SAVE A LIFE – BECOME A CRISIS PHONE RESPONDER

Crisis Phone Responders are a necessary and critical resource to the work of the ISPH. We could not provide our services without the generous commitment of so many in our community. When you volunteer with ISPH you can expect to receive professional training and caring support and supervision from our outstanding team. Our goal is to assure you have the knowledge and skills to make a difference in the lives of our callers.

Candidates participate in a multi-stage application process which consists of submitting our completed application with a background check; attending an information session; interview with Volunteer Coordinator and attending a 3-hour listening shift.

FALL INFORMATION SESSIONS
JANNUS 1607 W. Jefferson St. Boise, ID 83702
6:00pm – 7:30pm
September dates TBA
Can’t make one? Call us anyway

FALL 2015 TRAINING PROGRAM
Attendance is required at all classes.
October 3 Saturday 8:30am-4:30pm Communication Skills /Crisis Intervention/Diversity
October 6 Tuesday 6pm-9pm Mental Health
October 8 Thursday 6pm-9pm Intimate Partner/Victim’s Issues
October 10 Saturday 8:30am-4:30pm Applied Suicide Intervention Skills Training (ASIST) Day 1
October 11 Sunday 8:30am-4:30pm ASIST Day 2
October 13 Tuesday 6pm-9pm Grief & Loss
October 15 Thursday 6pm-9pm Addictive Behavior

Thank you again for considering a volunteer commitment with ISPH. As an opportunity to turn your positive energy into meaningful action, you will find that working at the Hotline will be both challenging and rewarding.

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Volunteer Coordinator
Idaho Suicide Prevention Hotline
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ISPH Mission

The Idaho Suicide Prevention Hotline is committed to the prevention of suicide in Idaho. The hotline provides crisis intervention, emotional support, resource referrals and linkages to local services, and follow-up for persons with potential suicide risk factors, empowering callers to look at options and make their own decisions.

Preventing Suicide in Idaho

There are over 34,000 suicides in the U.S. each year and is the 11th leading cause of death for all ages. It is the 7th leading cause of death for men and 15th for women. Men complete suicide at 4 times the rate as women, and represent 78% of all suicides, women attempt suicide 2-3 times as often as men. In 2011, 15.4% of traditional high school students reported seriously considering suicide; 6.3% made at least 1 attempt.

- Suicide is the 2nd leading cause of death for Idahoans age 15-34 and for males age 10-14. (The leading cause of death is accidents.)
- Idaho is consistently among the states with the highest suicide rates. In 2010 (the most recent year available) Idaho had the 6th highest suicide rate, 49% higher than the national average.
- In 2012, 299 people completed suicide in Idaho; a slight increase from 2011.

History of the Hotline

Idaho was the only state without a nationally certified suicide prevention hotline from 2006 until ISPHs opening in November 2012.

ISPH Planners and Contributors

Many organizations and individuals have contributed funding to the Hotline's start-up.

Significant funders & contributors include:

- Idaho Council on Suicide Prevention
- Suicide Prevention Action Network of Idaho
- Idaho State University Institute of Rural Health
- Department of Veterans Affairs-Boise
- Veterans Services-Idaho Division
- Idaho National Guard
- Idaho Department of Health and Welfare
- United Way (Kootenai County, Southeast Idaho, and Treasure Valley)
- Idaho Legislature
- Wells Fargo
- Saint Alphonsus Health System
- Jeret 'Speedy' Peterson Foundation
- Citi Cards
- Ada County Paramedics Association
"Everybody can be great because everybody can serve."

Martin Luther King, Jr.

Volunteer Requirements…
- At least 21 years of age
- Screening Process – Not everyone who applies will be accepted.
- Application
- Interview
- Criminal background check
- Experience, motivation, reliability, emotional readiness are taken into account.

Volunteer Commitment…
- We offer a variety of shift options—including evenings and weekends.
- ISPHs Training Program includes a minimum of 34 required hours.
- Upon successful completion of training, the Crisis Line Phone Responder position requires a minimum 12-month commitment. This involves one 4½-hour shift per week, one substitution shift per month if needed, and one holiday shift per calendar year.
- Participate in at least four continuing education activities per year. Ie Potluck evening with guest speaker; online 1.5 hour article reading and testing.
- Attendance at social events is not required but is strongly encouraged!

The Benefits of Volunteering…
- Gaining valuable experience
- Strengthen communities
- Improve lives
- Connect to others/meet new people
- Transform your own life
- Improve resume and gain work experience
- Learn and improve skills… and teach your own skills
- Lower mortality rate, greater functional ability, lower rates of depression

The ideal volunteer will be…
- understanding
- respectful
- accepting
- empathetic
- a good listener
- non-judgmental
- coming from all walks of life and educational backgrounds.
Recent reflections from our Crisis Phone Responders…

“... it is a great feeling to have helped someone you don’t know...and that we’re here for them.”

“This is one of the best, recent, experiences I’ve had!”

“I love coming here.”

“I feel as though I’m helping.”

“...I feel that I really made a difference and helped someone with the issues they are having.”

“I love helping others. Be here for them, not you!”