

Brought to you by Yellow Ribbon in MN with cooperation from SAVE and funding from the Minnesota Department of Health.

## Minnesota Suicide Prevention E-News

**AUGUST 2005**

Quote of the Month:

**"One of the key successes (of the legislative session in MN)...was that 45,000 people will NOT be losing their Minnesota Care insurance, and about 26.5% of those individuals have a mental illness. Thank you for all that you do for mental health." *Mental Health Association of MN***

### TAKE NOTE:

- ◆ **SAVE THE DATE** for a professionals' conference on suicide prevention in St. Paul – October 3 & 4, 2005!!! See Announcements for details.
- ◆ **Soup It Up For Kids** will benefit SAVE. See Announcements for details.
- ◆ **Display boards** for various target groups are available to be checked out until Dec. 31. Contact [Kelsie Powers](#).

### ANNOUNCEMENTS

#### **FINAL WORD FOR THIS BIENNIUM ON STATE SUICIDE PREVENTION GRANTS FUNDING**

When the state legislature finally agreed to a budget for the Minnesota Department of Health, it did not include funding for the current state suicide prevention grant program. Advocacy work of many across the state kept the program on the radar of legislators into the final hours of negotiations, but in the end, the grant program was cut. This will result in the loss of funding for 13 suicide prevention grants across the state. MDH, however, recognizes the need for suicide prevention in the state and has pledged their continued support of suicide prevention efforts and they will seek funding to do so. Key legislative changes impacting mental health from this session includes (list compiled by Mental Health Association of MN):

- ❖ Changes to MinnesotaCare –
  - Eligibility for adults without children retained
  - \$5,000 cap was removed
  - Diabetic supplies, services for psychiatrist and licensed social worker added
  - Premiums will increase slightly and there will be copayments for physician and emergency room visits
- ❖ New mental health services – Medical assistance will add coverage for medication therapy, treatment foster care, ACT (Assertive Community Treatment) for 16 and 17 year olds, telemedicine and psychology consultation.
- ❖ People living in residential settings will be allowed to keep an additional \$20 per month in their personal needs allowance.
- ❖ The co-payments for people on Medical Assistance were reduced from a maximum of \$20 to \$12 per month
- ❖ The \$500 cap on dental services for Medical Assistance, GAMC, and MinnesotaCare was eliminated
- ❖ Initiative to end homelessness - \$10 million was earmarked for supportive housing grants and \$2.2 million to prevent homelessness for young adults transitioning from long-term foster care
- ❖ TEFRA fees were reduced slightly for middle income families

- ◆ **Display boards** can target parents by setting them up during parent/teacher conferences.
- ◆ **Teachers can offer extra credit** to students if their parents (or another adult in their lives attends and stays for all of an educational gatekeeper presentation.
- ◆ **Back to School** efforts can include planning for educational presentations on suicide prevention in your local schools.
- ◆ **Promote [National Depression Screening Day](#)** on October 7.

## WHAT'S UP IN MN?

- ◆ **SEND US YOUR INPUT –** [yr@chartermi.net](mailto:yr@chartermi.net) with the subject line: "for enewsletter."

- ❖ The MFIP grant for families with a family member on SSI will continue to be reduced by \$125 per family, rather than \$125 per person on SSI as was proposed
- ❖ Growth in the community-based waivers (CADI) will be limited to 95/month
- ❖ Suicide prevention grants will be eliminated
- ❖ People with disabilities in nursing homes – Individuals will be able to choose their own targeted case manager. There will be a one-time payment of \$3,000 to help with relocation costs. An Interagency Work Group will make recommendations regarding people with disabilities who are trying to leave or avoid placement in a nursing home.
- ❖ Community providers will receive a 2.26 % rate increase each biennium.
- ❖ Hospitals will have a 5% decrease in reimbursement

### "HONOR THE YOUTH" RUN KICKS OFF NEW HOTLINE FOR NATIVE YOUTH

A new **Native Youth Crisis Hotline** toll-free number will be announced August 17<sup>th</sup> at 5:00PM at the Wolves Den, 1201 East Franklin Avenue, during the kickoff for the "**Honor the Youth Spiritual Run 2005**". After prayers, a feast, a youth speak out and other activities, the run will begin at midnight, starting at the Wolves Den and will continue cross-state, passing through Bemidji, the Mille Lacs and Leech Lake reservations before ending August 21<sup>st</sup> on the Red Lake Reservation during the Red Lake Fair. These initiatives are supported and endorsed by **The Minnesota Indian Affairs Council** as well as **The National Congress of American Indians**, the largest and oldest organization representing US tribal nations. National and local dignitaries will be present in support of the Run include:

