

# The Suicide Resource Center of Larimer County



# 2008

*Annual Report*





## **2008 BOARD OF DIRECTORS**

**Sarah Michaels, Chair**  
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Non Profit Status: The Suicide Resource Center of Larimer County is an independent non profit agency. We are a 501(c)3 corporation governed by a volunteer board of directors.

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**Loveland, Colorado 80537**

**Phone: (970) 635-9301**

**Fax: (970) 461-2426**

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

## A MESSAGE FROM...

### *Our Executive Director*

It is with great excitement that we enter into 2009, celebrating our 20<sup>th</sup> anniversary as the Suicide Resource Center of Larimer County. During the past twenty years, we have seen suicide rates drop, as a result of our hard work to bring awareness and support into the community.

As new Executive Director of the Suicide Resource Center of Larimer County, I am proud to be a part of an organization that has grown, even since I have been on board. Our R.A.P.P. program, which educates middle school and high school youth, has increased the number of students it will reach and the number of students that will either self-refer or refer a friend that is at risk for suicide. Our programs have a direct impact on saving lives in Larimer County as they provide resources and support to those who have been impacted by depression, bipolar disorder or the tragedy of suicide.

I am fortunate enough to work with a dedicated team that understands the value of our powerful mission and vision. It is not easy work to reduce the stigma associated with mood disorders and suicide, yet the office staff and facilitators provide the resources and support so that community members have a safety net within our organization.

Please use this update to become familiar with our unique and effective services. We invite you to become a part of our organization by volunteering or donation, in order to save lives in Larimer County.

Sincerely,



Dana Lindsay  
Executive Director



# ABOUT THE SUICIDE RESOURCE CENTER

## OUR MISSION

Our mission is to prevent suicide in Larimer County by raising awareness, educating and training youth and adults about depression and suicide, and providing resources and support to those who have been impacted.

## OUR VISION

Our vision is that the communities of Larimer County will be caring and tolerant of those affected by depression, other mental illnesses, and suicide. People will be encouraged to recognize, intervene, and support those in need. Those suffering from mental illness and suicidal thoughts will seek treatment, resulting in a reduced suicide rate.

## SUICIDE IN COLORADO

- Colorado's suicide rate is 6<sup>th</sup> in the nation.
- Suicide is the second leading cause of death for adolescents.
- On average, one person in Larimer County dies from suicide every 9 days.
- Over 90% of the people who die from suicide suffer from a mental illness, primarily major depression.
- Depression is one of the most common medical illnesses, but it is often unrecognized and untreated, despite the fact that 80-90% of sufferers can be successfully treated.

## PROGRESS

Since SRC was founded in 1989, the average suicide rate in Larimer County has slowly declined, but it remains significantly above the national average. In 2008, we lost 36 Larimer County residents to suicide, compared to 45 individuals in 2006.

## PROGRAMS

- Depression/Bipolar Support Group
- Friends and Family Support Group and Classes
- Grief Support Group and Classes
- Youth Education
- Community Education

## WEBSITE

[www.suicideresourcecenter.org](http://www.suicideresourcecenter.org)

## MANY THANKS TO THOSE WHO SUPPORTED US IN 2008

### CORPORATIONS/FOUNDATIONS

Allo Source  
Aesthetic Oral Designs, Inc.  
Agilent Technologies  
Animal Emergency and Critical Care  
Bluebonnet Foundation  
Bohemian Foundation  
City of Loveland  
Community Foundation  
First Western Trust Bank  
Front Range Mortgage Professionals  
Goes Funeral Care  
Longs Peak Animal Hospital  
Momentum Physical Therapy  
Mountain States Veterinary  
Office of Suicide Prevention  
Poudre School District  
Poudre Valley Health System  
Safeway  
State Farm Insurance  
Turning Point  
Tynan's Fort Collins Nissan  
United Way of Larimer County  
United Way of Southeastern Pennsylvania  
Wal-mart Stores, Inc.  
Wells Fargo  
Westminster Presbyterian  
Woodward Governor

