

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

May 2005

Quote of the Month:

Brooke Sheilds on her experience with Postpartum Depression as told on Oprah, May 4, 2005: She found herself crying hysterically and overwhelmed with feelings of rage and self-hatred. "I had no desire," Brooke remembers, "to even pretend to care about her. And it absolutely terrified me." "Don't ignore the symptoms of postpartum depression out of embarrassment or shame, she says. "It has nothing to do with your love for [your children]. ... It is something that is in your body, the loss of estrogen, the amount of hormones. ... Pay attention to the feelings that you're feeling and talk about it and ask your doctor. ... Find out what medicine's available. You don't have to be miserable."

TAKE NOTE:

- ◆ **May is Mental Health Month** – what are you doing to promote mental health?
- ◆ **5K & 10K Walk/Run, July 16 in Bemidji** to benefit People Connection's suicide prevention program in northwestern MN. For details contact bonnie@thepeopleconnection.org
- ◆ **SITES & SIGNS Golf Classic Wed. July 27** will benefit Yellow Ribbon in MN. Go to www.golfdetails.com for more info.

ANNOUNCEMENTS

TEAM TO TRAVEL TO PITTSBURGH REGIONAL CONFERENCE

On May 18-20, the Suicide Prevention Resource Center is hosting a regional conference for public health regions 3 and 5, which includes Minnesota. The conference will provide an opportunity for skill-building and networking among participants in these states.

The conference involves national and local experts sharing their knowledge and experiences, as well as provides a venue for a diverse group of state suicide prevention planners and advocates coming together and collaborating.

SPRC is sponsoring 10 participants from each state. The Minnesota team is listed below. Also, four Minnesotans will be presenting workshops. During the poster session, states will talk about their efforts. We are really excited to have this opportunity and we are looking forward to sharing what we learn with you. Please stay tuned to updates from the conference.

MINNESOTA'S STATE TEAM

Mayor Herb Bergson
City of Duluth

Ann Gaasch
Minnesota Department of Health

Ruth Ellen Luehr
Minnesota Department of Education

Jon Roesler
Minnesota Department of Health

Dawn Smith
Leech Lake Tribal Health Division

Mary Favorite
White Earth Tribal Mental Health Program

Kathy Jefferson, LICSW
Minnesota Department of Human Services

Lorraine Pierce, M.S., L.P.
Minnesota Department of Human Services

Rachel Schott
Yellow Ribbon Suicide Prevention Program

Jean Streetar
Washington Co. Public Health and Environment

Shawnee Hunt
Ain Dah Yung Center
V.A. Kluesner
SAVE, Advisory Board Chair
Dan Reidenberg, PhD, FAPA
SAVE, Executive Director
True Thao
Hmong American Partnership

◆ **Paul Douglas Golf Classic August 8** presented by POOP Telecom at BearPath will benefit SAVE contact [Patty Johnson](#) for details.

◆ **Free display boards** are available to be checked out. Contact [Kelsie Powers](#).

◆ **Summer displays** at libraries can help reach summer reading groups & parents.

◆ **Males over 85** have an age adjusted suicide rate in Minnesota of 31.4/100,000. 75-84 at 30.9, & 35-44 at 20.8. Men die by suicide four times more often than females - reach males with the Real Men, Real Depression campaign - <http://menanddepression.nimh.nih.gov/> .

FEDERAL GRANT BEING APPLIED FOR BY STATE – OPEN FOR INPUT

A public-private partnership will apply for federal funding from SAMHSA with the MDH as the lead agency. Current grantees and other partners have given input to the process. Federal funding will be awarded by September 30, 2005. It will be a highly competitive process. To give input on this grant please contact [Ann Gaasch](#), Minnesota Department of Health.

UPDATE ON STATE SUICIDE PREVENTION FUNDING

A state budget agreement has not been reached as of this publication, so the fate of state suicide prevention grants through the MDH is unknown at this time – watch for more information in the coming weeks. Carol Woolverton, Assistant Commissioner of the MDH, announced early in April that the department would continue the current grants program at least through the end of 2005 regardless of what budget is passed by the legislature; this would result in a one year shortening of the grant period.

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>

UPDATE ON THE MINNESOTA STUDENT SURVEY – TO BE OR NOT TO BE?

