

CONNECTING COMMUNITIES TO SAVE LIVES

COMMUNITY SUICIDE PREVENTION

8TH ANNUAL CONFERENCE



FRIDAY, SEPTEMBER 25, 2026

Idaho State University, Pocatello, Idaho

CONNECTING COMMUNITIES TO SAVE LIVES

A Note from Our Chair

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FRIDAY, SEPTEMBER 25, 2026

Idaho State University, Pocatello, Idaho

CONNECTING COMMUNITIES TO SAVE LIVES

A Note from Our Chair

WELCOME TO OUR ANNUAL CONFERENCE!

On behalf of Community Suicide Prevention, Inc., I am honored to welcome you to our 8th annual conference. As a local 501(c)(3) nonprofit, we serve 16 counties across Health Districts 6 and 7 in Eastern and Southeastern Idaho. Our work is guided by a compassionate, 21-member volunteer Board of Directors composed of professionals, community members, and survivors of suicide loss. It is a true privilege to serve alongside this remarkable group—there is no finer team dedicated to this vital effort.

Our mission is clear: to reduce suicide rates in Eastern and Southeastern Idaho through advocacy, collaboration, and education. Our vision is simple, yet powerful—that all Idahoans choose to live. This conference directly reflects that purpose, built on the core belief that connection, awareness, and hope save lives.

The statistics are sobering: Idaho consistently ranks among the top ten states for suicide deaths. This reality underscores the critical urgency of our mission and reminds us that we must remain proactive, informed, and united in prevention. Today serves as a vital reminder that no one has to walk this path alone.

Thank you for being here. Your presence matters. Together, let us continue to show up for one another, support those we love, and make a lasting difference.

With gratitude,



Rick T. Croft, LCPC
Chairperson
Community Suicide Prevention, Inc.



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Conference Schedule

8:15 - 8:45 AM	Registration Check-in, refreshments, vendor exhibits, networking
8:40 - 8:45 AM	Welcome Rick Croft, LCPC Community Suicide Prevention Chair
8:45 - 10:45 AM	Jesse Hinckley, MD, PhD <i>When Substances and Suicidal Thoughts Collide</i>
10:45 - 11:00 AM	Break Refreshments, vendor exhibits, networking
11:00 AM - NOON	Sally Spencer-Thomas, PsyD <i>Helping People Living with Suicidal Intensity with Confidence and Compassion: Part 1</i>
NOON - 1:15 PM	Lunch Lunch on your own, vendor exhibits, networking
1:15 - 2:45 PM	Sally Spencer-Thomas, PsyD <i>Helping People Living with Suicidal Intensity with Confidence and Compassion: Part 2</i>
2:45 - 3:00 PM	Break Refreshments, vendor exhibits, networking
3:00 - 4:30 PM	Sally Spencer-Thomas, PsyD <i>Helping People Living with Suicidal Intensity with Confidence and Compassion: Part 3</i>
4:30 PM	Closing Remarks and Certificate of Conference Attendance

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JESSE HINCKLEY, MD, PHD



Dr. Jesse Hinckley is board-certified in general psychiatry, child and adolescent psychiatry, and addiction medicine. He completed his MD and PhD at the University of Colorado School of Medicine, where he is an adjunct professor and conduct research to better understand the development of substance use disorders in adolescents, the interaction between substance use problems and mental health disorders, and how to effectively treat comorbid disorders.

He resides full time in Idaho with his family, where he practices as a child and adolescent psychiatrist and is the training director for the psychiatry residency training program at HCS Healthcare Eastern Idaho Regional Medical Center.

In addition, Dr. Hinckley currently serves as the chair of the HCA Healthcare Behavioral Health Research Advisory Board, medical director of Headwaters Behavior Health, contributing editor for the *Journal of the American Academy of Child and Adolescent Psychiatry*, and associate editorial board member for *Adolescent Psychiatry*.

