

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

**DECEMBER 2005**

Thought of the Month:

"Yes, there is light at the end of the tunnel. Part of finding that light is knowing you are not alone. Lots of times we women say we should not feel certain ways, but half of it is acknowledging you do, and it's OK. By acknowledging it, it's less scary and is nothing to be ashamed of." Marie Osmond on WebMD talking about her postpartum depression.

### TAKE NOTE:

- ◆ **2006 StarLight Gala** will benefit Yellow Ribbon on Saturday, February 18, Midwest Wireless Civic Center, Mankato, MN.
- ◆ [MACMH's 2006 Child & Adolescent Mental Health Conference](#): April 30 to May 2, 2006
- ◆ **Have related events coming up? Let us know!**

### ANNOUNCEMENTS

#### **MISS NEW MEXICO WILL TAKE SUICIDE PREVENTION MESSAGE TO MISS AMERICA PAGEANT**

Anyone watching the Miss America pageant next month will want to watch for Miss New Mexico Ane Romero who is working closely with the Yellow Ribbon Suicide Prevention Program to spread the message "It is okay to ask for help," across the nation. Ane wants everyone to recognize the important risk factors, warning signs and protective factors for suicide and she recently worked on a project with McDonalds in Las Vegas to create a trayliner that would feature educational information on the topic. For more information or to see a graphic of the trayliner, please go to [www.yellowribbonmn.org](http://www.yellowribbonmn.org)

### FROM THE FIELD

#### **TO GET PARENTS TO LOCK UP GUNS: GIVE THEM A LOCK**

Parents who own guns are more apt to lock them up safe from curious little hands if they are given a free gun lock and a brief gun-safety talk by their pediatrician, results of a new study show. The study provides "reason to be optimistic" that a brief gun-safety counseling intervention coupled with a take-home gun-safety brochure and free gun lock can boost the number of gun-owning families that safely store their firearms, researchers say.

Overall, gun-owning families who participated in the gun-safety intervention were more than twice as likely to show improvement in their gun storage behaviors as were those who received no intervention. A "major strength" of the current study, she adds, is that families were given a "tangible means to risk reduction: a gun lock."

SOURCE: Archives of Pediatric and Adolescent Medicine, November 2005.

## WHAT'S UP IN MN?

### ◆ SEND US YOUR INPUT –

[yr@chartermi.net](mailto:yr@chartermi.net) with the subject line: "for enewsletter."

### ❖ WATCH FOR THE NEWLY REVISED MINNESOTA STATE PLAN FOR SUICIDE PREVENTION DUE OUT YET THIS YEAR AS WE CONTINUE TO MAKE PROGRESS ON THE PATH!

## A PHYSICIANS OPINION ON SUICIDE PREVENTION

Over half of the nearly 30,000 firearm deaths in the US every year are suicides[1]; and over half of the suicides are committed with firearms. Many such deaths may be preventable. Why is that? Because: First, 40% of suicide victims see a physician within 1 month before the event, and 20% within 1 week.[2,3] Second, nonpsychiatric physicians can become better able to recognize and intervene in depression, the major risk factor for suicide. Third, there's a strong relation between firearm suicide and the presence of guns in the home, and doctors are uniquely positioned to motivate their patients not to have guns in their homes. Startlingly, 10% to 20% of patients in primary care practice have suicidal ideas in the course of a year.[4] But, patients rarely volunteer such thoughts, and doctors are reluctant to probe, but patients may be relieved to have the physician explore the stresses behind suicidal thinking, and to intervene.[5] Suicide risk is most common in elderly white men with health problems, bereavement issues, and loneliness, and in adolescents with mood disorders, problem drinking, difficulties in school or with the law, emerging sexual identity issues, and significant disruptive life events.

When the physician suspects depression, suicidal thinking should be queried, and positive responses should be followed by a short suicide risk assessment. Ask the patient if he or she has had thoughts about hurting themselves, and if so, thoughts about acting on those ideas.

Patients with a suicide plan, access to lethal means, and symptoms of a psychiatric disorder should be hospitalized immediately. In less clear circumstances, the patient should be referred promptly to a mental health professional. The physician must advise the family to get the guns out of the house, and to follow up on that advice. The risk of death by suicide with firearms often can be recognized and managed. We generalist physicians, and our respective organizations, can and should do a better job. That's my opinion. I'm Dr. Jeremiah A. Barondess, President of The New York Academy of Medicine.

