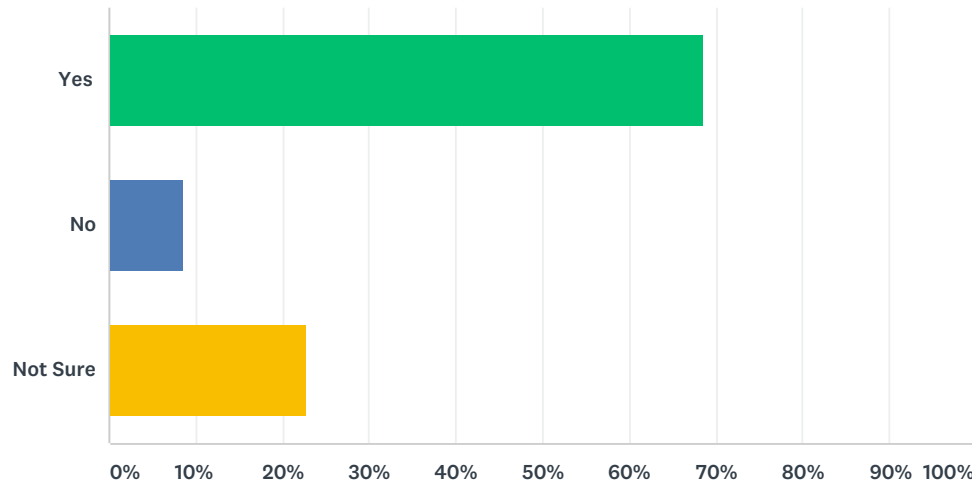
Answered: 35 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	65.71% 23
No	14.29% 5
Not Sure	20.00% 7
TOTAL	35

## Q8 Do you know how to access at least one resource (hotlines, crisis text lines, counseling, etc) to recommend to someone who seems at risk of suicide?

Answered: 35 Skipped: 0

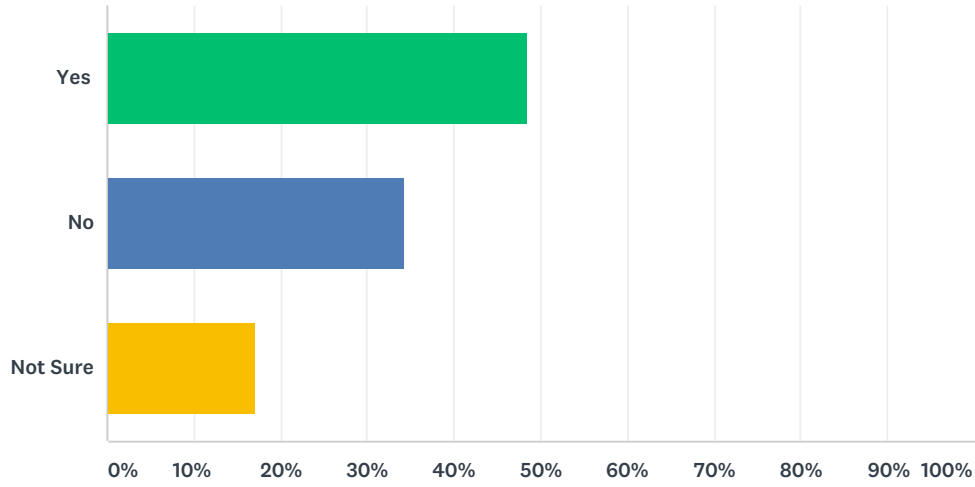


ANSWER CHOICES	RESPONSES	
Yes	68.57%	24
No	8.57%	3
Not Sure	22.86%	8
TOTAL		35



# Q9 Have you ever received suicide prevention training?

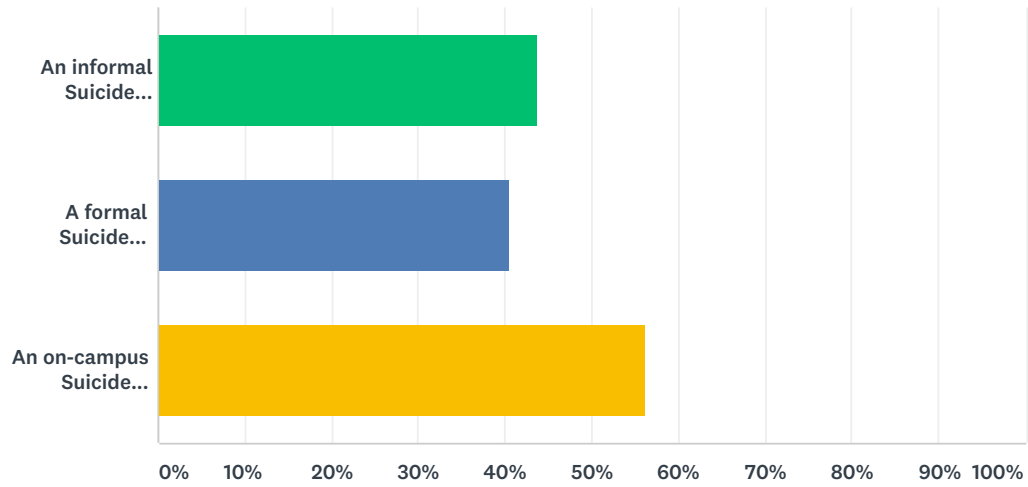
Answered: 35 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	48.57%	17
No	34.29%	12
Not Sure	17.14%	6
TOTAL		35

## Q10 Which of the following would you be interested in?

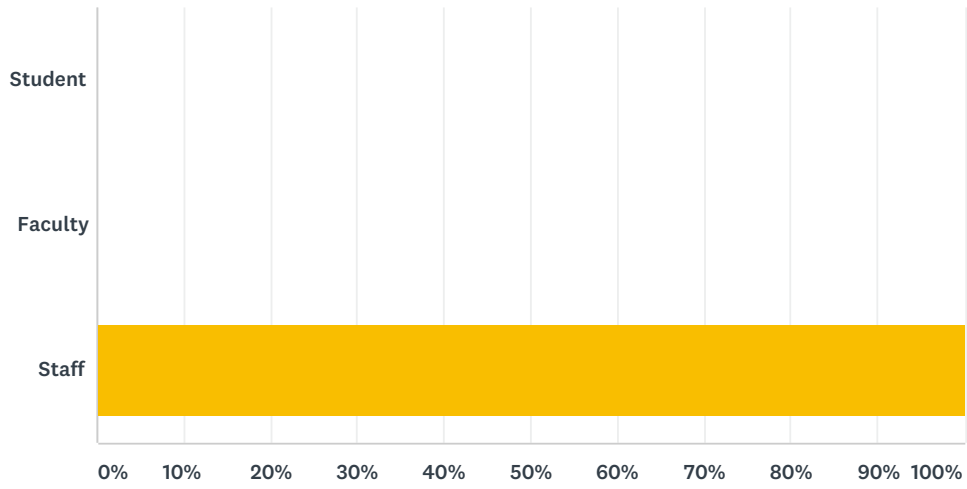
Answered: 32 Skipped: 3



ANSWER CHOICES	RESPONSES	
An informal Suicide Prevention Workshop (general suicide prevention awareness)	43.75%	14
A formal Suicide Prevention Training (in-depth information on how to respond)	40.63%	13
An on-campus Suicide Awareness Event (keynote speaker, etc.)	56.25%	18
Total Respondents: 32		

# Q1 Which of the following describes you?

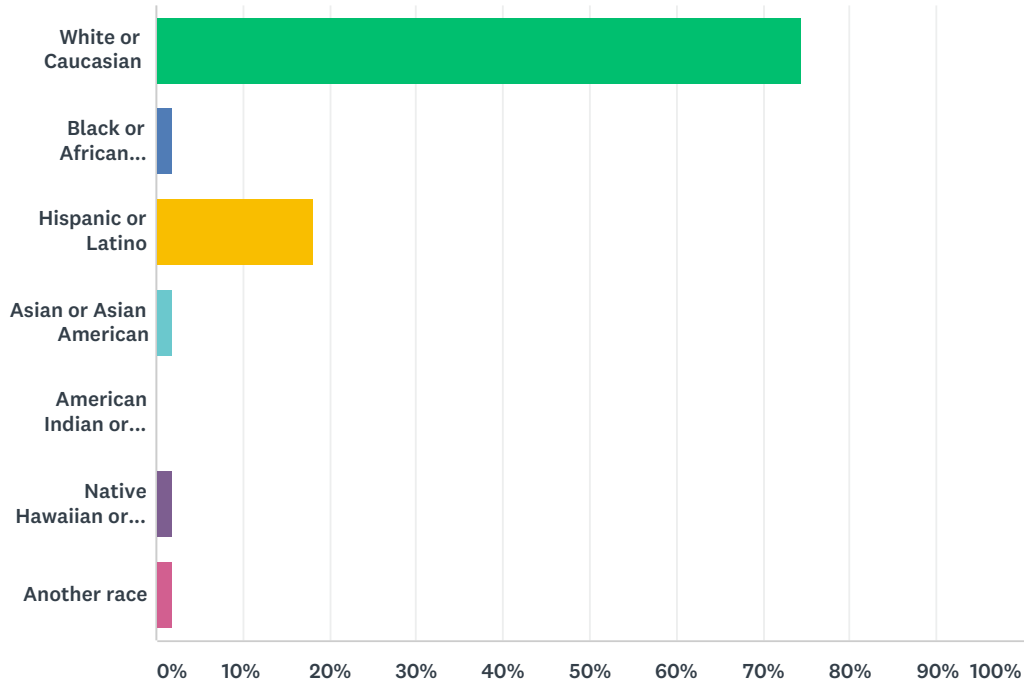
Answered: 55 Skipped: 0



ANSWER CHOICES	RESPONSES
Student	0.00% 0
Faculty	0.00% 0
Staff	100.00% 55
TOTAL	55

## Q2 What is your ethnicity?

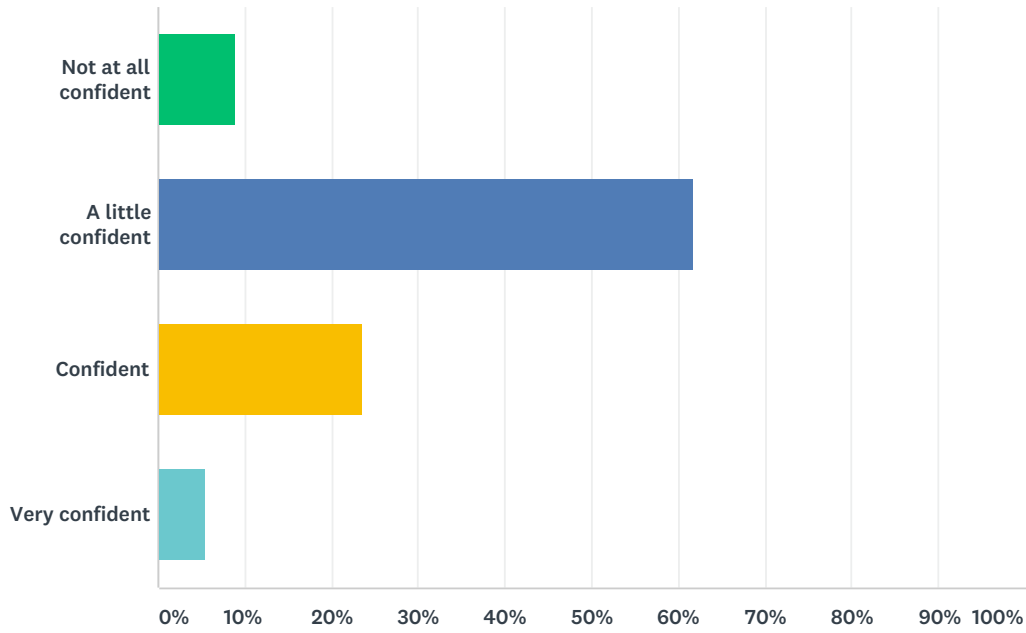
Answered: 55 Skipped: 0



ANSWER CHOICES	RESPONSES	
White or Caucasian	74.55%	41
Black or African American	1.82%	1
Hispanic or Latino	18.18%	10
Asian or Asian American	1.82%	1
American Indian or Alaska Native	0.00%	0
Native Hawaiian or other Pacific Islander	1.82%	1
Another race	1.82%	1
<b>TOTAL</b>		<b>55</b>