Dr. Hinckley is the recipient of multiple awards, including the National Institute on Drug Abuse and American Academy of Child and Adolescent Psychiatry Resident Training Award in Substance Use Disorders and is currently conducting research as a recipient of the AACAP Physician Scientist Program in Substance Use K12 Career Development Award.

Outside of professional responsibilities, Dr. Hinckley is an avid choral musician, wildlife photographer, dog breeder and trainer, and bibliophile.

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SALLY SPENCER-THOMAS, PSYD

Dr. Sally Spencer-Thomas likes to joke that she “grew up professionally” in the American Association of Suicidology (AAS) --and it shows. A clinical psychologist, impact entrepreneur, and longtime AAS leader (including past Secretary, Executive Board Member, and Survivor of Suicide Loss Division Director), Sally has spent her career helping shape the field from the inside out.



After losing her brother Carson to suicide, she became a fierce champion for people with lived experience - not just as storytellers, but as co-creators of real change. She is the co-founder of United States Survivors International and a driving force behind initiatives that elevate lived experience as a cornerstone of effective prevention.

Sally has a particular knack for going where the field hasn't fully gone yet – most notably, the workplace and men's mental health. As co-developer of the beloved “Man Therapy,” the nation's first comprehensive workplace suicide prevention program, and lead author of the National Guidelines for Workplace Suicide Prevention, she has helped organizations across industries turn awareness into action, reaching tens of thousands of workers and leaders with practical, culture-shifting strategies.

Known for blending stories, science, and a healthy dose of humor, Sally's work helps international audiences tackle one of our most complex public health challenges with both courage and clarity. She still believes that the best ideas often come from those closest to the path and she's on a mission to ensure we actually listen.

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COMMUNITY SUICIDE PREVENTION BOARD MEMBERS

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Christine Adams | Co-Chair
Tina Wheatley | Administrative Assistant
Tina Ricks, LCSW | Secretary
Brandie Weaver | Treasurer

Board Members

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Russ Wheatley
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COMMUNITY SUICIDE PREVENTION CONFERENCE PLANNING COMMITTEE

Rick T. Croft, LCPC
Tina Wheatley
Tina Ricks, LCSW
Andrea Hamilton, MSW
Russ Wheatley
RaeAnne Buerstatte
Brandi Daw
Lisa Elkins
Sara White, LCPC
Timalee Geisler, MHE
Jeni Griffin



National
Suicide Prevention
Awareness Month

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Behavioral Enhancement Services & Treatment



About Us

BEST, LLC is a mental health and substance use treatment company that puts helping individuals in need as the number one focus. We are here to advocate for each person we take under our care by providing a thorough assessment, developing a plan, and implementing goals for success.

Our **GOAL** is to help individuals suffering from mental illnesses and substance use disorders live their **BEST** lives!

BEST, LLC offers services based on insurance, and on a sliding fee scale based on household income and family size. This ensures affordable access to care for all individuals, regardless of their financial situation.

More Info

 **208-223-0240**

 **1001 North 7th Avenue, Suite 115
Pocatello, Idaho 83201**

 **behavioralenhancementidaho.com**

Key Services

Adult & Youth Peer Support

Peer support provide recovery practices involving listening, mutual learning, respect and hope.

Recovery Coaches

Our Recovery Coaches provide encouragement, guidance, mentorship, and positive role modeling to help people build and sustain a healthy, sober lifestyle.

CBRS

Community-Based Rehabilitative Services (CBRS) provide personalized, community-based support for individuals recovering from severe and persistent mental illness. CBRS professionals help build skills in symptom management, coping, daily living, communication, social interaction, problem-solving, and crisis support to promote greater independence.

Case Management

Case Management helps individuals access, coordinate, and maintain the services and community resources they need to support recovery and stability.

Medication Management

Medication management supports mental health treatment by evaluating symptoms, prescribing and monitoring medications, and making adjustments as needed.

Individual & Group Therapy

Our licensed professionals help individuals address challenges such as trauma, anxiety, depression, substance use, relationship issues, stress, and co-occurring conditions while building healthy coping skills and boundaries.

