

NORTH SOUND MENTAL HEALTH ADMINISTRATION ADVISORY BOARD MEETING

Agenda

April 1st, 2014
1:00 PM

1. Call to Order - Introductions, Chair (2 min)
2. Revisions to the Agenda, Chair (1 Min)
3. Comments from the Public (5 min)
4. Approval of the March Meeting Minutes, Chair (1 min) TAB 1
5. Executive/Finance Committee Report (10 min) TAB 2
 - Approval of Expenditures
6. Standing Board of Directors Committee Reports (5 min) TAB 3
 - Planning Committee (no brief this month, meeting canceled)
 - Quality Management Oversight Committee (Available at meeting)
7. Old Business (10 min) TAB 4
 - Tribal Registrations
 - Dignity and Respect Conference Evaluations (Available at meeting)
8. Executive Director Report (10 min) TAB 5
 - Behavioral Health Integration (Available at meeting)
9. Action Items Being Brought To The Board of Directors (5 min) TAB 6
 - Action Items (Available at meeting)
10. New Business (3 min) TAB 7
 - NAMI Walk/Out of the Darkness Walk
 - Site Visit April 16th, 10:30 Mukilteo E&T
11. Report from Advisory Board Members
12. Comments from County Advisory Board Representatives (5 min)
 - a. Island
 - b. San Juan
 - c. Skagit
 - d. Snohomish
 - e. Whatcom
13. Other Business (3 min)
14. Adjournment

NOTE: The next Advisory Board meeting will be **May 6**, 2014, in the NSMHA Conference Room.

Advisory Board Pre-Meeting

12:15-1:00pm

Regional Health Alliance (RHA) Focus, Goals and Status: Presentation by Joe Valentine
Mental Health Block Grant (MHBG) Plan Update: Presentation by Margaret Rojas

North Sound Mental Health Administration (NSMHA)
MENTAL HEALTH ADVISORY BOARD
March 7, 2014
1:00 – 3:00pm

Present:	Island: San Juan: Peg LeBlanc (via phone) Skagit: Snohomish: Joan Bethel, Marie Jubie, Carolyn Hetherwick-Goza, Carolann Sullivan, Fred Plappert, Jennifer Yuen Whatcom: David Kincheloe, Mark McDonald
Excused Absence:	Island: Candy Trautman San Juan: Skagit: Jeanette Anderson Snohomish: Jeff Ross, Whatcom: Michael Massanari, Larry Richardson
Absent:	Island: San Juan: Skagit: Joan Lubbe Snohomish: Whatcom:
Staff:	Joe Valentine, Margaret Rojas, Joanie Williams recording
Guests:	none

MINUTES

TOPIC	DISCUSSION	ACTION
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CALL TO ORDER AND INTRODUCTIONS		
Chair	Mark initiated introductions	Informational
REVISIONS TO THE AGENDA		
Chair	Carolynn asked to talk about NAMI Basics. Marie talked about the Falls Prevention Coalition presentation which was given to the Council on Aging. She suggested it be a Pre-Meeting for the Advisory Board, Mark asked her to get together with NSMHA Staff regarding her request. Margaret introduced the new NSMHA Administrative Assistant named Mandy Iverson.	Informational
COMMENTS FROM THE PUBLIC		
Chair	None present	
APPROVAL OF MINUTES		
Chair	Mark asked the group to review the minutes. Two spelling corrections were pointed out. Joanie will amend the spelling errors. A motion was made to approve the minutes, motion seconded and approved.	Minutes approved as amended
EXECUTIVE/FINANCE COMMITTEE		
<p>Conversation took place regarding the Executive Finance Committee's discussion on the number of scholarships the Board would like to approve for the Tribal and Behavioral Health Conferences. Motion was made to approve 20 scholarships for the Tribal Conference and 15 for the Behavioral Health Conference. Both conference scholarship openings will be filled by first Advisory Board members and then by the Peers in the Community, who will fill out the Conference Application. Motion was seconded and approved.</p> <p>Lunch conversation: David let the Board Members know they need to respond to Joanie when she sends out the meeting RSVP. Members need to let her know if they want a lunch ordered. Mark asked Joanie to send his packets out via regular mail in addition to Joan Lubbe and Joan Bethel.</p>		