### Q3 How confident are you that you can recognize the warning signs of suicide?

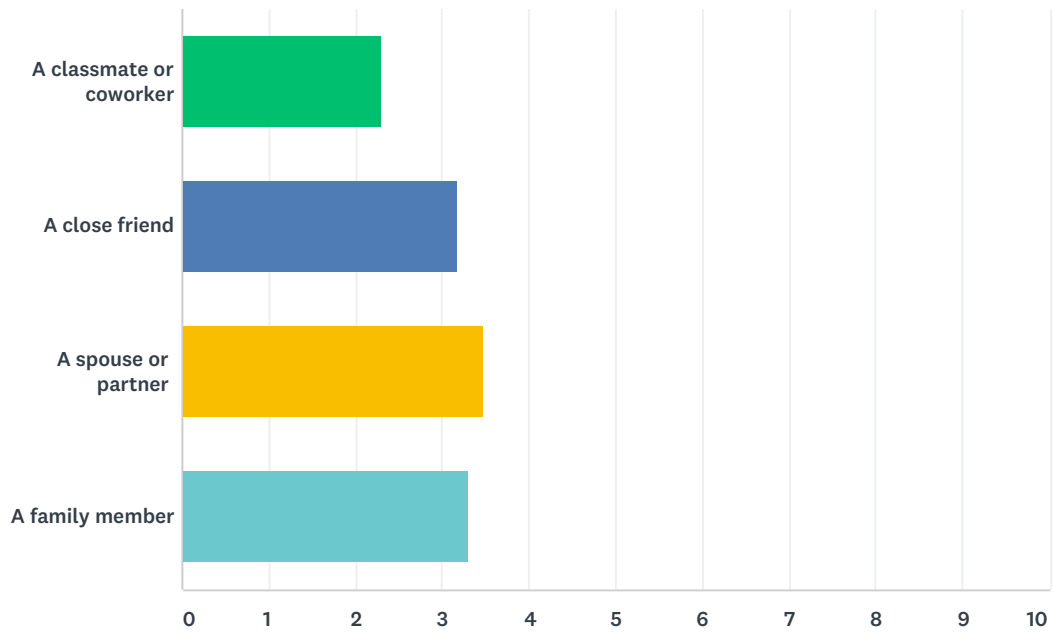
Answered: 55 Skipped: 0



ANSWER CHOICES	RESPONSES
Not at all confident	9.09% 5
A little confident	61.82% 34
Confident	23.64% 13
Very confident	5.45% 3
TOTAL	55

### Q4 If you were concerned that the following people were at risk, how comfortable would you be talking with them about suicide?

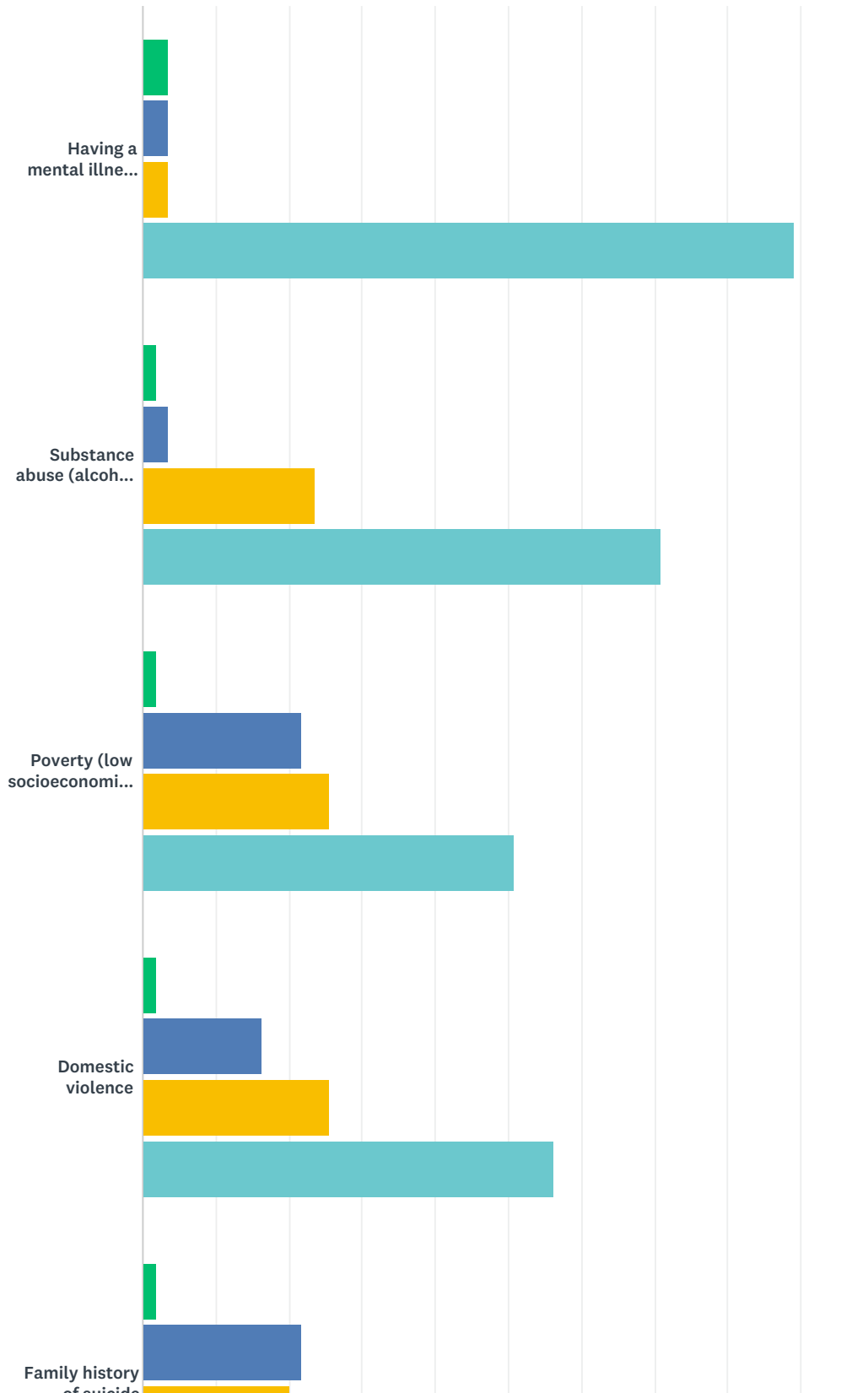
Answered: 55 Skipped: 0

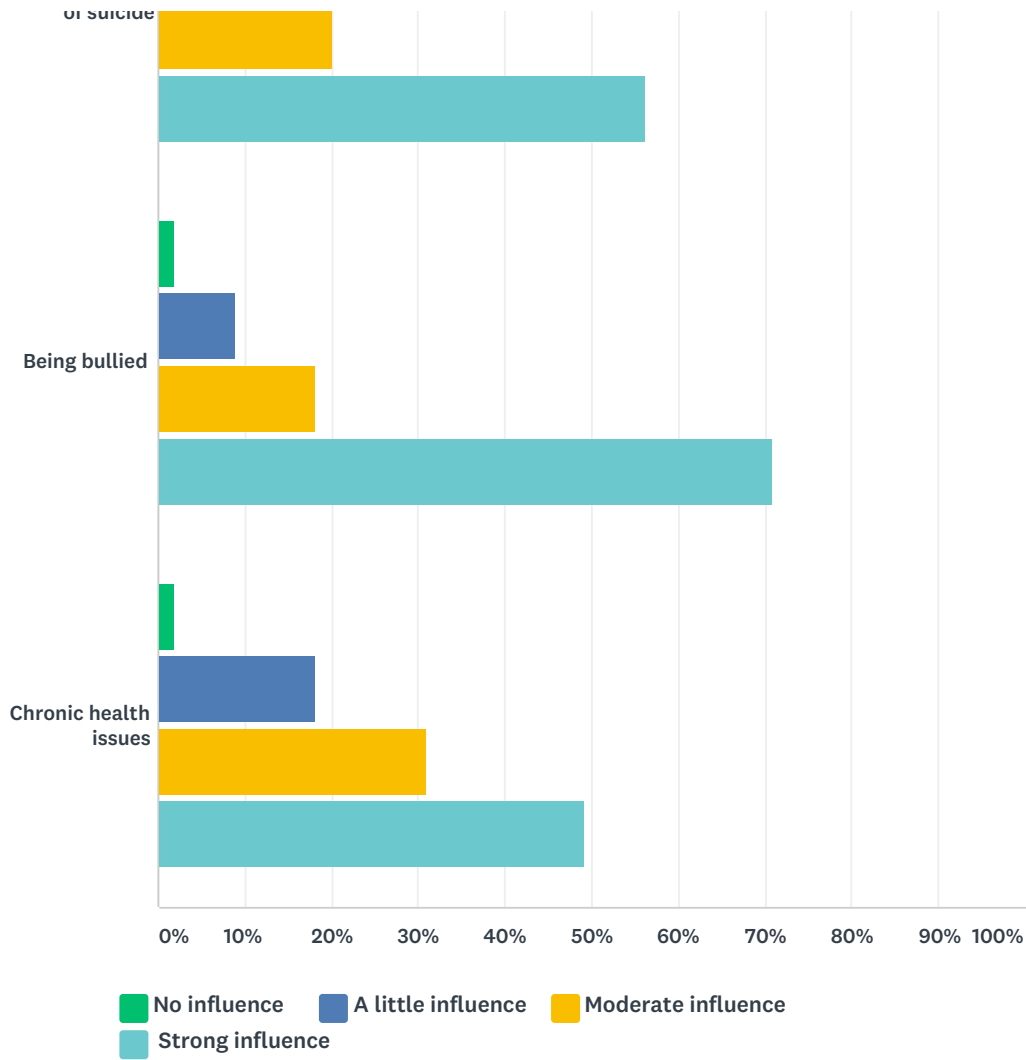


	NOT AT ALL COMFORTABLE	A LITTLE COMFORTABLE	COMFORTABLE	VERY COMFORTABLE	TOTAL	WEIGHTED AVERAGE
A classmate or coworker	18.18% 10	41.82% 23	30.91% 17	9.09% 5	55	2.31
A close friend	5.45% 3	14.55% 8	36.36% 20	43.64% 24	55	3.18
A spouse or partner	3.64% 2	9.09% 5	23.64% 13	63.64% 35	55	3.47
A family member	3.64% 2	14.55% 8	29.09% 16	52.73% 29	55	3.31