A bill to limit personal questions asked in student surveys may mean major changes to the Minnesota Student Survey, which so many communities, schools and organizations rely on to assess needs of our youth and provide targeted, cost-effective programs and services. The House bill is labeled HF1551, Senate is SF2111. Go to the Minnesota House of Representatives to view details:

<http://www.revisor.leg.state.mn.us/bin/bldbill.php?bill=H1551.2&session=ls84>

REMINDER: SUPPORT FULL FUNDING OF GARRETT LEE SMITH IN 2006

Representatives Danny Davis, Tom Osborne, and Bart Gordon are circulating a "Dear Colleagues Letter" to request additional members of the U.S. House of Representatives to sign on to a letter requesting full funding for the Garrett Lee Smith Memorial Act in FY 2006. Please take a moment to call your Member of Congress to ask him/her to sign on to the letter. Or use this link:

<http://capwiz.com/spanusa/callalert/index.tt?alertid=7359821>

FROM THE FIELD

SUICIDE BY COP: CASE STUDIES

A 12 page article in the FBI Law Enforcement Bulletin addresses the phenomenon of "suicide by cop." It is entitled "Suicide by Cop: Defining a Devastating Problem" and it can be accessed for free from the FBI website. The article encourages a systematic approach to labeling incidents that are or are not "suicide by cop," and suggests what criteria could be considered in doing so. Look under current issue:

<http://www.fbi.gov/publications/leb/leb.htm>

WHAT'S UP IN MN?

- ◆ **SEND US YOUR INPUT** – yr@chartermi.net with the subject line: "for enewsletter."
- ◆ **Martin County West Schools** will have ASK teen suicide prevention presentations at their school health fair May 11.
- ◆ **Owatonna Jr. High** is holding presentations for their junior high students May 9.
- ◆ **Suburban Ramsey Family Collaborative** will hold community educator training for adults on May 24 & 25.
- ◆ **Range Mental Health in Virginia, MN** held community educator trainings April 13 & 14, 2005. Contact [Kristi Rolf](#) for details.
- ◆ **Sibley County** is recognizing May as

EVALUATING IATROGENIC RISK OF YOUTH SUICIDE SCREENING PROGRAMS

Madelyn S. Gould, PhD, MPH; Frank A. Marrocco, PhD; Marjorie Kleinman, MS; John Graham Thomas, BS; Katherine Mostkoff, CSW; Jean Cote, CSW; Mark Davies, MPH

JAMA. 2005;293:1635-1643

"Experimental and control groups did not differ on distress levels immediately after the first survey, nor did rates of depressive feelings differ. Students exposed to suicide questions were no more likely to report suicidal ideation after the survey than unexposed students. High-risk students (defined as those with depression symptoms, substance use problems, or any previous suicide attempt) in the experimental group were neither more suicidal nor distressed than high-risk youth in the control group; on the contrary, depressed students and previous suicide attempters in the experimental group appeared less distressed and suicidal respectively, than high-risk control students."

<http://jama.ama-assn.org/cgi/content/abstract/293/13/1635?etoc>

HOMICIDE AND SUICIDE RATES — NATIONAL VIOLENT DEATH REPORTING SYSTEM CDC'S MORBIDITY AND MORTALITY WEEKLY REPORT

Weekly April 22, 2005 / Vol. 54 / No. 15

"In 2003, CDC instituted a new surveillance system, the National Violent Death Reporting System (NVDRS); the system collects detailed information regarding violent deaths from multiple sources. This report describes preliminary 2003 data from the first six states* that participated in NVDRS and compares these data with 1993–2002 data from the National Vital Statistics System (NVSS). The findings indicate a substantial increase in homicide rates among young males from 2002 to 2003 and substantial increases in both homicide and suicide rates among males from 2000 to 2003. These findings underscore the need for states to have timely information for effective violence-prevention programs."

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5415a1.htm>

SAMHSA SEEKS COMMENTS ON STRATEGIC PLAN

The Substance Abuse and Mental Health Services Administration (SAMHSA), United States Department of Health and Human Services (HHS), invites its colleagues and other interested members of the public to provide comments on a working draft of the Agency's Strategic Plan.

The strategic plan outlines the mission, vision, and key activities that SAMHSA will be implementing in the coming years. As we work together to address the unique needs of individuals affected by mental illness and substance abuse disorders, the strategic plan will serve as our guide to implement the best policies and practices for ensuring that prevention and treatment are provided to all who are in need of these services.

To comment, please send email to strategicplan@samhsa.hhs.gov. Alternatively, written comments may be sent to Ms. Peggy Gilliam, Director, Planning and Performance, Office of Policy, Planning and Budget, 1 Choke Cherry

Mental Health Month by utilizing paycheck stuffers for all county employees.

- ◆ **Arrowhead Yellow Ribbon chapter of Duluth** held community educator training April 15, 2005 and have begun trainings in the colleges and high schools. Contact [Judy Gordon](#).
- ◆ **Cass, Todd, Wadena and Morrison Counties** are recognizing May as Mental Health month by sending PSA's to local radio stations. The campaign is called "Suicide Shouldn't be a Secret". The campaign information and PSA's are at: <http://www.afsp.org/education/teen/index.htm>
- ◆ **Leech Lake Band of Ojibwe** hosted an April 23 event for suicide prevention

Road, Room 8-1095, Rockville, MD 20857. Comments are due no later than June 15.
Please see: <http://www.samhsa.gov/strategicplan/toc.aspx>

RESOURCES

WEBSITE PROVIDES RESOURCES

The Family Guide Web site offers ideas and support for adults who interact with youth to promote mental health and prevent substance abuse.

