

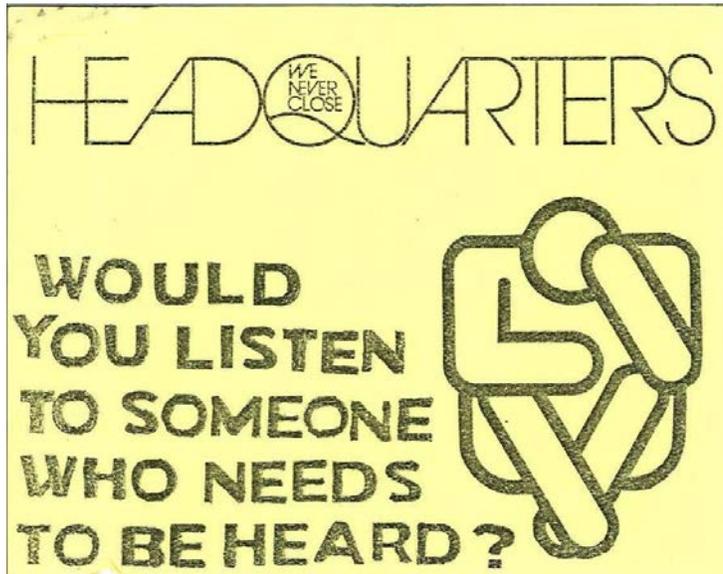
2018 Annual Report

Headquarters, Inc.



Kansas
Suicide
Prevention
RESOURCE CENTER

About Headquarters, Inc.



In 1969, Headquarters Counseling Center opened as a drug crisis center for teens and young adults in the Lawrence, Kansas community. We quickly evolved into a center for any concern, for people of any age. Since 1985, we've been become the suicide prevention leader in Kansas. Our counseling center has served the citizens of Kansas on the National Suicide Prevention Lifeline crisis center network since 2001. We continue to provide free, confidential counseling as a 24-hour crisis center.

"HEADQUARTERS, INC IS THE SUICIDE PREVENTION LEADER IN KANSAS, PROVIDING COUNSELING, EDUCATION, AND RESOURCES FOR ALL TO IMPROVE PUBLIC HEALTH."

Our Vision is for Headquarters, Inc. to undeniably be the absolute expert on comprehensive suicide prevention in Kansas.

Our guiding values will always be to:

- Serve the public interest
- Act in a transparent and honest manner
- Maintain the confidence of our donors and sponsors
- Treat employees and volunteer counselors with dignity
- Build local, sustainable support in the communities in which we serve

Who We Are

We are a community of Board of Directors Members, Advisors, Volunteer Counselors, and Professional Staff who are passionate about making sure that emotional support and safety are available to kids, teens, and adults. We aren't big enough to serve the world, but we sure work hard for the Douglas County community, and for all 105 counties in the state of Kansas.



Board of Directors:
David Frizzell, Board President
Liz Gravatt, Treasurer
Susan Cross
Bruce Frey, Volunteer Liaison
John Youngbauer
Crystal Hong

Staff:

Steve Devore, Executive Director

Kristin Vernon, Director of Counseling Services

Monica Kurz, Director of the Kansas Suicide Prevention Resource Center

Allan Bunch, Director of Development and Community Engagement

Meg Fowler, Kansas Suicide Prevention Resource Center Program Coordinator

Kalli Sanders, Office Manager

For their board service, Headquarters, Inc.

sends special thanks to:

Jillian Hager

Amber Morrow

Cris Cullinan

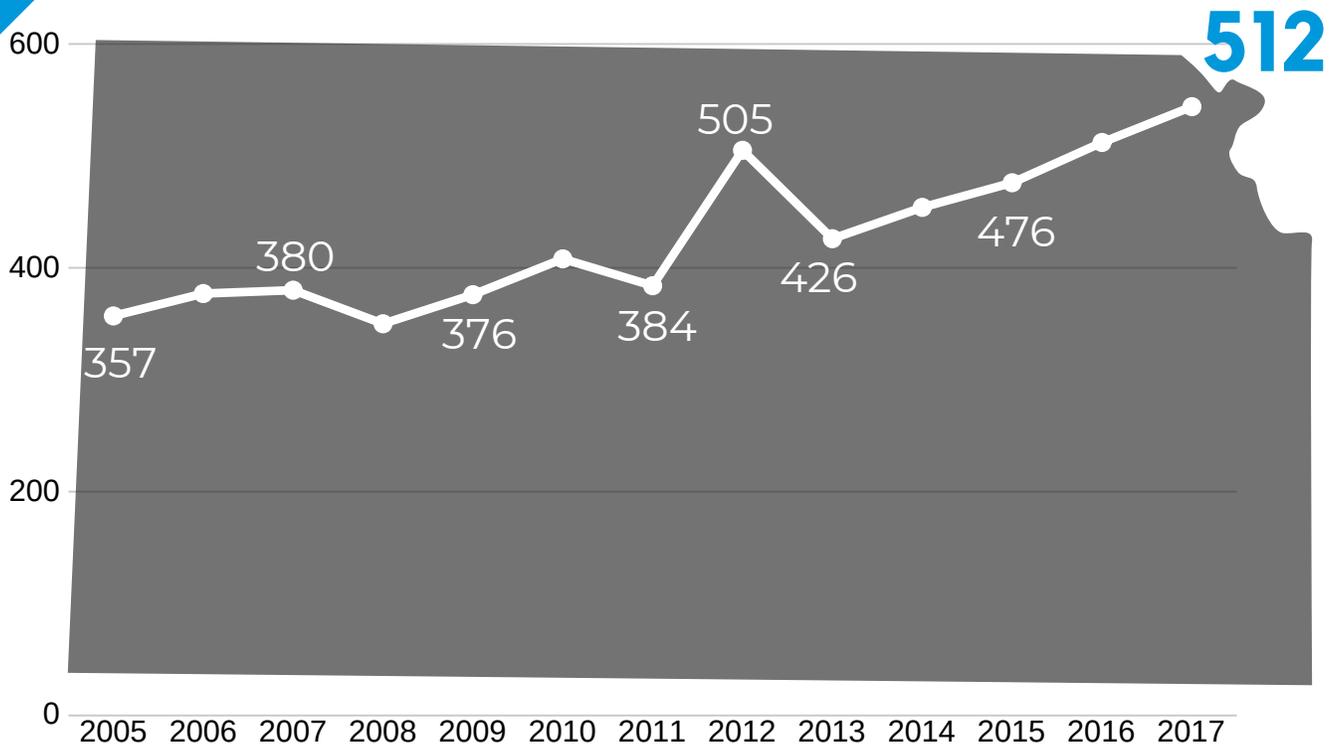
Scott Criqui

Bruce Liese

Charlie Sedlock

Tiffany Johnson

Suicide in our state:



**1 PERSON DIES
EVERY 17 HOURS
BY SUICIDE**

ANNUALLY,
THE NUMBER OF SUICIDES IS
3.5 TIMES
THE NUMBER OF HOMICIDES

THERE ARE 3 FEMALE ATTEMPTS



FOR EACH MALE ATTEMPT

THE AVERAGE AGE OF KANSANS
WHO COMPLETE SUICIDE IS

44
YEARS OLD

SUICIDES BY MALES EXCEED FEMALES



4 TO 1

SUICIDE IS...

