

## Working Minds Fact Sheet

### HISTORY OF ORGANIZATION

- Named after Carson J. Spencer, a high performer, leader, and mentor who took his life after an acute cycle of bipolar disorder on December 7, 2004.
- Established by friends and associates, this (501(c) 3) preserves his memory helps “sustain a passion for life” ([www.CarsonJSpencer.org](http://www.CarsonJSpencer.org))
- During the first year our needs assessment of suicide prevention field noted that most people who died by suicide (about 66%) were working aged men, yet most prevention services targeted youth.

### WORKING MINDS PROGRAM

- Modeled after Air Force Suicide Prevention Program, considered a “best practice” program, resulting in 79% reduction in suicide completion in five years. Working Minds adapted program with:
  - Workplace guidelines for post-ventative bereavement help for employees
  - Suicide prevention system of gatekeepers at all levels of organization: Question, Persuade, Refer (QPR)©.
  - Training DVD.
  - Our first, “Bridging the Divide: Suicide Awareness and Prevention Summit” for workplaces ([www.SuicidePreventionSummit.com](http://www.SuicidePreventionSummit.com))
- Social marketing and media strategies to increase help-seeking, especially in leadership roles.
  - Working Minds Media blog
  - Working Minds Media radio show, now seeking funding (need 30K)
    - Explores the science of the mind
    - Entertaining and informative, not prescriptive
  - [www.WorkingMinds.org](http://www.WorkingMinds.org)
    - Offers collateral and referrals to service providers
- Reintegration strategies – bereaved and suicide attempts – handled similarly to other forms of disability

**The Carson J Spencer Foundation’s Working Minds Program  
is the only suicide prevention program exclusively  
targeting the working aged population.**