Early Serious Mental Illness (ESMI)

Our Coordinated Specialty Care (CSC) program provides evidence-based support for individuals experiencing a first episode of psychosis, helping them manage early symptoms and work toward recovery.

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Behavioral Health Services at EIRMC

- EIRMC: The only ER in Idaho Falls offering 24/7 in-person behavioral health evaluations for people experiencing a mental health crisis.
- BHC: The only facility in Idaho Falls with inpatient psychiatric treatment for adults and adolescents ages 12+.
- Intensive Outpatient Programs (IOP): Enhanced mental health services for adolescents and adults.
- Outpatient medication management for all ages.

eirmc.com/bhc
(208) 227-2100



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Faye Yost White Forrey Estate



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**Idaho State
University**

**Counseling and
Mental Health Center**

ISU Counseling and Mental Health Center (CMHC)

Counseling Services are Available

If you wish to initiate services, please call us (Monday-Friday, 8 am - 5 pm, 7:30 am - 4 pm in summer) for appointment information and availability. We will guide you through the process of completing initial paperwork and obtaining an appointment for a secure and confidential meeting with a mental health provider.

Pocatello: (208) 282-2130

Idaho Falls: (208) 282-7750

Meridian: (208) 373-1732

Initial Appointment Scheduling

If you would like to schedule an initial meeting with a clinician, please visit the *Counseling and Mental Health Center* card on [MyISU](#).

Please note: If you are a returning client, under 18, or if you do not see a time or day on the schedule that works for you, please call our front office to schedule.

If you are in urgent need, please call the Suicide and Crisis Lifeline at 988

If your concerns are life-threatening, call 911

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Behavioral Health Unit

Madison Memorial Hospital

(208) 359-7690 *(18+ inpatient only)*



Seasons Behavioral
Health Clinic

(208) 359-6498



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MINDS

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RESTORING HOPE • UNLOCKING
POTENTIAL • TRANSFORMING LIVES



Medical Services

- Psychiatric Medicine
- Spravato (Esketamine)
- Transcranial Magnetic Stimulation
- Medication Assisted Therapies

Managing mental health conditions through personalized psychiatric care and evidence-based treatment



Counseling Services

- Individual Therapy
- Marriage and Family
- Neurofeedback
- EMDR
- Play Therapy

Building resilience, emotional wellness and stronger relationships through compassionate counseling.



Community Programs

- Case Management
- Community Based Rehabilitative Services
- Recovery Coaching
- Skill Development

Practical support services to increase independence and improve every day functioning.

**Start Your
Wellness Journey
Today**

 **208-346-7500**

 **www.pearlhealth.org**

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Changing Lives Together

REHABILITATIVE HEALTH SERVICES

Call Us: 208.523.5319.

Comprehensive Agency for Mental Health & Medical Needs



Serving Southeast Idaho's healthcare needs for over twenty-eight years

For over 28 years, we have consistently added more mental health services and brought on board community professionals to help our friends and neighbors in the Idaho Falls surrounding area get through a variety of both mental & physical health issues.

Our goal is to help you uncover your true potential and lead a life that is worth celebrating. While situations of the past can't be changed, we can work together to better understand and resolve challenges in your life.

Offering a Comprehensive Approach to all your healthcare needs

RHS offers a wide variety of healthcare services, treatments, & approaches to overall wellness, including the following:

- Family Medical & Behavioral Health Clinics
- Therapy & Counseling
- CBRS & Case Management
- ESMI STAR Program
- Peer, Youth, & Family Support
- Adolescent PHP/IOP Program
- Neuropsychological Testing for both Adults & Children
- Addiction Recovery Services
- Medication-Assisted Treatment

- ✓ Medicaid/Medicare
- ✓ Molina Healthcare
- ✓ United Healthcare
- ✓ Blue Cross of ID
- ✓ Select Health
- ✓ Sliding Scale
- ✓ TRICARE/TriWest
- ✓ Regence/Blue Shield
- ✓ Magellan Healthcare and More!