# Q5 As far as you know, how much do the following factors increase a person's suicide risk?

Answered: 55 Skipped: 0



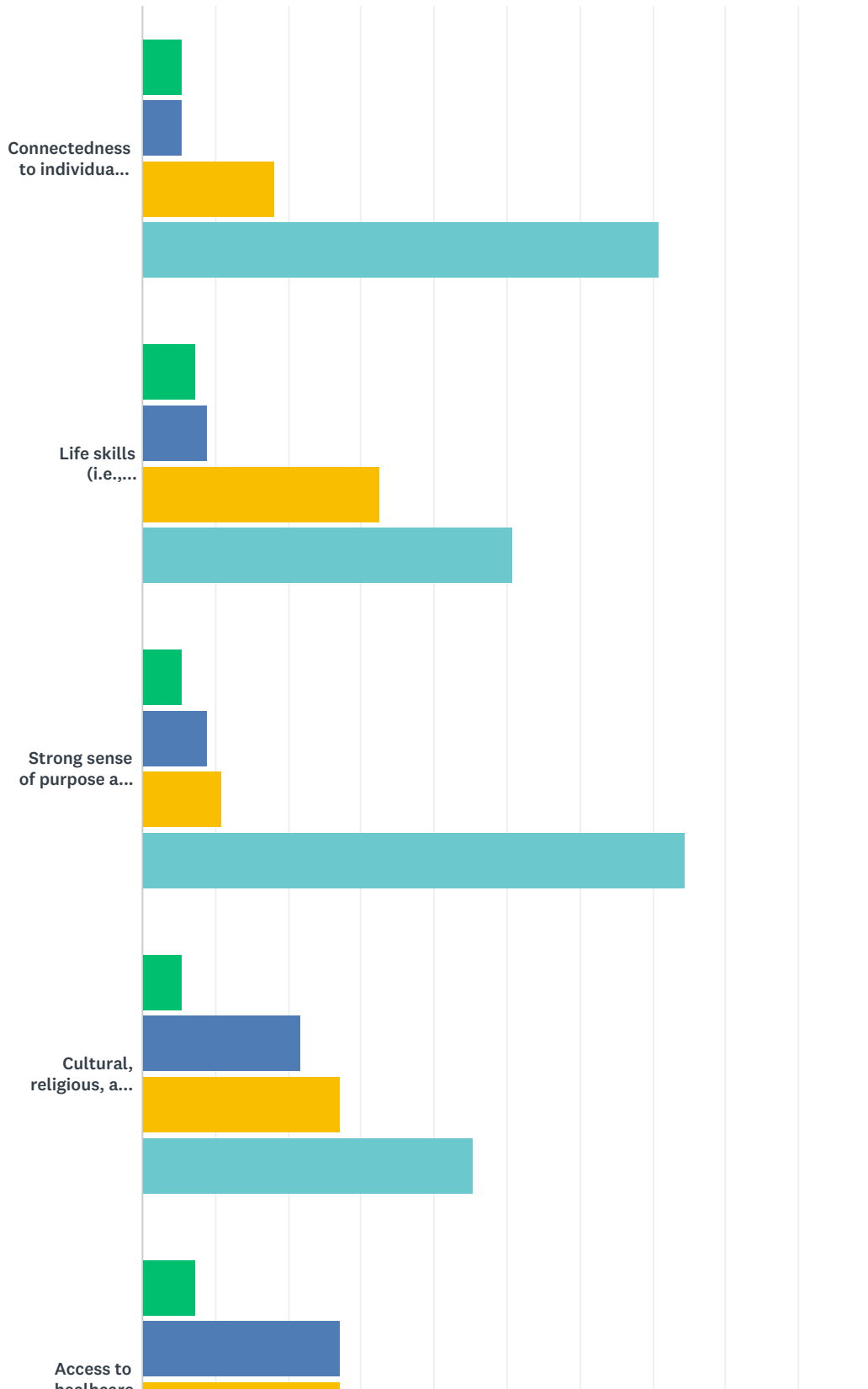


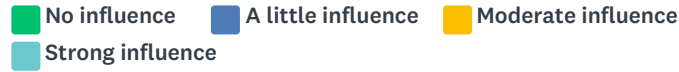
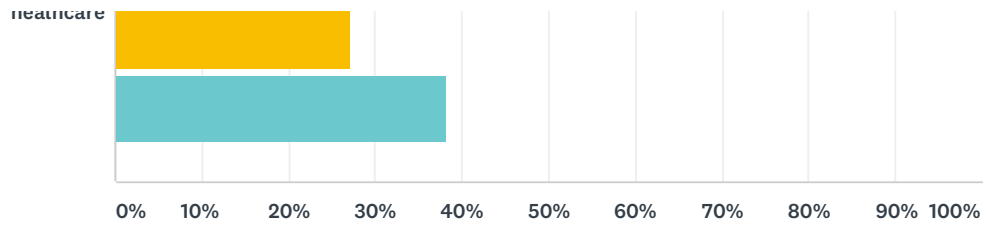
	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL
Having a mental illness (depression, PTSD, anxiety, etc.)	3.64% 2	3.64% 2	3.64% 2	89.09% 49	55
Substance abuse (alcohol, drugs, etc.)	1.82% 1	3.64% 2	23.64% 13	70.91% 39	55
Poverty (low socioeconomic status, homelessness)	1.82% 1	21.82% 12	25.45% 14	50.91% 28	55
Domestic violence	1.82% 1	16.36% 9	25.45% 14	56.36% 31	55
Family history of suicide	1.82% 1	21.82% 12	20.00% 11	56.36% 31	55
Being bullied	1.82% 1	9.09% 5	18.18% 10	70.91% 39	55
Chronic health issues	1.82% 1	18.18% 10	30.91% 17	49.09% 27	55



# Q6 As far as you know, how much do the following factors decrease a person's suicide risk?

Answered: 55 Skipped: 0

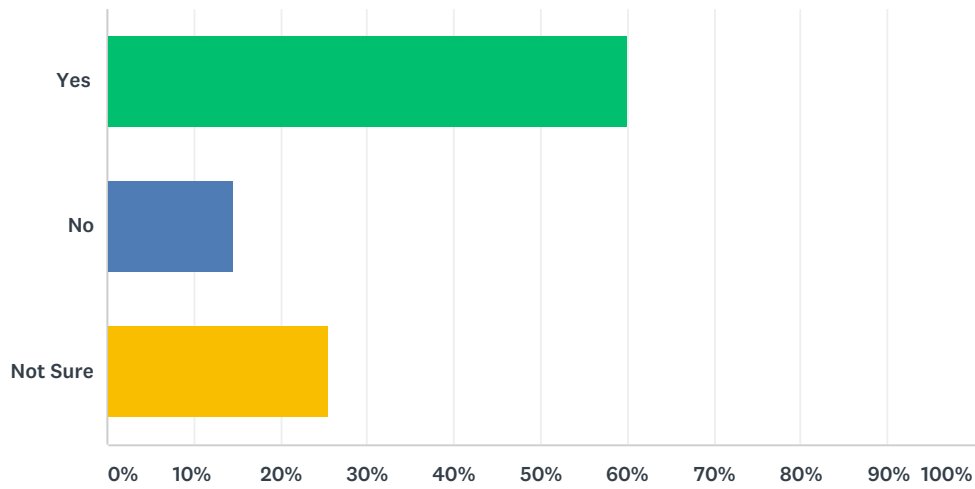




	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL
Connectedness to individuals, family, and community.	5.45% 3	5.45% 3	18.18% 10	70.91% 39	55
Life skills (i.e., problem-solving, coping skills, and ability to adapt to change)	7.27% 4	9.09% 5	32.73% 18	50.91% 28	55
Strong sense of purpose and meaning in life.	5.45% 3	9.09% 5	10.91% 6	74.55% 41	55
Cultural, religious, and personal beliefs	5.45% 3	21.82% 12	27.27% 15	45.45% 25	55
Access to healthcare	7.27% 4	27.27% 15	27.27% 15	38.18% 21	55

### Q7 If you knew someone was thinking about suicide, do you know who to refer them to on campus?

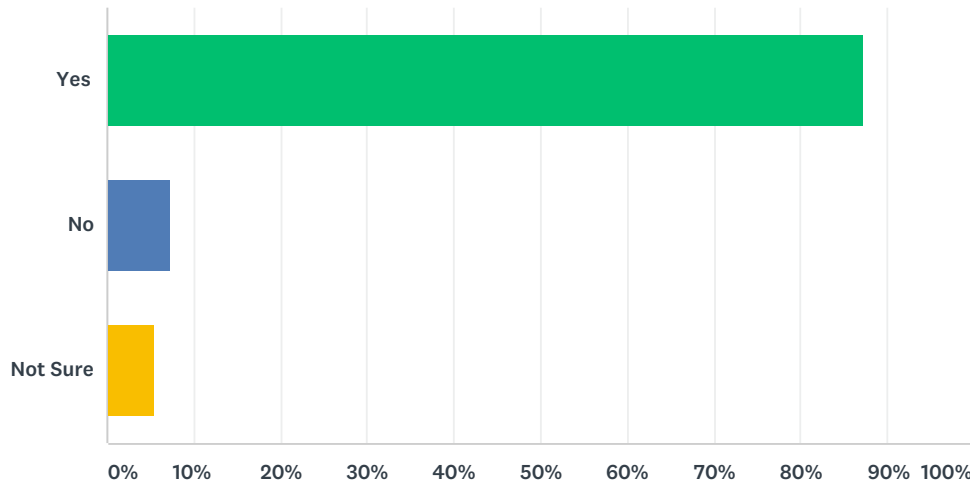
Answered: 55 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	60.00% 33
No	14.55% 8
Not Sure	25.45% 14
TOTAL	55

### Q8 Do you know how to access at least one resource (hotlines, crisis text lines, counseling, etc) to recommend to someone who seems at risk of suicide?

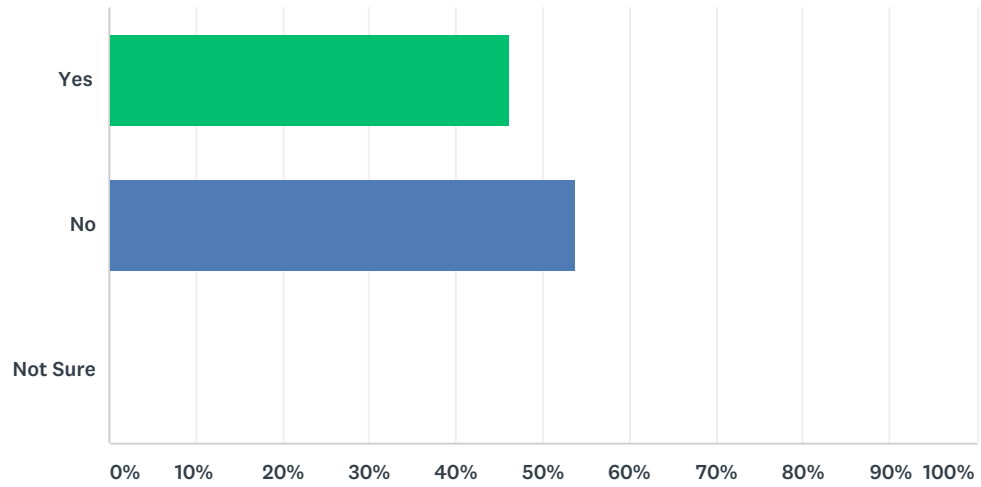
Answered: 55 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	87.27% 48
No	7.27% 4
Not Sure	5.45% 3
TOTAL	55

### Q9 Have you ever received suicide prevention training?

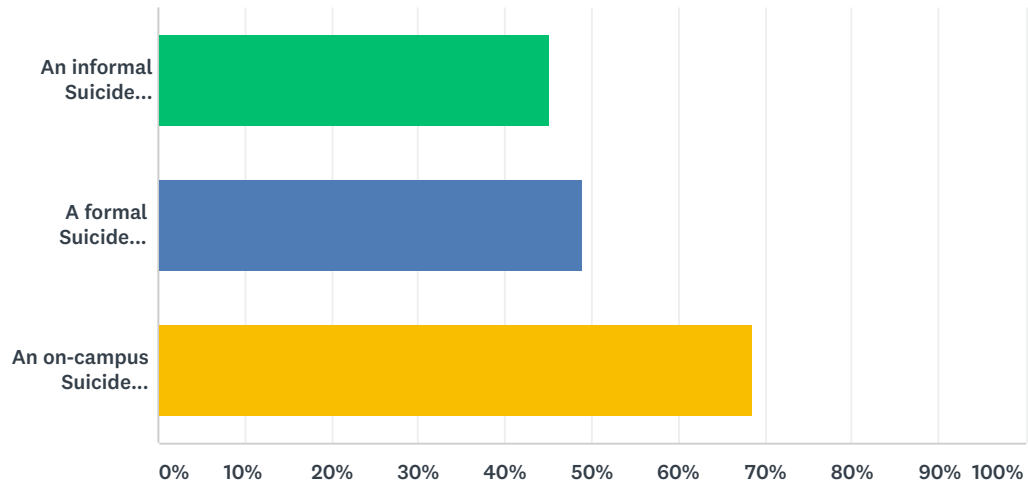
Answered: 54 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	46.30%	25
No	53.70%	29
Not Sure	0.00%	0
TOTAL		54