**Tex Hall**, President of The National Congress of American Indians  
**Joe Garcia**, First Vice President of The National Congress of American Indians  
**Peggy Flanagan**, Minneapolis School Board member  
**Robert Lilligren**, Minneapolis City Council member  
**Floyd Jourdain, Jr.**, Red Lake Tribal Chairman  
**Mayor R.T. Rybak**, Minneapolis

Native Youth between the ages of 15-24 years of age are at a three times higher risk of committing suicide than any other racial/ethnic group in the country. In Minnesota the rate is nearly twice as high as any other racial/ethnic group. Drugs and/or alcohol use are the norm for many Native youth on and off reservations. There is not one Native person who can say they have not had a family member or Native friend die of some form of violence. In response to these facts and more, a collaboration of concerned individuals representing tribes, state departments, county agencies, community based agencies, Native Groups and individuals, have joined forces to address these issues. This newly formed collaborative has organized the "Honor the Youth Spiritual Run 2005" and has assisted in the efforts in forming the Native Youth Crisis Hotline based out of Women of Nations in St. Paul.

◆ **The Mankato Chapter of Yellow Ribbon** walked in parades this summer and is preparing for a youth board drive this fall.

◆ **The New Ulm Chapter of Yellow Ribbon** handed out nearly 3000 pencils in their local parade and will be benefiting from an upcoming golf tournament.

◆ **Roseville Public Schools** will be holding educational presentations in schools this fall.

◆ **White Bear Lake Public Schools** will be holding educational presentations in schools this fall.

◆ **Range Mental Health** in Virginia, MN is preparing to hold educational presentations this fall in schools throughout the Iron Range.

### **MN STATE SUICIDE PREVENTION CONFERENCE SCHEDULED – SAVE THE DATE!**

SAVE THE DATE for October 3 & 4, 2005. Yellow Ribbon, the Minnesota Department of Health and SAVE will co-sponsor a conference at the Snelling Office Park in St. Paul. The conference will combine professional education along with a review of the state suicide prevention plan. "Suicide Prevention: Putting the Pieces Together" - keynotes scheduled include Mayor Herb Bergson of Duluth, MN, former police detective who will share his experience and help attendees learn how to involve elected officials in building community capacity for suicide prevention (other presenters to be announced). Contact [Ann Gaasch](#) for more info.

### **SOUP IT UP FOR KIDS EVENT**

Cox Insurance Associates, Inc. is sponsoring a local fundraiser, *Soup It Up For Kids*, to benefit organizations working with youth, including SAVE. KFAN The Restaurant is hosting the event on October 27<sup>th</sup> from 5:30-8:30 pm. Participants will receive a pottery bowl made by community potters. Soup and bread will be provided. All will have the opportunity to bid on a variety of silent and live auction items. Tickets are \$30/person or \$50/couple and are sold in advance. Please contact Pat Storti at SAVE, 952-946-7998 or [pstorti@save.org](mailto:pstorti@save.org)

## **FROM THE FIELD**

### **SUICIDAL IDEATION AND METH USE**

Journal of Nervous and Mental Disease, 2005 Jul;193(7):444-9. Yen CF, Shieh BL. Department of Psychiatry and Graduate Institute of Behavioral Science, Kaohsiung, Taiwan.

The aim of this study was to evaluate the prevalence of suicidal ideation and its correlates in adolescent methamphetamine (MAMP) users. Using the Epidemiological Version of the Kiddie Schedule for Affective Disorders and Schizophrenia, 200 adolescent MAMP users were assessed for suicidal ideation and psychiatric disorders during the preceding year. Demographic variables, family and peer interaction, characteristics of MAMP use, and personality were also evaluated. Factors correlating to suicidal ideation in adolescent MAMP users were analyzed by logistic regression. In the preceding year, 16% of adolescent MAMP users had suicidal ideation, and multiple factors, including illicit drug use among family members, depressive disorder, adjustment disorder, and emotional instability, correlated with suicidal ideation. Multiple factors, including family, psychopathology, and personality correlate with suicidal ideation in adolescent MAMP users. Subjects showing these characteristics should be monitored for suicidal ideation. PMID: 15985838 [PubMed - indexed for MEDLINE]

### **PRIMARY CARE & HELP SEEKING PRIOR TO SUICIDE**

A qualitative study of help seeking and primary care consultation prior to suicide. Owens C, Lambert H, Donovan J, Lloyd KR. Br J Gen Pract 2005; 55(516): 503-9.