THE 3RD LEADING CAUSE
OF DEATH IN AGES



5-14

AND

THE 2ND LEADING CAUSE
OF DEATH IN AGES



15-24

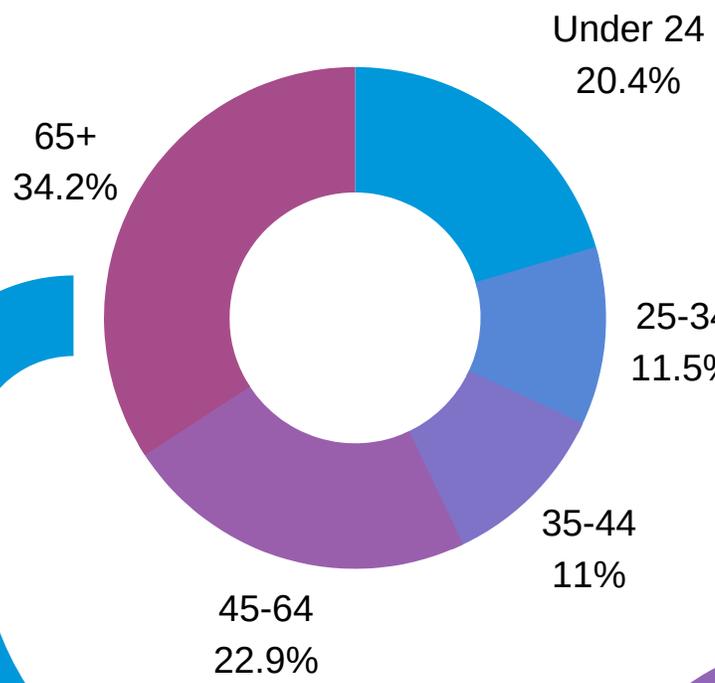
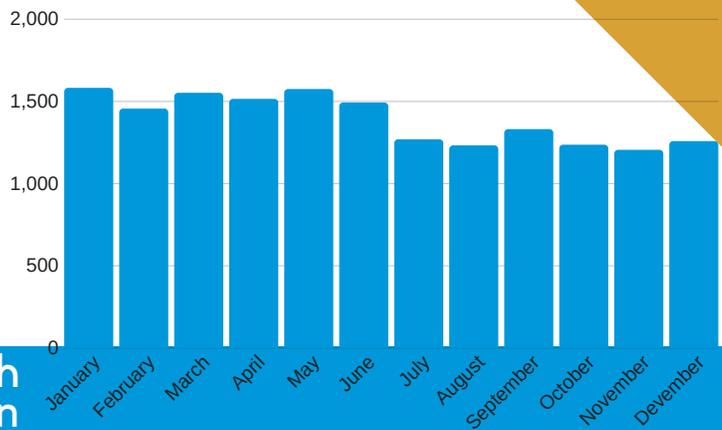
35-44

In 2017, Headquarters Counseling Center:

Counseled nearly

17,000

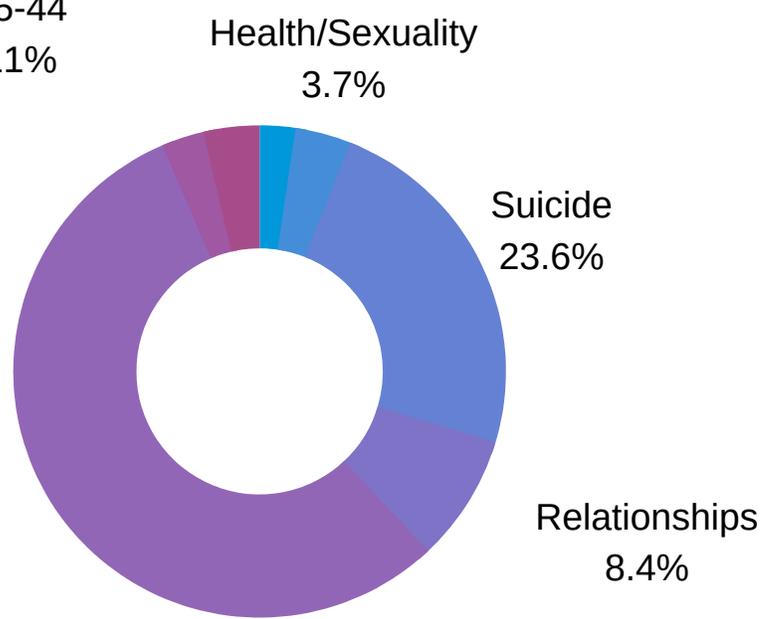
instances of individuals through various forms of communication



From Kansas of all ages

with concerns

Emotional Support
55.5%



Our Counseling Services

Phone Counseling: Headquarters, Counseling Center operates 6 total phone lines 24/7: 3 local lines dedicated for crisis and emotional support, 2 phone lines for calls originating across the state of Kansas to the National Suicide Prevention Lifeline, and the phone-a-friend line that has been marketed in middle and high schools in Douglas County for kids to call to get help, express their feelings, and receive support.



Online Chat: Headquarters Counseling Center hosts a chat portal on our website during select hours when someone can receive the same services of Headquarters in situations when talking on the phone might not be available or their first choice. Chat is also available at crisischat.org

Student Clinic: Headquarters Counseling Center provides ongoing counseling by master-level KU student Interns. We welcomed 5 student interns in the 2017/18 school year and 5 more for the 2018/19 school year.

Training offered

Suicide Risk Assessment: The Columbia Suicide Severity Rating Scale, CSSRS, is an evidence-based suicide screening tool which is considered to be the “gold standard” in risk assessment. This year Headquarters, Inc, through our director of the Kansas Suicide Prevention Resource Center, provided CSSRS training to 134 people in Johnson County, KS including 2 train-the-trainer trainings.