## Q10 Which of the following would you be interested in?

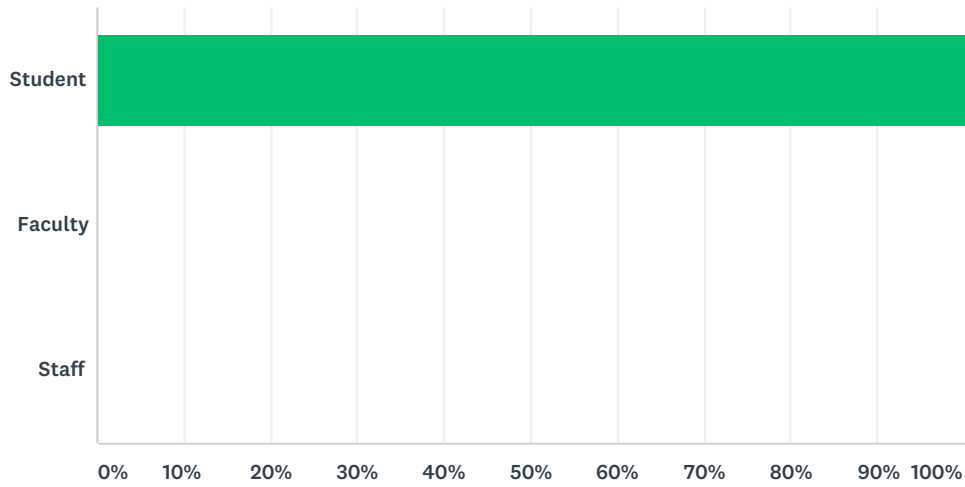
Answered: 51 Skipped: 4



ANSWER CHOICES	RESPONSES	
An informal Suicide Prevention Workshop (general suicide prevention awareness)	45.10%	23
A formal Suicide Prevention Training (in-depth information on how to respond)	49.02%	25
An on-campus Suicide Awareness Event (keynote speaker, etc.)	68.63%	35
Total Respondents: 51		

# Q1 Which of the following describes you?

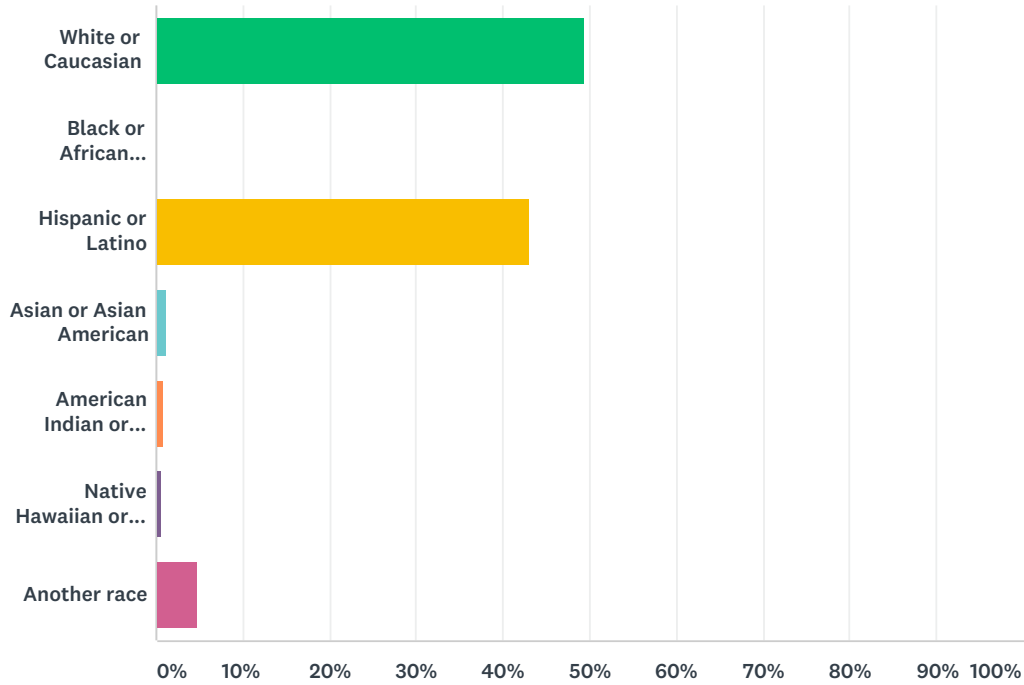
Answered: 430 Skipped: 0



ANSWER CHOICES	RESPONSES	
Student	100.00%	430
Faculty	0.00%	0
Staff	0.00%	0
TOTAL		430

## Q2 What is your ethnicity?

Answered: 430 Skipped: 0

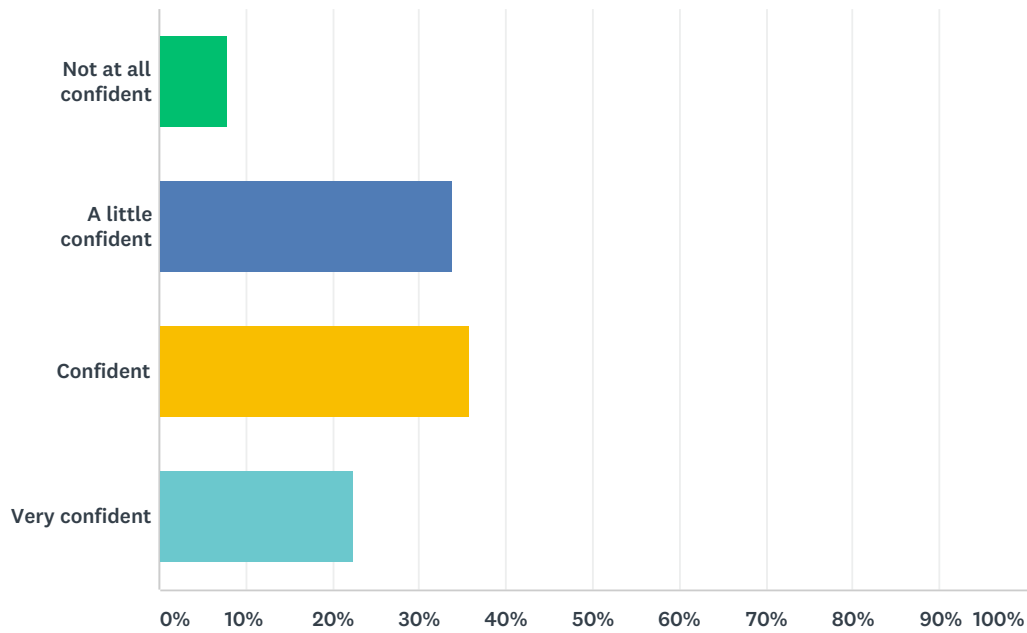


ANSWER CHOICES	RESPONSES
White or Caucasian	49.30% 212
Black or African American	0.00% 0
Hispanic or Latino	43.02% 185
Asian or Asian American	1.16% 5
American Indian or Alaska Native	0.93% 4
Native Hawaiian or other Pacific Islander	0.70% 3
Another race	4.88% 21
<b>TOTAL</b>	<b>430</b>



### Q3 How confident are you that you can recognize the warning signs of suicide?

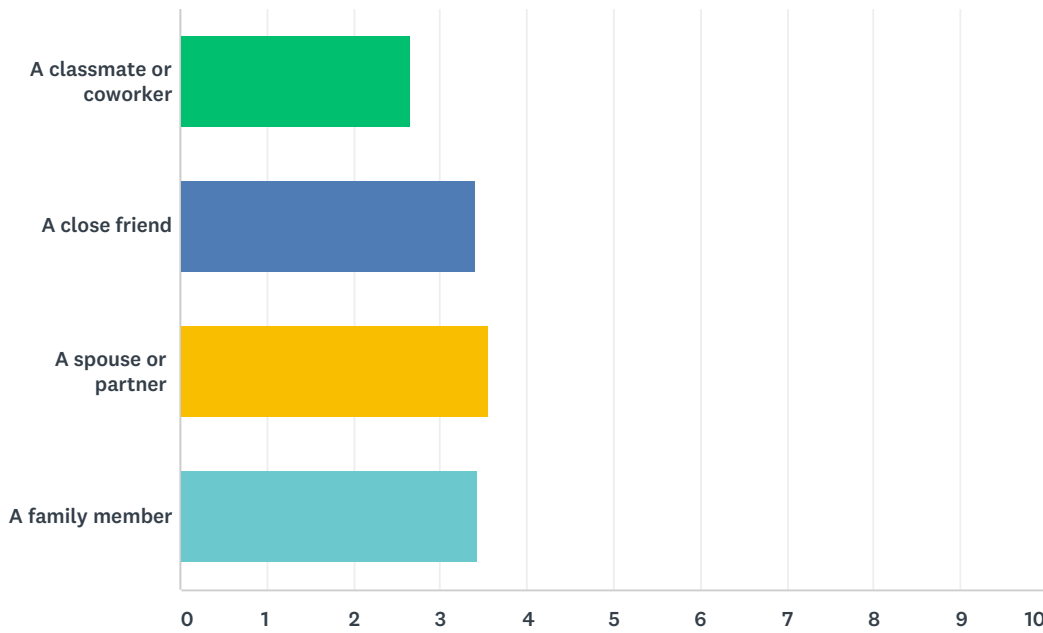
Answered: 430 Skipped: 0



ANSWER CHOICES	RESPONSES	
Not at all confident	7.91%	34
A little confident	33.95%	146
Confident	35.81%	154
Very confident	22.33%	96
TOTAL		430

### Q4 If you were concerned that the following people were at risk, how comfortable would you be talking with them about suicide?

