

## Minnesota Suicide Prevention E-News

February 2005

Quote of the Month:

**""I got a diagnosis: clinical depression...I received treatment, which included medication and therapy. And I'm happy to say that they worked and I recovered." Tipper Gore, wife of former vice president Al Gore speaks openly of her battle with clinical depression.**

### TAKE NOTE:

- ◆ **The StarLight Gala** will be held Saturday, February 19, 2005 to benefit Yellow Ribbon Suicide Prevention in MN and One Bright Star (supporting families who have lost a child) go to [www.yellowribbonmn.org](http://www.yellowribbonmn.org) for reservations.
- ◆ **MDH Suicide Prevention Grantee meeting** will be held on March 8 at the Snelling Office Park, Red River Room, 9 a.m. to 1 p.m. Contact [Ann Gaasch](mailto:Ann.Gaasch@state.mn.us) for more info.

### ANNOUNCEMENTS

#### **GOVERNOR'S BUDGET RECOMMENDS ELIMINATION OF FUNDING FOR SUICIDE PREVENTION PROGRAM**

Last week, the Governor's office in Minnesota issued their proposed budget. The Governor's budget has recommended elimination of funding for the Suicide Prevention Program. This budget is part of a process that will continue for several months. The Senate and the House of Representatives will be considering the budget and the final document may be different than what is currently proposed. The new budget will take effect on July 1, 2005.

The hope is that there will possibly be federal funding in the future to support suicide prevention activities.

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>

#### **SUPPORT SUICIDE PREVENTION AND FAMILIES WHO HAVE LOST A CHILD**

You are invited to attend the 3<sup>rd</sup> annual StarLight Gala, Saturday, February 19, 2005 benefiting two wonderful community-based organizations – Yellow Ribbon in MN (suicide prevention for all ages across the state) and One Bright Star (supporting families financially and emotionally who have lost a child). Please join us for an elegant evening at the Midwest Wireless Civic Center in Mankato, MN – black tie optional. This special evening will include social hour, hors d'oeuvres, dinner, dancing, live & silent auction, entertainment and more. This is truly a celebration of life! For credit card reservations go to [www.yellowribbonmn.org](http://www.yellowribbonmn.org) and click on register for events, or call 507-387-5020. \$50/person with all proceeds split between our two beneficiary organizations. Don't miss it – this would make a great valentine's gift for someone special!

- ◆ **5<sup>th</sup> annual Yellow Ribbon Day on the MN Hill** will be held March 8 – see details in “RESOURCES” section below.

- ◆ **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](http://www.save.org) for more information.

- ◆ **The Minnesota Council for Suicide Prevention** (formerly the ad hoc advisory group) will meet April 5, 2005 at the Snelling Office Park, Mississippi Room, 9 a.m. to 1 p.m. All are welcome! Contact [Ann Gaasch](mailto:Ann.Gaasch@mnscf.org).

- ◆ **May is Mental Health Month** – plan now to promote mental health. Talk to

### **SAVE's 15th Annual Suicide Awareness Memorial**

Invite your friends, family and loved ones to attend Saturday, April 23, 2005, 8:30-11:00 am, Continuing Education and Conference Center, U of M Campus, St. Paul, MN

This special day features individual suicide survivors who will tell their personal stories of loss and hope for the future of suicide prevention, a memorial ceremony and time to come together to support one another and honor loved ones lost to suicide. [www.save.org](http://www.save.org)

## **FROM THE FIELD**

### **Mental Health Screening Will Save Lives**

Our nation simply cannot afford to continue to fail our youth with mental disorders who need treatment. The tragic consequences of our failure to identify youth through early assessment and to intervene with appropriate mental health treatment and services are well documented. The facts speak for themselves.

[http://www.nami.org/Content/ContentGroups/Policy/Issues\\_Spotlights/Mental\\_Health\\_Screening\\_Will\\_Save\\_Lives.htm](http://www.nami.org/Content/ContentGroups/Policy/Issues_Spotlights/Mental_Health_Screening_Will_Save_Lives.htm)

### **A CULTURE'S CARELESS HANDLING OF SUICIDE**

**By Barbara F. Meltz, Globe Staff | January 27, 2005**

As suicide has become part of our everyday vocabulary (think suicide bombers), it has also become more common in the popular culture ("Master and Commander"; the UPN-TV sitcom "Veronica Mars"). "Thelma & Louise," which ends with a double-suicide, is very popular among teens (probably because it features a young Brad Pitt). "Groundhog Day," a video favored by preteens, has a running dialogue about it. Almost always, the portrayals of suicide are gratuitous, showing it as a solution to problems, without context or explanation.

