

Brought to you by Yellow Ribbon in MN with cooperation from SAVE and input from advocates across the state.

## Minnesota Suicide Prevention E-News

### JANUARY 2006

#### Thought of the Month:

The stigma goes back to the time when we knew nothing about the brain; nobody knew how to treat it. And what people did back then was just hide people, put them out of sight, into those huge institutions; all the states had big institutions. But what has happened over the years now is that we've recognized through research that people can recover from mental illnesses. Former First Lady Rosalynn Carter

#### TAKE NOTE:

- ◆ **2006 StarLight Gala** will benefit Yellow Ribbon on Saturday, February 18, Midwest Wireless Civic Center, Mankato, MN. To register to attend go to [www.yellowribbon.org](http://www.yellowribbon.org) and click on Register for an Event.
- ◆ **39TH AAS ANNUAL CONFERENCE** on suicide prevention: April 28-May 1, 2006. Seattle, WA. See Resources for details.

### ANNOUNCEMENTS

#### TIPS FOR ADULTS TO TALK TO TEENS ABOUT SUICIDE

A new resource sheet has been uploaded to the Yellow Ribbon Minnesota website to assist adults who want help in starting a conversation about suicide with youth in their lives. With the recent death of NFL Indianapolis Colt's coach Tony Dungy's son James, and other increasing stories of suicide deaths in the media, there are many opportunities for adults to begin a conversation about suicide with teens we work or live with. The tips can help initiate that conversation. The tips can be found at [www.yellowribbonmn.org](http://www.yellowribbonmn.org)

#### VOLUNTEERS NEEDED FOR WOMEN'S EXPO BOOTH

SAVE and Yellow Ribbon are hosting a joint booth at the Women's Expo in Minneapolis next week and we still need volunteers to staff our tables! If you can help fill a shift on Friday, January 27<sup>th</sup>-4:00-8:00 pm or Saturday, the 28<sup>th</sup>-2:00-6:00 pm please contact [Denise Dumas](mailto:Denise.Dumas@yellowribbonmn.org).

**REMINDER: MISS NEW MEXICO TAKES SUICIDE PREVENTION MESSAGE TO AMERICA** Anyone watching the Miss America pageant this month on CMT 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. **Country Music Channel (CMT) at 7 pm C.S.T./8pm E.S.T.**

- ◆ [MACMH's 2006 Child & Adolescent Mental Health Conference](#): April 30 to May 2, 2006 at DECC, Duluth, MN.

- ◆ **Sites & Signs Golf Tournament** benefiting Yellow Ribbon will be held July 26 – register at [www.golfdetails.com](http://www.golfdetails.com)

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

## WHAT'S UP IN MN?

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

- ❖ **Duluth** announced suicide prevention as a citywide initiative for 2006 at their State of the City Address and will

## COMPETENCIES FOR ASSESSING AND MANAGING SUICIDE RISK

### Training Workshop Announcement: Training for Trainers Call for Applicants

The Suicide Prevention Resource Center (SPRC), in partnership with the American Association of Suicidology (AAS), has developed a one-day training curriculum for mental health professionals: *Competencies for Assessing and Managing Suicide Risk*. The course is offered in three versions: one for all mental health professionals, one tailored for employee assistance professionals, and the third tailored for college and university counselors. This **Call for Applicants** seeks clinicians interested in being trained to deliver one of more of these courses in a fee for service model.

AAS called on the experience of nine of the Nation's leading clinician-suicidologists and a task force of leaders in the EAP and college and university counseling fields to develop these trainings. According to Dr. Lanny Berman, Executive Director of the American Association of Suicidology, "The development of this course is unique in that it began with a consensus process among clinician-researcher experts to establish the core competencies for effectively assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk patient." One of the highlights of the curricula is an instructional video of a master clinician demonstrating the competencies with a highly-skilled professional actor.

AAS/SPRC will be training trainers for these curricula in Washington D.C., March 29-31, 2006. Approximately 12 individuals will be fully funded (tuition, materials, and travel related expenses) for the training. Trainees will be drawn from among a pool of professionals meeting the criteria below. Selections will be based on experience, expertise, and capacity to disseminate the training to racially and ethnically diverse populations across the fifty states and territories. Only individuals who successfully complete this train-the-trainer course will be qualified to conduct trainings using these unique curricula. CEUs will be awarded to all trainees.