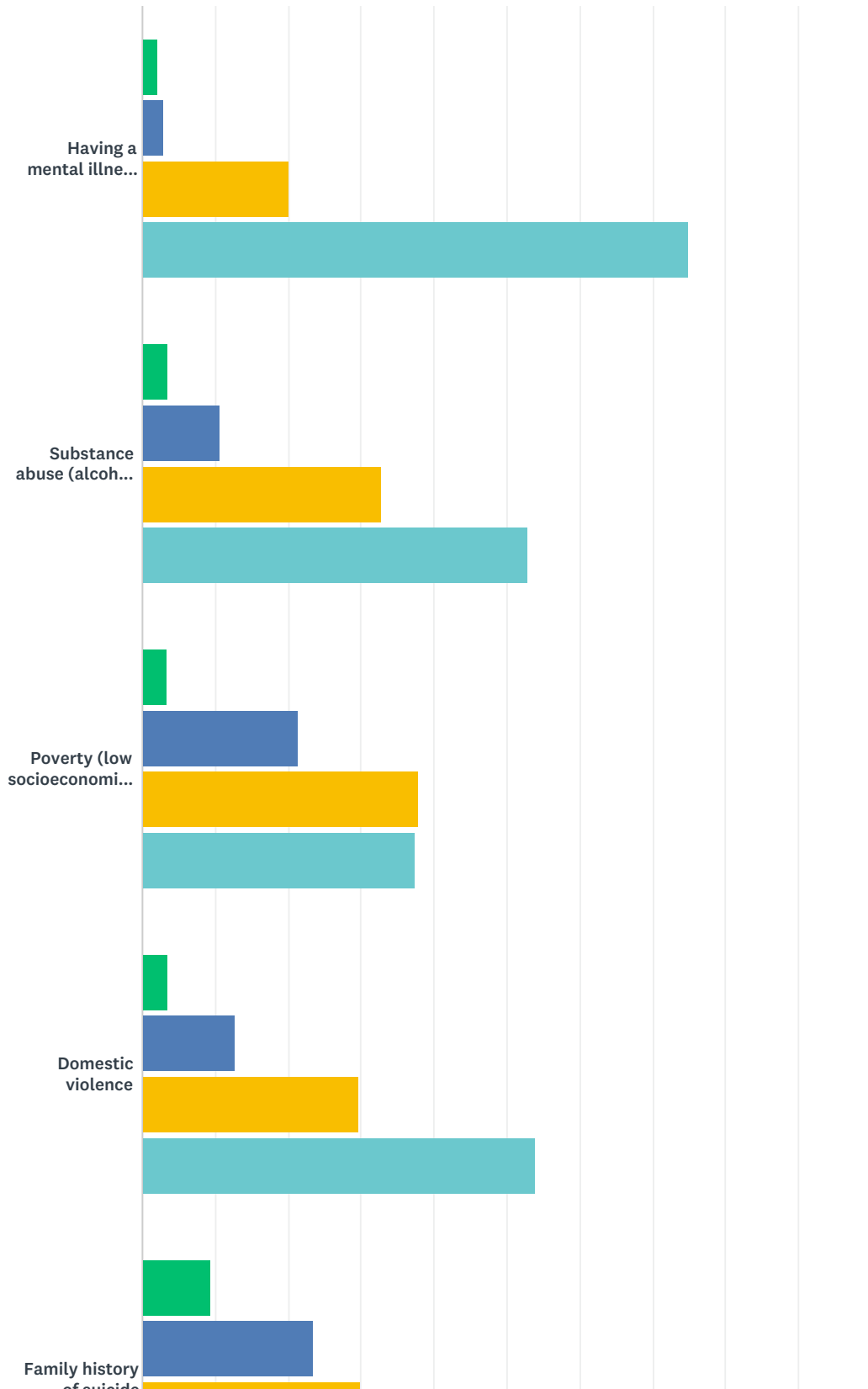
Answered: 430 Skipped: 0

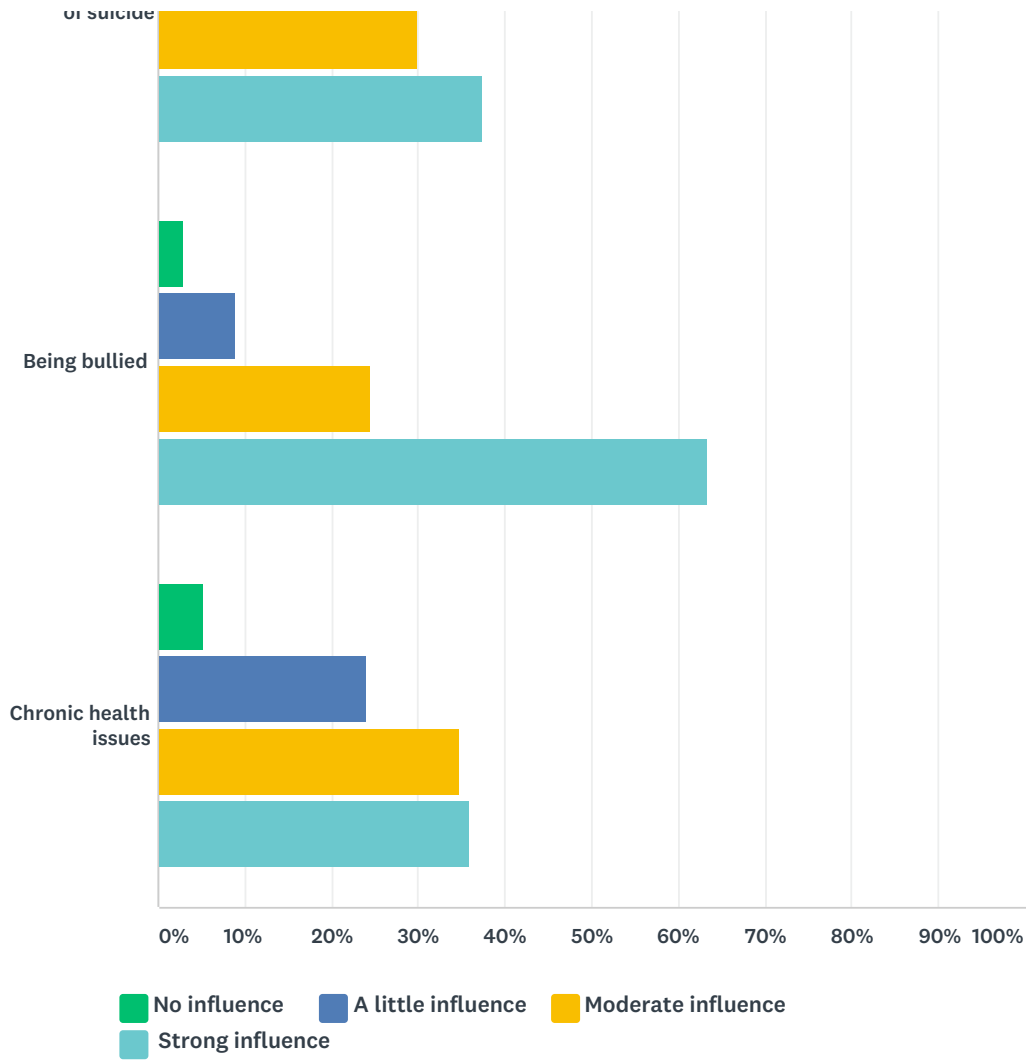


	NOT AT ALL COMFORTABLE	A LITTLE COMFORTABLE	COMFORTABLE	VERY COMFORTABLE	TOTAL	WEIGHTED AVERAGE
A classmate or coworker	10.70% 46	34.19% 147	33.95% 146	21.16% 91	430	2.66
A close friend	2.56% 11	8.86% 38	32.17% 138	56.41% 242	429	3.42
A spouse or partner	2.80% 12	6.07% 26	23.60% 101	67.52% 289	428	3.56
A family member	4.66% 20	9.56% 41	24.24% 104	61.54% 264	429	3.43

# Q5 As far as you know, how much do the following factors increase a person's suicide risk?

Answered: 430 Skipped: 0

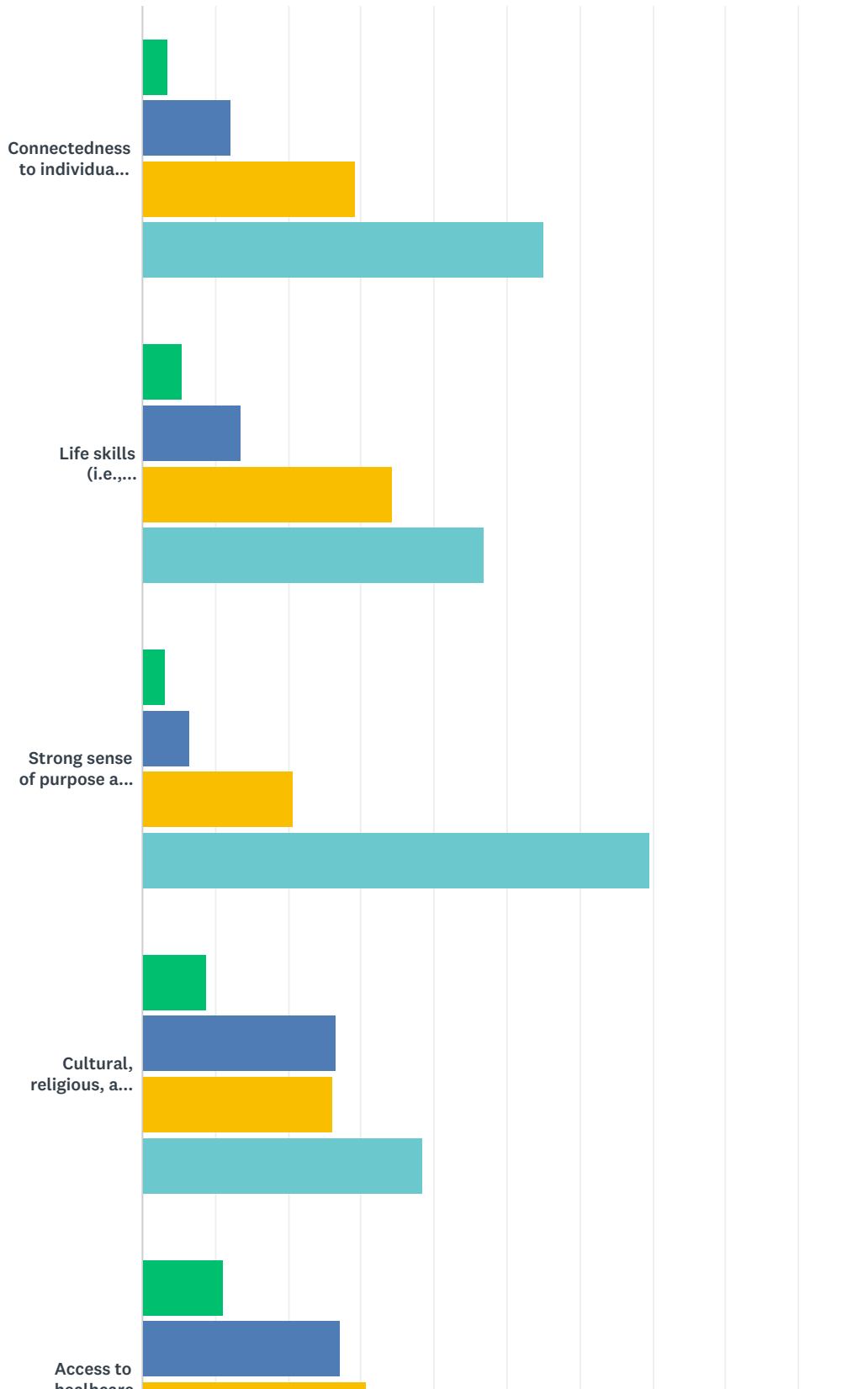


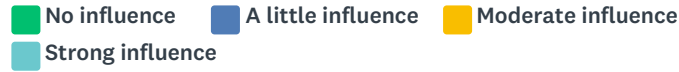
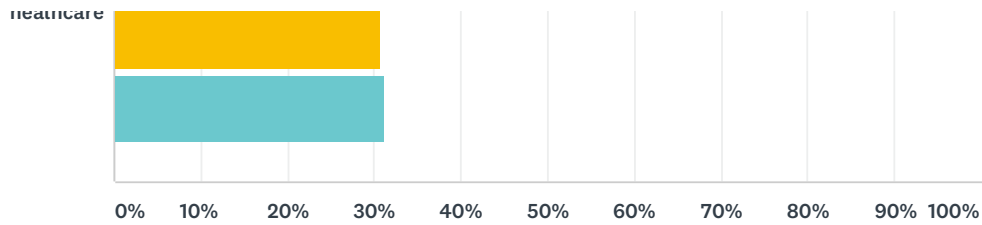


	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL
Having a mental illness (depression, PTSD, anxiety, etc.)	2.10% 9	3.03% 13	20.05% 86	74.83% 321	429
Substance abuse (alcohol, drugs, etc.)	3.50% 15	10.72% 46	32.87% 141	52.91% 227	429
Poverty (low socioeconomic status, homelessness)	3.26% 14	21.40% 92	37.91% 163	37.44% 161	430
Domestic violence	3.49% 15	12.79% 55	29.77% 128	53.95% 232	430
Family history of suicide	9.35% 40	23.36% 100	29.91% 128	37.38% 160	428
Being bullied	3.02% 13	9.07% 39	24.42% 105	63.49% 273	430
Chronic health issues	5.15% 22	24.12% 103	34.66% 148	36.07% 154	427

