

It is not too late to make a contribution to OSPF. Donations can be made through December 31, 2010 in order to claim on 2010 taxes.

Ohio Suicide Prevention Foundation



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Connecting for Life

November 30, 2010

Dear Friends,

The Ohio Suicide Prevention Foundation (OSPF) is eternally grateful for your generous support during 2010. Your tremendous contributions both monetarily as well as the numerous volunteer hours you have given provided OSPF the ability to support its mission: *to promote suicide prevention as a public health issue and advance evidence-based awareness, intervention and methodology strategies that will support all Ohio-based suicide prevention efforts.*

We are proud of what has been accomplished this year. The Foundation staff worked tirelessly to engage community partners in shared learning opportunities that helped to increase awareness, eliminate stigma and increase help-seeking behavior for all Ohioans. A few highlights from 2010 include:

- Over \$90,000 has been sent out to the community in support of *awareness, intervention and methodology strategies* for community suicide prevention programming.
- Four new suicide prevention coalitions were funded which supports suicide prevention efforts in 6 additional counties bringing the total to 80 Ohio counties with suicide prevention efforts.
- OSPF Conference offerings brought research experts together to discuss the importance of starting suicide prevention efforts early to help improve health outcomes for youth and the Annual Survivors Conference was designed to offer solace to survivors of suicide loss and to understand what resiliency means in the experience of mourning
- OSPF has increased its communication efforts through monthly E-News Letters and increased resources available on the OSPF Website learn more by going to www.ohiospf.org

Ohio is in the midst of some difficult economic times yet at the core of who we are as a people let us never become so callous as to not care for one another. As Dr. Martin Luther King, Jr. said,

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

Your thoughtful contributions have helped to support the wonderful efforts mentioned above. With your continued contributions together we can restore hope and connect for life. Make your contribution payable to: **Ohio Suicide Prevention Foundation** and send to the address above

Sincerely,

Carolyn Givens

Carolyn Givens, Executive Director

Charleta B. Tavares

Charleta B. Tavares, Chair, Board of Directors

Ohio Suicide Prevention Foundation is a nonprofit 501(c) 3 organization, 100% of your gift is tax deductible. No goods or services were provided in return for this contribution. Federal Tax I.D. # 20-3476310



Ohio Suicide Prevention Foundation Budget Priorities 2011

PLATFORM:

- Promote suicide prevention as a public health issue
- Help Ohioans to actively support: “ ***there is no health, without positive mental health***”
- Advance evidence-based strategies that support (**AIM**) *awareness, intervention and methodology for all Ohio-based suicide prevention efforts*
- Eliminate stigma through education and advocacy
- Increase help seeking behavior for all Ohioans

PRIORITIES:

- Expand and increase programming for County Suicide Prevention Coalitions; currently 80 Counties have Coalitions by the end of SFY 2011 all Ohio Counties will have Suicide Prevention Coalitions
 - Continue the public awareness campaign by educating the Ohio Legislature, policy makers and the Ohio business community that suicide is a preventable public health problem
 - Build a research and evaluation platform for sustaining Ohio’s suicide prevention effort
 - Continue to build public/private partnerships including shared service agreements
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27 Ohio Organizations Agree to 2011 Budget Platform

The Ohio Coalition for Healthy Communities reports that behavioral health services in Ohio is at a critical crossroads. Ohio leaders are asked to ensure access to life-saving behavioral health services. [Read more.](#)

Ohio Senate Republicans Announce Leadership Team

Senator Tom Niehaus (R-New Richmond) was elected Tuesday to serve as president of the Senate in the 129th General Assembly, succeeding outgoing Sen. President Bill Harris of Ashland. Sen. Keith Faber (R-Celina) will serve as president pro tempore; Sen. Jimmy Stewart (R-Albany) will serve as majority floor leader; and Sen. Shannon Jones (R-Springboro) has been elected majority whip.

Federal Health and Human Services Releases Update for Healthy People 2020

Healthy People 2020 sets an ambitious, yet achievable, 10-year agenda for improving the Nation’s health. Our vision: A society in which all people live long, healthy lives.

Learn more at www.healthypeople.gov

Housing Vouchers for Homeless Veterans

[Click here](#) for great information to help homeless veterans find housing.