Interested individuals meeting the criteria below should submit applications and related materials **no later than 31 January 2006**. Selections will be announced at least 30 days prior to the initial training date. This project is supported by the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Grant # 1 U79 SM57392-01.

## FROM THE FIELD

### NEWEST COMPREHENSIVE STUDY FINDS NO SIGNIFICANT INCREASED SUICIDE RISK IN BEGINNING TREATMENT WITH NEWER ANTIDEPRESSANT MEDICATIONS

Simon GE, Savarino J, Operskalski B, Wang PS. [Am J Psychiatry](#) 2006; 163(1): 41-7. Affiliation: Center for Health Studies, Group Health Cooperative, 1730 Minor Ave., Number 1600, Seattle, WA 98101. [simon.g@ghc.org](mailto:simon.g@ghc.org). DOI: [10.1176/appi.ajp.163.1.41](https://doi.org/10.1176/appi.ajp.163.1.41) (Copyright © 2006, American Psychiatric Association)

In March 2004 the U.S. Food and Drug Administration (FDA) warned physicians and patients regarding increased risk of suicide with 10 newer antidepressant drugs. Available data leave considerable

hold trainings for all city workers throughout the coming year.

❖ **Murray County Central** will implement Yellow Ribbon Suicide Prevention Programming this spring for the first time.

❖ **Cold Spring Ricorri** held presentations for the fifth consecutive year last month in their ongoing Yellow Ribbon Suicide Prevention Programming.

❖ **Owatonna** has presentations scheduled for junior high students in their ongoing Yellow Ribbon suicide prevention programming.

❖ **SAVE & Yellow Ribbon** will partner on several

uncertainty regarding actual risk of suicide attempt and death by suicide during antidepressant treatment. The authors used population-based data to evaluate the risk of suicide death and serious suicide attempt in relation to initiation of antidepressant treatment. **METHOD:** Computerized health plan records were used to identify 65,103 patients with 82,285 episodes of antidepressant treatment between Jan. 1, 1992, and June 30, 2003. Death by suicide was identified by using state and national death certificate data. Serious suicide attempt (suicide attempt leading to hospitalization) was identified by using hospital discharge data. **RESULTS:** In the 6 months after the index prescription of antidepressant treatment, 31 suicide deaths (40 per 100,000 treatment episodes) and 76 serious suicide attempts (93 per 100,000) were identified in the study group. The risk of suicide attempt was 314 per 100,000 in children and adolescents, compared to 78 per 100,000 in adults. The risk of death by suicide was not significantly higher in the month after starting medication than in subsequent months. The risk of suicide attempt was highest in the month before starting antidepressant treatment and declined progressively after starting medication. When the 10 newer antidepressants included in the FDA advisory were compared to older drugs, an increase in risk after starting treatment was seen only for the older drugs. **CONCLUSIONS:** The risk of suicide during acute-phase antidepressant treatment is approximately one in 3,000 treatment episodes, and risk of serious suicide attempt is approximately one in 1,000. Available data do not indicate a significant increase in risk of suicide or serious suicide attempt after starting treatment with newer antidepressant drugs.

### **NEW BOOK OFFERS THEORIES**

Why People Die by Suicide\* by psychologist Thomas Joiner, published by Harvard University Press (228 pages, ISBN 0-674-01901-6, \$24.95 offers some theories on suicide prevention from the author's perspective.

Aaron Beck wrote: "Joiner provides an elegant description of what leads people to commit suicide and what professionals, families, and friends can do to prevent the crisis that this tragedy creates for everyone involved."

Table of contents:

Prologue: Losing My Dad

1. What We Know and Don't Know About Suicide
2. The Acquired Ability to Enact Lethal Self-Injury
3. The Desire for Death
4. What Do We Mean By Suicide and How Is It Distributed in People?
5. Genetics and Neurobiology of Suicidal Behavior, and the Roles of Impulsivity, Childhood Adversity, and Mental Disorders
6. Risk Assessment, Crisis Intervention, Treatment, and Prevention
7. Summary and Conclusion

Epilogue

At last check, Amazon was shipping the book within 24 hours and offering it at a 34% discount.

[www.amazon.com](http://www.amazon.com)

upcoming conference displays in 2006 to promote suicide prevention messages in the state.