<p>Expenditures</p>	<p>Motion was made to forward the February expenditures to the Board of Directors for approval, motion was seconded and approved.</p>	<p>Motion approved to forward the expenditures to Board of Directors</p>
<p>STANDING BOARD OF DIRECTORS COMMITTEE REPORTS</p>		
	<p>Planning Committee Report-Brief included in Board Member's binder Quality Management Oversight Committee (QMOC)- Brief included in Board Member's binder</p>	<p>informational</p>
<p>OLD BUSINESS</p>		
<p>QMOC Appointment</p> <p>D&R Conference</p> <p>Final Scholarship Application</p>	<p>QMOC Appointment-Mark informed the group of the 5 openings on the Quality Management Oversight Committee. Margaret asked the group to invite outside individuals to apply. David asked Margaret to talk about the type of candidate which would be a good fit for QMOC. She responded by saying individuals in the mental health system, advocate or family member, someone who has interest in policy development or has clinical practice or expertise.</p> <p>Dignity and Respect (D&R) Conference: took place March 4th, there were 130 participants. Evaluations will be available to share with the Advisory Board next month. Jennifer, David, Joe and Margaret gave their view on the conference and noted the highlights.</p> <p>Final Scholarship Application: David recapped last month's meeting and adoption of the criteria for the Conference Scholarship Application. The application and Guide were discussed. It was noted the Executive Finance Committee forwarded the outcome of the discussion to the full Advisory Board for decision.</p> <ul style="list-style-type: none"> A. Certified Peer Counselors (CPCs) who are employed will not request scholarship funds from the Advisory Board (AB), they will request funds from their employers. If they are denied, AB will not fund scholarships, they must find other scholarship funding sources. It was noted there are funds available in the Provider's contracts for Peer education and training, which is at the Provider's discretion. B. Funding will be provided (depending on application selection) to any other community member who meets the qualification of a mental health consumer, advocate or family member. C. A Tracking System will be implemented to capture the names of funded individuals, whether they actually attended the conference, reported back to the Advisory Board whether in person, orally, in writing via email or postal service. The length of the report depends on the size of the conference. D. A motion was made to accept the Scholarship application, motion was seconded and approved. <p>Jennifer agreed to email David her thoughts regarding final feedback from scholarship individuals on the effectiveness of the conference or workshop. David will incorporate her thoughts into the final reporting process and email it back to Jennifer.</p> <p>Mark will form an Ad-Hoc Committee to review the applications, select and approve individuals for AB scholarships.</p> <p>Next January the Application Scholarship process will be reviewed for effectiveness to determine on-going use. Joanie marked the calendar.</p>	<p>Informational</p> <p>Motion approved: Scholarship Application</p> <p>Jennifer and David exchanging email on feedback from individuals</p> <p>Mark will form an Ad-Hoc Committee Application process</p>

		to be reviewed next January
EXECUTIVE DIRECTOR'S REPORT		
Legislative Update	<p>Joe gave the legislative update. The document was included in Member's binder. He talked about the House and the Senate adopting budget bills, in addition to pass through of Federal Grant dollars to provide outreach for supported housing services. He spoke on the Children's WISE program and noted he would like a pre-Meeting on the WISE program to be presented by Julie.</p> <p>Policy bills were discussed and Joe asked the Advisory Board for their opinions on HB 2725. The proposed policy will allow a family member to file an appeal with the court if a Designated Mental Health Professional (DMHP) decides to not detain and individual and the family feels otherwise.</p> <p>Advisory Board responses: Helping a human life verses dollars; Not enough beds; The number of recent tragedies warrant the need of policy change; Stipulation and criteria needs defined in multiple areas; questions on results of an appeal and level of care; Mechanism for families to get help; This is a start in the right direction; Civil rights first, incarceration second.</p> <p>Joe noted the complexity of the issue and the outcome of the conversation stating regulations need to be crystal clear as to the definition of a family member and the conditions which a judge will overturn a decision.</p> <p>_____</p> <p>Joe talked about the chart which compares two bills regarding integration: 2639 and 6312. He discussed the potential mechanisms utilized in gathering input, should the integration take place. Medicaid expansion was covered, as well as Crisis Redesign, stating proposed priority areas will be brought to the Advisory Board and Board of Directors next month. The initiative of Regional Health Alliance (RHA) workgroup is to reduce boarding through Mobile Outreach Teams, Nursing Services and the Triage Center. There will be a seminar on best practices. He added that WISE implementation is moving forward and Wraparound is converting to the new model. Group conversation took place.</p>	Informational
ACTION ITEMS BEING BROUGHT TO THE BOARD OF DIRECTORS		
	Joe talked about the Introductory Items, as well as the Action Items. A motion was made to forward the Action Items to the Board of Directors for approval. Motion was seconded and approved.	Motion to forward action items to Board of Directors for approval
NEW BUSINESS		
<p>Tribal Conference: Joe talked about the Tribal Conference which is taking place on May 13th and 14th with the focus on Tribal and non-Tribal Clinicians working with Tribal American families understanding their spirituality. Suicide prevention classes will be offered, as well as listening and mindfulness courses. Board Members will let Joanie know at the next meeting if they are interested in attending.</p> <p>Regional On-Line Learning System: Margaret gave an overview of the On-Line Learning System and asked for a volunteer for the evaluation team. Carolyn volunteered.</p> <p>Ad Hoc Committee Volunteers: Mark asked for volunteers for to be part of the Ad-Hoc Committee. They will review applications for conference scholarships. Fred and Marie volunteered.</p>		
REPORT FROM ADVISORY BOARD MEMBERS		
Carolyn spoke about the NAMI Basics classes which she will be part of in the spring and fall. The courses assist adults in identifying mental illness in children.		
COMMENTS FROM COUNTY ADVISORY BOARD REPRESENTATIVES		