Adolescent Partial Hospitalization (PHP) & Intensive Outpatient (IOP) Programs

The Adolescent Programs (PHP/IOP) at **RHS CARES for YOUth** are intensive therapy programs for youth ages 12 to 17 years old. They provide group therapy, individual therapy, family therapy, case management, substance abuse treatment, drug testing, psychiatric care, medication management, youth peer support, & family support services.



NEUROFEEDBACK

Neurofeedback is a non-invasive, passive training method that teaches the brain to function in a more balanced & regulated way. Training sessions provide simple exercises to allow the brain to make the connections it needs. Neurofeedback can address mental health concerns, addictions, & brain injury symptoms.



THE BOY & THE STARFISH

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.

Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't possibly make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said, "I made a difference for that one."

RHS founders recognized the need for quality therapy options and support services to help clients overcome past trauma and live a fulfilling life. Like the boy in the story, we aim to change lives together; "for that one."



SCAN ME

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TUELLER
COUNSELING
SERVICES

It is our goal to provide a safe environment to help you along your path of healing. With the wide variety of services available, we have the training and experience to give you the treatment and support you need on your journey.

Our Services Include:

- Individual Therapy
- Group Therapy
- Family/Couples Therapy
- Drug & Alcohol Therapy
- Skills Building
- Case Management
- Peer Support
- Youth Support
- Family Support
- Psychiatric Services
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- ACT Team
- Telehealth



Contact us:



www.tuellercounseling.com



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2265 W Broadway, IF- (208) 524-7400



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Headwaters

Behavioral Health Center

**Helping families find stability,
connection & a path forward.**

At Headwaters, we help teens rediscover their inner strength, self-worth, & the confidence to thrive. We believe it's important to allow time for kids to be kids, which is why we incorporate various recreational activities and experiential group therapy into their daily treatment.

Our holistic approach allows teens & their families to develop the coping skills they need to successfully manage life long after treatment ends.

OUR PROGRAM INCLUDES

- Residential Support & Supervision
- Individual, Family & Group Therapy
- Psychiatric & Medication Management
- 24/7 Nursing & Medical Oversight
- Individualized Treatment Plans
- Behavioral & Emotional Regulation Support
- Academic & Educational Support
- Healthy Coping Skills Development
- Case Management & Aftercare Planning
- ADL & Life Skills Support



A TEAM THAT SEES THE WHOLE KID

At Headwaters, treatment is more than managing behaviors. Our interdisciplinary team works to understand what is driving the behavior, build meaningful relationships, strengthen family connections, and give each youth practical tools for long-term success.



HEADWATERS REFERRALS & ADMISSIONS

We welcome inquiries from families, hospitals, behavioral health providers, case managers, schools, and community partners.

Phone: 986-202-8190 | **Secure Fax:** 208-656-7821
Email: admissions@headwatersbehavioralhealth.com
Website: <https://headwatersbehavioralhealth.com>

**Healing starts with connection.
Progress starts with the right support.**

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Leading
people to healthy,
vibrant lives

