

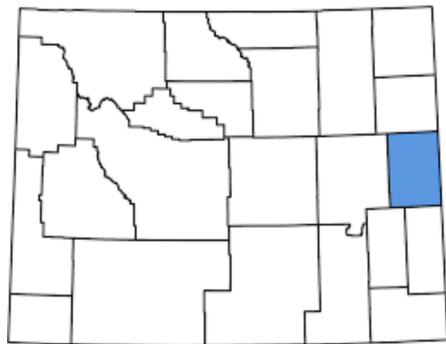
Suicide Prevention: Empowering Individuals for Community Change in Lusk, WY



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Hypothesis

Community education targeting high school students and high-risk populations will increase suicide awareness and aid prevention efforts in Niobrara County.



State of Wyoming with Niobrara county in blue

Literature Review

- Health education material, like brochures and public service announcements, can reduce stigma, raise awareness and aid in suicide prevention efforts
- People with substance use disorders are 10x more likely to commit suicide than the general population
- School based suicide prevention programs have been shown to reduce suicidal ideation in teens from 1.51% to 0.75%

Community Health Project

- Increase awareness of the prevalence of suicide in Niobrara County
- Promote individual action to reach out to community members who may be in need
- Partner with the Niobrara County prevention specialist to reach at-risk groups
- Reach high school students, who have not received formal suicide prevention trainings

Deliverables to Community

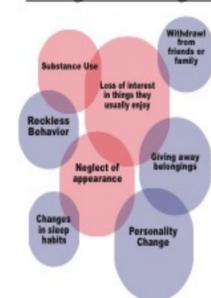
- Flyers disseminated to local businesses and the local high school with information about recognizing signs, appropriate ways to start conversation and local resources



Pain Isn't Always Obvious

A friend, teammate, neighbor or family member may be silently struggling with emotional pain. For some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs can be subtle, they are there. By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference – the power to save a life.

Recognize the Signs



Start the Conversation

If you're struggling to find the words here are a few ways to open:

I've noticed you've mentioned feeling hopeless a lot recently. Are you doing okay?

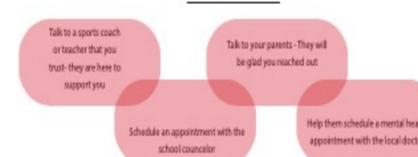
You haven't seemed like yourself for the past few days. Anything you want to talk about?

If you are still concerned ask directly about suicide

Sometimes when people feel like that, they are thinking about suicide. Are you thinking about suicide?

If the answer is "yes" reassure them that you care and help them connect with resources

Resources



Call the Wyoming Suicide Hotline 1-800-273-TALK (8225)
Text "Home" to 741741
National Hotline 988

Possible Next Steps

- Coordinate annual update/spread of flyers
- Spread flyers at local community events like rodeos
- Develop a formal annual training for students attending Lusk High School
- Raise funding to support legislation that mandates suicide prevention curriculum in schools



Local ranchers at work outside of Lusk

Special Thanks

- Katie Krein Niobrara County prevention specialist
- Debbie Struman Lusk Librarian

Background

- Location: Eastern Wyoming 25 miles from the Nebraska border
- Lusk is the largest community in Niobrara County, population 1,589
- Median household income is \$41,250 with 28.1% falling below the poverty level
- Wyoming has the highest suicide rate in the United States
- Niobrara County has the second highest rate of suicide in Wyoming (highly variable year by year due to low population)