❖ **WATCH FOR THE NEWLY REVISED MINNESOTA STATE PLAN FOR SUICIDE PREVENTION AS WE CONTINUE TO MAKE PROGRESS ON THE PATH!**

**TEEN DEPRESSION WATCH DRAWS MIXED REVIEWS**

<http://www.npr.org/templates/story/story.php?storyId=5135247>

**SUICIDE BEHIND BARS - AN INTERNATIONAL REVIEW**

Matschnig T, Frühwald S, Frottier P. [Psychiatr Prax](#) 2006; 33(1): 6-13. Affiliation: Klinische Abteilung für Sozialpsychiatrie und Evaluationsforschung, Universitätsklinik für Psychiatrie, AKH Wien, Österreich. DOI: [10.1055/s-2004-834784](https://doi.org/10.1055/s-2004-834784) (Copyright © 2006, Georg Thieme Verlag)

International surveys found an increase of mentally disordered individuals in correctional institutions. As a consequence, suicides and suicide rates in jails and prisons are increasing. Mental health services and criminal justice authorities have identified this problem, but there is a lack of knowledge concerning risk factors for inmate suicides and practicable prevention. METHOD: A literature research was conducted through "medline" searching for studies addressing the problem of jail and/or prison suicide. Subsequently, results of relevant surveys were compared and depicted in several tables. RESULTS: Suicide rates in correctional facilities significantly exceed those in the general male population. Suicide rates in custody have been increasing within the last decades. Pre-trial prisoners have the highest suicide risk within the total prison population. Long-term sentences, single-cell use, mental illness, substance abuse and a history of suicidality are associated with an increased suicide risk. DISCUSSION: The impact of suicide prevention strategies and future directions of research in this high-risk setting are highlighted.

**THE ORIGINS OF HOPELESSNESS AMONG INNER-CITY AFRICAN-AMERICAN ADOLESCENTS**

Bolland JM, Lian BE, Formichella CM. [Am J Community Psychol](#) 2005; 36(3-4): 293-305.

Affiliation: University of Alabama at Birmingham, Alabama. DOI: [10.1007/s10464-005-8627-x](https://doi.org/10.1007/s10464-005-8627-x) (Copyright © 2005, Kluwer Academic Publishers)

Much has been written in recent years about hopelessness among residents of impoverished inner-city neighborhoods, but little research has been conducted on the origins of hopelessness. The literature on social disorganization and the literature on child development independently suggest two possible causes of hopelessness among adolescents: disruptive events and lack of connectedness to people and institutions. We explore these two factors as predictors of hopelessness for 5895 youths living in impoverished inner-city neighborhoods in Mobile, Alabama. The longitudinal data for this study allow us to explore the development of hopelessness over time, predicted by prior levels of disruption and connectedness. The results show that over time several variables associated with disruption (Change in Mother Figure, Exposure to Violence, Traumatic Stress, Worry) and connectedness (Sense of Community, Warmth Toward Mother, Religiosity) are positively or negatively associated with increased feelings of hopelessness among inner-city adolescents.

**THE MEDIA AND SUICIDE**

Sudak HS, Sudak DM. [Acad Psychiatry](#) 2005; 29(5): 495-9. Affiliation: John Ross House, Suite 402, 401 S. Second St., Philadelphia, PA 19147-1612; [hsudak@afsp.org](mailto:hsudak@afsp.org). DOI: [10.1176/appi.ap.29.5.495](https://doi.org/10.1176/appi.ap.29.5.495) (Copyright © 2005, American Psychiatric Press)

The authors aim to inform readers of the theory that when newspapers, film, and television describe suicidal deaths, additional suicides may result by virtue of contagion or copy-cat effects; to review data that support and refute this theory; to present some promising and recommended ways to prevent copy-cat suicide; and to cite news-media examples of both particularly bad and good reporting. METHODS: A review of the literature on media-related suicide was conducted, which included reviewing materials published in scientific journals and data published by the U.S. Public Health Service, Centers for Disease Control, and materials from private, not-for-profit agencies. RESULTS: Data support an increased number of suicides resulting from media accounts of suicide that romanticize or dramatize the description of suicidal deaths. Specific guidelines for the media that may be able to decrease these additional deaths have been devised. CONCLUSION: Psychiatrists should be familiar with the harm that may result from improper reporting of suicide in the media since they may be called upon by reporters or family members following the suicide of one of their patients or following the suicide of a newsworthy person. Following the media guidelines available may prevent such contagion effects from occurring.

