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Minnesota Suicide Prevention E-News

June 2006

Thought of the Month:

There's nothing, repeat, nothing to be ashamed of when you're going through a depression. If you get help, the chances of your licking it are really good. But, you have to get yourself onto a safe path." - Mike Wallace, Co-Editor of *60 Minutes* in an interview with CBS Cares on his personal journey through depression.

ANNOUNCEMENTS

TAKE NOTE:

- ◆ **Sites & Signs Golf Tournament** benefiting Yellow Ribbon will be held July 26 register at www.golfdetails.com
- ◆ **Parade kits** are available from Yellow Ribbon- let us know if you want to walk in your summer parades! yr@chartermi.net

YELLOW RIBBON WELCOMES NEW YOUTH & COMMUNITY PROJECT COORDINATOR

Marissa Lachmiller was hired in May to coordinate the Yellow Ribbon Youth Boards as well as other community based projects for the Minnesota based organization. Ms. Lachmiller is a graduate of Bethany Lutheran College and received her B.A. degree in Communications with a minor in Health Communications. She is very familiar with the Yellow Ribbon program being first introduced to the program as a youth in Junior High and later interning in the Yellow Ribbon office this past year as part of her college course work. Marissa is looking forward to helping current Youth Boards grow and new ones expand across the state. She is anxious to assist communities with implementing evidence based suicide prevention efforts as well. Her enthusiasm and giving spirit are infectious, so our 2006-07 program year will be off to an awesome start - welcome Marissa! Marissa can be reached at yr.marissa@charterinternet.com or by calling the Yellow Ribbon office and using voicemail selection 3.

2nd ANNUAL SITES & SIGNS GOLF TOURNAMENT

Come one; come all to the 2nd annual Sites & Signs Golf Tournament at the beautiful St. James Golf Course on July 26th. Proceeds from the tournament will go toward the Yellow Ribbon Suicide Prevention Program in North Mankato. If you have any questions contact Steve Kind at: skind@bewisotech.com. Come be a part of this memorable event. Hope to see you there! To sign your team up today, or become a donor click on the following website:

<http://www.golfdetails.com>

◆ **Safe and Healthy Learners Conference 2006**

is November 8-9 at the St. Cloud Civic 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>

◆ **Yellow Ribbon Suicide Prevention Week**

is the third week in September. Start thinking of ways to promote awareness and prevention to your communities.

JOY IN THE MORNING SURVIVORS RETREAT

Join us this summer for the Joy In The Morning Retreat. This is a weekend for those who have lost a loved one to suicide. It is a time of healing, an opportunity for education, reflection, solitude, communing with nature, sharing and support in a welcoming, non-denominational atmosphere. It will be held August 18-20 at the Holy Spirit Retreat Center in Janesville, MN. Cost is \$125/ person. Registration Deadline is July 10, 2006. Register early (limited to 40 people). To pick up your brochure stop in at the Yellow Ribbon Office in North Mankato, MN, or contact Marlene Lange at 507-381-5607, or via email: mklange@hickorytech.net.

STAFF CHANGES AT SAVE

Denise Dumas who has for the past three years been the Manager of Community Education and Volunteer Programs took on a new position at SAVE managing a family foundation grant to implement a best practices youth suicide prevention curriculum in 5 metro schools. Her replacement's name is Diane Erickson. You can reach her at 952-946-7998, ext. 13 or derickson@save.org. Best of luck to both women in their new positions.

FROM THE FIELD

DIFFERENCES IN RISK FACTORS FOR ATTEMPTS BETWEEN NINTH AND ELEVENTH GRADERS.

Hacker KA, Suglia SF, Fried LE, Rappaport N, Cabral H. [Suicide Life Threat Behav](#) 2006; 36(2): 154-66. Affiliation: Institute for Community Health, Cambridge Health Alliance.

