

Brought to you by Yellow Ribbon in MN with cooperation from advocates across the state.
YOUR DONATIONS HELP MAKE THIS PUBLICATION POSSIBLE -- **DONATE NOW!**

Minnesota Suicide Prevention E-News

November 2006

Thought of the Month:

"It is at these moments that we can benefit greatly by the presence of a friend or of an advocate. We find ourselves walking in the valley of our life, we find that we are lacking in resources that we once had, and then life appears to be hard and cold. We may even find ourselves in land of hopelessness and loneliness. Spiritual healers of our time have pointed to us that the biggest illness that we face is loneliness. We can all do something about loneliness. It may well be that we come in contact with people at this critical time in their lives. If we enhance their life-force, if we help them overcome their loneliness, if we get them the services that they need, we will be acting with what the Native Americans call "good medicine"." **Roberto Dansie, Clinical Psychologist and award winning speaker, from his website www.robertodansie.com**

TAKE NOTE:

- ◆ **Faith-Based Conference new date TBA.**
- ◆ **8th Annual National Survivors of Suicide Day**
November 18th, 2006. For more information visit www.afsp.org.
- ◆ **Research Study**
to participate contact Ms. Gawley at 732-236-8820.

ANNOUNCEMENTS

WE'VE MOVED!

Our office has now moved to the Civic Center Plaza in downtown Mankato. Our phone and fax numbers have stayed the same as well as our email addresses. Our new mailing address is: 12 Civic Center Plaza, Suite 2085, Mankato, MN 56001.

YELLOW RIBBON SUICIDE PREVENTION & AWARENESS WEEK

Thanks to all who helped make this years Yellow Ribbon Suicide Prevention & Awareness Week a success! Our Celebration of Life Service brought together family and friends of those that have lost loved ones. The release of several yellow balloons into the air was both touching and beautiful as the band IGB played their version of Calling All Angels, by Train. We couldn't have had better weather for our first annual Rock for Life Concert at the MN Square Park in St. Peter. Everyone had a great time playing the carnival games, listening to the music and eating food! The band IGB was excellent! They truly support our program and our message!

Thanks to those who also came out to Charley's Restaurant for the wine tasting event! We had a great turn out! Thank you to everyone from Clear Channel and Charley's Restaurant who made that event possible!

Many other activities took place throughout the country. Some of those activities included:

- ❖ Greeley, CO held their first Annual 5K Walk for Life.
- ❖ House Speaker Andrew Romanoff and State Representative Nancy Todd in Denver, CO joined

◆ **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>

- ◆ **SPRC** is seeking materials for their library relating to depression, mental illness, suicide or suicide attempts among rural populations, as well as faith-based prevention materials. Submit your contributions or suggestions to library@sprc.org

◆ **Have related events coming**

leaders of the Yellow Ribbon International Suicide Prevention Program in a press conference to show support for local and national suicide prevention efforts.

- ❖ Several states received Governor's Proclamations for Yellow Ribbon Suicide Prevention & Awareness Week, including MN.

FAITH & COMMUNITIES: BUILDING A SAFETY NET FOR SUICIDE PREVENTION

Our fall conference has been postponed and a new date is TBA. Watch for coming details.

8TH ANNUAL NATIONAL SURVIVORS OF SUICIDE DAY

The American Foundation for Suicide Prevention is sponsoring the 8th Annual National Survivors of Suicide Day Saturday, November 18th, 2006. Local healing conferences will take place in over 100 cities throughout the country and will also be broadcast on the web. For more information visit the following site: www.afsp.org.

RESEARCH STUDY

A research study is being conducted by Kristen K. Gawley, Psy.M., who is a graduate student in the Graduate School of Applied and Professional Psychology at Rutgers University in New Jersey. The purpose of this study is to examine ways in which individuals that have lost a family member or friend to suicide came into contact with information about suicide and whether that information has been helpful. The goal is to help improve the quality and accessibility of this information. The procedure includes a questionnaire and an interview. It may be completed by phone or in person. Adults (18 and over) who have lost an adult (18 and over) family member or friend to suicide within the past five years are welcome to contact Ms. Gawley at 732-236-8820.

SUICIDE HOTLINE

SAMHSA has agreed to continue, with out any change in service or receipt of calls, their support of the 1-800-SUICIDE Hotline.

FROM THE FIELD

ARE SOCIAL NETWORKS AND SUICIDE LINKED?

Ryan Blackburn; The Oracle; Posted:9/6/06

USF researchers are preparing a study that will examine the correlation between users of online social networks and suicide deaths. For the entire article visit:

<http://media.www.usforacle.com/media/storage/paper880/news/2006/09/06/News/Are-Social.Networks.And.Suicide.Linked2258908.shtml?sourcedomain=www.usforacle.com&MIHost=media.collegepublisher.com>.

ARE HOUSEHOLD FIREARMS STORED LESS SAFELY IN HOMES WITH ADOLESCENTS?