### INDIVIDUALS

Sandy Aldern  
Annette Anderson  
Katherine Aumand  
Valerie Bagby  
Gail Bishop  
Joan and Mike Bjarko  
Nancy and Gerold Blazek  
Dennis Bogott  
Jana Borland  
Edward Bowen  
Lin Boysen  
Tamiko Brewster  
Elizabeth Briggs  
Lin Boysen  
Tamiko Brewster  
Elizabeth Briggs  
Arleen Brown  
Marvin and Vicki Bush  
Angie Calvino  
Harry Calvino  
Douglas and Leslie Collins  
Benedict Cross  
David Cross  
Ron Dahl  
Christy Davenport-Swinson

Debbie Delay  
John and Susan Dever  
Matthew Diven  
Donald and Diana Dingleline  
Doris Dingleline  
John and Jerri Dingleline  
Mary Dravish-Parrish  
Pat and Tom Eckrich  
Leo Fallon  
Becky Filler  
Kathy Forrest  
Catherine Foster  
Barbara Fraley  
Linda Gabel  
Charles Gates  
Clark Ginter  
Maggie Ginter  
Lynette Gonzales  
Vicki Grassman  
Melissa Greene  
Jan Hackett  
Brian and Julie Hansen Conn  
Lynn Harris  
Liz Hatch  
Robert Hendy  
Mark and Jodee Hinton  
Doug Hirst  
Laura Hollen  
Don and Lu Ann Hostetter  
James and Julie Hulings  
Kathryn Hulings  
Cindy Issacs  
Cynthia Jensen  
Cindy Issacs  
Cynthia Jensen  
Doreen Johnson  
Irene Josey  
Andrea Karapas  
John and Cathleen Kernen  
Jennifer and Loren Kierstead  
Bill Kinsler  
Marlyn Knight  
Kimberly Krug  
Nicole Krug  
Therese Krug  
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Larry Kunter  
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Josh Leber  
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Ann Martin  
Denise Martz

Candace Mattos  
Nancy McNair  
Tracy Melchoir  
Lorie and Joe Menke  
Ron Morris  
David and Nina Naylor  
Kerrie Neushaefer  
Cindy Nichols  
Emily Nicols  
Irene Overmyer  
Lisa Owsley  
Gordon Palmer  
Brittney Pappano  
Cheryl Poole  
Jack and Judith Pottle  
Randy Ratliff  
Hugh Reed  
Suzy Renchy  
Kaylee Richards  
Penne Richards  
Wendy Roberts  
Dianne Saye  
Kathy Seeby  
Jenny Sites  
Jami Saunders  
Marie Schaffner  
Shawn Schaub  
Elyse Schreiber  
Kelli Rae Scott  
Kathe and Rick Seeby  
Jenny Sites  
Robert Smith  
Roger Story  
Beverly Woods Thurber  
Roberta Tolan  
Joyce Trujillo  
Mira Valencia  
Debbie VanGorder  
Diane Vaughn  
Cherrilyn Wallace  
Marty and Stan Welsch  
Chad Whitaker  
George and Judy Wingfield  
Shelly Wipple  
Caroline Wood  
Helen S. Wood  
Lewis and Pat Young

# LIFE SAVING EVENTS

**Taking Strides to Save Lives**– In May, the 7th annual “Taking Strides to Save Lives” Suicide Awareness Walk had over 200 participants. It was followed by a candlelight vigil in Old Town Fort Collins in remembrance of those who lost their lives to suicide. It was the most successful walk to date, raising approximately \$12, 500.



**Bowl for Life**-In October, the 5<sup>th</sup> annual “Bowl for Life” had approximately 90 participants raising money for both Loveland Counseling Connections and the Suicide Resource Center. We raised over \$8,300 total, to be split between the two agencies.

**Turning Point Fundraiser** – In September, young women from Turning Point held a fundraiser after being inspired by the book *Post Secret* by Frank Warren. The girls made their own artwork and sold it on the first Friday artwalk, a popular tradition in downtown Fort Collins. They raised a total of \$1,000 for our agency.



# SUICIDE RESOURCE CENTER

## PROGRAMS AND SERVICES

*SRC's programs are closely aligned with the recommendations of the 2001 US Surgeon General's "National Strategy for Suicide Prevention", and the 2002 Colorado Trust's "Suicide Prevention and Treatment Programs in Colorado".*

### **R.A.P.P. (Raising Awareness of Personal Power):**

The Suicide Resource Center offers an education program, R.A.P.P (Raising Awareness and Personal Power), to junior high and middle school and high school students in order to promote awareness about depression and bipolar and suicide and identify at-risk youth. Of the students that were given the presentation, **200** filled out referrals, recognizing that someone they knew was at-risk for suicide. These students were then referred to the school counselor where they received the services they required.