DRAFT not yet approved by Advisory Board

Island	Candy emailed Joanie her report since she was absent: "Island County Report: Met in Feb and I attended. Jackie is pleased that Island County is well represented on the Washington Association of County Human Services. We have two county commissioners involved as Helen Price-Johnson is the current president of this organization, and Jill Johnson was appointed to the Task Force. Jill current serves as the Island County rep to our NSMHA Board of Directors and is vice. She's taking a very active role in understanding the county's role in delivery of mental health services and is truly a bonus to the Task Force as she understands rural and geographically isolated population's needs. In March I also attended an Island County Community Health meeting where Joe and Greg presented on the Crisis Mental Health Systems Review. They were very well prepared and received very vigorous committee input. I was glad I could meet other Island County folks who deal with mental health crisis and hear their concerns about the various changes in regional health care delivery."	Informational
San Juan	Peg stated the Health Care Authority reported San Juan County is leading the counties in reaching targeting numbers for Medicaid enrollees. Tele-Behavioral Health services are up and going. There is a one year wait to be seen by a psychiatrist in this region.	Informational
Skagit	none	Informational
Snohomish	Marie talked about the bus shelter issue with Compass Health. She noted that she talked to Stacey Alles who will be talking to Tom Sebastian about it.	Informational
Whatcom	David noted that the Chemical Dependency (CD) and Mental Health (MH) boards combined approximately 6 months ago. Discussion is taking place regarding combining the Behavioral Health (BH) Advisory Board and Revenue Board. Whatcom county Board is focusing on needs assessment related substance use disorders. He talked about the Crisis Triage and School drug use prevention programs and frustration regarding input.	Informational
OTHER BUSINESS: none		
ADJOURNMENT		
Chair	The meeting was adjourned at 2:45pm.	Informational

May 13 & 14, 2014 Registration Form

Name _____
Organization _____
Address _____
City/State/Zip _____
Phone _____ Email _____

Registration Fee: \$175

Early Bird Registration \$125 for paid registrations received by April 11, 2014
(Purchase Order registrations are eligible for the Early Bird rate
if received by April 11th)

For more information visit: <http://nsmha.org/Tribal/Default.htm>

Please mail check or PO information* to:

North Sound Mental Health
Administration
2014 Tribal Conference
117 North 1st St. Ste. 8
Mt. Vernon, WA 98273

*WE CAN NOT ACCEPT PAYMENT BY CREDIT
CARD.
To fax in PO registrations: 360.416.7017

- Regular Registration \$175
- Early Bird Registration \$125
(Through April 11th)
- Graduate Student \$50.00
- One Day Registration \$100
 - Tues. May 13th
 - Wed. May 14th

Registration is \$175, payable by check or purchase order. We are unable to accept payment by credit card. This fee includes keynote presentations, workshops, breakfast and lunch each day. Early bird registration is \$125 if you register and mail payment by April 11th. (PO registrations are eligible for early bird rate if received by April 11th). One day registration is available for either day for \$100.