(Copyright © 2006, Guilford Publications)

This article identifies ninth and eleventh graders at risk for suicide attempts due to developmental changes in their adolescence. These risks were associated with drug and alcohol use and violence within the home and at school. To see the full abstract of the article click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_29428_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_29428_18)

SUICIDE AND HOMICIDE IN STATE PRISONS AND LOCAL JAILS

This article refers to a report that describes historical trends in State prison and local jail inmate mortality rates based on inmate death records submitted by local jails (for 2000-2002) and State prisons (for 2001-2002). This report presents the first findings from the Deaths in Custody Reporting Program, which implements the Death in Custody Reporting Act of 2000 (P.L. 106-297). For updated data, see [Suicide and Homicide in Prisons and Jails](#) in Key Facts at a Glance Highlights include the following:

- In 2002 the suicide rate in local jails (47 per 100,000 inmates) was over 3 times the rate in State prisons (14 per 100,000 inmates).
- Homicide rates were similar in local jails (3 per 100,000) and State prisons (4 per 100,000).
- Violent offenders in both local jails (92 per 100,000) and State prisons (19 per 100,000) had

❖ **Need CEHs? Register now!** for the MACMH training "Recognizing Early Onset Mental Health Disorders: Key Warning Signs and Next Steps for Educators." Training days are June 15, 22 and 26th. Click on the following link to download the training brochure: http://macmh.org/workshops_training_s/training_services/TrainingSummer06.pdf. For more information or questions call 800-528-4511 or 651-644-7333.

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

suicide rates over twice as high as those of nonviolent offenders (31 and 9 per 100,000 respectively).

08/05 NCJ 210036

[Click Here to Access the Teleconference Recordings](#)

The SAMHSA Resource Center to Address Discrimination and Stigma Associated with Mental Illness (ADS Center) hosts approximately six free training teleconferences annually. These events generally consist of two or more formal presentations followed by an open forum. Participants present and discuss the most up-to-date research and information about stigma and stigma-reduction programs and topics, as well as share experiences, and expertise on efforts to counteract discrimination and stigma associated with mental illness. Since scheduling conflicts often prevent many stakeholders from joining in the live events, the teleconference trainings are archived online for individuals or groups to utilize at their convenience. To download complete presentations and listen to the audio recordings, visit the ADS Center Web site at <http://www.stopstigma.samhsa.gov/archtel.htm>. Instructions for play and download are included here also. We welcome your questions, comments, and suggestions: stopstigma@samhsa.hhs.gov The SAMHSA ADS Center is a program of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

SUICIDE AMONG HOME HEALTH CARE UTILIZERS AND COMMUNITY CONTROLS

Rowe JL, Bruce ML, Conwell Y. [Suicide Life Threat Behav](#) 2006; 36(1): 65-75.

Affiliation: Institute of Geriatric Psychiatry, Weill Medical College of Cornell University, 21 Bloomingdale Road, White Plains, NY 10605, USA. jlr2006@med.cornell.edu

(Copyright © 2006, Guilford Publications)

This article refers to a study conducted on older adults, who utilize home health care, that died by suicide. Helping to target risk factors within this population can help target preventative interventions for suicide attempts. To see the full abstract of the article click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_26255_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_26255_18)

NEGATIVE BODILY SELF IN SUICIDE ATTEMPTERS

Orbach I, Gilboa-Schechtman E, Sheffer A, Meged S, Har-Even D, Stein D. [Suicide Life Threat Behav](#) 2006; 36(2): 136-53.

Affiliation: Psychology Department of Bar-Ilan University.

(Copyright © 2006, Guilford Publications)

This article refers to a study conducted on the relationship between suicidal behavior, aspects of bodily perception and parental care. The role of a negative body image is discussed as related to suicidal behavior. To see the full abstract of the article click on the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_29429_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_29429_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."
- ❖ **A Train the Trainer Event** was held May 5th at the North Mankato Fire Hall. Nine people were in attendance.
- ❖ **St. Mary's High School of Sleepy Eye held presentations** for youth, staff and community throughout the months of March and May.

