

Prevent Suicide

SPOKANE COALITION



New Member Packet

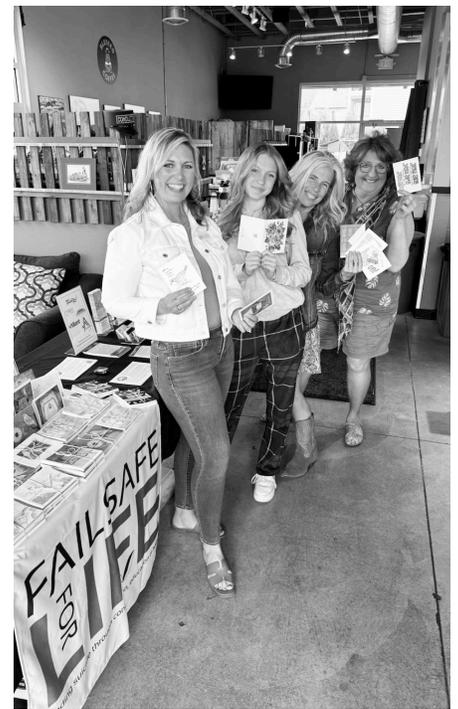
Welcome to the Coalition

www.spokanesuicideprevention.org

WELCOME,

New Members!

Thank you for your interest in the Prevent Suicide Spokane Coalition! PSSC is a group of individuals and organizations in behavioral health, education, government, and the private sector, working to reduce and prevent suicide in the Greater Spokane Area. Our members provide training, promote community mental health and wellness and share vital resources with our community.



Failsafe for Life Maylers for Mental Health Event

Current Members: 988, Excelsior Wellness, Fairchild Air force, FailSafe for Life, Forefront, Frontier Behavioral Health, Gonzaga, Inland Northwest Behavioral Health, Imagine by Northpoint, A Journey Thru Grief, Kellen Cares, Light a Lamp, Lutheran Community Services Northwest, Mead School District, NAMI Spokane, NEWESD101, New Chapter TMS, Paradigm Treatment, Postvention Collective, Sharp Shooting Indoor Range & Gun Shop, Shine Logan's Light, Spokane Community College, Spokane County Sheriff Office Chaplaincy, Spokane Public Schools, Spokane Regional Health District, STACIA LLC, Treehouse, United We Rescue, West Spokane Wellness Partnership -updated 2026



OUR MISSION:

The mission of the PSSC is to reduce suicide attempts and rates, and to promote prevention, intervention, and postvention strategies in Spokane County



FAST FACTS

About PSSC



Hope Boxes assembled by
Hope Squad Students

✓ MEET MONTHLY

PSSC meets on the 2nd Tuesday of every month. All meetings are virtual, with exception to quarterly, in-person meetings. Your level of involvement is completely up to you! Tier 1 members attend monthly meetings and have voting authority and opportunity for PSSC to sponsor one of their events, while Tier 2 members attend when they can. Membership is low pressure and flexible. the only cost is your time-No fees!



Construction professionals at
ASIST Training

✓ OFFERS TRAINING

PSSC and its members host and assist with multiple suicide prevention and postvention training events each year, including ASIST, CALM, QPR, Power of Connection, Healing after a Suicide Loss, and many others.

✓ MAKES A DIFFERENCE

Our members, through their organizations, are making a difference! Among many projects, members have brought Hope Squad, Kindness packs, My Ascension, and Screenagers, to our community. We collaborate on hundreds of events and projects each year, reaching thousands of people, all in efforts to have a **zero-suicide community**.



PSSC tabling and sponsoring
community events

Who We Are

Meet the Leadership Team



Staci Cornwell, Prevent Suicide Spokane Coalition Chair
staci.cornwell@mead354.org and connect2staci@gmail.com

Staci has over 30 years of experience working with the entire continuum of suicide prevention, intervention and postvention/grief support. She has been a member of PSSC for nearly 20 years and seeks to inspire and support others in their efforts to create a resilient and connected community. She is the Mental Health Coordinator for the Mead School District and the Founder/Owner of STACIA LLC, Specialized Training and Consultation.



Kalen Fairley, Prevent Suicide Spokane Coalition Coordinator
kvia@esd101.net

Kalen is the Regional Behavioral Health Student Assistance Advocate at ESD 101. She is passionate about helping Prevent Suicide Spokane Coalition in it's mission to prevent suicide in the Greater Spokane Area and beyond. As the PSSC Coordinator, she collaborates with the Leadership team and is the liaison to the back-bone agency that supports the coalition's work.



Angella Southerly, Leadership Team Member
asoutherly@lightalamp.org

Angella is the founder and Executive Director of Light A Lamp, a non-profit organization which aims to brighten lives through encouragement and tangible support gifts. These supports go to students who may be struggling emotionally in schools, assisted living residents, heroes, and parents who have lost a child.



Kiira Tiejn, Leadership Team Member
kiira@newchaptertms.org

Kiira is a Co-Founder of New Chapter TMS and psychiatric nurse practitioner with over a decade of experience helping children, teens, and adults navigate complex mental health challenges. She is dedicated to bringing cutting-edge treatments like TMS to patients when traditional care is not enough.



Sabrina Votava, Leadership Team Member
sabrina.votava@failsafeforallife.org

Sabrina has been a member of the PSSC coalition for over 20 years and is the founder/owner of FailSafe for Life, a non-profit focused on bring suicide awareness and prevention to the community. She is a licensed mental health counselor and a certified instructor for QPR, QPR ToT, and ASIST. She also serves as a Hope Squad Advisor for Mead High School.



The Prevent Suicide Spokane Coalition identified three primary Strategic Directions to guide our Mission.