Cancellation Policy:

- Requests for cancellations will be accepted through May 7th in writing.
- If you cancel after May 7th, we are unable to refund your registration fee.
- Non-payment of registration fees does not void the cancellation policy & no refunds will be given for "no-shows".
- All registrations not cancelled and not paid will be due and billed regardless of attendance.
- You may transfer your registration to another person.

Please email requests for cancellation/transfers to TC2014@nsmha.org on or before May 7th. Please visit our website for further details on the conference presenters and other details as they become available: <http://nsmha.org/Tribal/Default.htm>

14th Annual Tribal Mental Health Conference Listening with Open Hearts

Presented by the North Sound Tribal Mental Health Committee, including members of Lummi Nation, Nooksack Tribe, Samish Nation, Sauk-Suiattle Tribe, Stillaguamish Tribe, Swinomish Tribe, the Tulalip Tribes, and the Upper Skagit Tribe. The Conference is held at the Skagit Resort, 5984 N. Darrk Ln., Bow, WA 98232; owned and operated by the Upper Skagit Indian Tribe.

The conference has been developed through three primary sources:

- Last years conference evaluations
- Recent Washington State mandates regarding tribal cultural competency
- Input from tribal behavioral health professionals

The ability to actively listen to people you're working with and identify cultural and spiritual values is beneficial to any tribal program. The listening skill can be considered a vital tool which supports the healing process.

Panel & Workshop Presentations will include:

- Using Native American art to help youth embrace their cultural identity
- Youth Suicide Prevention
- Mindfulness
- Listening to the "voice" of the American Indian/Alaskan Native
- The role of Native American spiritual values in supporting healing
- Preparing for the implementation of a "Tribal Centric Behavioral Health System"

Who Should Attend?

- Tribal Leaders, Tribal Staff, Human Services Staff, ICW Workers, Elders, Parents, Spiritual Workers & Other Community Members.
- County, State, Local Elected Officials & Other Community Agencies.
- Provider Mental Health & CD Professionals.

Accessibility:

If you need a reasonable accommodation for a disability, accommodations will be made available upon advance request. Please contact the NSMHA office before April 15, 2014 at 800-684-3555 or TC2014@nsmha.org.

CEUs: Continuing Education Credits (clock hours) will be available from Northwest Indian College and from NSMHA (CEHs) at the Conference based on final agenda hours.

A limited number of scholarships will be available; please email TC2014@nsmha.org for scholarship application form.

LODGING: To reserve a room please contact the Skagit Resort directly at 877.275.2448. The Skagit Resort conference room rate is \$79/night. (Credit card or deposit required at check-in)

E2SSB 6312 : "An Act relating to state purchasing of mental health and chemical dependency treatment services"

