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Minnesota Suicide Prevention E-News

April 2005

Quote of the Month:

Actress **Linda Hamilton** says having children motivated her to get control of her bi-polar depression, "I have to be an adult; I'm not going to scare my children.' I want to be here in every possible way for them and, for 20 years, it had all been about me. Me. Me fighting to make myself feel better. Me fighting to manage the bad feelings. The emotions. The thoughts. The cyclical thoughts that I had. So I didn't want to be that person with my children. And I got help." After years of fighting medication, Linda says medication has helped regulate her depression for almost 10 years. "Every day's a good day," says Linda. "It's taken me a long time to get my life back. To be the person I was raised to be and the person I always was inside that couldn't find a way out." – from the Oprah Show 11-17-04

TAKE NOTE:

- ◆ **SAVE's Survivor Memorial** Event will be on Saturday, April 23, 2005, 8:30-11:00 am, Continuing Education and Conference Center, U of M Campus, St. Paul, MN contact SAVE at www.save.org for more information.
- ◆ **May is Mental Health Month** – Talk to [Darren Reed](#) for a free kit.
- ◆ **Free display boards** are available to be checked out.
Contact [Kelsie](#)

ANNOUNCEMENTS

DULUTH MAYOR INVITES YOU TO A FUNDRAISER FOR RED LAKE VICTIM'S AND FAMILIES

On March 21, gunfire erupted at a quiet high school on the Red Lake Reservation in northern Minnesota. Before the day was out, ten people were dead and many permanently scarred. Any of us who have kids realized that day that it could have happened to our kids. On Wednesday, April 13, the city of Duluth is teaming with AICHO and the Duluth Indian Commission to host a benefit dinner at Duluth's Washington Center at Lake Avenue and East 3rd Street in Duluth's central hillside. There will also be a silent auction and a raffle. The raffle will kickoff that night and run for the following two weeks.

Imagine the pain of losing a child. Add to that pain, the impending financial challenges that will accompany the loss. Memorial services, loss of work time, loss of family income by the deceased, medical help for the survivors, especially the younger siblings...and the list goes on. I'm asking you to dig deep into your hearts, folks. How can you help?

1. Come to the free will donation traditional dinner on April 13th. It will run from 5:00 PM - 8:00 PM. Leave a donation or offer condolences to family members and friends of the victims.
2. Donate a silent auction item.
3. Donate any item that would hold down the cost of the event.
4. A tax deductible check may be written out to sponsor AICHO and it may be mailed to us at:
Red Lake Victims' Fund
C/o Mayor Herb Bergson
411 West 1st Street
Duluth, MN 55802
5. Hug your kids each and every time they leave the house. Treat each moment special, even when you get upset with them. The sad thing is...after this tragedy, not all of us can hug our kids.

[Powers](#) 507-387-5020.

- ◆ **Summer** is coming – plan now to walk in local parades or display at county fairs and other events handing out literature. Kits are available. Talk to [Darren Reed](#) for a free kit.
- ◆ **Agricultural organizations and businesses** need to know about suicide prevention. Rural areas typically have a higher suicide rate than urban centers.
- ◆ Sign a **SPAN advocacy letter** at www.yellowribbon.org. A copy will be delivered to your state legislators in March and originals will be delivered on capitol hill in D.C. later in the year.

WHAT'S UP IN MN?

- ◆ **SEND US YOUR INPUT –** yr@chartermi.net with the subject line: “for newsletter.”

WASHINGTON COUNTY'S TEEN HEALTH FUND WAS FEATURED ON THE SPRC WEBSITE

Last year, tenth graders at Forest Lake High School and all students at Forest Lake Area Learning Center received a depression screening. The test, which was an effort led by the Suicide Prevention Team, will be repeated again in the fall thanks to an additional grant from Washington County and the Mark A. Pursley Foundation.

http://www.sprc.org/news/state.asp#Team_works_to_spread_awareness_of_suicide

NEWS ON STATE SUICIDE PREVENTION FUNDING

SAMHSA issued a Request for Proposals for the Garrett Lee Smith Act late in the day on Thursday, March 30. A public-private partnership will apply for the funding from Minnesota with the MDH as the lead agency for the state. Current grantees will have input to the process. Federal funding will be awarded by September 30, 2005. It will be a highly competitive process. Carol Woolverton, Assistant Commissioner of the MDH announced at the Minnesota Council for Suicide Prevention meeting Tuesday that the department would continue the current grants program at least through the end of 2005 regardless of what budget is passed by the legislature. That will give current grantees a little more time to work toward the goals of the state plan.