SUD and Suicide: Substance use disorders (SUD) and suicide prevention is a training geared towards individuals wanting more information about the links between suicide risk and SUDs. In 2018, Headquarters, Inc. provided this training to about 20 people at a Johnson County School Prevention Roundtable.

Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment:

Is a training adapted from SAMSHA’s Treatment Improvement Protocol, or TIP-50. Training is geared towards substance abuse treatment professionals. In 2018 Headquarters Inc. hosted 3 TIP 50 trainings in Ellis, Johnson, and Sedgwick Counties with a total of 34 participants. “The material was great, the presenter was FANTASTIC!”





Applied Suicide Intervention Skills Training is an evidence-based, 2 day workshop for learning suicide intervention skills. In 2018, Headquarters Inc. hosted 10 ASIST trainings in Douglas, Scott, Rice, Lyon, Wyandotte, Coffeyville, Dickinson, and Leavenworth counties. 283 people were trained to recognize warning signs of suicide and intervene.

"Thanks to the support of the United Way of Douglas County, I was able to attend the ASIST Training for free, as I am a member of a United Way partner agency. As a person who has worked in a number of social service fields, I had worked with several individuals who had expressed suicidal ideation; however, I never felt confident in providing support for or safety planning with them. As soon as I became aware of this opportunity, I signed up for the two-day training, not knowing what to expect but recognizing that I had a lot to learn. The two-day training was an intense and enlightening experience. I made sure to tell all of my colleagues about the importance of this training and how much practical knowledge I had acquired. I even came home and told my partner and my child about how impactful this experience was for me. Little did I know that the first place I would utilize the skills I learned in the ASIST training would be in my home with the very person I love the most. About one week after I attended the ASIST training, my teenage child experienced a significant loss. As much as we empathized with our child, I don't believe either of us really understood the impact this loss had on them. My partner and I had an event that we attended, and our child didn't want to go. While we were out of the house, our child began posting sad messages on their social media accounts, and we became very concerned rather quickly. We came home right away and discovered that our child had been contemplating ways to end their pain. The information I received in the ASIST training became real in that moment. I was able to ask my child questions and hear their story. We were able to devise a plan to keep them safe and help connect them to available resources. Without the ASIST training, I would not have felt prepared to support my child in their time of need, and it is possible that my lack of knowledge would have led to more harm for them. I am grateful for KSPRC and Headquarters Counseling Center, and their work to educate the community on how to support and best care for their loved ones."

Educational Programs

More than Sad is a high-school program consisting of 2, 45-minute classroom presentations. In 2018, the presenter training was provided to 33 school professionals in Haysville and Dickinson County with support from the Quality of Life Coalition.

You are a lifesaver is a 90-120 minute presentation for school staff drawn from “Suicide In Schools,” another comprehensive guide for school-based suicide prevention. In 2018 Headquarters, Inc. presented to 25 school staff members in Lawrence, KS.

Suicide 101 is an overview of relevant suicide prevention statistics to help an audience identify the need for suicide prevention in their sector and teaches participants to recognize the warning signs of suicide and how to connect to the next helper. In 2018, Headquarters, Inc. gave 6 presentations to about 200 people in Kansas City, MO; Wyandotte, Sedgwick, and Douglas Counties; the Attorney General’s Task Force on Youth Suicide; and Prevention WorKS.

Suicide Talk is a 2-hour suicide awareness presentation that helps participants to understand the issue of suicide and how they can prevent it in their communities. Headquarters, Inc gave 5 presentations to about 130 people in Jefferson County, Wyandotte County, and Kansas City, MO. “The most helpful part of Suicide Talk was learning to give yourself permission to be uncomfortable and talk about suicide. I really appreciate how she (Monica, KSPRC director) helped us start to find the right language for being a helper in work and personal life.”

Custom Presentations:

The Kansas Suicide Prevention Resource Center, part of Headquarters, Inc. can tailor presentations or trainings to workplaces, community organizations, schools, or civic groups. In 2018 the KSPRC provided presentations to about 3,300 people in Kansas City, MO; Douglas, Johnson, Shawnee, Butler, Labette, Lyon, Dickinson, Wyandotte, Sedgewick, Ford, and Saline Counties; plus state-wide online presentations, legislative testimony, radio, and television interviews. All told, the Kansas Suicide Prevention Resource Center was present at 80 events in 2018, giving resources and education to more than 4,000 people.