As passed Legislature	Legislative Taskforce	Regional service areas	Contract standards for "behavioral health services"	Process to contract for behavioral health services	Directs state toward integration of medical, mental health and CD services	Financial incentives for improved performance and integrated care	Miscellaneous	Dates and deadlines
<p>2SSB 6312</p> <p>Term "Regional Support Network" changed to "Behavioral Health Organization"</p>	<p>Adult Behavioral Health System Taskforce convenes April 1, 2014</p> <p>Three county representatives are added. Stakeholders added: chemical dependency advocates, Dept of Commerce, DOC, OFM</p> <p>Adds to current law to advise on:</p> <ul style="list-style-type: none"> Regional service areas Key issues for purchasing chemical dependency treatment in managed care contracts by 2016 Strategies for moving toward full integration for mental health, CD and medical care by January 2020 Performance measures and outcomes developed pursuant to current law Criteria used by DSHS and HCA for detailed plans and requests for early adoption of full integration Feasibility of a state behavioral health ombuds office Whether to require CD program to include 24 hour detox, medication assisted outpatient treatment, pregnant and parenting residential services Obstacles to sharing patient information across practice settings Variation in ITA commitment rates 	<p>HCA and DSHS jointly establish common regional service areas after guidance from taskforce. Taskforce to make recommendations on areas Sept. 2014.</p> <p>Counties through WSAC must submit recommendations on regional service areas to DSHS, HCA and taskforce by August 1, 2014.</p> <p>Boundaries must include sufficient number of Medicaid clients to support full financial risk managed care, be county boundary contiguous, reflect natural referral patterns.</p> <p>Common regional service areas must be used for purchasing behavioral health services and medical care services.</p>	<p>All contracts for behavioral health services must include:</p> <p>Increased use of evidence-based, research-based and promising practices;</p> <p>Accountability for client outcomes and performance measures in current law;</p> <p>Adequate networks of providers-protecting existing behavioral health system infrastructure;</p> <p>Medically necessary chemical dependency and mental health treatment services available to all clients;</p> <p>Provider reimbursement methods that incentivize improved performance; integration of behavioral health and primary care, and improved coordination for individuals with complex needs;</p> <p>Financial integrity standards;</p> <p>Mechanisms for monitoring performance.</p>	<p>Behavioral health organizations replace regional support networks.</p> <p>DSHS to request detailed plans from any entity seeking BHO contract</p> <p>Detailed plans will be requested from a single or multiple counties within single regional service area. Any responding entity that submits an adequate plan must be awarded the contract. (other potential entities described)</p> <p>Scope of services of BHO are mental health services and CD services in current law;</p> <p>Option to include Peer support, supported employment and supported housing services for mental health and chemical dependency treatment.</p>	<p>DSHS to purchase mental health and chemical dependency treatment services primarily through managed care contracting . (Begins April 1, 2016)</p> <p>Early adopter option: All counties in a regional service area can request that DSHS and HCA jointly purchase behavioral health and medical services through a BHO or medical managed care plan.</p> <p>By January 1, 2020 DSHS and HCA must transition community behavioral health services to full integration in a managed care health system that provides mental health services , chemical dependency services and medical care services to Medicaid clients.</p>	<p>DSHS may hold back a portion of resources to incentivize outcome based performance, clinical integration of behavioral health and primary care services; and improved care coordination for people with complex care needs.</p> <p>DSHS may establish priorities for expenditures of resources for non-medicaid services.</p> <p>Counties that are early adopters of full integration by January 1, 2016 may receive an incentive payment equal to 10 percent of savings realized by the state within the regional service area.</p>	<p>DOH will suspend CON requirement in SFY 2015 for community hospitals converting beds to psychiatric services that include involuntary treatment. Certified chemical dependency treatment professionals and trainees with licenses in other health care professions may treat patients in settings outside CD treatment programs approved by DSHS under chapter 70.96A.</p> <p>DSHS and HCA must develop a plan to provide integrated managed health and mental health care for foster children enrolled in Medicaid by Dec. 1, 2014.</p> <p>Records of persons in jail may be released to specific agencies for research purposes..</p>	<p>April 1, 2014: Adult Behavior Health Taskforce convenes</p> <p>Sept. 1, 2014 taskforce makes recommendations on regional service areas</p> <p>December 15, 2014:taskforce reports preliminary findings to Leg and Gov.</p> <p>Dec. 15, 2015 taskforce makes final report to Gov.</p> <p>April 1, 2016: Contracts for behavioral health organizations begin</p> <p>Dec. 1. 2018: DSHS and HCA report to legislature/Gov on each regions preparedness for full integration by Jan 2020</p> <p>Jan. 1, 2020 Community behavioral health care system for mental health, chemical dependency and physical health care must be fully integrated.</p>

**Advisory Board Budget
January through March 2014**

	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation
	Project # 1	Project # 2	Project # 3	Project # 4
Budget	\$ 13,900.00	\$ 1,600.00	\$ 12,490.00	\$ 600.00
Expense			(2,453.49)	
Total	\$ 13,900.00	\$ 1,600.00	\$ 12,490.00	\$ 600.00
			(2,453.49)	

Under / (Over) Budget \$ 26,136.51

BHC, NAMI, COD, OTHER	BOARDS SUMMIT (RETREAT)	Costs for Board Members (food, mileage, misc.)	Non-Advisory Board Members, to attend meetings and special events
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North Sound Mental Health Administration
Warrants Paid
March 2014

Type	Date	Num	Name	Memo	Amount
Advisory Board					
Supplies					
Bill	03/18/2014	Dec2013-Feb2014	Haggen Inc	Batch # 104669	157.62
	03/18/2014	Dec2013-Feb2014	Haggen Inc	Batch # 104669	219.57
Bill	03/18/2014	Dec2013-Feb2014	Haggen Inc	Batch # 104669	192.30
					<u>569.49</u>
Total Supplies					
Travel					
Bill	03/06/2014	February2014	McDonald, Mark	Batch # 104449	138.76
Bill	03/06/2014	February2014	Trautman, Candy	Batch # 104449	45.92
Bill	03/11/2014	February2014	AA Dispatch	Batch # 104556	615.75
Bill	03/11/2014	February2014	Kincheloe, David	Batch # 104556	187.60
Bill	03/11/2014	March2014	Yuen, Jennifer	Batch # 104556	96.80
					<u>1,084.83</u>
Total Travel					
Total Advisory Board					
					<u>1,654.32</u>
					<u>1,654.32</u>
					<u><u>1,654.32</u></u>

