

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

March 2005

Thought of the Month:

Actress Carrie Fisher, best known as Princess Leia in Star Wars, has suffered from bipolar depression since age 15. *“Bipolar disorder can be a great teacher. It's a challenge, but it can set you up to be able to do almost anything else in your life.”* After a 1985 suicide attempt, she was hospitalized and she continues today to be treated with medication and therapy. In addition, talking, writing and comic relief are her self-help tips in dealing with her illness.

TAKE NOTE:

- ◆ **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 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, Red River Room, 9 a.m. to 1

ANNOUNCEMENTS

UPDATE ON SUICIDE PREVENTION FUNDING

The Senate and the House of Representatives are currently considering the governor's budget, and information about potential federal funding is slowly emerging. SAMHSA has announced that they expect to issue the Request for Proposals in early April. Once released, there will be a 60-day turnaround for states to prepare and submit applications. Federal funding will be awarded by September 30, 2005. It will be a highly competitive process. Because of the timing of the federal application and the proposed ending of the Suicide Prevention grants, Minnesota will see a gap in funds available for suicide prevention activities. Because federal funds will target youth and college-aged individuals, Minnesota will also expect to see a reduction in funds available to support activities related to senior citizens and older adults.

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>

FROM THE FIELD

CELEBRITIES AND HEROES WHO STRUGGLE WITH DEPRESSION

It is okay to ask for help – many people do these days. History shows that talent and intelligence often goes hand in hand with mental illness. Over the centuries, thousands of our heroes endured suffering, poor therapies and intense social stigma by keeping mental illness--from manic depression to multiple personalities to schizophrenia--hidden. But today's celebrities are swinging wide the closet door, and feel passionate that we all should too. Read the Psychology Today website:

<http://cms.psychologytoday.com/articles/pto-19991101-000035.html>

CYBERBULLYING

A new brand of bullying has entered society and it is quickly being termed “cyberbulling.” John

p.m. All are welcome! Contact [Ann Gaasch](#).

- ◆ **May is Mental Health Month** – plan now to promote mental health. Talk to [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.
- ◆ **Sherriff's Departments** are great partners for suicide prevention. Work with them to educate officers, staff, offenders and the community.
- ◆ Sign a **SPAN advocacy letter** at www.yellowribbon.org A copy will be delivered to your

Halligan, who lost his son to suicide (bullycide) was recently featured as a story on the television news show, Inside Edition: "A New Brand Of Bullying...On Line! Cyberbullying...Children Driven To The Edge Of Despair."

<http://www.insideedition.com/CyberBullied.htm>

FRIENDSHIPS PLAY KEY ROLE IN SUICIDAL THOUGHTS OF GIRLS, BUT NOT BOYS

Researchers at Ohio State Univeristy and Columbia University have found that relationships with friends play a significant role in whether teenage girls think about suicide, but have little impact on suicidal thoughts among boys, according to a new nationwide study. Girls who feel isolated or friendless are at just as high or higher risk of attempting suicide as those who lose a friend to suicide, thus our intervention with those who feel friendless is just as important as our postvention efforts.

<http://researchnews.osu.edu/archive/suicfrnd.htm>

SUICIDES OUTNUMBER HOMICIDES IN THE U.S. (AND IN MN)

Suicides outnumber homicides in the United States, and some 90 percent of people who kill themselves suffer from a diagnosable and preventable problem such as depression, a top mental health official said Monday. (EDITOR'S NOTE: In Minnesota this is also true. There are about 450 suicides each year in Minnesota and about 150 murders).

<http://www.cbsnews.com/stories/2005/03/01/health/main677132.shtml>

GUN STORAGE PRACTICES AND RISK OF YOUTH SUICIDE

The Journal of the American Medical Association February 9, 2005 issue included an article in which the authors had worked on a study to determine how effective safe firearm storage is in preventing suicide. Their findings indicate that most guns used in firearm suicide, whether handgun or longarm are kept unlocked. The study concluded that the practices of keeping a gun locked, unloaded, storing ammunition locked, and in a separate location are each associated with a protective effect and suggest a feasible strategy to reduce suicide in homes with children and teenagers.

<http://jama.ama-assn.org/cgi/content/abstract/293/6/707>

THE IMPACT OF MENTAL ILLNESS ON SOCIETY

Employers take note of the importance of supporting employees with mental health issues: The burden of mental illness on health and productivity in the United States and throughout the world has long been underestimated. Major depression is the leading cause of *disability* (measured by the number of years *lived* with a disabling condition) worldwide among persons age 5 and older.