# Q6 As far as you know, how much do the following factors decrease a person's suicide risk?

Answered: 430 Skipped: 0

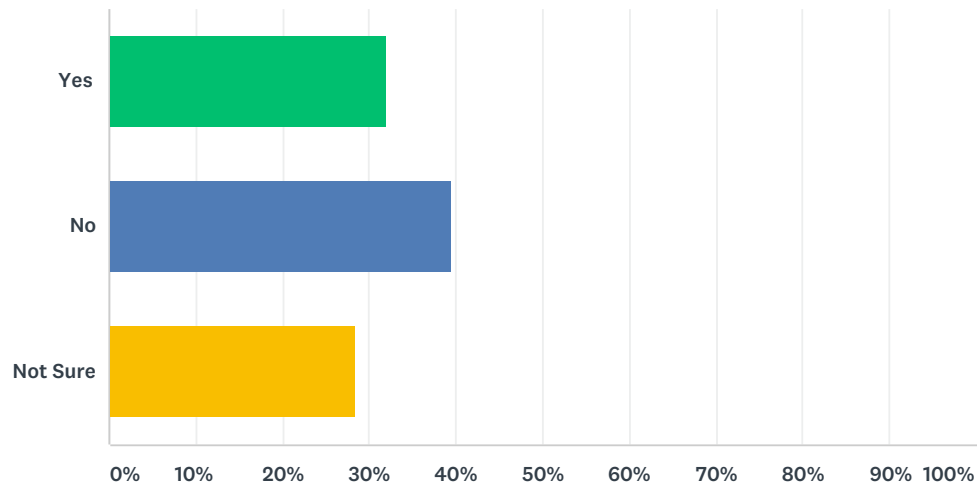




	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL
Connectedness to individuals, family, and community.	3.51% 15	12.18% 52	29.27% 125	55.04% 235	427
Life skills (i.e., problem-solving, coping skills, and ability to adapt to change)	5.36% 23	13.52% 58	34.27% 147	46.85% 201	429
Strong sense of purpose and meaning in life.	3.04% 13	6.54% 28	20.79% 89	69.63% 298	428
Cultural, religious, and personal beliefs	8.86% 38	26.57% 114	26.11% 112	38.46% 165	429
Access to healthcare	11.01% 47	27.17% 116	30.68% 131	31.15% 133	427

## Q7 If you knew someone was thinking about suicide, do you know who to refer them to on campus?

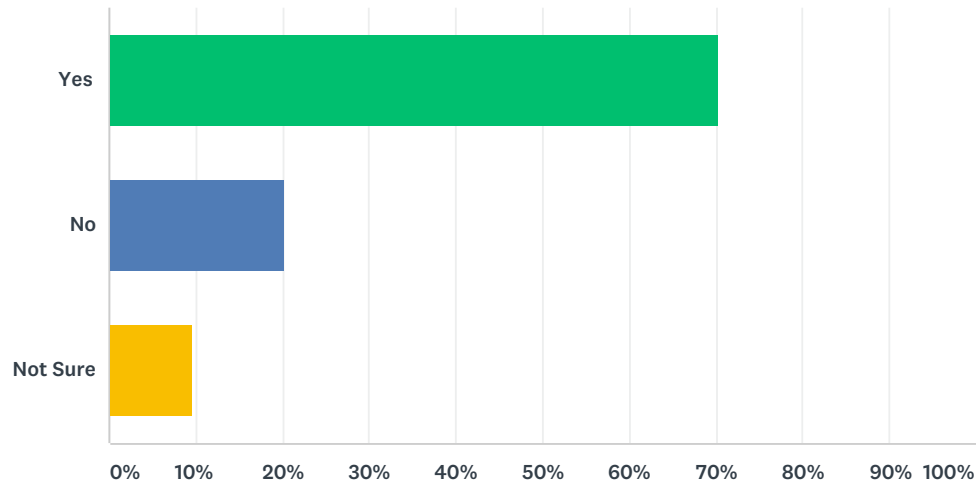
Answered: 430 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	32.09% 138
No	39.53% 170
Not Sure	28.37% 122
<b>TOTAL</b>	<b>430</b>

## Q8 Do you know how to access at least one resource (hotlines, crisis text lines, counseling, etc) to recommend to someone who seems at risk of suicide?

Answered: 430 Skipped: 0

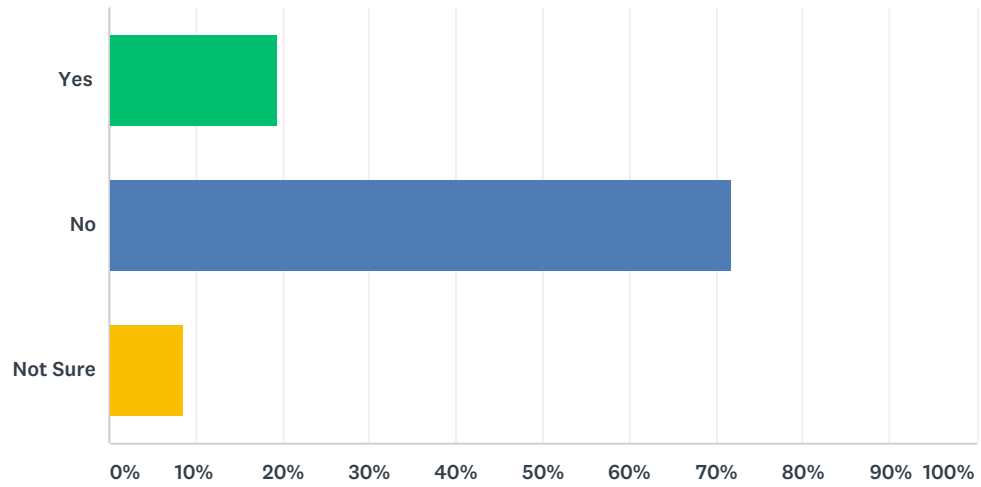


ANSWER CHOICES	RESPONSES	
Yes	70.23%	302
No	20.23%	87
Not Sure	9.53%	41
TOTAL		430



### Q9 Have you ever received suicide prevention training?

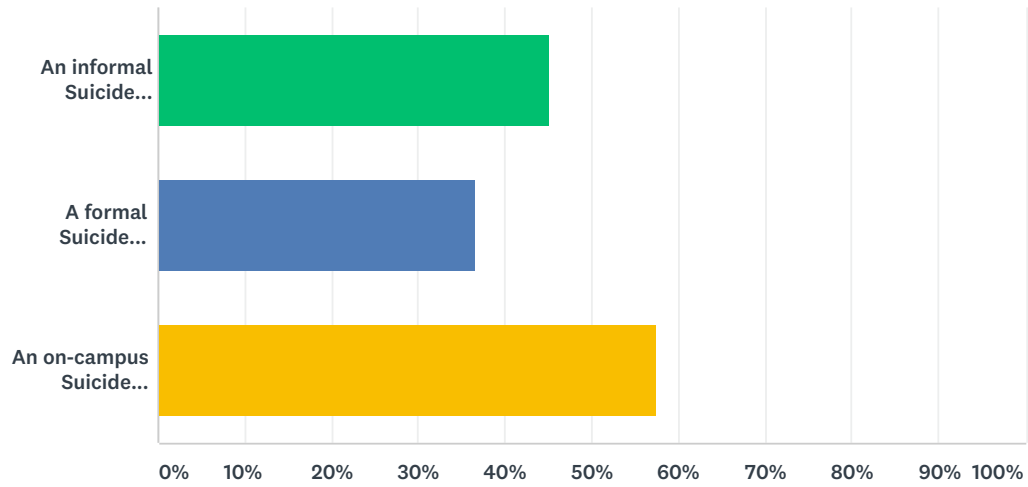
Answered: 430 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	19.53%	84
No	71.86%	309
Not Sure	8.60%	37
TOTAL		430

## Q10 Which of the following would you be interested in?

Answered: 401 Skipped: 29



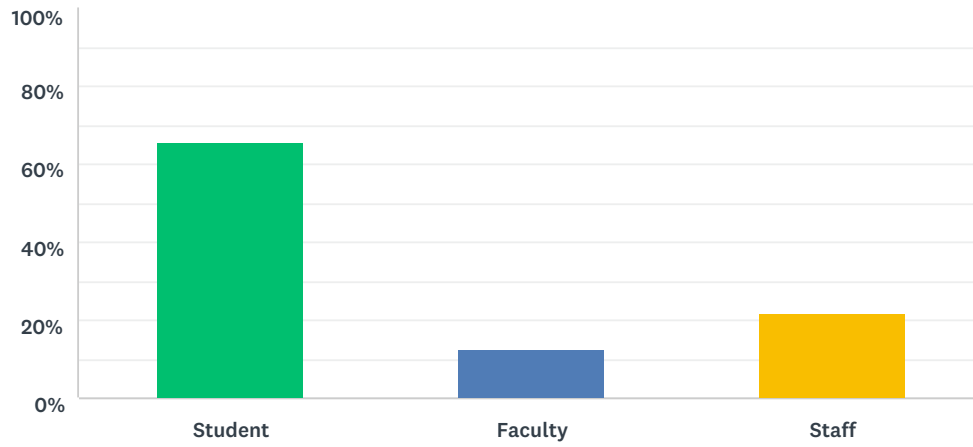
ANSWER CHOICES	RESPONSES	
An informal Suicide Prevention Workshop (general suicide prevention awareness)	45.14%	181
A formal Suicide Prevention Training (in-depth information on how to respond)	36.66%	147
An on-campus Suicide Awareness Event (keynote speaker, etc.)	57.61%	231
Total Respondents: 401		

# Appendix B

## Survey Results

## Q1 Which of the following best describes you?

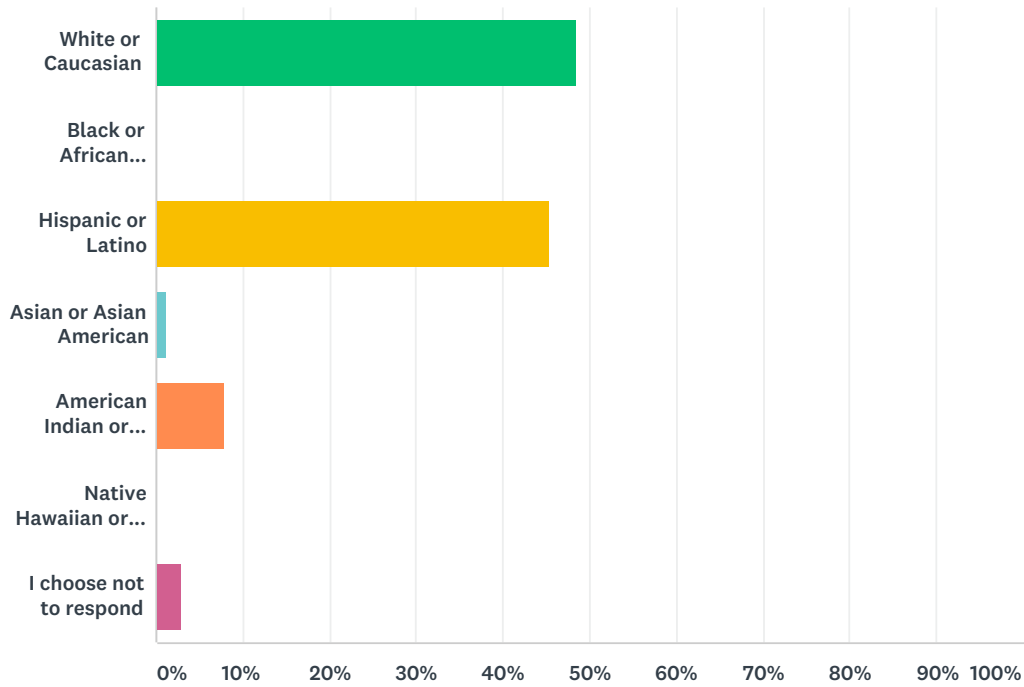
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Student	65.45%	108
Faculty	12.73%	21
Staff	21.82%	36
TOTAL		165