For more:

[http://www.boston.com/yourlife/family/articles/2005/01/27/a\\_cultures\\_careless\\_handling\\_of\\_suicide/](http://www.boston.com/yourlife/family/articles/2005/01/27/a_cultures_careless_handling_of_suicide/)

### **MENTAL HEALTH LEADERS CONDEMN BUSH'S NEW BUDGET PROPOSAL**

In 2002, President Bush created his New Freedom Commission on Mental Health, announcing "Our country must make a commitment to Americans with mental illnesses." Unfortunately, the Administration has done little to honor its promise. Since the commission released its final report in 2003, more than 40 thousand adults and children with mental health disorders have died by suicide and the U.S. economy has lost more than \$118.5 million in worker productivity due to mental illness. Yet, the Administration lacks significant concrete action to address this public health crisis.

A coalition of groups representing thousands of those with mental health issues say, "The Administration should be offering solutions, not backpeddling on its promise to the millions of people in this country with unmet mental health needs. Wrong-headed Medicaid reforms and soft support for mental health spending are no way to address this crisis." For the full article:

<http://releases.usnewswire.com/GetRelease.asp?id=42854>

[Darren Reed](#) for a free kit.

- ◆ **Free display boards** are available to be checked out. Contact [Kelsie 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.
- ◆ **Law Enforcement** are great partners for suicide prevention. Work with them to reach officers, staff, offenders and the community.
- ◆ Sign a **SPAN advocacy letter** at [www.yellowribbon.org](http://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.
- ◆ **2005 Child and Adolescent Mental Health**

## RESOURCES

### 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. It doesn't if you fail to use the tools necessary to state your case. 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 or

[yr.darren@chartermi.net](mailto:yr.darren@chartermi.net)

### JOIN US FOR YELLOW RIBBON DAY ON THE MN HILL

Each year, Yellow Ribbon has worked in collaboration with SPAN, Suicide Prevention Action Network to gather advocacy letters and deliver them both at our state capital and in Washington D.C. Our youth boards across the state participate by gathering signed, pre-printed advocacy letters and either sending them to us or joining us in St. Paul to meet with legislators and hand deliver them to their offices. Thousands of these letters are delivered each year. This year, it is more important than ever that we have our voices heard, youth and adult!

If you are interested in participating in the "Yellow Ribbon Day on the MN Hill", please consider getting youth and adults in your area to sign advocacy letters. You can download at the Yellow Ribbon website at [www.yellowribbonmn.org](http://www.yellowribbonmn.org) (Then click youth page and scroll down to the download section).

**WHO CAN ATTEND:** All junior and senior high youth, regardless of past Yellow Ribbon involvement, are welcome. Adults are welcome too – bring your family and friends!

**CHAPERONES:** Are needed on buses and attend free. Please call the YR office to sign up!

**COST TO ATTEND:** \$8 (includes cost of event, t-shirt and afternoon snack)

FREE for chaperones 18 years and older

Please contact [Darren Reed](#) at the Yellow Ribbon office to register at (507) 387-5020

**Conference** April 10, 11, & 12 at Duluth, Minnesota, DECC - Duluth on the shore of beautiful Lake Superior  
[www.macmh.org](http://www.macmh.org)

#### **WHAT'S UP IN MN?**

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

#### **CRITICAL INCIDENT STRESS MANAGEMENT TRAINING OFFERED IN MANKATO**

Immanuel St. Joseph's Hospital-Mayo Health System will be sponsoring a Basic CISM workshop on March 28th and 29th from 8-5p.m., with registration beginning at 7:30a.m. The instructor is Dr. Daniel Casey. Attendance at both days is required to receive certification through the national CISM agency. The cost is \$165.00. This course is for social workers, mental health practice personnel, clergy, psychologists, physicians, school counselors and all others who work with people who have experienced critical incidents. The entire CISM intervention package is taught, and this is user friendly in any practice arena. The deadline is February 25th. Please call Chaplain Gary Creech at 507.381.0862 and ask for a registration slip if you are interested or call ISJ's Organizational Learning department at 507.385.2651.