Renee M. Johnson, PhD; Matthew Miller, MN, ScD; Mary Vriniotis, MS; Deborah Azrael, PhD; David Hemenway, PhD. Archives of Pediatrics & Adolescent Medicine, 2006; 160:788-792.

up? Let us know!

WHAT'S UP IN MN?

- ◆ **SEND US YOUR INPUT –**
yr@chartermi.net with the subject line: "for enewsletter."
- ◆ **Meeker County** held a Community Event in which the YR Community Implementation Presentation was given.
- ◆ **GFW Middle and High School** held Ask-4-Help Presentations for their students. They also held a Community Event.
- ◆ **VINE Faith in Action** held a Be-A-LINK Presentation
- ◆ **Nicollet High School** held and Ask-4-Help Presentation for their students.
- ◆ **Ask-4-Help Presentations** were given at New

This study was conducted to determine how firearms are stored in homes with adolescents compared to homes with younger children. For the full results of the study visit: <http://archpedi.ama-assn.org/cgi/content/abstract/160/8/788?etoc>.

DEPRESSION ON COLLEGE CAMPUSES

Psychology Today

This article discusses the rise in mental health disorders among today's college students. To read the full article visit: <http://health.msn.com/centers/depression/articlepage.aspx?cp-documentid=100141463>1=8447>.

ALCOHOL DEPENDENCE AND SUICIDAL BEHAVIOR

Modesto-Lowe V, Brooks D, Ghani M. **Harv Rev Psychiatry** 2006; 14(5): 241-8

Affiliation: Department of Psychiatry, University of Connecticut School of Medicine, Middletown, CT.

Copyright 2006, Taylor and Francis

Clinical data suggests high rates of suicidal behaviour among alcohol-dependent individuals. To read the full abstract visit the following link:

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds\[\]=citjournalarticle_50877_18](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds[]=citjournalarticle_50877_18).

STUDY LINKS NEGLECT TO ADOLESCENT DRUG USE, VIOLENCE AND DEPRESSION

A study conducted by researchers at the University of North Carolina has shown that children who are mistreated are more likely to smoke, drink, fight and suffer from depression as adolescents. For the entire article visit the following link: <http://www.unc.edu/news/archives/sep06/child090106.html>

RESOURCES

LETHALITY ASSESSMENT STANDARDS

The National Suicide Prevention Lifeline has developed lethality assessment standards for all to use in assessing a person's risk for suicide. Contact Heather Stokes, LCSW at HStokes@MHAOFNYC.ORG for further information.

UNDERSTANDING AND HELPING THE SUICIDAL PERSON

The American Association of Suicidology presents "Is Path Warm," warning to look for in a suicidal person. For more information visit the following links:

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

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

Ulm Cathedral
H.S., St. Paul's
Lutheran School in
New Ulm and
NUACTS, New Ulm
for their students.

- ◆ **Plymouth Congregational Church** held an Ask-4-Help Presentation for their youth.
- ◆ **A Be-A-LINK Presentation** was given to MVAC in St. Peter.
- ◆ **Yellow Ribbon** attended the Safe & Healthy Learners Conference in St. Cloud. A booth with resources was made available and a presentation about the program was given.

FRIENDS AND FAMILIES OF SUICIDE SURVIVOR GROUP

To join the Friends and Families of Suicide Survivor Group visit the following website:
<http://www.friendsandfamiliesofsuicide.com>

TOUCHED BY SUICIDE: HOPE AND HEALING AFTER LOSS

This book, written by Dr. Michael F. Meyers and Carla Fine, is now available in bookstores and online at www.amazon.com and www.barnesandnoble.com. It includes life-preserving insights, state of the art research, and compelling firsthand anecdotes to help survivors, clinicians and members of the prevention community make sense of suicide and deal with its aftermath. For further information or to contact the authors directly visit: www.michaelfmyers.com or www.carlafine.com.

SPRC PUBLICATION ON "SAFE MESSAGING"

The [Safe and Effective Messaging for Suicide Prevention](#) is evidence-based recommendations for creating safe and effective messages to raise public awareness that suicide is a serious, preventable public health problem. It contains Do's and Don'ts to consider when creating public messages for suicide prevention.

FAMILY THERAPY IN THE TREATMENT OF DEPRESSION

For the full article click on the following link:
<http://www.psychiatrictimes.com/showArticle.jhtml?articleID=172900853>

THE JED FOUNDATION'S FRAMEWORK

This framework provides a list of issues to consider when drafting or revising protocols relating to the management of the student in acute distress or at risk for suicide. To download the Framework click on the following site: www.jedfoundation.org/framework.php

FINDING FUNDS

UPCOMING MINNESOTA FUNDERS DEADLINES

NOVEMBER 15

- [The McKnight Foundation](#) (Children & Families and International)
- [Northland Foundation](#)
- [Ordean Foundation](#)

NOVEMBER 24

- [Northwest Minnesota Foundation](#)

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.