



Wyoming Hospital Association

NEWS BRIEFS

Informational Newsletter for Wyoming Hospitals

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Wyoming Hospital Association

Free Suicide Prevention Training Offered to Employers

The Wyoming Department of Health (WDH) is offering free suicide prevention training to employers and their employees across the state as a way to help support their workforce and Wyoming communities.

In 2019 the state's suicide rate was the highest in the United States and almost twice the national average according to the American Association of Suicidology.

"Wyoming unfortunately has historically high suicide rates and, on average, one Wyoming resident dies by suicide every two days," said Lindsay Martin, Injury and Violence Prevention Program manager with WDH.

Martin said one recognized way to help prevent suicide is through evidence-based gatekeeper training.

"That's why we're offering free online "Question, Persuade and Refer (QPR)" training to the state's employers for their employees," she said.

The QPR course is taught in a clear, concise format and takes approximately one hour to complete.

Topics include:

- How to "Question, Persuade and Refer" someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

The Injury and Violence Prevention Program received \$250,000 in CARES Act fund-

ing to support the training, which typically costs nearly \$30 per person.

In November 2020 the State of Wyoming made QPR training available to all state employees with more than 5,400 of them across the state participating. This new opportunity for both private and public sector employers is intended to build on that effort.

In addition to the regular QPR training, tailored professional trainings for specific fields are available including for clergy, corrections, doctors and physicians assistants, eldercare workers, and EMS, law enforce-

ment, nurses, occupational and physical therapists, pharmacists, sports coaches, school health professionals and veteran care providers.

Employers interested in arranging for free, online suicide prevention training to be available for their employees should contact Martin at

lindsay.martin@wyo.gov.

"We always tell people to call 911 if they are someone they know is in immediate danger of harming themselves," Martin added. Otherwise, Wyoming residents needing support should call 1-800-273-TALK (8255) or text "WYO" to 741-741 for the Crisis Text Line.

WHA Calendar	
National Hospital Week	5/9-5/15
WHA Golf Tournament Casper	9/7 2021
Annual Meeting & Convention Casper	9/8-9/9 2021



2021 Contributions

Barry Burkart
Tim Thornell
Robin Roling
Carol Solie

2021 Suicide in Wyoming

In 2019, there were **170** deaths by suicide in Wyoming.

On average someone in Wyoming dies by suicide every **60 hours**

In 2015, the average cost per suicide in Wyoming was **\$1,329,553.00**

Method
75% of Wyoming suicides involve a firearm. Men are most likely to use firearms, while women are most likely to die by hanging.

Warning Signs
Anyone can identify someone at risk of suicide. Listening attentively and asking the right questions may save someone's life.
Precipitating factors are often stressful events that can trigger a suicide crisis in a vulnerable person.
Examples include:
• End of a relationship or marriage
• Death of a loved one
• Serious loss: e.g. employment, safe and stable housing
• Serious financial problems
• Loss of custody of children
• Recent diagnosis of a serious medical condition
• Feeling like a burden to society

If you or someone you know is at imminent risk of harming yourself or someone else, call 911.

Otherwise, Wyoming residents needing support should call 1-800-273-TALK (8255) or text "WYO" to 741-741 for the Crisis Text Line.

Prevention Efforts
The Wyoming Injury and Violence Prevention Program leads collaborative efforts on suicide prevention throughout the state with training and providing technical assistance to local communities.
Contact cathy.buschmeier@wyo.gov for more information.
Effectively preventing suicide can be done by:
• Reducing easy access to lethal means
• Awareness of warning signs and resources
• Improving local resources
• Targeting middle-aged men and older adults as their rates are climbing

Age
In Wyoming, middle-aged men and older adults die more often by suicide than their counterparts.

Age Group (Years)	Rate
15-24	33.7
25-34	25.7
35-44	38.5
45-54	32.4
55-64	33.8

How Does Wyoming Compare?
With a suicide rate of 29.4 per 100,000 people in 2019, Wyoming ranks 15th in the United States for suicide deaths and double the national average of 14.5 deaths per 100,000. Suicide is the 7th leading cause of death in Wyoming; however, it is the 2nd leading cause of death for ages 10-44.