<http://www.sprc.org/news/research.asp>

## RESOURCES

- ◆ **Sibley County** will host a Gatekeeper Train the Trainer session in Gaylord on August 30. Contact [Kerry Ward](#) for more information.
- ◆ **Arrowhead Yellow Ribbon chapter of Duluth** had a booth at the 4<sup>th</sup> of July festivities, are planning school presentations, and will be selling wristbands as a fundraiser this fall.
- ◆ **Cass, Todd, Wadena and Morrison Counties** are planning displays in local libraries this fall.
- ◆ **Leech Lake Band of Ojibwe's Dawn Smith** presented at the American Indian Mental Health Conference, Black Bear Casino in June on behalf of the American Indian Workgroup, and has been working hard to

### **CHILD AND ADOLESCENT VIOLENCE PREVENTION SUMMIT**

This summit will be held at Black Bear Crossings on Como Lake in St. Paul, on Friday, September 9th from 12:00 PM til 4:30 PM. For more information or to register contact: Maureen Holmes at 651.281-9871 or [maureen.holmes@state.mn.us](mailto:maureen.holmes@state.mn.us) by Friday, September 2<sup>nd</sup>.

### **MENTAL HEALTH ASSOCIATION OF MINNESOTA 2005 LEGISLATIVE TOWN HALL MEETINGS**

*Featuring BILL CONLEY, Public Policy Consultant for the Mental Health Association of Minnesota. The Eagan and Rochester meetings will also feature Sue Abderholden, Executive Director, NAMI-MN.*

These meetings are for all people who care about the mental health system – from those who are interested in learning more about mental health legislation, to those who are very involved in public policy work. *Please call Sandra at (612) 331-6840.*

LOCATIONS:

**MARSHALL** August 30, 2005

**VIRGINIA** September 20, 2005,

**DULUTH** September 21, 2005,

**ST. CLOUD** October 10, 2005,

**SPRING LAKE PARK** October 11, 2005,

**ROCHESTER** October 18, 2005,

**EAGAN** November 14, 2005,

**SCOTT COUNTY** November 15, 2005,

### **ADOLESCENT SUICIDE: ASSESSMENT AND INTERVENTION, SECOND EDITION**

Alan L. Berman, David A. Jobes, and Morton M. Silverman

For the past decade, *Adolescent Suicide: Assessment and Intervention* has been recognized as the best and most authoritative text on this most tragic of subjects. This long-awaited second edition incorporates almost 15 years of new research and critical thinking about clinical assessment and intervention in addition to an expanded focus on prevention. Authored by three of the world's leading experts on suicide, including among them a psychiatrist, this book is a must-have reference and text for those working with this at-risk population. To order Call 1-800-374-2721 Or Visit:

[www.apa.org/books](http://www.apa.org/books)

### **MENTAL HEALTH INSTITUTES IN MN THIS FALL**

MSSA is very pleased to announce a series of eight mental health institutes planned for the fall. The institutes will be held in September, October, November and December.

The schedule for the institutes is:

Bipolar & ADHD: Differentiating & Treating - September 8, 2005, 9:00 AM to Noon

help plan the Honor the Youth Spiritual Run. See Announcements for more details.

◆ **People**

**Connection** will continue their work to reach 12 counties in NW Minnesota through youth presentations and adult gatekeeper trainings.

◆ **Ain Dah Yung's**

staff presented on behalf of the American Indian Workgroup at the American Indian Mental Health Conference, Black Bear Casino in June. The youth drumming group performed as a sample of the cultural approach Ain Dah Yung is taking to reconnect their youth to their heritage in an effort to build protective factors. They will also play a key role in the "Honor the Youth Spiritual Run."

Borderline Personality Disorder: Impulse Control & Emotional Dysregulation - September 8, 2005, 1:00 to 4:15 PM

Disruptive Behavior Spectrum Disorders - October 6, 2005, 9:00 AM to Noon

Antisocial Personality Disorder - October 6, 2005, 1:00 to 4:15 PM

Child Psychopharmacology - November 3, 2005, 9:00 AM to Noon

Mental Illness & Aging - November 3, 2005, 1:00 to 4:15 PM. This institute will consist of two workshops. 1. Mental Illness is Not a Part of Normal Aging; 2. Addiction & Despair vs. Recovery & Freedom in an Aging Society