## RESOURCES

### PREVENTING HARM TO GROWING BRAINS

Environmental Contributors to Learning & Developmental Disabilities in Children

**January 21, 2006**

**8:00 am – 4:30 pm**

A Learning and Developmental Disabilities Initiative Regional Meeting

**Hubert H Humphrey Institute, University of Minnesota, Cowles Auditorium,  
301 19th Avenue South, Minneapolis**

**COST & REGISTRATION:** Registration fee is \$30, but scholarships are available for students and others. To register and also to request a scholarship, go to [www.iatp.org/foodandhealth](http://www.iatp.org/foodandhealth) and click on *Preventing Harm to Growing Brains*.

2ND INTERNATIONAL SUICIDALITY AND PSYCHOANALYSIS CONGRESS

**RELATING TO SELF-HARM AND SUICIDE: PSYCHOANALYTIC PERSPECTIVES ON THEORY,**

**PRACTICE AND PREVENTION**

30 March - 2 April 2006, Imperial College, London, UK

Suicidal and self-harming behaviour is a major concern internationally. Psychoanalytic thinking and practice has an important contribution to make to the successful implementation of policy objectives - especially reducing and preventing suicide – within the contemporary socio-cultural and policy contexts. We invite abstracts for interactive presentations (max. 250 words). Abstracts should be submitted electronically via the congress website: [www.tavi-port.org](http://www.tavi-port.org)

**TRAINING ON HMONG CULTURE**

Comprehensive Workshops for service providers, employers and community members who want to learn more about the Hmong refugees from Wat Tham Krabok, Hmong-Minnesotans and the culture and background of the Hmong people.

Certificates of completion will be available for education, social service and health professionals who attend the workshops.

Friday, December 16, 2005 10 AM – 1 PM at Hmong Cultural Center, 995 University Avenue, Suite 214, Saint Paul

Friday, January 20, 2006 10 AM– 1 PM at Hmong Cultural Center

The workshop fee is \$10 per person. Advanced registration and payment is required.

The enrollment form can be viewed at the following link (PDF File):

[http://hmongstudies.com/BB\\_WorkshopsDecember05January06.pdf](http://hmongstudies.com/BB_WorkshopsDecember05January06.pdf)

## FINDING FUNDS

**UPCOMING MINNESOTA FUNDERS DEADLINES**

December 31

- Allianz Life Insurance Company of North America
- Extendicare Foundation
- Rappaport Family Foundation

January 1

- U.S. Bancorp Foundation (Arts and Culture)
- Rochester Area Foundation

January 2

- Elmer L. and Eleanor J. Andersen Foundation

January 6

- Ann Bancroft Foundation (Ann Bancroft Awards)

January 13

- Lake Region Electric Cooperative Scholarship Fund
- RBC Dain Rauscher

January 15

- The McKnight Foundation (Arts, Environment, and Region & Communities)
- United Health Foundation
- Curtis L. Carlson Family Foundation
- Grotto Foundation, Inc.
- Carolyn Foundation
- Northland Foundation

January 20

- The Sheltering Arms Foundation

#### **GRANTS FOR VIOLENCE-RELATED INJURY PREVENTION RESEARCH**

Centers for Disease Control and Prevention -- (Deadline: 02/01/06)

The Centers for Disease Control and Prevention has announced that it will fund grants for violence-related injury prevention research involving youth violence, suicidal behavior, and/or child maltreatment. The investigator-initiated research will help expand and advance the understanding of violence, its causes, and prevention strategies.

<http://www.healthinschools.org/grants/ops478.asp>

#### **GRANTS SUPPORT YOUTH SERVICE DAY ACTIVITIES**

The following grants are being offered in conjunction with Youth Service Day <<http://www.ysa.org/nysd/>> , which will be observed April 21-23, 2006:

Youth for Justice will provide a grant of \$200 each to the first 100 middle and high school classes to register to participate in the National Teach-In celebration of Youth Service Day and Law Day. The money may be used to buy materials to conduct their teach-in, provide law-related education resources for their class or school library, host a teach-in conference with another school, or donate to a school club or charity. The application deadline is January 31, 2006.

Additional information is available at

[http://www.crfc.org/yfj\\_teachin2006.html](http://www.crfc.org/yfj_teachin2006.html). You may download an application at [http://www.crfc.org/pdf/ti06\\_reg.pdf](http://www.crfc.org/pdf/ti06_reg.pdf).

Youth Service America (YSA) and Disney are offering Disney Minnie Grants of \$500 each for youth or teachers, schools, and organizations that engage youth to implement service projects on Youth Service Day. The application deadline is January 13, 2006.

Additional information and application forms are available at <http://www.ysa.org/awards>.

Youth Venture and YSA are teaming up to award 25 grants of \$1,000 each for youth who create new, sustainable, and civic-minded organizations, clubs, or businesses that are youth led. The application deadline is December 19, 2005.

Additional information and application forms are available at <http://youthventure.org/ysa>.

To access further information about Youth Service Day, visit <http://www.ysa.org/nysd>

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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.