<http://family.samhsa.gov>

MAY IS MENTAL HEALTH MONTH – ARTICLES YOU CAN USE

If you didn't order your free "May is Mental Health Month" promotional kit from Yellow Ribbon in MN, it isn't too late to get resources. Contact [Darren Reed](#) to request specific pieces via email or access these articles online:

We All Have Mental Health; Time To End the Stigma

<http://www.family.samhsa.gov/get/stigma.aspx>

It's All in the Family-Mental Health Link Between Parents and Children

<http://www.family.samhsa.gov/be/family.aspx>

Teen Mental Health Problems: What Are the Warning Signs

<http://www.family.samhsa.gov/talk/teenmh.aspx>

The School Bully Can Take a Toll on Your Child's Mental Health

<http://www.family.samhsa.gov/teach/bullies.aspx>

Does Your Child Have a Mental Health Disorder?

<http://www.family.samhsa.gov/get/mentalhealth.aspx>

Resources for Mental Health Concerns

<http://www.family.samhsa.gov/main/help/help3.aspx>

SPRC LAUNCHES ONLINE PREVENTION INFORMATION BY AUDIENCE

In an ongoing effort to inform as many people as possible about the steps that they can take in preventing suicide, the Suicide Prevention Resource Center (SPRC) has launched a series of web pages geared for specific audiences, such as physicians, college students, clergy, and law enforcement personnel. For each audience, a page has been created that contains information on recognizing and responding to warning signs, and includes resource materials, such as programs, useful websites and further reading for that population. Each audience page is also available as a pdf document, which can be freely reproduced and distributed by the public. New audience pages will be added to the website over the coming months. The audience pages are available on the SPRC website at

<http://www.sprc.org>

featuring native activities such as healing circles and a jingle dance.

◆ **People**

Connection's

Suicide Prevention program continues to train students in northwest MN. A summer fundraiser will help fund additional activities – see details above.

◆ **White Earth**

Reservation is holding "Daughters of Tradition" groups youth groups. They are working with a group to organize a grass roots community collaborative/coalition to address the issues on the reservation of CD, MH, poverty, suicide, etc.

◆ **Mental Health Association of MN**

will be part of the walk around Lake Nokomis to raise awareness and funds for research - May 14. Talk to [Jill Naylor](#).

MACMH: EARLY-ONSET MENTAL HEALTH DISORDER TRAINING FOR EDUCATORS

May 7th (9am-1pm) in Virginia, MN

June 11th (9am-1pm) in Marshall, MN

As of January 1, 2005, the State of Minnesota and the Minnesota Board of Teaching are requiring all teachers who are renewing their continuing license to have training in the area of early-onset mental health disorders. This MACMH training satisfies the new requirement.

http://www.macmh.org/workshops_trainings/training_services/training_services.php

REMINDERS:

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

Additional conference information at www.faithhealth.org

USE YOUR VOICE, MAKE A DIFFERENCE

Elected officials have to care about what you think - 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.

FINDING FUNDS

SAMHSA CAMPUS SUICIDE PREVENTION GRANTS UNDER THE GARRETT LEE SMITH ACT

The purpose of the Campus Suicide Prevention Grants Program is to provide funding to support grants to institutions of higher education to enhance services for students with mental and behavioral health problems that can lead to school failure, depression, substance abuse, and suicide attempts, so that students will successfully complete their studies. Approximately \$1.5 million per year for 3 years will be available to fund up to 20 awards. The amount of the awards is expected to be \$75,000 in total costs (direct and indirect), plus an equivalent match from the applicant organization. Grantees of the Campus Suicide Prevention Program must agree to match Federal dollars, in a 1:1 ratio, with non-Federal dollars.

http://www.samhsa.gov/grants/2005/nofa/sm05015_campus.aspx

SAMHSA ANNOUNCES LINKING ADOLESCENTS AT RISK TO MENTAL HEALTH SERVICES GRANT PROGRAM

Linking Adolescents at Risk to Mental Health Services (Adolescents at Risk) is one of SAMHSA's Service-to-Science Grants programs. The purpose of the Adolescents at Risk program is to evaluate voluntary school-based programs that focus on identification and referral of high school youth who are at risk for suicide or suicide attempts. Eligible applicants are local educational agencies or nonprofit entities in conjunction with local educational agencies. Grant funds may not be used to pay for direct treatment services.

http://www.samhsa.gov/grants/2005/nofa/sm05019_risk.aspx

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

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.