If you would like to view Governor Pawlenty's proposed budget for MDH, or the overall budget, go to:

<http://www.health.state.mn.us/divs/opa/budget0105.html>

THE MINNESOTA STUDENT SURVEY IS FACING CHALLENGES

HF 1551 was introduced in the house of representatives this session and it has an "informed consent" requirement for all student surveys. Many prevention advocates use data from these surveys to do needs assessment planning, guide organizational objectives, and gauge success. Supporters of the Minnesota Student Survey believe that requiring informed consent will render this tool useless. Anne Ganey, an active youth prevention advocate says, "The Minnesota Student Survey has been done since 1989, giving us a wealth of knowledge about youth at moments in time and over an expanse of time. It allows us to monitor trends and take action to keep our kids safe. It is the envy of every other state in the nation because we can measure the impact of our youth development work." Active consent by parents would require parents to sign their name and return a form stating their child could participate. Many parents may never get the form, be too busy to return it or be apathetic about the importance of the form. Any data gathered after this process is implemented would not be comparable to past data due to potentially significant differences in the population surveyed.

VOICE AWARDS NOMINATION REMINDER

The Voice Awards are a salute to entertainment industry professionals and mental health advocates who have given a positive voice to people with mental illnesses. This is your chance to honor the writers and producers of entertainment programming—television, radio, and film—who have helped give a voice to people with mental illnesses through dignified, respectful, and accurate portrayals.

Nominations are free, easy to enter, open to anyone, and due Monday, April 18, 2005.

- ◆ **Range Mental Health in Virginia, MN** will hold community educator trainings April 13 & 14, 2004. Contact [Kristi Rolf](#) for details.
- ◆ **Arrowhead Yellow Ribbon chapter of Duluth** will hold community educator training April 15, 2005. Contact [Judy Gordon](#) for details.
- ◆ **Cass County** has trained all Northland Community School staff and will present to youth at St. Agnes Catholic Church April 13. They are also working with Leech Lake Tribal Health on an upcoming event.
- ◆ **Morrison County** will present for all five of the county school districts during the month of April.

To learn how to submit a nomination or to learn more about the Voice Awards:
www.allmentalhealth.samhsa.gov/voiceawards

SUPPORT FULL FUNDING OF GARRETT LEE SMITH IN 2006

Representatives Danny Davis, Tom Osborne, and Bart Gordon are circulating a "Dear Colleagues Letter" to request additional members of the U.S. House of Representatives to sign on to a letter requesting full funding for the Garrett Lee Smith Memorial Act in FY 2006. Please take a moment to call your Member of Congress to ask him/her to sign on to the letter. Or use this link:
<http://capwiz.com/spanusa/callalert/index.tt?alertid=7359821>

FROM THE FIELD

RESEARCHERS SAY: ASK TEENS ABOUT SUICIDE

Asking teenagers about suicide will not make them more likely to contemplate it, as some parents and school officials fear, a study suggests. In fact, the study found that simply asking troubled students about any suicidal impulses appears to ease their distress and might make some of them less likely to try killing themselves. The results confirm what many mental-health experts already believe and should alleviate fears among some parents and schools that just mentioning suicide might plant the idea in teens' minds, said study author Madelyn Gould, a researcher at Columbia University and New York Psychiatric Institute. For more on this story go to:
http://hosted.ap.org/dynamic/stories/T/TEENS_SUICIDE?SITE=MNMAN&SECTION=HOME&TEMPLATE=DEFAULT OR
<http://www.msnbc.msn.com/id/7394123>

SPRC & AFSP RELEASE ONLINE REGISTRY OF EVIDENCE-BASED PRACTICES

The Suicide Prevention Resource Center (SPRC) and The American Foundation for Suicide Prevention (AFSP) have completed development of an online registry of evidence-based suicide prevention programs. The registry of 14 programs represents an initial step in the collection and promotion of evidence-based suicide prevention programs and accomplishes Objective 10.3 of the National Strategy for Suicide Prevention. Decision-makers can use the registry as a source of objective and reliable information as they select programs to implement.
http://www.sprc.org/whatweoffer/ebp_factsheets.asp