STRATEGIC

Plan

This is a synopsis of the PSSC Strategic Direction Guide. The complete plan can be found at spokanesuicideprevention.org



● FOCUS ON VISION

PSSC has a clear operational strategy from which they provide early investment in children and families, create a community invested toward connectedness, shift community and cultural norms, improve the spectrum of care, decrease access to lethal means, and build compassionate and robust aftercare in order to reduce the suicide and attempted suicide rates in Spokane County.

● IDENTIFY BARRIERS

PSSC worked to identify barriers to the success of the coalitions' mission and vision, including but not limited to a lack of awareness and knowledge of suicide signs and symptoms, prevention, postvention, and lethal means safety.

● DIRECTION 1: EXPAND INCLUSION AND REACH

We strive to engage with others to increase the voice of the coalition, such as youth, local tribes, veterans, military, people with lived experiences, etc. so that greater collaboration can occur and strategies about suicide prevention efforts will have a greater reach and impact with different audiences.

● DIRECTION 2: ENHANCE COMMUNITY COMPETENCE

We will provide our community with knowledge related to the coalition, suicide prevention, postvention, and lethal means safety. We believe these efforts will empower others to know the sign/symptoms, and how to support and connect a family, friend, co-worker or others during a potential suicide crisis or grief situation.

● DIRECTION 3: STRENGTHEN THE SAFETY NET

We know that putting time and distance between an at-risk person and a lethal means for suicide, saves lives, so this Direction will primarily focus on providing awareness and education of lethal means safety to gun shops, ranges, and others who have direct contact with gun owners so that they have the information and tools for safe storage.

Tools and Resources

01

Community Resources

Looking for a specific resource or have a specific need but not sure where to find answers? PSSC has members across the region in almost every industry and service: inpatient, residential, outpatient treatment, support groups, etc. Our community is happy to help answer questions and help you find what you need

03

Events and Support

Many of our members host various events, including training, support groups, fundraisers, awareness, networking events, and more. Small and Large events are prevalent in our community. We would love to see you there!

02

Training Requests

Several PSSC members provide training and public speaking on resilience, suicide prevention, intervention, postvention, and other mental health related topics. ASIST, CALM, Grief Response, QPR, Power of Connection, etc. are just a few ongoing options in our community. Check out the PSSC website for a list of trainers.

04

Community Collaboration

Do you have an idea and need support to get it going? Are you looking for a project to help out with? PSSC has members across the region in almost every industry and excited to collaborate on projects that support the PSSC Mission. Please bring your idea/project or volunteer request to a coalition meeting so we can help you get connected!

Communication

Visit our Website

www.preventsuicidespokane.org



Please Note



The Prevent Suicide Spokane Coalition Contact Page is not intended for those who need urgent support due to an active suicide crisis. **If you or someone you know is experiencing an emergency or is seeking immediate assistance and guidance pertaining to suicide, please call 988 or 911.**

FREQUENTLY

Asked Questions

How do I become a member?

Becoming a member is easy! Provide your email to any member of the coalition, who will forward it on to the Leadership team so we can add you to the meeting invite, and then just show up. All new members are placed into a raffle for a prize at the quarterly in-person meeting.

Can I attend a training without being a member?

Yes! All trainings are open to the community unless otherwise noted. Information on upcoming training and events are shared during coalition meetings and also sent out to members in the meeting notes. Some of these events may also be listed on our website or other social media. www.spokanesuicideprevention.org/events.

How can I request a Training/Speaker for my organization?

Several of our members are certified trainers and offer a wide variety of training and public speaking opportunities. Please reach out directly to the Leadership team with your request and we will help you find the right speaker to fit your needs.

How can my organization partner with PSSC

We welcome partnerships and collaborations on projects that align with our mission. Come to a meeting and present your idea? Or join a planning committee for an upcoming event. Sponsorships, Donations, and volunteers are always welcome!

In what ways can I help?

Getting involved with PSSC offers multiple opportunities to prevent suicide in our region. Members volunteer at events, host and promote trainings, and much more. Come to a meeting to learn more about current opportunities for you to get involved!

Take Action Get Involved

If you are passionate about suicide prevention and postvention, we encourage you to become a member of the Prevent Suicide Spokane Coalition. Individuals, non-profits, community members, and other organizations are welcome! We look forward to meeting and partnering with you as we move toward a **zero-suicide community**



Light A Lamp partnered with Hope Squad to deliver Hope packs

In addition to becoming a member, consider joining one of our committees!



01 Education and Outreach Committee *Commitment: 1-2 hours per month*
This committee is tasked with coordinating events, recruiting new members, collaborating with community partners and more.
Contact: Sabrina Votava, sabrina.votava@failsafeforlife.org

02 Communication & Media Committee *Commitment: 1-2 hours per month*
This committee leads the coalition's communication tools and strategies by keeping the website updated, organizing online requests, and guiding/implementing marketing and communication efforts.
Contact: Kalen Fairley, kfairley@esd101.net

03 Leadership Team *Commitment: 1-2 hours per month*
Committee appointed by nomination/invitation
The Leadership Team directs PSSC activities and operations, and takes the lead on Prevent Suicide Spokane Coalition Strategic Directions.
Contact: Staci Cornwell, staci.cornwell@mead354.org

Let's Talk Suicide Conference:
Kevin Hines

Meeting Schedule 2026

- January 13th, 2026
- **February 10, 2026***
- March 10th, 2026
- April 14th, 2026
- May 12th, 2025
- **June 9th, 2026***
- July-No Meeting
- August 11th, 2026
- September 8th, 2026
- **October 13th, 2026***
- November 10th, 2026*
- December 8th, 2025

***In-Person Meeting**

Join Zoom Meeting: 1:00-2:30pm PST
<https://esd101.zoom.us/j/88421571053>
Meeting ID: 884 2157 1053

