

## Connecting For Life

January 2014

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### Monthly Reflection

“It’s not who you are that holds you back  
it’s who you think  
you’re not”

Denis Waitley

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### 20/20 Special

Please see the attached link that advertises that, on Friday, January 31, 2014, the TV Show *20/20* will be discussing the issue of youth accessing their parents’ guns and the danger this can create. OSPF is encouraging Coalitions and communities to consider watching.

<http://abcnews.go.com/US/video/young-guns-diane-sawyer-special-21694484>

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### New SAMHSA Behavioral Health Publication

**LGBT Populations: A Dialogue on Advancing Opportunities for Recovery from Addictions and Mental Health Problems** recaps a meeting to identify factors that promote or hinder recovery from mental illness or substance abuse for lesbian, gay, bisexual, or transgender (LGBT) individuals and to gain an understanding of their perspectives and experiences in advancing recovery.

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### Guide to Bereavement Support

**Pathways to Purpose and Hope** is a guide to creating a sustainable suicide bereavement support program that offers a variety of services on a long-term basis to meet the complicated needs of survivors. The guide is designed so that any lay person can use it to start a new program or enhance an existing one. **Pathways to Purpose and Hope** is available online from Friends for Survival at no charge.

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### TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs

Offers guidance in creating a disaster preparedness and recovery plan for programs that provide treatment for mental illness and substance use disorders. Covers the planning process, preparing for disaster, roles and responsibilities, training, and testing. **Download here**

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### Quick Guide for Clinicians Based on TIP 50

Equips clinicians and other service providers with a quick reference guide to addressing suicide and suicide prevention in clients with substance use disorders. Covers risk factors and warning signs for suicide, core competencies, and information for administrators and clinical supervisors. **Download here**

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### Q&A with Genny Beemyn—A Webinar on Supporting Trans Students on Campus

Do you have questions about steps your campus can take to better support its Trans\* students? Campus Pride, The Trevor Project and Kognito Interactive host an online Q&A event with Genny Beemyn, author of ***The Lives of Transgender People*** and director of the Stonewall Center at U. Mass Amherst, who will answer your questions about institutional change and individual action.

Please join us for this free 60-minute webinar, where Genny will take your questions about issues that have come up on your campus or questions you have with regard to policies, training and other best practices your campus can adopt to better support and protect trans\* students. This is a follow up to a session held on Nov 20, 2014. You can review the webinar recording here: <http://vimeo.com/80840894>

### Q&A with Genny Beemyn - A Webinar on Supporting Trans Students on Campus

Thursday, February 13 from 4:00-5:00 PM ET

To register [click here](#).

Kognito Interactive, The Trevor Project, and Campus Pride

We look forward to your participation! For questions, please contact [info@kognito.com](mailto:info@kognito.com).

The webinar will be facilitated by Jennifer Spiegler, VP of Strategic Partnerships at Kognito, a developer of online gatekeeper training simulations in the areas of health & behavioral health, including *LGBTQ on Campus* and *Step In, Speak Up!: Supporting LGBTQ youth in K-12*. Nine trainings are included in the SPRC Best Practices Registry for Suicide Prevention and three are included in the National Registry of Evidence-based Programs & Practices (NREPP). Live demos can be viewed at [www.kognito.com/lgbt](http://www.kognito.com/lgbt)

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NIMH provides some encouragement for 2014 regarding the critical public health issues that are related to family, friend and those experiencing serious Mental Illness. For additional information on NIMH check the [NIMH Strategic Plan](#):

### From Tom Insel, M.D., Director of NIMH

I had not planned to add another posting to the “2014 predictions” blogosphere, but after reading Nicholas Kristof’s [column](#) in the New York Times, I can’t resist. Kristof, who has won two Pulitzer Prizes for reporting on social injustice, is perhaps best known for bringing international attention to human trafficking and the suffering in Darfur. In his first column of 2014 he tells readers, “Those of us in the pundit world tend to blather on about what happened yesterday, while often ignoring what happens every day. We stir up topics already on the agenda, but we falter at calling attention to crucial-but-neglected issues.” He invites readers to suggest crucial-but-neglected issues, but devotes the rest of his column to his own selection: mental illness. One prediction for 2014: we will see Mr. Kristof’s first choice for a neglected issue that needs more attention actually get more attention. Other journalists are already planning feature stories on the needs of those with serious mental illness, either as a civil rights issue, a public health crisis, or an area of medicine requiring deeper understanding. The discussion will move away from violence and mental illness towards equity, access, and quality of care. The National Suicide Prevention Plan and the Ohio Suicide Prevention P are both available on the OSPF website [www.ohiospf.org](http://www.ohiospf.org)