### **Depression/Bipolar Support Group:**

Our Depression/Bipolar Support Group meets twice a month. The group has one paid facilitator/group coordinator, one paid assistant coordinator, and 12 trained volunteer co-facilitators who have each come from within the group. In 2008, **270** people attended the support group.

### **Friends and Family Support Group:**

In addition, we offer a Friends and Family support group once a month for those whose loved ones are struggling with a mood disorder and also a quarterly Friends and Family Class that teaches them about their loved one's mood disorder in a four week segment.

### **Hope for Today:**

Through our Speakers Bureau, we train community gatekeepers to recognize and intervene with those at risk. Since then, we have educated about **1,500** employees in myriad work settings.

### **Grief Support:**

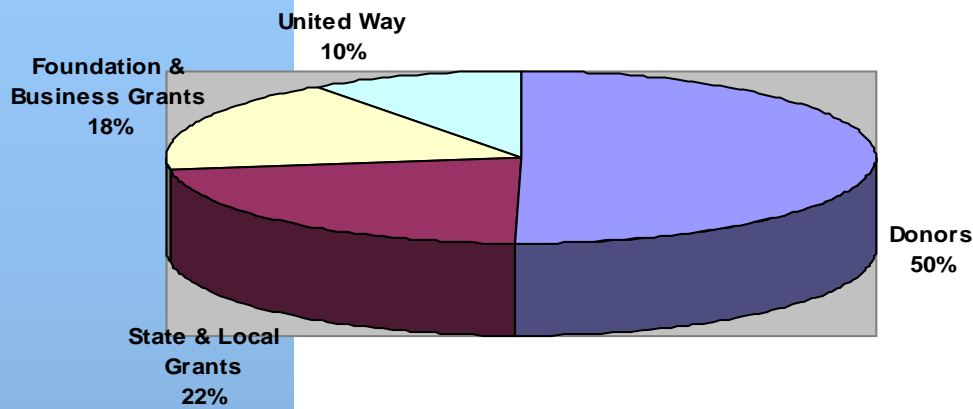
The Suicide Resource Center of Larimer County also provides a grief support group for those who have lost a loved one to suicide. The grief support group allows participants to express their feelings and reactions without judgment as they go through the grief process while receiving support from those who understand their tragedy. In conjunction with the grief support group, we also offer an eight-week education and support class for people who have lost friends or family members to suicide.

### **Community Coordination:**

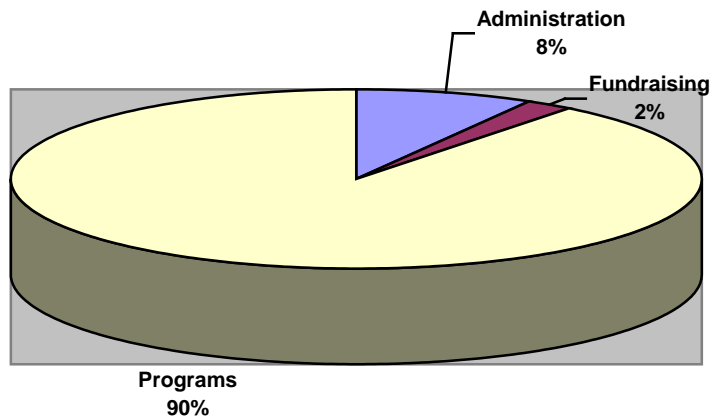
- Connections Counseling
- Coroner's Office
- Larimer Center for Mental Health
- Thompson and Poudre School Districts
- Hospice of Larimer County
- Colorado State University

# HOW YOUR DOLLARS HELP

## Income 2008



## Expenses 2008



With your help, we are able to reach out to more members of Larimer County, providing resources, support and education. The stigma associated with mood disorders and suicide continues to be eliminated and those struggling with depression or bipolar disorder or impacted by the tragedy of suicide seek the help they need to survive. Thank you for your support so that we may continue to save lives!