Sources of Funding

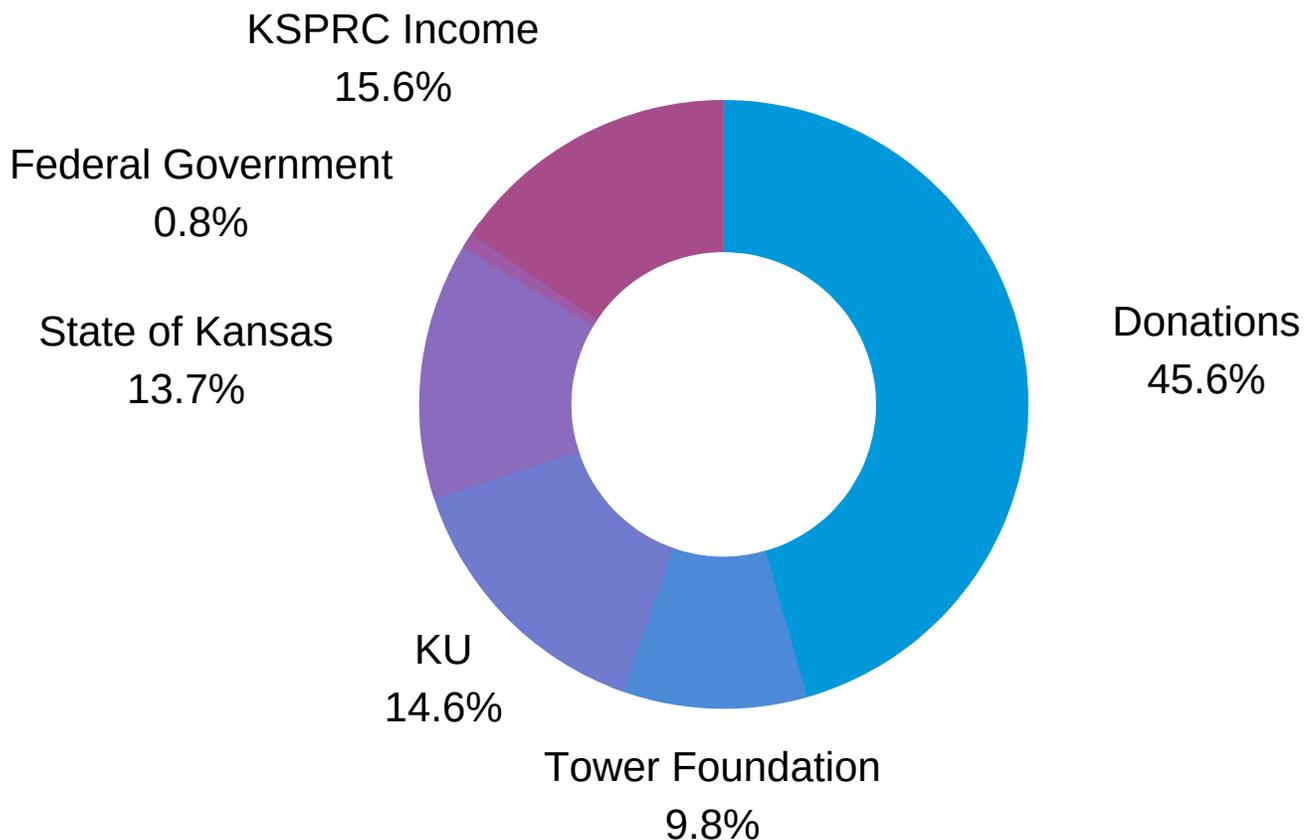
Donations: Donations from individuals, foundations, and businesses.

Tower Foundation awarded Headquarters, Inc a grant to address the foundation's priority of increasing resources for youth suicide prevention.

The KU Student Senate generously allocates funding for Headquarters, Inc. for the services we provide to students and staff of the University of Kansas.

State of Kansas allocated \$21,000 to Headquarters Counseling Center, funding approximately 10 hours per week of our crisis center's operation. The state also allocated \$21,000 to the Kansas Suicide Prevention Resource Center for contract work with KDADS Headquarters Inc. receives \$2,500 annually from the **federal government** through a SAMSHA grant to operate the National Suicide Prevention Lifeline and online chat in Kansas.

KSPRC income came from many sources. We'd like to thank United Way of Douglas County for their 2018 Grant allowing us to provide 5 Douglas County ASISTs.



a Note from the Board President

Dear Friends of Headquarters, Inc.,

It's been an incredibly significant year for Headquarters, Inc. with serious progress made in vital areas of the organization. I'm so proud of the hard work of everyone involved and it's because of your dedicated efforts that Headquarters is able to make a serious impact in the fight for suicide prevention.