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### [Making Recovery from Mental Illness and Addiction the Expectation, not the Exception](#)

#### By Pamela Hyde, Administrator, SAMSHA

A new study reported that nearly one in five American adults experienced a diagnosable mental illness in 2012. Of these tens of millions of Americans, less than half (41 percent) received any mental health services in that time. Among the reasons for not receiving help were not being able to afford the costs and fears of what their friends and family would think.

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### Quick Guide for Administrators Based on TIP 50

Equips administrators of substance abuse treatment facilities with a quick guide to implementing programs that address suicide among clients with substance use disorders. Addressing legal and ethical issues, referrals, as well as privacy and confidentiality. [Download here](#)

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## IRC-S WEBINAR: WEDNESDAY, FEB. 12

*Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury*

*2:00–3:00 ET Webinar, 3:00–3:30 ET Online Discussion forum*

### ABOUT THE WEBINAR

Understanding and Treating the Complex Puzzle of Non-Suicidal Self-Injury, the second webinar in the Injury Control Research Center for Suicide Prevention's (ICRC-S) 2014 webinar series, will take place on Wednesday, February 12th from 2:00 p.m. - 3:00 p.m. Eastern Time. A 30-minute online discussion forum will be held immediately following the webinar.

One of the most challenging problems for clinicians and other professionals is dealing effectively with non-suicidal self-injury. Of special concern is that self-injury has recently moved from clinical populations such as those served in hospitals and group homes to the general population including middle, high school and college students. This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds, and other more serious examples. Pertinent research findings on this subject will also be discussed. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics, but will also be discussed as a risk factor for suicide attempts. Very practical suggestions in dealing with self-injury will be provided.

The online discussion forum will take place on the [\*\*ICRC-S Forum\*\*](#) section of the [\*\*ICRC-S website\*\*](#) immediately following the February 12th webinar from 3:00 - 3:30 PM ET. Further instructions to register for the forum will be featured in the webinar. The discussion forum will provide an opportunity for further dialogue with the webinar presenter and give webinar participants a chance to share additional information and resources related to the webinar topic. The webinar and discussion forum are designed for researchers and state or local practitioners in injury or suicide prevention.

**REGISTER TODAY**

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### IRCS WEBINAR SERIES TO START IN JANUARY 2014

#### The Intersection of Suicide Research and Public Health Practice:

#### Populations at Increased Risk of Suicidal Behaviors

The Injury Control Research Center for Suicide Prevention (ICRC-S), a CDC-funded research center focusing on a public health approach to suicide prevention and research, will begin its second annual webinar series in January 2014. A project of the University of Rochester Medical Center and Education Development Center, the ICRC-S draws suicide prevention directly into the domain of public health and injury prevention and links it to complementary approaches to mental health.

The webinar topics for this year's ICRC-S webinar series, The Intersection of Suicide Research and Public Health Practice: Populations at Increased Risk of Suicidal Behaviors, will include:

- Alcohol abuse and suicide
- Non-suicidal self-injury
- Suicide among men in the middle years of life
- Suicide among American Indians/Alaska Natives
- Individuals who have attempted suicide
- Suicide among older adults
- LGBT populations and suicide

Each one-hour webinar will be immediately followed by a 30-minute discussion forum. The discussion forums will provide an opportunity for further dialogue with the webinar presenters and give webinar participants a chance to share additional information and resources related to the webinar topics.

