

Brought to you by Yellow Ribbon in MN with cooperation from advocates across the state.
YOUR DONATIONS HELP MAKE THIS PUBLICATION POSSIBLE -- **DONATE NOW!**

Minnesota Suicide Prevention E-News

August 2006

Thought of the Month:

"The most common situation with depression is the misunderstanding people have of it." Jennie Lundgren

TAKE NOTE:

- ◆ **Yellow Ribbon Suicide Prevention & Awareness Week**
September 17-23.
Show your support for Yellow Ribbon by eating at McDonald's and Subway Restaurants of Mankato during that week and have portions of your meal donated.
Thanks!
- ◆ **Rock for Life Concert**
September 16th at the MN Square Park in St. Peter from 1:30-5pm.

ANNOUNCEMENTS

YELLOW RIBBON SUICIDE PREVENTION & AWARENESS WEEK

The Yellow Ribbon Suicide Prevention & Awareness Week is September 17-23. To help support the Yellow Ribbon Program the McDonald's and Subway restaurants of Mankato will donate portions of proceeds made throughout the week. Please show your support for the Yellow Ribbon Program by eating at McDonald's and Subway during that week. Thanks!

ROCK FOR LIFE CONCERT

Yellow Ribbon Suicide Prevention & Awareness Week is September 17-23, 2006. Join Yellow Ribbon in celebrating 8 years of outreach efforts September 16, at the MN Square Park in St. Peter from 1:30-5pm. Come for great food, games/activities and free live music from the band IGB. Sponsored by: McDonalds Mankato, Subway of Mankato, All Over Media, Pepsi Cola of Mankato, Angie's Kettle Korn, Country 103, 93 KXLP, THE FAN, 1230 KYSM and KEYC TV.

CELEBRATION OF LIFE SERVICE

As the seasons change they can be filled with so many wonderful memories of our loved ones. For those that have lost a loved one, the feelings of loss can be intensified as you go through your family traditions without them. Therefore, we would like to invite you to the Minnesota Square Park in Saint Peter, Minnesota on Saturday September 16, 2006 for a Celebration of Life Service beginning at 1:30pm. If you would like, please bring a one sentence memory about your loved one to be read during the service. Join us for this non denominational memorial service which will remember our loved ones, while filling us all with hope as we come together as survivors to face the future. We can't bring them back, but together we can use our experience to help others and to save and enrich lives. The Rock for Life concert will follow the Celebration of Life Service. For more information contact [Marissa](#) at the Yellow Ribbon Office or visit our website at: www.yellowribbonmn.org

◆ **Celebration of Life Service**

September 16th at the MN Square Park in St. Peter beginning at 1:30pm.

◆ **Designed to SAVE**

September 30th from 6-10 at the Oakridge Country Club.

◆ **SPAN USA's 11th Annual National Awareness Event**

is being held September 7-9 in Washington D.C. Visit www.spanusa.org to learn more about the event.

◆ **Community Mental Health Annual Conference**

September 27th-29 at the DECC in Duluth. For more information visit: <http://www.macmhp.org/conference.htm>

◆ **Safe and Healthy Learners Conference 2006**

is November 8-9 at the St. Cloud Civic

DESIGNED TO SAVE

SAVE will be hosting the event Designed To SAVE September 30th from 6-10pm at the Oakridge Country Club. Tickets are \$125 and can be purchased through the SAVE office by calling 952-946-7998. For more information contact the SAVE Office.

FROM THE FIELD

ASSESSING FOR SUICIDE RISK IN DEPRESSED GERIATRIC CANCER PATIENTS

Labisi O. *J Psychosoc Oncol* 2006; 24(1): 43-50. Affiliation: 1500 East Duarte Rd, Duarte, CA, 91010, olabisi@coh.org. (Copyright © 2006, Haworth Press)

Elderly cancer patients who have depression are at a greater risk for suicide when left untreated. For the full abstract click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_40935_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_40935_18)

FOUR ERAS OF STUDY OF COLLEGE STUDENT SUICIDE IN THE U.S.: 1920-2004

Schwartz AJ. *J Am Coll Health* 2006; 54(6): 353-66. Affiliation: University of Counseling Center, University of Rochester, New York 14627-0356, USA. ajsz@mail.rochester.edu (Copyright © 2006, Heldref Publications)

This article classifies college student suicide into four different eras: 1920-1960, 1960-1980, 1980-1990, and 1990-2004. For the full abstract click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_40913_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_40913_18)

"DEPRESSED? GET OUT!": DEALING WITH SUICIDAL STUDENTS ON COLLEGE CAMPUSES

Appelbaum PS. *Psychiatr Serv* 2006; 57(7): 914-6. Affiliation: Department of Psychiatry, Columbia University Medical Center, 1051 Riverside Drive, #122, New York, New York 10032. DOI: [10.1176/appi.ps.57.7.914](https://doi.org/10.1176/appi.ps.57.7.914) (Copyright © 2006, American Psychiatric Association)

This article discusses the suspension or mandatory withdrawal of college students who manifest suicidal ideation. For the full abstract click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_41096_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_41096_18)

SELF-INJURIOUS BEHAVIOR AMONG CHILDREN WITH ATYPICAL DEVELOPMENT

Russell PSS. *Int J Low Extrem Wounds* 2006; 5(1): 10-17. Affiliation: Christian Medical College,

Center

◆ **Join the Minnesota Psychological Association.**

Submit a proposal for: The Psychology of Wellness: Health Promotion Across Diverse Communities.