This year will mark the 50th anniversary of the organization and we are stronger than ever. This organization is the leader in suicide prevention for the state of Kansas, and we should all take a moment to consider how much of an achievement that is.

Getting into specifics, I want to personally thank the board of directors and the staff for their help in our search for an Executive Director. It's an important step for our organization and it opens so many new doors for us to continue in our important work.

Internal and external communications have been a priority for us this year, and I'm pleased to report that those efforts have been very effective. More people than ever are aware of our organization and that means more volunteers, more donors, and more lives saved. Effectively communicating our mission, as well as our day-to-day work, is essential for accomplishing our goals. I appreciate the work that has gone into our messaging.

As President, seeing the improvements and advancements in this organization has been a significant source of pride for me over the past year. Thank you all so much for what you do. The mission of Headquarters is vital, and it takes dedication and hard work, every day, to get closer to a world without suicide. It's a noble goal and one that doesn't seem as impossible as it did just a few years ago.

Let's keep up the good work. There are people counting on us.

Sincerely,

David Frizzell
Board President, Headquarters



Thank YOU!

When someone calls, initiates a chat conversation, or walks through our door, they are reaching out for help. The generosity of our amazing donors keeps those services free and confidential for everyone. When you make a donation, you're not just writing a check or clicking a donate button online, you're giving someone access to life itself.



We'd like to thank **MIDCO**, multiple funds from the **Douglas County Community Foundation**, the **Jewish Community Foundation**, **United Way of Greater Kansas City**, the **American Endowment Foundation**, **COBANK**, **Jet.com**, the **Greater Kansas City Community Foundation**, and **United Way of Douglas County**. We'd also like to thank **Seigfreid and Bingham** for their donation of new computers for our offices and call room. We're so very thankful for the generous support of several family funds, legacy funds, churches, other suicide prevention and support nonprofits, businesses hosting fundraisers, and the hundreds of "regular people," who make suicide prevention a priority in their lives. Thank you for your incredible generosity and kindness. Thank you for supporting the mission of Headquarters, Inc. to provide suicide prevention counseling, education, and resources for everyone.

We also owe a huge amount of thanks to our largest donors, our volunteer counselors. Each counselor receives about 100 hours of training before taking calls in our crisis center. In 2018 34 new volunteers stepped up to become volunteer counselors giving us 95 active volunteer counselors in 2018 who donated 12,241 volunteer hours. That's an in-kind value of over \$276,000.00. Thank you all for your commitment, your friendship, and your love.

While we know that many non-profits list donors individually, we respect that many of our donors have been impacted by suicide. We respect their privacy by not disclosing something that could be triggering or cause them additional grief.

To donate, visit:

**[HeadquartersCounselingCenter.org/donate/
paypal.com/us/fundraiser/charity/1697003](https://HeadquartersCounselingCenter.org/donate/paypal.com/us/fundraiser/charity/1697003)**

By mail: P.O.Box 999 Lawrence KS 66044



Moving forward: a note from Headquarters, Inc.'s Executive Director,

50 years ago, a dream was realized that would assist and ensure the safety and wellness of residents of Lawrence and Douglas County. A place where both young and old, sick and healthy were invited to seek help ranging from drug addiction to suicide prevention. That dream became embedded in the fabric of our community known as Headquarters, Inc. The road has not always been easy, direct, nor even fun at times; but the compassion, dedication, and commitment of caring individuals seeking to help others has never changed.

When I proudly accepted the position of Executive Director, I was fully aware of this resilient history, yet I also recognized both the needs and opportunities to further advance our mission. As I look to the future, I have an intense singular focus for Headquarters, Inc. to undeniably be the absolute expert on comprehensive suicide prevention throughout Kansas. Much like our past, this new journey will not be easy, but with continued financial support from individuals like you, the ability to increase our capacity and range of expertise, and the continued commitment from hundreds of valuable volunteer counselors, each of us will play a significant role in saving lives and supporting those who come to us for another 50 years!

With Gratitude,

A handwritten signature in black ink, appearing to read "Steve Devore".

Steve Devore
Executive Director
Headquarters, Inc.



Facebook: @HeadquartersCounselingCenter and @KansasSuicidePrevention



Twitter: @HQCC_KS



Instagram: @HQCC_KS