MENTALLY ILL TEENS WAIT MONTHS FOR TREATMENT

by [Erin Galbally](#), Minnesota Public Radio, *March 25, 2005*
 Child psychiatrist Reed Sulik runs a busy a practice in St. Cloud, Minnesota. His colleagues include three other child psychiatrists, and a handful of Ph.D.-level therapists. It's a sizeable operation, especially by non-metro standards. But Sulik says they can't meet the demand. "Even though those

◆ **Leech Lake Band of Ojibwe** has built collaborative efforts on their reservation and now five agencies are sponsoring the next educational event for suicide prevention. They have billboards that they will put up near the casino and have held an art contest to determine what will go on the billboards – the other entries will become posters. They will also host an April 23 event for suicide prevention and healing featuring native activities such as healing circles and a jingle dance.

◆ **Koochiching County** has educated Northome School students and area health care workers. They will be training law enforcement and working on access to care.

◆ **People Connection** in

might large numbers, especially compared to other areas, it is still months before a new patient evaluation can be accommodated by our staff," Sulik says. That's because child mental health specialists like Sulik are few and far between. According to experts in the field that shortage poses a huge problem, depriving kids who desperately need help.

http://news.minnesota.publicradio.org/features/2005/03/25_galballye_mentalhealth/

MONTGOMERY CO. PENNSYLVANIA’S LAW ENFORCEMENT POLICY ON SUICIDAL BEHAVIOR

This policy statement was developed for the 50 or so municipal police departments in Montgomery county. They are also using it in CIS training for law enforcement.

http://www.mces.org/Model_PD_Suicide_Policy_DK.doc

RESOURCES

FREE SUICIDE PREVENTION BROCHURES

The Office of the Ombudsman for Mental Health and Mental Retardation has a brochure out for suicide prevention. It can be accessed and printed by and for anyone, including for your own bulk production and use. The Minnesota Council for Suicide Prevention’s Patient Education Workgroup is promoting this as a great tool for patient and family education for the newly diagnosed and hospital discharge patients. Several Minnesota organizations aided in it’s development. There are three options to print this brochure, as a:

8X14 brochure from PDF:

<http://www.ombudmhr.state.mn.us/reports/suicidepreventionbrochure8x14updated.pdf>

A standard 8.5X11 document off the web in HTML:

<http://www.ombudmhr.state.mn.us/reports/suicidepreventionbrochure8x11updated.htm>

A standard 8.5X11 document in PDF:

<http://www.ombudmhr.state.mn.us/reports/suicidepreventionbrochure8x11updated.pdf>

ACHIEVING CULTURAL COMPETENCE IN SUBSTANCE ABUSE PREVENTION

The following Minnesota resource centers are jointly offering one-day trainings about working with diverse populations:

African American Family Services; Chicanos Latinos Unidos En Servicio (CLUES); Minnesota Indian Women’s Resource Center; Minnesota Prevention Resource Center (MPRC); Southeast Asian Prevention and Intervention Network Resource Center (SEAPIN)

OBJECTIVES

After attending this training you will:

- _ Better understand the unique characteristics of diverse populations.
- _ Become familiar with local and state resources.
- _ Be able to work more effectively with people of different cultures regarding prevention efforts.

Date	Community	Location
April 20	Mankato	Best Western Hotel

Fosston has educated 100's of youth and adults across a several county region of northern Minnesota.

◆ **Mental Health Association of MN**

is doing training with employees & employers across the state. Also, MHA will be part of the walk around Lake Nacomis to raise awareness and funds for research - May 14. Talk to [Jill Naylor](#).

◆ **U of M Regents are working with several partners**

to provide on going outreach and training for both the Somali community and mainstream gatekeepers. This project increases the awareness of mental health and mental illness in the Somali community and helps people know about resources.

