

Preventing Suicide Workshop
Saturday, April 28, 2018
9 A.M. To Noon
Parish Hall, St. James Episcopal Church
5 West Olive Street, Bozeman
\$10.00 Per Person, Payable At The Door
Advance Registration Required
To Register, Contact Vicki at terracecoast@aol.com
or at (406)282-7035 by Thursday, April 12, 2018

Workshop Instructors: The Rev. Mary Alice Jones & The Rev. James Jones

Workshop Description:

Suicide is the most preventable cause of death. Nonetheless, each year over 40,000 Americans die by suicide---an average of 117 suicides per day. Montana has the highest per capita rate of suicide in the nation.

What can be done? Quite a bit! Most people with thoughts of suicide don't want to die---instead, they are looking for a way to work through the pain in their lives. Suicide-alert people are better prepared to connect persons with thoughts of suicide to life-affirming help. A suicide-alert person can be anyone who has learned to recognize the warning signs of suicide and is aware of techniques that can aid in bridging the gap between despair and hope, between suicide and life.

This workshop looks at the statistics, myths and truths about suicide, presenting skills and techniques that anyone can use to help prevent this needless cause of death which directly and indirectly affects so many. We will look at how to recognize the warning signs of suicide, how to approach and talk with a potentially suicidal person and how to encourage and connect that person to appropriate sources of help. We will also investigate ways to incorporate suicide awareness and prevention into your local parish or community groups.

Who can participate in, or benefit from, a workshop like this? Anyone age 16 or older who is in any way involved with people---parents, family, friends, clergy, laity, youth leaders, coaches, medical personnel, first responders---anyone! No prior special training is needed to attend and participate---just a desire to learn and to help bring hope.

Instructor Biographies

The Rev. Mary Alice Jones, M ED has been involved in suicide prevention and awareness since first working as a phone crisis line responder in 1971. She has completed the Applied Suicide Intervention Skills (ASIST), Critical Incident Stress Management (CISM) and safeTALK suicide prevention training, in addition to suicide loss survivors support group facilitator training and grief and bereavement support training. As well as being a nationally certified instructor for the QPR (Question, Persuade, Refer) suicide prevention program, she is also a nationally certified instructor for the National Council for Behavioral Health's Youth Mental Health First Aid program. Mary Alice currently serves on the Board of Directors of the Montana Chapter of the American Foundation for Suicide Prevention and as a volunteer Chaplain for Pintler Hospice.

The Rev. James W. (Jim) Jones is a nationally certified instructor for Youth Mental Health First Aid. He serves as a Public Policy Field Advocate for the American Federation for Suicide Prevention, Montana Chapter. Jim has completed the ASIST (Applied Suicide Intervention Skills) training and specific training in grief and bereavement support. His work with the homeless in Southwest Montana brings a unique perspective to suicide awareness and prevention.

Mary Alice and Jim have served as representatives of the American Foundation for Suicide Prevention, lobbying in Washington, D.C. for improved mental health education, support and legislation. They also have co-facilitated suicide loss survivors support groups for those who have experienced the death by suicide of someone significant to them.

Deacons in the Episcopal Diocese of Montana, the Joneses currently serve at St. Mark's Episcopal Church in Anaconda.