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NAMI of Whatcom County's 'NAMI Walk Team' is looking for your support to enhance the lives of those impacted by mental illness within our community. Proceeds from this fundraising event help to fund the free programs, classes and services offered in Whatcom County.

[Click HERE to Donate and Support of NAMI of Whatcom County's Team](#)

-or- [Join our Team](#) and walk on May 17th to Stomp out Stigma!

Washington State NAMI Walk Details:

Location: Kirkland Park Marina, Kirkland

Date: 05/17/2014

Distance: 5K

Check-in: 8:00 AM

Start Time: 9:00 AM

Every journey begins with that first step! As NAMIWalks celebrates its 12th Anniversary in 2014, we are proud to be the largest and most successful mental health awareness and fundraising event in America! Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing how Americans view persons with a mental illness. This is leading to ensuring that help and hope are available for those in need. Please join us as we improve lives and our communities one step at a time!!

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Our mailing address is:

PO Box 4124 Bellingham, WA 98227
1212 Indian Street Bellingham, WA 98225
(360)671-4950
nami@healthsupportcenter.org

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WALK to save lives

Out of the
DARKNESSSM
American Foundation for Suicide Prevention

CAMPUS WALKS

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Donate online...

campuswalks.org

1-888-333-AFSP (2377)



American Foundation
for Suicide Prevention

TYPE OR PRINT YOUR WALK DATE AND LOCATION
INFORMATION HERE

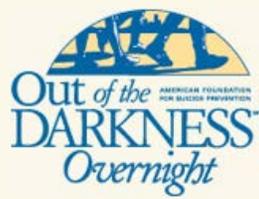
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Understanding and preventing suicide through research, education, and advocacy



2014 Overnight Walk - Seattle

[REGISTER NOW](#)
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The more of us that take part in the **Out of the Darkness Overnight Walk**, the louder our voice will be and the greater our impact will be on the nation. Join us on **June 14-15, 2014** as the **Out of the Darkness Overnight Walk** returns to **Seattle**. Together we will raise the needed funds and awareness to make suicide prevention a national priority.

Join us at the **2014 Kick Off Event** on Saturday, March 29 to learn about how you can take the first steps to saving lives. By attending, you'll receive all the information you need to take your fundraising, training and Overnight preparations to the next level. Plus, we'll share how the Overnight Walk continues to make a significant impact on the greater Seattle area. [Learn more and RSVP on our Special Events page.](#)

The Route:

The Out of the Darkness Overnight is 16-18 mile fundraising walk that will take you on a dusk till dawn journey unlike any other. From the Seattle Center, to the Olympic Sculpture Park, Fremont, Downtown Seattle and vibrant Belltown - together, a courageous community will break the silence and bring the issues of mental illness and suicide into the light. [Discover the 2014 Route >>](#)



Why We Walk:

A suicide attempt happens every minute of every day. Every 14 minutes, someone in the U.S. dies by suicide. These statistics are staggering and yet remain hidden and not discussed. We walk to bring the issues of suicide, depression, and mental disorders into the spotlight and to fund the work of the American Foundation for Suicide Prevention - work that will truly save lives. [Learn more >>](#)



About the American Foundation for Suicide Prevention:

The Overnight is organized by the American Foundation for Suicide Prevention, the leading

Find A Participant or Team



Sponsored By

Sunovion Pharmaceuticals

Top Fundraisers

- Nancy Cook
- Raymond Burke
- Tot Gillis
- Sarah Feinberg

[VIEW MORE](#)

Top Teams

- Team Forever Young
- AFSP Washington State Chapter
- Team SOLOS
- Miles for the Military

[VIEW MORE](#)

If you are in crisis, call
1-800-273-TALK (8255)
National Suicide Prevention Lifeline

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- About the Overnight
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Get the word out





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national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. [Learn more >>](#)



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