The dates and times of the upcoming webinars and discussion forums are:

- Wednesday, January 29th 2:00 p.m. to 3:30 p.m. ET
- Wednesday, February 12th 2:00 p.m. to 3:30 p.m. ET
- Tuesday, March 11th 3:00 p.m. to 4:30 p.m. ET - Please note this will be a 90-minute webinar co-sponsored by the Suicide Prevention Resource Center
- Wednesday, April 9th 2:00 p.m. to 3:30 p.m. ET
- Wednesday, May 14th 2:00 p.m. to 3:30 p.m. ET
- Wednesday, June 11th 2:00 p.m. to 3:30 p.m. ET
- Wednesday, July 9th 2:00 p.m. to 3:30 p.m. ET

#### MORE INFORMATION

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### ICRC-S Presents Webinar Series, The Intersection of Suicide Research and Public Health Practice: Populations at Increased Risk of Suicidal Behaviors

The Injury Control Research Center for Suicide Prevention (ICRC-S) will begin its second annual webinar series in January 2014. The webinar topics for this year's series include: Alcohol abuse and suicide; Non-suicidal self-injury; Suicide among men in the middle years of life; Suicide among American Indians/Alaska Natives; Individuals who have attempted suicide; Suicide among older adults and LGBT populations and suicide. The first webinar in the series will be held on January 29, 2014. Registration information will be forthcoming. Each one-hour webinar will be immediately followed by a 30-minute discussion forum.

[For more information](#)

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### Firearm Retailers Join King County to Promote Safe Gun Storage as the New Norm

New research on youth firearm deaths, including suicide deaths, in King County, Washington, has spurred the establishment of a partnership (including national and local retailers, the county public health department, and 20 law enforcement agencies) to promote safe gun storage as a way to prevent shooting deaths. Public Health – Seattle & King County (PHSKC) developed the “Safe Storage Saves Lives” campaign, which features the LOK-IT-UP website and partners who will work to increase the use of safes and lockboxes. Retailers will offer discounts on select firearm storage devices and distribute information on safe firearm storage. Law enforcement agencies will also promote locking devices and safe storage. “It’s time for lockboxes and gun safes to become as natural as wearing a seatbelt – which would reduce firearm thefts and prevent school-based threats. That improves community safety,” said King County Sheriff John Urquhart. The report also found that scattered and incomplete data on gun violence, especially in relation to children, is hampering progress on decreasing firearm violence. According to the report, basing new policies and programs on data and evidence will require creating new systems for sharing data across agencies.

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### Link Between Cyberbullying and Teen Suicides Oversimplified Experts Say

In recent years, some members of the media, politicians, and parents have been drawing a cause-and-effect link between ongoing bullying and the victim's decision to take his or her life. A new buzzword, “bullycide,” has even been coined to describe the supposed link. However, health experts say that making this direct connection oversimplifies suicide and cyberbullying in a way that obscures the complexity of the mental health and other issues that are generally involved in these cases. According to Tim Wall, executive director of the Canadian Association for Suicide Prevention, “If we put all of our attention on this one issue of bullying then we're going to miss all the other things that are also contributing to it, so it requires a multi-pronged approach.” Kelly McBride, a media ethicist at the Florida-based Poynter Institute, said that when journalists “reinforce a false narrative that has no scientific support...we miss opportunities to educate the public about the things we could be doing to reduce both bullying and suicide.” Although a bill has been introduced in Nova Scotia that would allow people to restrict and sue cyberbullies, experts and parents say that an effective response needs to go beyond punitive legislation, and that mental health resources need to be expanded for children and youth so that their mental health and coping skills can be improved.

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### Corners Of Hope

#### PAYING IT FORWARD IN WARREN COUNTY

You may be familiar with the concept of “pay it forward” as it has been around for many years, gaining mainstream popularity after the 2000 movie by the same name. Essentially, it is performing an act or gesture for someone else with the expectation of nothing in return. What the giver desires is for the recipient to perform a good deed for someone else, big or small.

Mental Health Recovery Services of Warren and Clinton Counties (MHRS) and the Suicide Prevention Coalition of Warren and Clinton Counties (SPC) recently acknowledged some of these good deeds which promote mental wellness in our community. Patti Ahting, MHRS Associate Director and SPC Chair, noted “These folks have given of their time, energy, and talents: to prevent future problems, to be a good friend, to expand community awareness, to offer hope, and to be a helpful neighbor. There are many, many stories we could tell about great things happening in our community, but these are a few extraordinary ones!”