Contact: BraVada Garrett-Akinsanya, Ph.D., L.P.

(612) 839-1449
phone

(763) 550-9398
fax

Or visit:

<http://www.mnpsych.org>

- ◆ **SPRC** is seeking materials for their library relating to depression, mental illness, suicide or suicide attempts among rural populations, as well as faith-based prevention materials. Submit your contributions or suggestions to library@sprc.org

Vellore, Southern India (russell@cmcvellore.ac.in) DOI: [10.1177/1534734605285165](https://doi.org/10.1177/1534734605285165) (Copyright © 2006, Sage Publications)

This article discusses self-injurious behavior to lower extremities among children with atypical development. For the full abstract click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_39573_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_39573_18)

SUBTHRESHOLD BIPOLAR TRAITS AND SUICIDE RISK AMONG UNDERGRADUATES

Pompili M, Girardi P, Tatarelli R, Lester D. *Psychol Rep* 2006; 98(2): 417-8. Affiliation: Department of Psychiatry, Sant'Andrea Hospital, Via di Grottarossa, 1035-00189 Rome, Italy.

maurizio.pompili@uniroma1.it (Copyright © 2006, Ammons Scientific)

This article discusses depression scores among undergraduates. For the full abstract click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_40946_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_40946_18)

SUICIDE ATTEMPTS AMONG AMERICAN INDIAN AND ALASKA NATIVE YOUTH

The purpose of this study was to identify risk and protective factors associated with suicide attempts among native male and female youth. For the full abstract of this article click on the following link:

<http://archpedi.ama-assn.org/cgi/content/abstract/153/6/573?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=1&andorexacttitle=and&andorexacttitleabs=and&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&volume=153&firstpage=573&resourcetype=HWCIT>

YOUNG LATINAS AND A CRY FOR HELP

New York Times Editorial

Young Hispanic teenage girls represent one of the fastest growing segments of the American population and attempt suicide more often than any other group. A federal study found that one in six young Hispanic women had attempted suicide. This rate is one and a half times as high as among non-Hispanic black and white teenage girls. Dr. Zayas, a professor of social work and psychiatry at Washington University in St. Louis, note that suicide attempts are higher for Latinas who are the first generation born in the U.S. Self-esteem issues are also common among teens, but appear magnified for young women who don't seem to fit in at home or away from it.

RESOURCES

RESOURCES FOR SURVIVORS AFTER A SUICIDE LOSS

A new resource for survivors after a suicide exists in the form of a self guided PowerPoint presentation

❖ **Sixth Annual Brain Development Conference**
August 9th & 10th.
For more information click on the following link:
www.whiteearthchildcare.com.

❖ **National Council for Suicide Prevention Meeting** will be held in Washington D.C. on August 17-18.

◆ **Have related events coming up? Let us know!**

WHAT'S UP IN MN?

◆ **SEND US YOUR INPUT** –
yr@chartermi.net with the subject line: "for enewsletter."

❖ **Summer**

on the Yellow Ribbon website. Please go to the Support page on the site and click on the link to view the document. You must have the freeware Adobe Acrobat Reader 7.0 to view the document.

http://www.yellowribbonmn.org/sections/After_Suicide.php

JOURNAL OF YOUTH DEVELOPMENT

The National Association of Extension 4-H Agents is launching the Journal of Youth Development ~ Bridging Research and Practice. This is an online journal that will be published three times a year on the NAE4-HA Web Site. It will focus on the development of school aged youth through the transition to adulthood (Ages 6-22). For more information visit: <http://www.nae4ha.org/directory/jyd/index.html>

SUICIDE ANONYMOUS 12 STEP PROGRAM FOR THE SUICIDAL PERSON

There is a Suicide Anonymous 12 Step Program. For more information. This is a 12 Step program (like AA) for suicide attempters.

<http://www.suicideanonymous.org/> email: info@suicideanonymous.org.

THE NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK

The national suicide prevention lifeline 1-800-273-TALK (1-888-628-9454 for Spanish-speaking callers) is the only federally funded hotline for suicide prevention and intervention. People who are in emotional distress or suicidal crisis can call the Lifeline at any time, from anywhere in the Nation, to talk in English or Spanish with a trained crisis worker who will listen to and assist callers in getting the help they need. For more information about the Lifeline, visit their Web site at

www.suicidepreventionlifeline.org. What materials are available to help SPREAD THE WORD about the Lifeline? To help promote 1-800-273-TALK, the National Suicide Prevention Lifeline has created promotional materials, including:

- Wallet cards that list suicide warning signs in English
- Wallet cards that list suicide warning signs in Spanish
- Magnets featuring the Lifeline number
- Brochures
- Posters
- Print public service announcements (PSAs).