## Q2 What is your race / ethnicity? Choose all that apply.

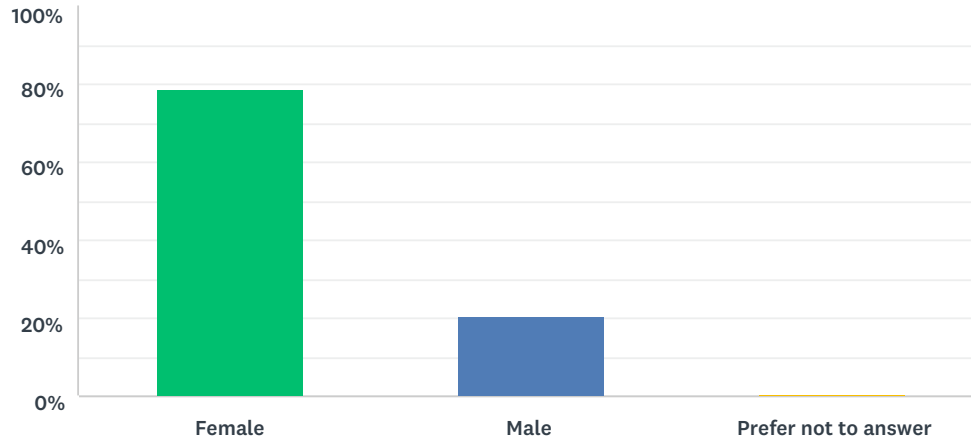
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
White or Caucasian	48.48%	80
Black or African American	0.00%	0
Hispanic or Latino	45.45%	75
Asian or Asian American	1.21%	2
American Indian or Alaska Native	7.88%	13
Native Hawaiian or other Pacific Islander	0.00%	0
I choose not to respond	3.03%	5
Total Respondents: 165		

### Q3 To which gender identity do you most-strongly identify?

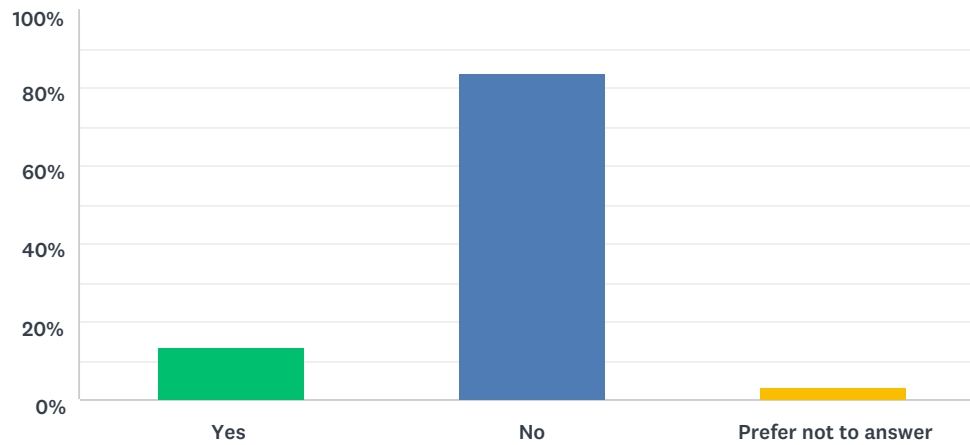
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Female	78.79%	130
Male	20.61%	34
Prefer not to answer	0.61%	1
<b>TOTAL</b>		<b>165</b>

## Q4 Do you identify as a member of the LGBTQA (Lesbian, Gay, Bisexual, Transgender, Queer, Asexual/Allies)

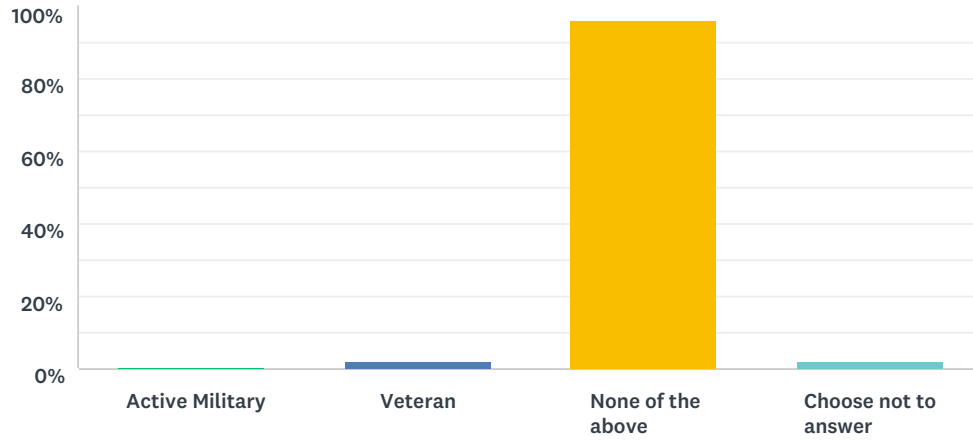
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	13.33%	22
No	83.64%	138
Prefer not to answer	3.03%	5
TOTAL		165

### Q5 Military Status

Answered: 165 Skipped: 0

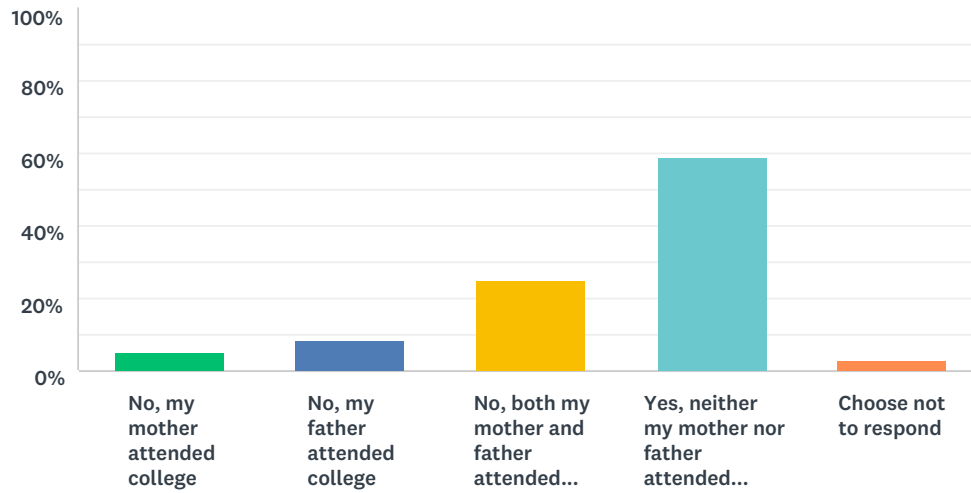


ANSWER CHOICES	RESPONSES
Active Military	0.61% 1
Veteran	1.82% 3
None of the above	95.76% 158
Choose not to answer	1.82% 3
<b>TOTAL</b>	<b>165</b>



## Q6 Are you the first person in your family to attend college?

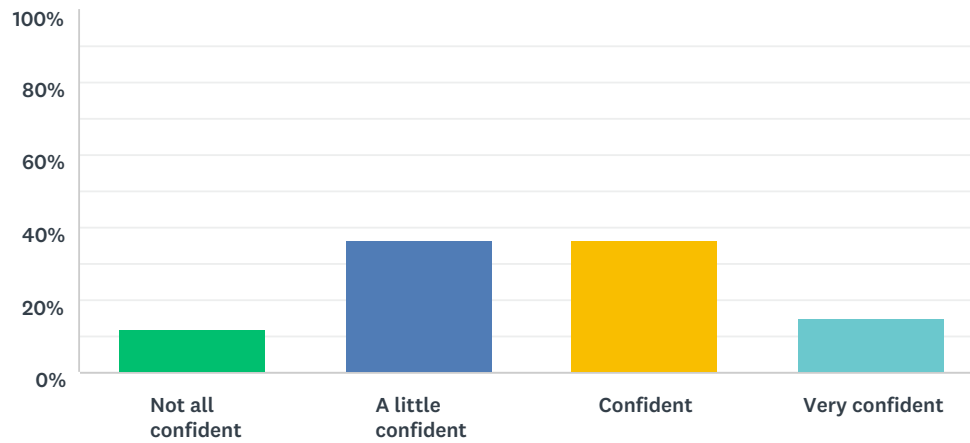
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
No, my mother attended college	4.85%	8
No, my father attended college	8.48%	14
No, both my mother and father attended college	24.85%	41
Yes, neither my mother nor father attended college	58.79%	97
Choose not to respond	3.03%	5
<b>TOTAL</b>		<b>165</b>

## Q7 How comfortable are you that you can recognize the warning signs of suicide?

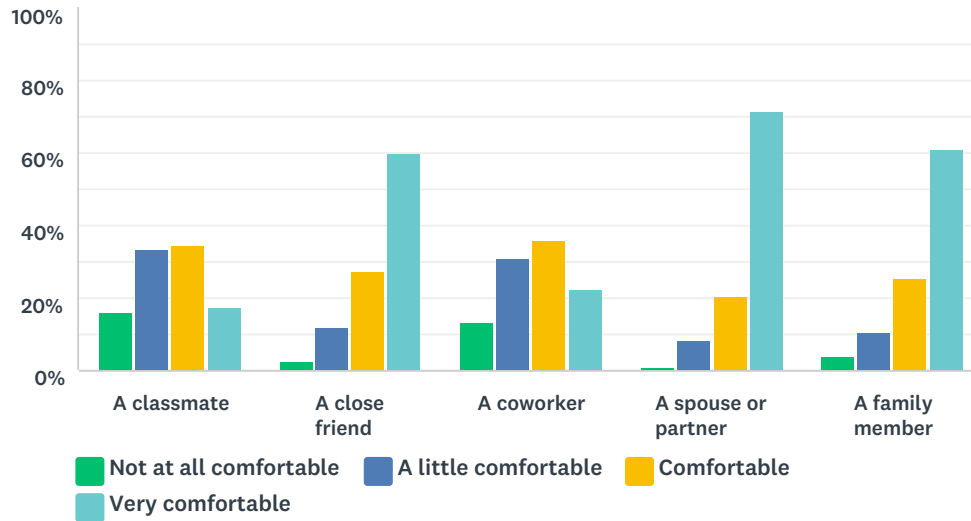
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Not all confident	12.12%	20
A little confident	36.36%	60
Confident	36.36%	60
Very confident	15.15%	25
<b>TOTAL</b>		<b>165</b>

### Q8 If you are concerned that the following people were at risk, how comfortable would you be talking with them about suicide?