**Kathy and Scott Michelich** are survivors. Through the unexpected and tragic loss of their daughter, Apphia, they have channeled their grief into endeavors to positively impact the community. The Michelichs established the Apphia Memorial Fund and have provided thousands of dollars to the Suicide Prevention Coalition of Warren and Clinton Counties to carry out awareness efforts and train individuals who work with those impacted by suicide. This foundation also provides funding to the national Brain & Behavior Research Foundation. Kathy has also been an integral member of the Coalition, sharing her perspectives and expertise. In addition to the Coalition, the Michelichs have donated their talents and knowledge to many other community organizations including the Family and Children First Council, the Human Rights Committee for Warren County Board of Developmental Disabilities, Community Correctional Center governance board, Head Start and Early Learning Centers, and Warren County Community Services. Their contributions have made a true difference in the lives of many through their leadership and generous donations to suicide prevention efforts.

The Michelichs have resided in Morrow for 25 years. Kathy is employed at Warren County’s Ohio State University Extension and Scott is employed at Afidence IT Consulting in Mason. They are members of Antioch Church at Countryside YMCA.

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### Corners Of Hope, continued



Scott and Kathy Michulich

**The REDO Group at Waynesville High School** was created after the school's first "Respect Everyone Despite Odds" (REDO) day last school year. This group of 6 enthusiastic and energetic teens lead by Guidance Counselor, Cathy Joefreda-Wells, saw a need for increased awareness surrounding suicide in their school and community. So, for September's Suicide Prevention Week, the group planned and carried out a series of school-wide awareness activities. These included large banners posted in the school and at the tennis courts, signage in the halls, and awareness exercises at lunch and throughout the day. For five days, the students lead the activities, unveiling a new approach each day. Suicide is not an easy topic to talk about but these youth took on the challenge with a vengeance! In the process, they offered up hope, friendship, kindness, and help to their fellow students in need.

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### Corners Of Hope, continued



(Left to right) Molly Keeton, Evan Crichton, Cathy Joefreda-Wells, Carissa Stamm, Emily Wells, Carly Allen, and Brittany Bellar

**The Michelichs and Waynesville High School's REDO Group** were each recently bestowed the **Power of Prevention Award** by the Suicide Prevention Coalition of Warren and Clinton Counties. This award began in 2011 with the purpose of recognizing individuals and organizations who have shown leadership or opened doors above and beyond their job duties. Specifically:

To recognize exemplary leadership in supporting mental health through prevention programs, particularly in the area of Suicide Prevention

To honor those who are "facilitators" of the prevention programs

"Suicide prevention can be a difficult topic due to stigma and fear, however it is an issue many people are faced with – whether it be through an interaction with a family member, a co-worker, a friend, or even an acquaintance. It is important for everyone to feel comfortable having a conversation with individuals expressing suicidal thoughts and directing them to help. The Michelichs and Waynesville High School's REDO Group have brought the topic to the forefront. We would like to publicly acknowledge them and express our genuine appreciation for their leadership and dedication to the prevention cause, stated Ahting. "As you can see, these individuals have stepped forward and taken the initiative to promote mental wellness. These preventative services will pay off in the future exponentially which is the true essence of 'Paying it Forward.' They are all wonderful community partners!"

To learn more about Mental Health Recovery Services, the Suicide Prevention Coalition and local resources, visit [www.mhrsonline.org](http://www.mhrsonline.org). For 24 hour assistance, call the Toll-Free Crisis Hotline for Warren & Clinton Counties at 1-877-695-6333 OR 1-877-695-NEED.



# SAVE THE DATE

## SEPTEMBER 9 & 10, 2014



Ohio Suicide Prevention Foundation in partnership with  
the National Loss Team Committee invites you to attend

### The National Loss Team Conference: *“Postvention, It’s About Time!”*

Featured Keynote Speaker:  
Frank Campbell, Ph.D.

*Sessions for Professionals, Tentative Offerings: Complex Trauma After  
Suicide; Research on Postvention; Poster Session on Implementing the  
Loss Team Model; Military Families Postvention...*

Embassy Suites Hotel Columbus Airport  
Columbus, Ohio 43219

For additional information contact Carolyn Givens at:  
614-429-1528 or [carolyngivens@ohiospf.org](mailto:carolyngivens@ohiospf.org)



Art by Rhoda Miller

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