Suicide - December 1, 2005, 9:00 AM to Noon. This institute will consist of two workshops: 1. Suicide Education/Voices of Awareness; 2. Beyond the Black Box: Suicide Risk & Antidepressants

Assessment of Imminent Risk for Suicide - November 3, 2005, 1:00 to 4:15 PM

You can register for workshops on an individual basis or as a series. The brochure is available online at <http://www.mnsocialserviceassoc.org/mentalhealth.pdf>

**WACY TEEN DESIGNED WEBSITE – CHECK IT OUT**

Washington County Department of Public Health and Environment recently updated a website that was developed by and for teens around the topic of depression awareness and suicide prevention. The new and updated website is called Washington County Youth-committed to helping you help others or WACY [www.wacydasp.org](http://www.wacydasp.org) . Local resources and highlights of youth involvement throughout the county are featured on the site along with the following topics: Youth and Tobacco, Alcohol and Other Drugs, Depression Awareness, Safe Driving, SADD, Let's Talk, Teens Getting Involved and Healthy You.

A WACY website media packet including posters, news releases and a youth produced DVD will be distributed this Fall to Junior and Senior High Schools, Alternative and Charter schools. The media packet will help promote the website as a local resource for teens and support the message that "It's OK to Ask for Help."

Washington Count Youth invite you to check out WACY Washington County Youth-committed to helping you help others- [www.wacydasp.org](http://www.wacydasp.org)

**MENTAL HEALTH TOOLKIT IDEA**

A "*Mental Health Tool Kit*" will be distributed to worksites and parish nurses in Washington County this Fall. The kit provides general education and reliable, accurate information about local mental health resources suitable for worksites and congregations. To assemble the toolkit, Washington County used a variety of resources including the "May Mental Health Toolkit" compiled and sent out by the Yellow Ribbon Suicide Prevention Program in MN. For more information on this idea and how you could do it in your community, contact [Julie Kilpatrick](#), PHN, Washington County Department of Public Health and Environment 651-430-6724 or [Darren Reed](#), Yellow Ribbon Youth and Community Project Coordinator 507-387-5020.

## FINDING FUNDS

### **ATOD PREVENTION PLANNING AND IMPLEMENTATION GRANT**

Minnesota Department of Human Services Chemical Health Division has put out an RFP for ATOD prevention. The goal of this Request for Proposals (RFP) is to reduce substance abuse and related problems within select communities by successfully implementing comprehensive collaborative community prevention efforts.

Kathy Mostrom

Prevention & Treatment Consultant

DHS, Chemical Health Division

[kathy.mostrom@state.mn.us](mailto:kathy.mostrom@state.mn.us)

Telephone: (651) 582-1850

Al Fredrickson

Prevention & Treatment Consultant

DHS, Chemical Health Division

[al.fredrickson@state.mn.us](mailto:al.fredrickson@state.mn.us)

Telephone: (651) 582-1837

Other personnel are **NOT** authorized to discuss this request for proposal with responders, prior to the proposal submission deadline.

### **THE NICK TRAINA FOUNDATION (NTF)**

NTF supports organizations involved in the diagnosis, research, treatment, and/or family support of manic-depression, suicide prevention, child abuse and children in jeopardy. They provide assistance to struggling musicians in the areas of health and mental illness. The NTF may give special consideration to proposals that address manic-depression in children and young adults.

<http://www.nicktrainafoundation.org/main.htm>

### **UNDERSTANDING AND PROMOTING HEALTH LITERACY**

This Program Announcement invites applications to develop research on health literacy in general areas including mental health.

<http://grants.nih.gov/grants/guide/pa-files/PAR-04-116.html>

### **AMERICAN PSYCHIATRIC FOUNDATION OFFERS FUNDING FOR EARLY TREATMENT OF MENTAL ILLNESS**

Deadlines: May 15, 2005; and, September 15, 2005

The American Psychiatric Foundation, [www.psychfoundation.org/](http://www.psychfoundation.org/), a charitable and educational subsidiary of the American Psychiatric Association, [www.psych.org/](http://www.psych.org/), works to advance public awareness of mental illnesses and the fact that they can be effectively treated.

As part of this mission, APF is committed to promoting early recognition and treatment of mental illness and will make up to \$750,000 in grant funds available over the next three years (2005-07) to fund educational, informational, and outreach initiatives that promote the early recognition and treatment of mental illness.

RFP Link: [www.fconline.fdncenter.org/pnd/940/apf](http://www.fconline.fdncenter.org/pnd/940/apf)

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