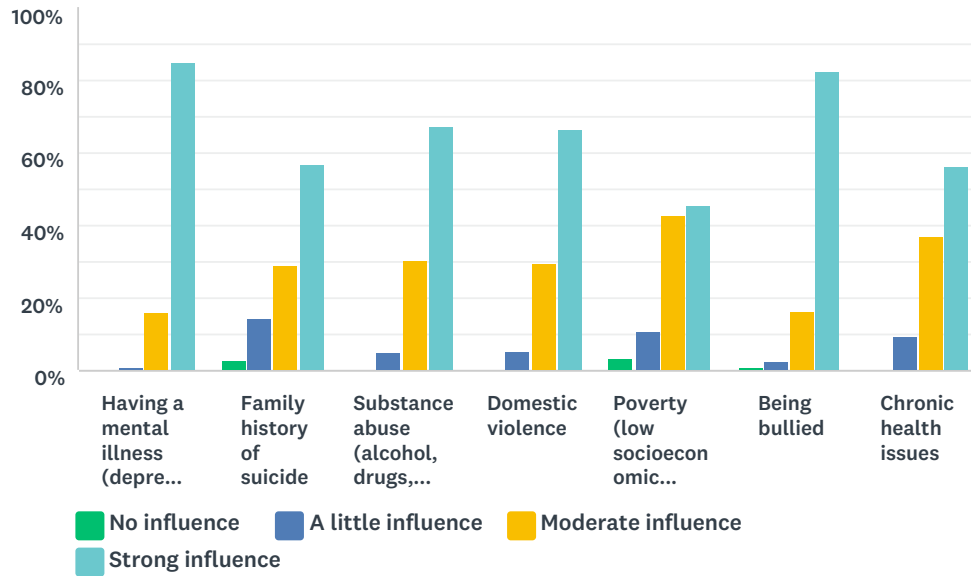
Answered: 165 Skipped: 0



	NOT AT ALL COMFORTABLE	A LITTLE COMFORTABLE	COMFORTABLE	VERY COMFORTABLE	TOTAL RESPONDENTS
A classmate	15.76% 26	33.33% 55	34.55% 57	17.58% 29	165
A close friend	2.42% 4	12.12% 20	27.27% 45	60.00% 99	165
A coworker	13.33% 22	30.91% 51	35.76% 59	22.42% 37	165
A spouse or partner	1.21% 2	8.48% 14	20.61% 34	71.52% 118	165
A family member	4.24% 7	10.30% 17	25.45% 42	61.21% 101	165

### Q9 As far as you know, how much do the following factors increase a person's suicide risk?

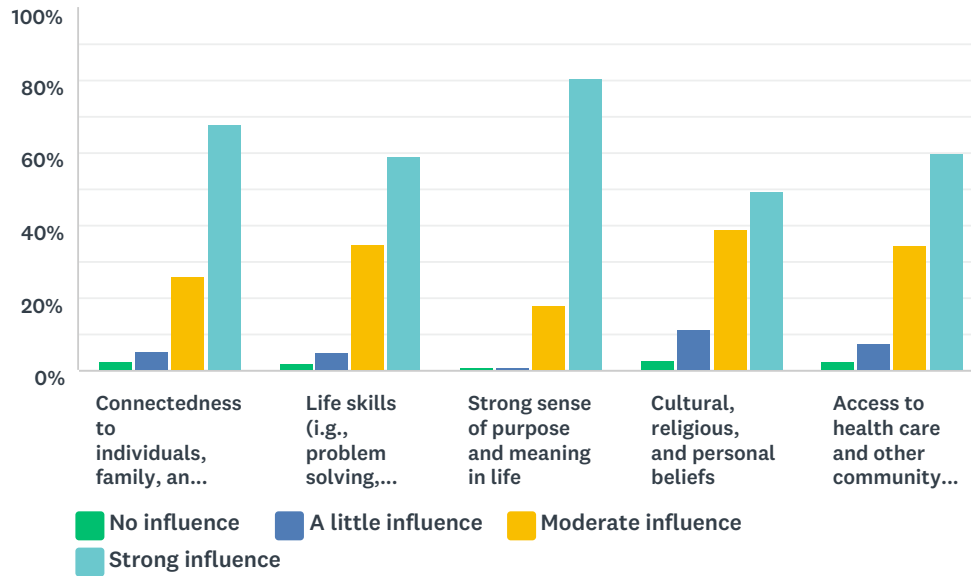
Answered: 165 Skipped: 0



	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL RESPONDENTS
Having a mental illness (depression, PTSD, anxiety, etc.)	0.00% 0	1.21% 2	15.76% 26	84.85% 140	165
Family history of suicide	3.03% 5	14.55% 24	29.09% 48	56.97% 94	165
Substance abuse (alcohol, drugs, etc.)	0.61% 1	4.85% 8	30.30% 50	67.27% 111	165
Domestic violence	0.61% 1	5.45% 9	29.70% 49	66.67% 110	165
Poverty (low socioeconomic status, homelessness, etc.)	3.64% 6	10.91% 18	43.03% 71	45.45% 75	165
Being bullied	1.21% 2	2.42% 4	16.36% 27	82.42% 136	165
Chronic health issues	0.61% 1	9.70% 16	36.97% 61	56.36% 93	165

### Q10 As far as you know, how much do the following factors decrease a person's suicide risk?

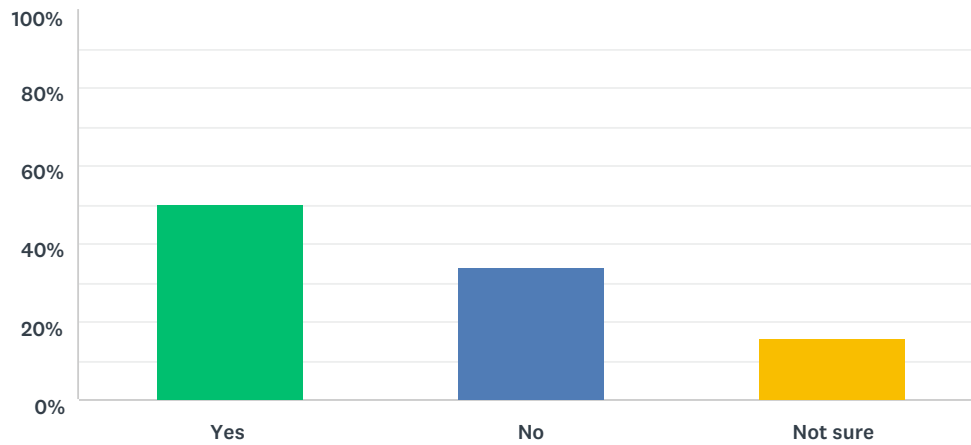
Answered: 165 Skipped: 0



	NO INFLUENCE	A LITTLE INFLUENCE	MODERATE INFLUENCE	STRONG INFLUENCE	TOTAL RESPONDENTS
Connectedness to individuals, family, and community	2.42% 4	5.45% 9	26.06% 43	67.88% 112	165
Life skills (i.g., problem solving, coping skills, and ability to adapt to change)	1.82% 3	4.85% 8	35.15% 58	58.79% 97	165
Strong sense of purpose and meaning in life	1.21% 2	1.21% 2	18.18% 30	80.61% 133	165
Cultural, religious, and personal beliefs	3.03% 5	11.52% 19	38.79% 64	49.70% 82	165
Access to health care and other community services	2.42% 4	7.27% 12	34.55% 57	60.00% 99	165

### Q11 If you were aware of someone considering suicide, do you know who to refer them to on campus?

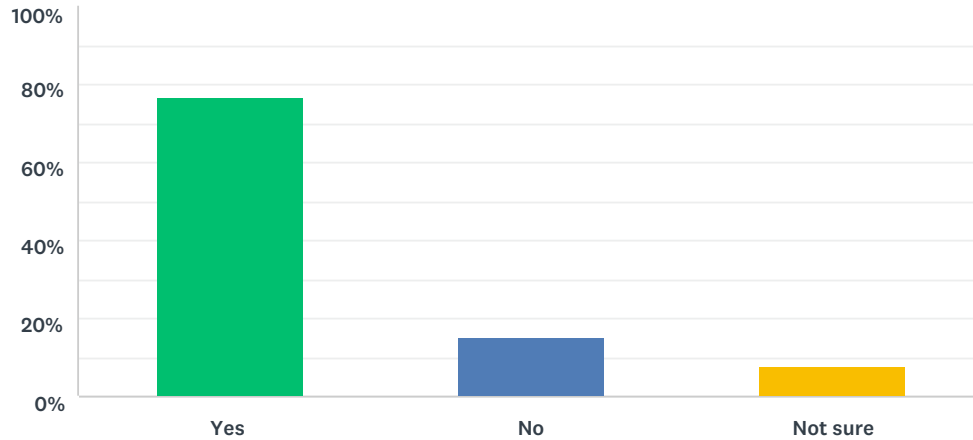
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	50.30%	83
No	33.94%	56
Not sure	15.76%	26
TOTAL		165

### Q12 Do you know how to access at least one resource (hotlines, crisis text lines, counseling, etc) to recommend to someone who seems at risk of suicide?

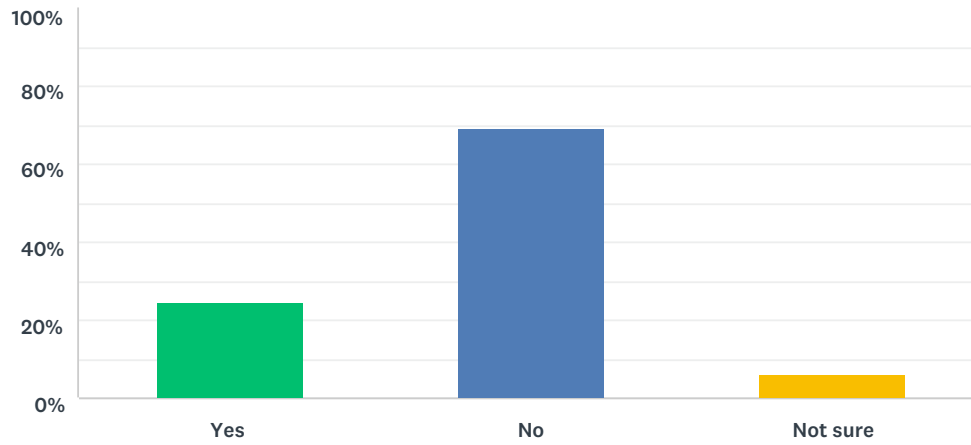
Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	76.97%	127
No	15.15%	25
Not sure	7.88%	13
<b>TOTAL</b>		<b>165</b>

### Q13 Have you ever received formal suicide prevention training?

Answered: 165 Skipped: 0

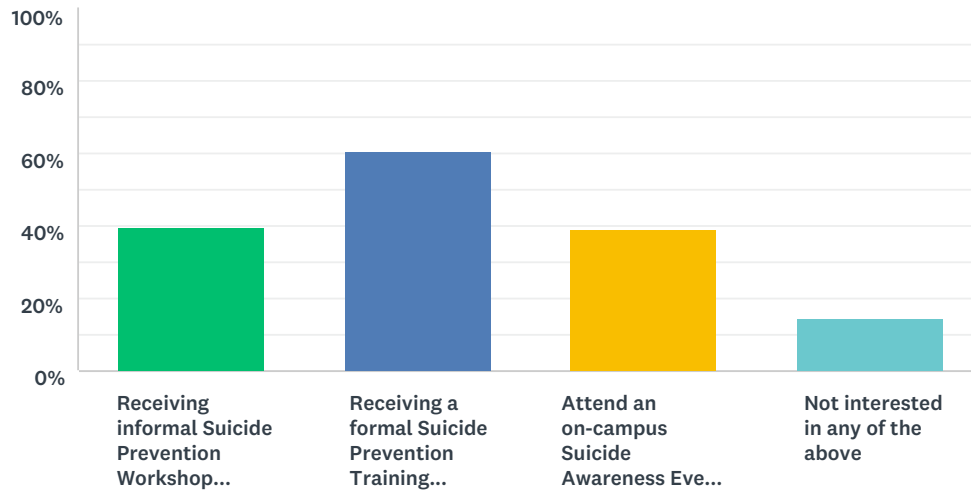


ANSWER CHOICES	RESPONSES	
Yes	24.85%	41
No	69.09%	114
Not sure	6.06%	10
TOTAL		165



### Q14 Which of the following would you be most interested in?

Answered: 165 Skipped: 0



ANSWER CHOICES	RESPONSES	
Receiving informal Suicide Prevention Workshop (general information)	39.39%	65
Receiving a formal Suicide Prevention Training (in-depth information on how to respond)	60.61%	100
Attend an on-campus Suicide Awareness Event (keynote speaker, etc)	38.79%	64
Not interested in any of the above	14.55%	24
Total Respondents: 165		

# Appendix C

## Gun Safe Event

# Safe Firearm Storage Giveaway

Learn about safe firearm storage and get a FREE lock box or trigger lock.



**Where:** Coastal Farm & Ranch  
2112 South 1st Street  
Yakima, WA 98903

**When:** Saturday, May 18, 2019  
10 a.m. to 1 p.m.

Learn about the importance of safe firearm storage, especially for homes with children and teens. Receive hands-on training on how to use a lock box and trigger lock.



Supplies are limited. First come, first served. No ID required. We will provide one free lock box or trigger lock per person (maximum two items per household). Must be present to receive free item. Recipient must be 18 or older.

To learn more about safe firearm storage, visit [seattlechildrens.org/FirearmSafety](http://seattlechildrens.org/FirearmSafety) or [lockitup.org](http://lockitup.org).

Questions? 206-987-6197.

Sponsored by:

