

## Title: Suicide Prevention in Rural Colorado Communities

### Presenters:

Erin Ivie, SpeakUp ReachOut, Eagle County

Crystal Nelson, General Manager of Vitalix

Gini Adams, Director of Employees and Public Health Relations for Yuma District Hospital

Mason Hohstadt, Suicide Prevention Coalition of Garfield County

Heather Darbe, Center for Mental Health- Co-Chair Montrose Suicide Prevention Coalition

At the conclusion of this presentation participants should be able to:

- o Identify struggles rural communities face for loss support services
- o Summarize the lack of resources in rural communities
- o Identify why rural communities struggle to keep clinicians in the area
- o List and summarize special risk factors rural communities

Abstract: Our presentation, Suicide Prevention in Rural Communities, will address the conference theme in that rural communities and the populations they include are often misunderstood when it comes to suicide prevention. Rural communities face different obstacles when it comes to outreach, mental health services, loss support and programming. This panel will discuss their personal stories and journey in suicide prevention including their struggles and what is being done to overcome them which directly addresses the track of lived experience. Our panelists are working in rural communities in the Western Slope and Eastern Plains of Colorado.

This presentation will engage the audience in storytelling, panel discussion and question and answer.