<http://www.nimh.nih.gov/publicat/burden.cfm>

BIPOLAR DISORDER MORE COMMON AMONG POOR

A recent study found bipolar disorder afflicted 5.7 percent of Americans earning less than \$20,000 a year, and the illness is more prevalent among the poor than other income groups. Bipolar disorder may often go undiagnosed and untreated in the urban poor, with one in 10 found to have the mental illness in a study of one New York clinic.

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 Conference** April 10, 11, & 12 at Duluth, Minnesota, DECC - Duluth on the shore of beautiful Lake Superior
www.macmh.org

WHAT'S UP IN MN?

- ◆ **SEND US YOUR INPUT** – 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

<http://www.msnbc.msn.com/id/7012939/>

SUICIDE BY COP – INDICATORS & IMPLICATIONS

Here are links to two papers that review the literature and study the issues pertaining to the phenomenon of "suicide by cop"--any incident in which a suicidal individual attempts to get law enforcement to kill him. This situation provides a number implications in terms of needs in prevention and postvention.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10782957

<http://www2.us.elsevierhealth.com/scripts/om.dll/serve?action=searchDB&searchDBfor=art&artType=abs&id=a94531&nav=abs&special=hilite&query=%5Babstract%5D%28suicide+by+cop%2C%29%5Bbody%5D%28suicide+by+cop%2C%29%5Barticletitle%5D%28suicide+by+cop%25%20>

RESOURCES

NEW DATA FOR MINNESOTA – KNOW THE FACTS

There are almost 500 suicides a year in Minnesota. Suicide is the 10th leading cause of death in Minnesota overall. More than three times as many Minnesotans die from suicide as from homicide. Almost half of suicides involve a firearm; three-fourths of firearm deaths are due to suicide.

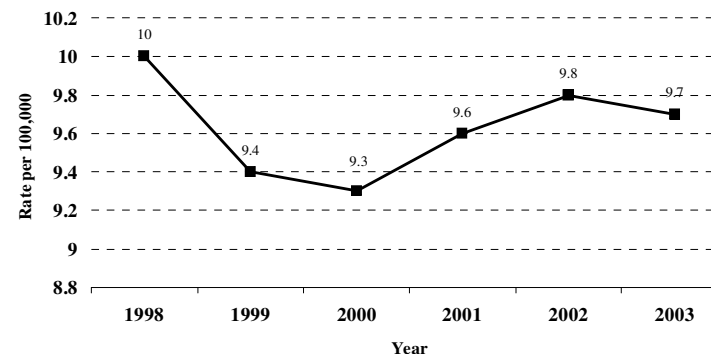
Population groups most affected:

- Males comprise more than four-fifths of all suicide deaths.
- Suicide is the second leading cause of death among 15-34 year olds, and the third leading cause of death for 10-14 year olds.
- For American Indians, the average mortality rate (15.6/100,000) is higher than for any other racial and ethnic group, including white (11.0), black (8.4), Asian (8.1), Hispanic (8.8).ⁱ
- Men 85 years of age and older have the highest suicide rate (42.3) of all age/gender groups.

Figure 1

Minnesota Suicide Mortality

Age Adjusted to US 2000 Population



April 15, 2005.
Contact [Judy Gordon](#) for details.

- ◆ **Cass, Todd, Wadena & Morrison Counties** are working to educate gatekeepers with Be A LINK adult training.
- ◆ **Leech Lake** has built collaborative efforts on their reservation and now five agencies are sponsoring the next educational event for suicide prevention.
- ◆ **Ain Duh Yung** is working with their staff to train them to identify high risk American Indian youth and refer them for help. They also held an educational community event in conjunction with tobacco prevention efforts.
- ◆ **People Connection** in Fosston has been working to educate youth and adults

SHADES OF BLUE: PREVENTING SUICIDE IN YOUTH FROM DIVERSE COMMUNITIES

The Holiday Inn Minneapolis Metrodome, 1500 Washington Avenue South
8:00 a.m. – 4:00 p.m. Thursday, May 12, 2005

Confirmed Keynote Speakers:

Dr. Alvin Poussaint, Harvard Medical School Professor of Psychiatry

Dr. William Lawson, Chair of Psychiatry, Howard University

Dr. Joseph White, Psychologist

Carl Eller, 2004 NFL Hall of Fame

Registration begins April 4, 2005. Additional conference information at www.faithealth.org

PRESENTING, PONDERING AND PLANNING WITH MINNESOTA STUDENT SURVEY DATA

An upcoming daylong workshop is intended to build your capacity to think about the Minnesota Student Survey, present data to your local community, and incorporate what you've learned into your prevention planning and needs assessment work. The workshop will include lunch and a variety of resource materials, including state and regional data tables, trend reports, and tools to use in presentations and planning. We strongly encourage all Safe & Drug Free Schools coordinators to attend and welcome teachers and administrators, local public health and community agency staff, law enforcement and parents.