#### **NEW JOURNAL WILL PROVIDE NEEDED RESOURCE**

**"Advancing Suicide Prevention" is a new and provocative publication** in the health policy/social services arena. Launching in 2005, this bimonthly magazine presents issues, trends and state-of-the-science on suicide prevention from diverse perspectives and for diverse audiences. As a strategic communications vehicle, this magazine was inspired by and supports recent federal initiatives in the prevention arena. These include the 2001 National Strategy for Suicide Prevention; 2002 "Reducing Suicide: A National Imperative" from the Institute of Medicine; and 2003 President's New Freedom Commission on Mental Health final report, "Achieving the Promise: Transforming Mental Health Care in America."

<http://www.advancingsp.com/>

#### **COPLINE WILL BE A RESOURCE FOR LAW ENFORCEMENT OFFICERS**

Do you know law enforcement officers have a very high rate of suicide? COPLINE is the first national hotline exclusively for law enforcement officers and their families. The hotline will be run by retired officers that will volunteer their time to help active officers with the wide variety of psychosocial stressors that they face in their careers.

THEY NEED YOU. COPLINE organizers are looking for retired officers to answer COPLINE. They are in the infancy stages of getting the hotline up and running. They are dedicated to having trained retired officers answer the hotline. The way it will work is that when an officer or an officer's family member calls 1-800-COPLINE they will be routed to the nearest retired officer from the state that the caller is calling from. However, for instance, if no retired officer volunteers from Nebraska, they will not be able to go live in that State. The goal is that down the line officer's spouses and young adult children high school age will be trained to also be able to take calls, making it a truly peer-to-peer hotline. If you are interested in getting involved in this challenging and unique program, or know a retired officer from any state that might be please contact COPLINE at 1-(800)-267-5463 x8 or e-mail [copline@optonline.net](mailto:copline@optonline.net). Please leave the City, State and Department that you retired from, the amount of years you were on the job and an address and phone number where we can reach you. Please be patient and remember that this is in the infancy stages. It is the organizer's desire to do it right, not fast.

## FINDING FUNDS

### **SAMHSA NOTICES OF GRANTS NO LONGER PUBLISHED IN FEDERAL REGISTER**

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced a change in its practice of publishing Notices of Funding Availability (NOFAs) and Requests for Applications (RFAs) in the Federal Register. Effective January 3, 2005, SAMHSA will only post NOFAs and RFAs on the SAMHSA website at [www.samhsa.gov](http://www.samhsa.gov) and at [www.Grants.gov](http://www.Grants.gov). Single source or limited competition announcements will continue to be published in the Federal Register. Copies of grant fund application materials will continue to be available from SAMHSA's clearinghouses: the National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686 - for substance abuse prevention or treatment grants; and the National Mental Health Information Center at 1-800-789-2647 - for mental health grants.

### **HEALTH PROGRAMMING GRANTS – THE W.K. KELLOGG FOUNDATION**

The goal of the W.K. Kellogg Foundation's 2003-2008 Strategic Plan is to promote health among vulnerable individuals and communities through health programming. Health programming at the Foundation centers on improving individual and community health, and improving access to quality health care.

<http://www.healthinschools.org/grants/ops230.asp>

### **THE MATTEL CHILDREN'S FOUNDATION**

The Mattel Children's Foundation new Domestic Grants Program seeks applications from organizations that serve children in communities within the U.S. that address a locally defined need. Priority is given to programs that align with Mattel's philanthropic priorities: health, education, and girl's empowerment.

<http://www.healthinschools.org/grants/ops231.asp>

### **YOUTH DEPRESSION GRANT**

The Nick Traina Foundation (founded by author Danielle Steele after the suicide of her son Nick who was Bi-Polar) is seeking proposals from organizations involved in the diagnosis, research, treatment, and/or family support of manic-depression, suicide prevention, and child abuse. The Foundation may give special consideration to proposals that address manic-depression in children and young adults. Nonprofit organizations throughout the U.S. are eligible to apply and applications are accepted year-round. **Application Deadline: Rolling**

For more information and application guidelines, please visit <http://www.nicktrainafoundation.org>

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