You can customize these materials easily with your organization's logo and contact information.

All of these materials can be downloaded from the "Promotions" section of the Lifeline Web site, www.suicidepreventionlifeline.org/campaign.

ADVANCING SUICIDE PREVENTION

The newly-released third issue of *Advancing Suicide Prevention*, a strategic health policy magazine launched in 2005, is now available online to download free of charge at www.advancingsp.com.

Parades

Yellow Ribbon has participated in many summer parades throughout the community spreading the message "It's ok to ask for help!"

❖ **The Restless Legs Syndrome Foundation**

has held many Be-A-LINK Trainings for the staff.

❖ **Youth at Camp Patterson** were taught about the Yellow Ribbon Program in early July

❖ **Be-A-LINK Presentation** given at Southwest Minnesota State University, Marshall.

In this article you can learn about youth and the role that their schools have in keeping them safe. Read notes from a youth who lived with depression and ultimately took his own life. This article also features barriers that impede on suicidal youth and an interview with researcher Dequincy Lezine who survived many suicide attempts.

UNDERSTANDING AND HELPING THE SUICIDAL PERSON

The American Association of Suicidology presents "Is Path Warm," warning to look for in a suicidal person. For more information visit the following links:

<http://www.suicidology.org/displaycommon.cfm?an=2>;

<http://www.suicidology.org/displaycommon.cfm?an=1&subarticlenbr=52>.

STIGMA AND DISCRIMINATION TOWARD OLDER ADULTS TELECONFERENCE RECORDINGS

SAMHSA Resource Center address Discrimination and Stigma Associated with Mental Illness Toward Older Adults in six free training teleconferences annually. To download the complete presentations and listen to the audio recordings, visit the following website:

<http://www.stopstigma.samhsa.gov/archtel.htm>

FRIENDS AND FAMILIES OF SUICIDE SURVIVOR GROUP

To join the Friends and Families of Suicide Survivor Group visit the following website:

<http://www.friendsandfamiliesofsuicide.com>

SPRC PUBLICATION ON "SAFE MESSAGING"

The [Safe and Effective Messaging for Suicide Prevention](#) is evidence-based recommendations for creating safe and effective messages to raise public awareness that suicide is a serious, preventable public health problem. It contains Do's and Don'ts to consider when creating public messages for suicide prevention.

FAMILY THERAPY IN THE TREATMENT OF DEPRESSION

For the full article click on the following link:

<http://www.psychiatrictimes.com/showArticle.jhtml?articleID=172900853>

THE JED FOUNDATION'S FRAMEWORK

This framework provides a list of issues to consider when drafting or revising protocols relating to the management of the student in acute distress or at risk for suicide. To download the Framework click on the following site: www.jedfoundation.org/framework.php

FINDING FUNDS

UPCOMING MINNESOTA FUNDERS DEADLINES

NIMH, NIAAA, NIDA GRANT

The National Institute of Health, the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse invite grant applications for research that will reduce the burden of suicidality (deaths, attempts and ideation). For more information click on the following link: <http://www.grants.gov/search.search.do?mode=VIEW&oppId=9768>.

CELEBRATING COMMUNITIES OF COLOR GRANTS PROGRAM

The General Mills Foundation announces The Celebrating Communities of Color Program that focuses on Social Service, Youth Nutrition and Fitness, Education and Arts and Culture. The grants, totaling \$500,000, will be awarded to non-profit organizations in Minneapolis and St. Paul, MN that serve communities of color. 50 project grants of \$10,000 will be awarded during the year. Application deadline is September 1, 2006.

MEDICA HEALTH NEEDS OF GREATER MINNESOTA COMMUNITIES GRANT

This grant supports programs that develop and implement programs that address gaps in access and health care services, including the areas of mental health and substance abuse and preventative care. For more information click on the following website: <http://www.healthinschools.org/grants/ops690.asp>.

SEPTEMBER 1

- [Allianz Life](#) (Youth & Family Development)

SEPTEMBER 15

- [Ordean Foundation](#)
- [Northland Foundation](#)

SEPTEMBER 30

- [CHS Foundation](#) (Cooperative Education Grants)

OCTOBER 1

- [Piper Jaffray](#) (Building Strong Youth)

OCTOBER 15

- [McKnight Foundation](#)
- [United Health Foundation](#)
- [Bayport Foundation of Andersen Corporation](#)

OCTOBER 27

- [Northwest Minnesota Foundation](#)

To subscribe/unsubscribe or to make contributions to this newsletter, please email us at yr@chartermi.net

TIP: 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.