VICTIM'S MONTH OF BIRTH A LATENT RISK FACTOR

A study conducted in the UK showed that men and women born in the summer months appear more likely to attempt suicide than men and women born in the winter months, with a higher risk for women. Emad Salib (Liverpool University) and Mario Cortina-Borja (University College London) aquired data from over 29,000 people and found that being born in the months of April, May and June carries a 17% increased risk of committing suicide. It is suggested that this is due to environmental exposure to adverse conditions in the womb as a fetus. "This assumption gives us some hope that developmental approaches might improve our understanding of the psychopathology of depression and suicidal behavior and could offer new strategies for treatment and prevention."

Br. J Psychiatry 2006; 188: 416-422.

HOUSEHOLD FIREARM OWNERSHIP AND RATES OF SUICIDE IN THE U.S., 1981-2002

Miller M, Azrael D, Hepburn L, Hemenway D, Lippmann SJ. *Inj Prev* 2006; 12(3): 178-82

Correspondence: Unavailable

Affiliation: Harvard School of Public Health, Boston, MN, USA.

(Copyright © 2006, BMJ Publishing Group)

The objective of this study was to explore whether recent declines in household firearm prevalence in the U.S. were associated with changes in rates of suicide for men, women and children. The results of the study showed that changes in household firearm ownership over time are associated with changes in rates of suicide for men, women and children. This shows that reducing the availability to firearms in the home may save lives.

MAJOR INITIATIVE AIMS AT IMPROVING MENTAL HEALTH FOR CHILDREN & ADULTS

Governor Tim Pawlenty proposed \$109 million in new and redirected government investments to transform the way the state provides mental health services and improve mental health care and treatment for children and adults. Click on the following link for more information:

<http://www.dhs.state.mn.us/>.

PHYSICAL DATING VIOLENCE COMMON AMONG TEENS, LINKED TO RISKY BEHAVIORS

New York (Reuters Health) May 18

1 out of 11 US high school students is subjected to physical violence from their boyfriend or girlfriend each year. A study conducted confirms that these victims of violence have an increased prevalence of high-risk behaviors. In response to this study, the CDC is launching "Choose Respect," a program to prevent dating violence and foster the early development of attitudes, behaviors and skills that help form healthy, respectful relationships. The initiative will be conducted in ten cities during the summer of 2006.

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

❖ **MSU held an Ask-4-Help Presentation**

for their college students in late March.

❖ **Volunteer Interfaith Network (VINE),**

Mankato held Be-A-LINK Presentation for Peer Helpers in early April.

❖ **Minnesota State University, Mankato** held a

Psychology Conference in April where Yellow Ribbon evaluation data was featured as a topic presented by Dr. William Wagner.

❖ **Southern Minnesota** Be-A-LINK was presented to those in the community in late April.

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

SAMHSA EXPANDS MATRIX OF PROGRAM PRIORITIES

SAMHSA has introduced a revised matrix of agency program priorities and cross-cutting management principles. It includes suicide prevention and workforce development as major program priority areas. To link to the new matrix click on the following website:

http://www.samhsa.gov/Matirx/Matrix_Brochure_2006.pdf.

"CHILD SURVIVORS OF SUICIDE: A GUIDEBOOK FOR THOSE WHO CARE FOR THEM" IN SPANISH

Made possible by a grant from California's mental health agency to the Didi Hirsch Community Mental Health Center in Los Angeles, in collaboration with AFSP's Central New Jersey Chapter, "*Ninos Sobrevivientes De Suicidas: Una Guia Para Las Personas Que Los Cuidan*" is available for \$10.00/copy from the American Foundation for Suicide Prevention. To order, please visit the [AFSP online store](#).