## RESOURCES

### **REGISTRATION BROCHURE FOR THE 39TH AAS ANNUAL CONFERENCE AVAILABLE ONLINE!**

Science and Practice in Suicidology: Promoting Collaboration, Integration and Understanding

<http://www.suicidology.org/associations/1045/files/AASConfReg.pdf>

### **A NEW WEBSITE IS A GREAT RESOURCE FOR FAITH BASED INITIATIVES**

The website Shadow Voices is an extension of the documentary by the same name and it is centered around finding hope in mental illness. Useful for anyone, certain parts of the site and resources on the site are aimed specifically at creating caring congregations.

<http://www.shadowvoices.com/default.asp>

### **UNDERAGE DRINKING PREVENTION RESOURCES**

Parents of teens generally underestimate the extent of underage drinking and its serious consequences. As a result, eight Federal departments have collaborated on a new prevention campaign, "Start Talking Before They Start Drinking." The goal is to provide accurate information and resources for parents, educators, community-based organizations, and other adults interested in underage drinking prevention.

The Substance Abuse and Mental Health Services Administration (SAMHSA) led the development of radio and television public service announcements and a book—all of which are located on the Web site [www.StopAlcoholAbuse.Gov](http://www.StopAlcoholAbuse.Gov). The book, which is designed to be downloaded, discusses many topics including the mental and physical outcomes of underage drinking.

SAMHSA's support also includes a new Family Guide Web page that highlights the underage drinking prevention articles. To access that information, visit [www.StopAlcoholAbuse.Gov](http://www.StopAlcoholAbuse.Gov) or <http://www.family.samhsa.gov/stop/default.aspx>.

This Web page provides a variety of text and multimedia to help parents and other adults communicate with children about underage drinking, including:

- \* Links to online public service announcements (video and audio) developed by SAMHSA to increase parent awareness and to emphasize the seriousness of underage drinking
- \* Family Guide video vignettes that demonstrate practical family-life situations to guide parents in handling situations in their own homes
- \* Facts and statistics about underage alcohol use and its consequences
- \* Tips and suggestions on building and improving strong adult-child relationships; developing better communication skills; and monitoring children's activities to facilitate safer, healthier behaviors.

### **NEW MEDIA GUIDE**

A new guide for working with the media is available from SPRC and SPAN USA. "Guide to Engaging the Media in Suicide Prevention" teaches suicide prevention advocates how to serve as effective media spokespersons and to generate media coverage to create awareness of this important issue.

To download a copy of the guide in PDF format, visit: [http://www.sprc.org/library/media\\_guide.pdf](http://www.sprc.org/library/media_guide.pdf)  
[https://webmail.edc.org/exchweb/bin/redir.asp?URL=http://www.sprc.org/library/media\\_guide.pdf](https://webmail.edc.org/exchweb/bin/redir.asp?URL=http://www.sprc.org/library/media_guide.pdf)

### **REMINDERS:**

#### **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, 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**

#### **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

#### **January 27**

- Northwest Minnesota Foundation

#### **February 1**

- Allianz Life (Employment Readiness and Financial Literacy)
- Ameriprise Financial
- Elmer L. and Eleanor J. Andersen Foundation
- Best Buy Children's Foundation
- Blue Cross and Blue Shield of Minnesota Foundation (Healthy Together Initiative)
- Duluth-Superior Area Community Foundation
- General Mills (Champions for Healthy Kids, Scholarship Program)
- H.B. Fuller Foundation
- Headwaters Foundation for Justice (Social Change Fund)
- Wells Fargo Foundation Minnesota (Metropolitan Contributions Committee)

**February 3**

- Beim Foundation (human services and education)

**February 7**

- Patrick & Aimee Butler Family Foundation (Human Services and Foundation Initiative)

**February 10**

- Sioux Falls Area Community Foundation (Community Fund)

**February 15**

- Headwaters Foundation for Justice (Special Opportunity (SOG) Grants)
- ING Foundation
- The McKnight Foundation (Children & Families and International)
- Northland Foundation
- Ordean Foundation
- Securian Foundation/Securian Financial Group
- SUPERVALU Foundation

**February 16**

- North Suburban Community Foundation

**February 24**

- Northwest Minnesota Foundation

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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.