The main portion of the workshop will last from 9:00am until 2:00pm. For Safe & Drug Free Schools Coordinators, please plan to stay for a special presentation of the new SDFS e-application from 2:15pm to 3:30pm.

Our 8 regional workshops this spring:

Date	Community	Location
March 22	Metro North	MN Dept. of Education Conference Cntr.
March 31	Rochester	Comfort Inn & Conference Center
April 5	Marshall	Best Western Marshall Inn
April 6	St. Cloud	Americanna Inn & Conference Center
April 18	Fergus Falls	The Falls Inn & Suites
April 26	Thief River Falls	Best Western Inn
April 27	Grand Rapids	Sawmill Inn of Grand Rapids
May 5	Metro South	Dakota County Western Service Center

Workshop cost is \$20. To register, please visit www.emprc.org/springforums. For registration questions, please call Debra at the Minnesota Prevention Resource Center (763.427.5310 or 800.782.1878 extension 156). For content questions, please call Heather at the MN Dept. of Education (651.582.8452).

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. 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

across a several county region of northern Minnesota.

- ◆ **Mental Health Association of MN** is doing gatekeeper training with employees/employers across the state. Talk to [Jill Naylor](#) if you have questions.
- ◆ **U of M Regents are working with the Somalia population in MN.**
- ◆ **White Earth** is working to reconnect youth to their heritage and help them reconnect to adults for support.
- ◆ **Volunteers of America** are training adult gatekeepers who work with our senior citizen population.

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 yr.darren@chartermi.net

REMINDER: 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.

REMINDER: 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. If you are interested in getting involved in this challenging and unique program, or know a retired officer form any state that might be please contact COPLINE at 1-(800)-267-5463 x8 or e-mail 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.

FINDING FUNDS

ON THE EDGE: COMMUNITIES LOSE AS NONPROFIT SECTOR STRUGGLES

A survey conducted by the Minnesota Council of Nonprofits in early 2004 shows that nonprofits are facing increasing financial challenges as their major sources of revenues have been falling. ***On the Edge: Communities Lose as Nonprofit Sector Struggles*** summarizes the findings of the MCN research. Nearly half of the nonprofit organizations saw funding cuts from state and local government in recent years, while at the same

time demands for their services have been rising. Minnesota's communities are suffering the impact as many residents, both urban and rural, are finding it more difficult to meet their most basic needs for food, shelter, health care, transportation, and education and training.

www.mncn.org/doc/ontheedge.pdf

TRIBAL YOUTH PROGRAM

OJJDP is offering \$1 million in discretionary funding for eligible tribes to provide substance abuse and mental health prevention and intervention services to AI/AN youth who are involved in or at risk of becoming involved in tribal and state juvenile justice systems. Native American tribal organizations (other than Federally recognized tribal governments) can apply by April 7, 2005 for up to \$225,000 over a three year cooperative agreement.

<http://www.ojjdp.ncjrs.org/funding/fy2005typmhi.pdf>

FOLLOW THE DOLLARS

In the 2005 Legislative Session, the Minnesota Legislature will pass the state's budget for the next two years. Advocates, leaders, front-line staff, and members of the public will all benefit from understanding how the state's budget process works - and how to participate in that process on behalf of the programs they care about and the people they serve.

In this popular workshop, you will gain an understanding of the following:

- The basics of the Minnesota state budget
- The timeline for the state's budget process
- How the Governor's budget proposal is developed
- How the budget travels through the Legislature
- Opportunities for input and advocacy in the budget process

This workshop is led by Nan Madden, Director of the Minnesota Budget Project, an initiative of the Minnesota Council of Nonprofits. The Minnesota Budget Project provides independent research, outreach, and advocacy on budget and tax issues that impact low- and moderate-income persons and the organizations that serve them.

Date: Tuesday, March 22, 2005

Time: 2:00 p.m. - 4:00 p.m.

Location: Model Cities Brownstone Room

849 University Avenue West, St. Paul

(4 blocks west of Dale St. on University Ave.)

Parking: Free parking is available on either side of the building or on the street

Fee: \$35 for MCN members/\$50 for nonmembers

For more information, including how to register, visit www.mncn.org/bp/budevents.htm

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

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.