Questions? Call 1-888-333-2377 x10 or send an e-mail to inquiry@afsp.org

Joanne Harpel, AFSP Director of Survivor Initiatives, and Mary Pat McMahon, Chair, AFSP National Survivor Council

PHYSICAL DATING VIOLENCE AMONG HIGH SCHOOL STUDENTS

United States, 2003 May 19, 2006 / 55(19);532-535

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5519a3.htm?s_cid=mm5519a3_e

THE TRUTH ABOUT SCHOOL VIOLENCE

This book, written by Jared Scherz Ph.D., M.Ed., LPC, was recently published by Rowman & Littlefield Education. If you would like more information on this book visit their following online catalog:

<http://www.rowmaneducation.com/ISBN/1578864569>

MINDS AND K9S INC NEW PROGRAM TOUGH AS LEATHER

This new program dedicated to stigma elimination for at-risk and adjudicated youth. For more information visit the following website:

www.MindsAndK9s.org

THE STATE OF DEPRESSION IN AMERICA REPORT

The Depression and Bipolar Support Alliance (DBSA) recently released a report entitled "The State of Depression in America." Below are links to the executive summary and full report.

Executive Summary

<http://www.dbsalliance.org/ExecSumLo.pdf>

Full Report

- ❖ **The Hoffman Center Staff, St. Peter (treatment center for juvenile sex offenders)** were trained with the Be-A-LINK Presentation in May.
- ❖ **Madelia Clinics in St. James and Madelia** held evening Information Presentations in May
- ❖ **Pequot Lakes Youth Board Held Their First fundraiser** in which Yellow Ribbon Pins were sold for a \$1 to students who wanted to wear their hats for the day. 88 pins were sold.

<http://www.dbsalliance.org/WPsearchable.pdf>

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. 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.

ARCHIVED ONLINE PRESENTATION ON OVERCOMING STIGMA FOR YOUNG ADULTS

Transition Into Adulthood: Strategies for Overcoming Stigma and Achieving Positive Outcomes for Young Adults was the title of an online presentation given on May 25, but an archived copy of the materials are still available online to download for those wanting to work to decrease the stigma for these populations. Contact info for presenters is also available.

http://www.stopstigma.samhsa.gov/archtel_pdfs/presentation052506.pdf

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.

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.

RESPONDENTS ARE NEEDED FOR A SURVEY ON SUICIDE LOSS

Sociologist Bill Feigelman, Ph.D., a Professor at Nassau Community College, Garden City, NY is conducting a survey of parents who have lost children to suicide. Four years ago, Dr. Feigelman lost a son to suicide and is aware of how society pays little attention to survivor's feelings and needs. If you would like to participate in this survey please call Dr. Feigelman directly at 718-380-8205 or e-mail him at feigelw@ncc.edu.

UNDERSTANDING AND HELPING THE SUICIDAL PERSON

The American Association of Suicidology presents "Is Path Warm," warning to look for in a suicidal person.

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

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

FINDING FUNDS

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>.

COMPASSION CAPITAL FUND COMMUNITIES EMPOWERING YOUTH GRANT

The U.S. Department of Human Services, Administration for Children and Families, is seeking grant applications for its Compassion Capital Fund Communities Empowering Youth Grant. The application deadline is July 10, 2006. <http://www.acf.hhs.gov/grants/open/HHS-2006-ACF-OCS-IC-0141.htm>.

GRANTS FOR INTEGRATION OF SCHOOLS AND MENTAL HEALTH SYSTEMS

The U.S. Department of Education offers a grant to increase student access to high quality mental health care by developing innovative approaches that link school systems with the local mental health system. Application deadline is July 10, 2006. <http://a257.g.akamaitech.net/7/257/2422/01jan20061800/edocket.access.gpo.gov/2006/pdf/06-4936.pdf>.

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. http://www.generalmills.com/corporate/commitment/communities_of_color_application.pdf

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. <http://www.healthinschools.org/grants/ops690.asp>.

UPCOMING MN FUNDERS DEADLINES

July 1

- [U.S. Bancorp Foundation](#) (Education) **July 1**

July 15

- [The McKnight Foundation](#) (Arts, Environment, and Region & Communities) **July 15**
- [United Health Foundation](#) **July 15**
- [Northland Foundation](#) **July 15**
- The Bayport Foundation of Andersen Corporation **July 15**
- N. Bud and Beverly Grossman Foundation
- [Headwaters Foundation for Justice](#) (Special Opportunity (SOG) Grants)
- [Northland Foundation](#)
- Ordean Foundation

July 28

- [Medica Foundation](#) **July 28**
- [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.