SAMHSA Releases Survey Results on Prevalence of Mental Illness

According to new results from a national survey, 19.9 percent of American adults in the United States (45.1 million) have experienced mental illness over the past year. The survey conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA) indicates that 11 million adults (4.8 percent) in the U.S. suffered serious mental illness in the past year -- a diagnosable mental disorder has substantially interfered with, or limited one or more major life activities. SAMHSA's 2009 National Survey on Drug Use and Health (NSDUH) reveals that 8.4 million adults in the U.S. had serious thoughts of suicide in the past year, 2.2 million made suicide plans, and one million attempted suicide. The survey also reveals that in many cases those experiencing mental illness, especially those with serious mental illness, also have a substance use disorder (abuse or dependence on alcohol or an illicit drug). Nearly 20 percent (8.9 million) of adults in the U.S. with mental illness in the past year also had a substance use disorder. Among those with serious mental illness in the past year, 25.7 percent had a substance use disorder in the past year -- approximately four times the level experienced by people not suffering from serious mental illness (6.5 percent). A copy of the report is accessible at: <http://oas.samhsa.gov/NSDUH/2k9NSDUH/MH/2K9MHRResults.pdf>

Prescription for Controlled Substances Rising Quickly Among Youth

Investigators by the University of Rochester's Strong Children's Research Center in New York assessed U.S. prescription trends for 15- to 29-year-olds based on 2007 survey data from more than 8,000 physicians, clinics, and emergency departments. They then compared results with similar data from 1994. Analysis revealed that more than 11 percent of teenagers received prescriptions for controlled medications (including Oxycontin, Vicodin, Ritalin, and sedatives) in 2007, up from 6 percent in 1994. A similar trend was seen for young adults, where the prescription rate for such drugs rose from 8 to 16 percent over the same time period. The rise does not necessarily mean the drugs are being diverted or abused. However, teenagers and college students are much more likely than adults to use prescription drugs recreationally and to pass them on to others. Indeed, nearly one in eight teenagers and one in three adults in their 20s say they have used prescription drugs recreationally at some point in their lifetimes. Surveys show that up to 36 percent of college students pass on their controlled medications to others. Non-medical use of prescription drugs by adolescents and young adults has now surpassed all illicit drugs except marijuana. Authors urged physicians and parents to have open discussions with young patients about the risks and benefits of using controlled medications, including the potential for misuse and diversion. The article was published online Nov. 29 in the journal [Pediatrics](#).

For LGBT Teens, Acceptance is Critical

Family acceptance seems to protect lesbian, gay, bisexual, and transsexual (LGBT) youth against suicidal thoughts and behaviors, according to a new study published in the *Journal of Child and Adolescent Psychiatric Nursing*. The survey of self-identified LGBT young adults also found that non-heterosexual youth whose parents are accepting of their sexual orientation are also less likely to suffer from depression or substance abuse. "Imagine trying to put up a persona during the day, so you're not bullied by your peers," explained adolescent psychologist Russell Hyken. "To be able to come home and be who you are has got to make all the difference in the world to these kids."

Read the full text of the article "[Family acceptance in adolescence and the health of LGBT young adults](#)"



Examples of Positive state Leadership Action for Mental Health

Utah Governor Proposes \$11.9 Billion FY 2012 Budget, Increases Mental Health Funding for Increased Caseloads

On December 10, Governor Gary Herbert (R) proposed an \$11.9 billion fiscal year (FY) 2012 budget, which provides \$3.3 million for mental health centers to accommodate increased patient loads. In addition, the budget would increase funding for Medicaid and the Children's Health Insurance Program by \$40 million. The Utah Legislature will begin work on the budget in January 2011.

North Dakota Governor Proposes \$9.3 Billion 2-Year Budget, Increases Behavioral Health Funding

On December 8, Governor Jack Dalrymple (R) proposed a \$9.3 billion budget for the upcoming biennium. The budget includes \$6.1 million for inpatient psychiatric treatment, crisis stabilization services, and chemical dependency treatment. In addition, the budget includes \$1 million for suicide prevention programming, \$100,000 for the North Dakota Department of Indian Affairs to combat youth suicide on reservations, and \$900,000 for school mental health programming. The North Dakota Legislature will begin deliberations on the budget in January 2011.

National Registry of Evidence-Based Programs and Practices (NREPP) Highlights New Resources

SAMHSA has added several new resources to its NREPP website to assist program developers considering NREPP submissions, as well as individuals and organizations who are seeking to successfully implement evidence-based interventions. They include: *Implementation: Making an Evidence-Based Program Work for You*; *Preparing an Intervention for NREPP Submission and Potential Review*; *Evidence-Based Therapy Relationships*; and *Screening and Assessment Tools*. [For more information](#)

SAMHSA Releases Publication Covering Suicidal Ideation and Behavior Among Adults

A new publication using data from the latest National Survey on Drug Use and Health (NSDUH) reveals that 8.4 million adults in the U.S. had serious thoughts of suicide in the past year, 2.2 million made suicide plans, and one million attempted suicide. Page 11 of the report, *Results from the 2009 National Survey on Drug Use and Health: Mental Health Findings* provides data by gender, racial/ethnic group, age group and employment status. [For more information](#)

Suicide Screening Should be Part of Hospital Procedure, Panel Says

Hospitals should screen all patients for suicide risk and depression, according to the influential hospital and health care organization accreditation body the Joint Commission. Nearly a quarter of suicides reported in hospitals occur in areas other than behavioral health units (15 percent in medical or surgical units, 8 percent in emergency departments, and about 2.5 percent in long-term care hospitals or other settings). Joint Commission statistics show that suicide is the second most frequently reported sentinel event in hospitals, after wrong-site surgery. (The Joint Commission defines a sentinel event as an "unexpected occurrence involving death or serious physical or psychological injury.") Read the Joint Commission sentinel event alert [A follow-up report on preventing suicide: Focus on medical/surgical units and the emergency department](#)



OSU Study Focuses on Abused Mothers' Mental Health

Even after leaving an abusive relationship, women may still show signs of increased depression and anxiety. A study done at Ohio State University examined the mental health of 2,400 mothers in sustained and broken relationships. Almost half the mothers who left their abuser still had contact with them on a weekly basis. [Read more.](#)

What's Your Parity IQ?

The National Council blog now has a new section devoted to parity. [Visit the parity section](#) of www.MentalHealthcareReform.org today to:

- Take the Parity IQ quiz and find out whether you can spot a parity violation when it happens to you.
- View a summary of the law and learn about specific examples of noncompliance.
- Learn about approaches to prepare your organization for parity implementation.
- View the Parity Toolkit with resources and strategies to help you successfully appeal insurance denials.
- Share your comments on parity.

Three Internet Resources for Stopping or Prevent Bullying

The Council for [Exceptional Children](#) has resources for the prevention of bullying as well as recommendations for creating a positive school climate.

The [Find Youth Info](#) site is the national database for effective anti-bullying practices.

The [Stop Bullying Now](#) website includes information for both adults and kids.

Mental Illness Stigma Lingers Even Though People Understand It's a Brain Disease

Public perception of mental illness and addiction has changed significantly -- and for the good -- in the last 15 years. That doesn't mean, however, that people feel comfortable working or living near or being friends with someone with mental illness, according to a major new survey. That doesn't mean, however, that people feel comfortable working or living near or being friends with someone with mental illness, according to a major new survey. [Read more..](#)

Agency for Healthcare Research and Quality (AHRQ) Interactive Online 2009 State Snapshots

AHRQ's free, interactive, online tool, [2009 State Snapshots](#), enables State officials, health policy analysts, and others to quickly and easily compare quality of care for Medicaid or other patients in their States who have cancer, diabetes, heart disease, maternal and child health disorders, or respiratory diseases to those in other States, their region, or the Nation as a whole. The tool also tracks the degree of progress made in improving quality. A new feature this year also enables users to compare data by patients' type of insurance – private health insurance, Medicare, Medicaid – as well as for uninsured patients. A [further enhancement](#) enables users to download and print information for each State. AHRQ has other [tools](#) that may be of interest to State officials, including a [free Web conference](#) on the State Snapshots



Connecting For Life

Study: Female Vets Especially Vulnerable to Suicide

The first large-scale study to look specifically at the issue of female veterans and suicide has just been published in the journal *Psychiatric Services*. Portland State University researcher Mark Kaplan compared the suicide rate among female veterans and female civilians and found that in general, female veterans were much more likely than female civilians to die by suicide. This was particularly true for young female veterans ages 18 to 34, who were three times as likely as their civilian peers to die by suicide. "When we think of suicide, and suicide completion, I don't think we often think of women enough," said Kaplan.

Read "[Self-inflicted deaths among women with U.S. military service: A hidden epidemic?](#)"

Save the Date: SAMSHA's Community Prevention Day

SAMHSA will convene its 7th Annual Community Prevention Day on February 7, 2011, in conjunction with the Community Anti-Drug Coalitions of America's (CADCA's) 21st Annual National Leadership Forum, the Nation's largest meeting for community prevention leaders, treatment professionals, and researchers.

This year's National Leadership Forum theme, *Coalitions Moving Forward: Mapping the Future*, is focused on the future of alcohol, tobacco, and other drug prevention, treatment, and research. SAMHSA will offer a variety of workshops, including science-based communication and marketing approaches and strategies for working with state health departments. Other presenters will include the [Ad Council](#), [National Association of State Alcohol and Drug Abuse Directors \(NASADAD\)](#), and [Grantmakers in Health \(GIH\)](#).

[Learn More](#) | [Register Now](#)

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