◆ **White Earth**

May 4 Willmar Holiday Inn
May 12 Moorhead Days Inn & Conference Center

Cost: \$25 (includes materials and lunch)

Workshops are limited to 30 people. Registration deadline is two weeks prior to workshop. Register by e-mail, phone, fax or mail by contacting:

Debra Russell (drussell@miph.org)

Minnesota Prevention Resource Center (MPRC)

2720 Hwy 10 NE, Mounds View, MN 55112

763-427-5310 / 800-782-1878 / Fax 763-427-7841

More information: www.emprc.org/culturalcompetence

REMINDERS:

SHADES OF BLUE: PREVENTING SUICIDE IN YOUTH FROM DIVERSE COMMUNITIES

The Holiday Inn Minneapolis Metrodome, 1500 Washington Avenue South

8:00 a.m. – 4:00 p.m. Thursday, May 12, 2005

Confirmed Keynote Speakers:

Dr. Alvin Poussaint, Harvard Medical School Professor of Psychiatry

Dr. William Lawson, Chair of Psychiatry, Howard University

Dr. Joseph White, Psychologist

Carl Eller, 2004 NFL Hall of Fame

Registration begins April 4, 2005. Additional conference information at www.faithealth.org

PRESENTING, PONDERING AND PLANNING WITH MINNESOTA STUDENT SURVEY DATA

An upcoming daylong workshop is intended to build your capacity to think about the Minnesota Student Survey, present data to your local community, and incorporate what you've learned into your prevention planning and needs assessment work. The workshop will include lunch and a variety of resource materials, including state and regional data tables, trend reports, and tools to use in presentations and planning. We strongly encourage all Safe & Drug Free Schools coordinators to attend and welcome teachers and administrators, local public health and community agency staff, law enforcement and parents.

The main portion of the workshop will last from 9:00am until 2:00pm. For Safe & Drug Free Schools Coordinators, please plan to stay for a special presentation of the new SDFS e-application from 2:15pm to 3:30pm.

Our 8 regional workshops this spring:

Date	Community	Location
April 18	Fergus Falls	The Falls Inn & Suites
April 26	Thief River Falls	Best Western Inn
April 27	Grand Rapids	Sawmill Inn of Grand Rapids
May 5	Metro South	Dakota County Western Service Center

Reservation is holding youth groups after school and recently provided support to Red Lake after the tragedy there. They are working with the "Shades of Blue" conference too – see the reminder under "Resources."

- ◆ **Volunteers of America** have trained staff of high rise apartments where the elderly live.

Workshop cost is \$20. To register, please visit www.emprc.org/springforums. For registration questions, please call Debra at the Minnesota Prevention Resource Center (763.427.5310 or 800.782.1878 extension 156). For content questions, please call Heather at the MN Dept. of Education (651.582.8452).

USE YOUR VOICE, MAKE A DIFFERENCE

Do your elected officials care what you have to say? Definitely – your voice counts when it reaches their ears. If you have concerns about issues such as suicide prevention, you need to contact your elected officials and let them know that it is important to you as a constituent that they support that issue too. They work for you.

If you would like to get in touch with your Representatives and Senators, use the following link: <http://geo.commissions.leg.state.mn.us/districts/start.html>

Follow these simple steps to use it:

1. Use the link or cut and paste into your internet browser bar and go to the site.
2. Type in your address and click "Search"
3. If it does not find your address, look on the left for the little picture of the state. Click it.
4. Look on the left again and find the little magnifying glass with the "i" in the middle. Click on it and then on the map where you live.
5. It will come up on the right side with pictures of your legislators the top will be your state Representative and Senator. You can go to their website for their regular mail address and phone number. Or there will be a small box that comes up that will have a link to their email.

For more information or talking points, contact Darren Reed at 507-387-5020 yr.darren@chartermi.net

FINDING FUNDS

SAFE SCHOOLS/HEALTHY STUDENTS (FEDERAL REGISTER: MARCH 10, 2005 [CFDA# 84.184L])

This program provides Federal financial assistance to LEAs to implement an integrated, comprehensive community-wide plan designed to create safe & drug-free schools & promote prosocial skills & healthy childhood development in youth. Applications are due April 29, 2005. Eligible Applicants: Local educational agencies (LEAs) or consortia of LEAs that have not received funds or services under the Safe Schools/Healthy Students (SS/HS) initiative during any previous fiscal year.

<http://www.ed.gov/legislation/FedRegister/announcements/2005-1/031005d.html>

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If you have trouble using these links, remember to move your cursor to the link, hold down the CONTROL button on your keyboard – the cursor should turn to an arrow – while holding down CONTROL, click the link with your left mouse button.

The links contained in this newsletter are current as of the time of publication, but if for any reason you have trouble accessing a link, please contact us for assistance in locating the referenced articles.