Year	Wyoming Suicide Rate	National Suicide Rate
2015	26.8	13.7
2016	24.6	13.9
2017	27.1	14.5
2018	25.4	14.8
2019	29.4	14.5

• AFSP Risk Factor and Warning Signs. Retrieved January 2021. <https://afsp.org/risk-factor-and-warning-signs>
 • CDC, 2019 Final Injury Reports accessed from www.cdc.gov/injury/wisqars/data.html on 01/2021
 • Shaffer, C.W., & Lewinsohn, J. (for the American Association of Suicidology) (2020). U.S.A. suicide: 2019 Official final data. Washington, DC: American Association of Suicidology. Accessed December 25, 2020. <https://www.aasucidology.org/2020/12/25/us-suicide-2019-official-final-data/>
 • American Association of Suicidology (2020). U.S. Suicide: 2019 Official Final Data. Washington, DC: American Association of Suicidology. Accessed December 25, 2020. <https://www.aasucidology.org/2020/12/25/us-suicide-2019-official-final-data/>
 • PACES: PACES2001095, 2017
 • Youth Risk Behavior Survey, 2017

MHCC Launches Patient Loan Financing Program

Member Spotlight

Memorial Hospital of Converse County (MHCC) announced the introduction of an alternative payment program enabling patients and families a manageable way to pay their medical debts.

Memorial Hospital has partnered with Commerce Bank to offer Health Services Financing, or HSF®, a program that allows patients to pay their out-of-pocket balances over time with 0% interest.

With out-of-pocket healthcare on the rise, Memorial Hospital wanted to help patients make healthcare decisions with less worry about the repayment of their care.

Patients and families are eligible for HSF® regardless of

whether they have insurance, and without requiring a credit check. There is no set-up fee, charges or penalties for early payoffs, and patients can consolidate charges to one account with one monthly payment.

“We are excited about our partnership with Commerce Bank,” comments Memorial Hospital Chief Financial Officer James Cussins. “MHCC has been working on helping to keep healthcare affordable while remaining financially viable and continuing to make healthcare decisions local.

Commerce Bank specializes in healthcare financing and has given MHCC interest-free options and payment plans for our patients up to 48 months. MHCC benefits by receiving funding from Commerce Bank upfront for the balances.

This partnership will both assist our patients and help MHCC stay financially sound.”

For additional information about the HSF program, contact the business office at (307) 358-7393 or (307) 358-1408.



President Signs Medicare Sequester Relief Legislation

Medicare Relief

President Biden signed into law legislation that would eliminate the 2% across-the-board cut to all Medicare payments, known as sequestration, until the end of 2021.

The legislation also makes several technical changes to the rural health clinic provisions that were included in the Consolidated Appropriations Act, 2021. The House of Representatives last night voted 384-38 to approve the legislation, which the Senate passed last month.

To pay for the change, the bill would increase the fiscal year 2030 sequester cuts.

Congress in legislation enacted last year paused the 2% Medicare cuts, but they were expected to resume April 1 without additional congressional action. The Centers for Medicare & Medicaid Services has instructed Medicare administrative contractors to hold all claims with dates of service on or after April 1, 2021, for a short period until the legislation is enacted.

In addition to the 2% Medicare sequester cuts, the bill also would make several technical changes to the rural health clinic (RHC) provisions that were included in the Consolidated Appropriations Act (CAA), 2021.

Specifically, the CAA required that the payment rate for RHCs, including provider-based RHCs certified after Dec. 31, 2019, be capped at \$100 per visit beginning April 1, 2021. This rate will increase over time based on the Medicare Economic Index, but will remain well below typical provider-based RHC rates. The bill would correct the Dec. 31, 2019, date to Dec. 31, 2020, and include both Medicare-enrolled RHCs located in a hospital with less than 50 beds and RHCs that have submitted an application for Medicare enrollment as of this date.

UW ECHO in Geriatrics Network

ECHO

The UW ECHO in Geriatrics Network will be hosting “Yours, Mine and Ours: COVID-19 and the Changing Culture of Infection Prevention.”

The program will be held April 22nd beginning at noon over Zoom.

To register or for more information, call 307-766-2829 or wyoa@uwyo.edu

The flyer is for a Zoom event titled "UW ECHO in Geriatrics Network for Healthcare Professionals and Students". The theme is "Yours, Mine and Ours: COVID-19 and the Changing Culture of Infection Prevention". The event is on April 22nd, 2021, at noon over Zoom. The topic is "Show Me the Science" - Finding the Right Agent for Surface Disinfection. The presenter is Amanda Thornton, RN, MSN, CIC, VA-BC. The flyer includes logos for ECHO, University of Wyoming, Project Firstline, Mountain Pacific, and MTGEC. It also features illustrations of healthcare workers in PPE. The registration information is: To register: wyoa@uwyo.edu | (307) 766 - 2829.

2005 Warren Avenue, Cheyenne, Wyoming 82001