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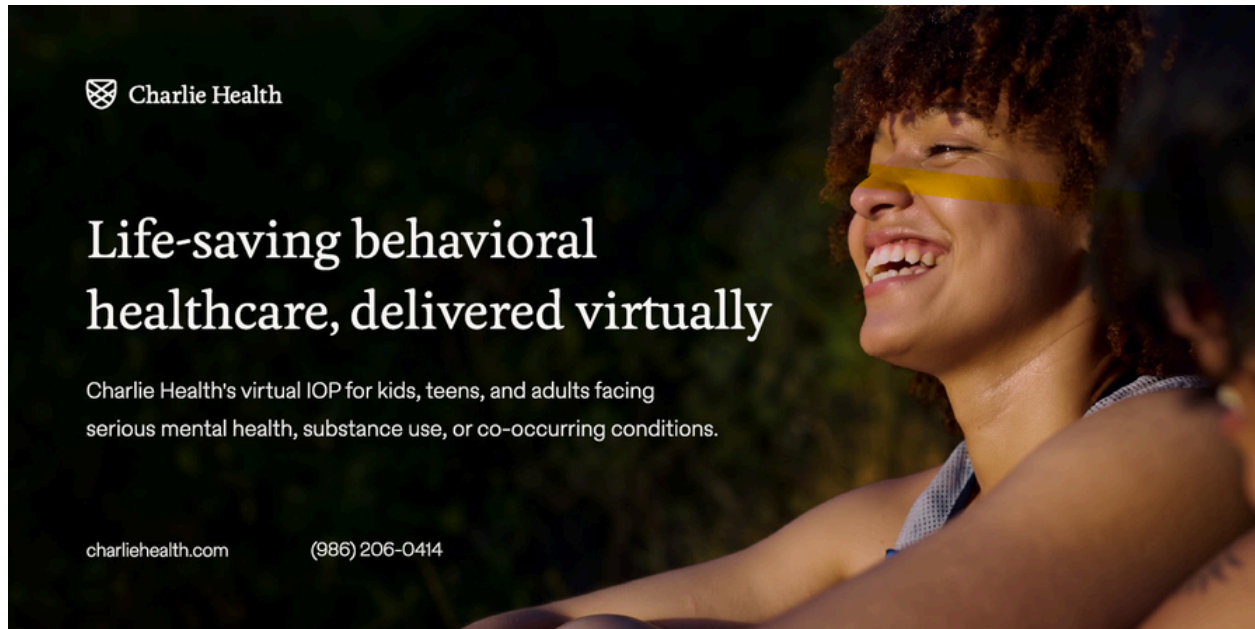


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Find Joy in the Journey



**Connection Can
Be The First Step
Toward Hope**

Southeast Idaho Family Practice & Pediatrics is proud to support *Connecting Communities to Save Lives* and the people strengthening suicide prevention, mental-health awareness, and support across Southeast Idaho.

We offer family and pediatric care, along with access to supportive mental-health resources for individuals and families who need a place to begin.



988
**SUICIDE
& CRISIS
LIFELINE**

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needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



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SURVIVORS OF SUICIDE LOSS SUPPORT GROUPS



SURVIVORS OF SUICIDE LOSS SUPPORT GROUPS

Pocatello

Third Tuesday Every Month
6:30-8:00 PM
Marshall Public Library, Community Room
113 S Garfield Ave

This is a support group for adult survivors of suicide loss. This group provides a safe place where one can share experiences and grief with others who are walking on the same grief journey.

For more information contact Jan Eastman 208-241-8496

Idaho Falls

First Thursday Every Month
7:00-8:30 PM
Idaho Falls Public Library, Room 4
457 W Broadway

Join us in a safe, supportive space as we navigate the unique journey of suicide loss together. This group offers a place to share experiences, understand the grief process, and find connection in a community that understands. Facilitated by certified loss trainers, our goal is to ensure no one has to walk this path alone.

For more information 208-242-9482

Blackfoot

Third Thursday Every Month
7:00-8:30 PM
Jason Lee Memorial Methodist Church, Disciple Room
168 S. University

This group welcomes all adults to a safe and supportive place where you can be with others who understand the unique challenges and feelings after the loss of someone you care about to suicide.

For more information: Brandie 208-680-5576 or Lisa 208-242-9482

No Cost to Participate

SPONSORED BY:

communitysuicidepreventionid.org

EMAIL:communitysuicideprevention@gmail.com



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COMMUNITY PARTNERS

Thank you to our awesome community partners!

Chaplains of Idaho
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Eastern Idaho Public Health
Idaho Community Foundation
Idaho Falls Fraternal Order of Eagles #576
Idaho State University
Just Stay
National Alliance of Mental Health (NAMI)
Southeastern Idaho Public Health
Stronger Than
Syko Realm

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Gin Sen

Goody's Deli

Jack in the Box

Jimmy John's

Joy Juice Junction

Little Caesar's Pizza

McDonald's

Olivers Restaurant

Papa John's Pizza

Pho King TasTea

Taco Bell

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