

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

OCTOBER 2005

Thought of the Month:

Journalist Jane Pauley's message about having bipolar disorder: Anybody can get this; you don't need to be ashamed of yourself, and you can get through it. "If we're lucky," she says, "that next generation won't drag around that personal stigma. They also are going to grow up with a wider array of medications that addresses whatever causes this malady of ours."

<http://www.nami.org/template.cfm?template=/ContentManagement/ContentDisplay.cfm&ContentID=27127&Istid=275>

TAKE NOTE:

- ◆ **REGISTER** for a conference on suicide prevention in St. Paul – November 7 & 8, 2005!!! See Announcements for details.
- ◆ **Soup It Up For Kids** will benefit SAVE on October 27th from 5:30-8:30 pm. Contact [Pat Storti](#) for details.
- ◆ **O'Malley Family Holiday Charity Event** will benefit Yellow Ribbon Friday, December 2 at the Marshall

ANNOUNCEMENTS

REGISTRATION OPEN NOW: MN SUICIDE PREVENTION CONFERENCE – SPACE IS LIMITED!

Brochure and online registration available for "Suicide Prevention in Minnesota: A Path to Progress – Improving Capacity, Practice and the State Plan." To be held November 7 & 8, 2005 at the Crowne Plaza in Bloomington it is jointly sponsored by Yellow Ribbon, the Minnesota Department of Health and SAVE. Contact [Ann Gaasch](#) for more info or view brochure (.pdf file takes a minute to download, watch the bottom bar of your browser to see the progress) and register online at:

www.yellowribbonmn.org

DULUTH MAYOR CHALLENGES OTHER CITIES TO FOLLOW EXAMPLE

A unique project to promote suicide prevention across the state kicks off this month when mayors and city government will receive packets of information including a letter from Duluth Mayor Herb Bergson who has issued a challenge to other cities across the state to meet or surpass the suicide prevention efforts he has committed to in his city. The letter will explain the goal of the project to involve city government in planning and implementing suicide prevention in their communities and it will invite all mayors and city officials to an upcoming press conference which will formally announce the project to the general public. The press conference will be held on Monday, November 7, at the beginning of the state suicide prevention conference (described above) and will be led by Mayor Bergson. **Please contact your local mayors and encourage them to respond to the packet and attend the press conference!** For more information, please contact [Rachel Schott](#).

TWO SUICIDE PREVENTION TRAININGS SCHEDULED FOR THE FALL

The MN Suicide Prevention Technical Assistance Team will hold three Train the Trainer sessions: October 13 **OR** October 14, 2005
Lakeside Service Center, Bemidji, 8:00 am-4:40 pm

Fields Downtown
St. Paul River
Room Restaurant.
Contact [Rachel Schott](#) for details.

- ◆ Promote **National Depression Screening Day** on October 7.

- ◆ **MACMH's 2006 Child & Adolescent Mental Health Conference:** April 30 to May 2, 2006

- ◆ **Display boards** can target depression in the workplace. Contact [Kelsie Powers](#).

- ◆ **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 newsletter."

- ◆ **The Mankato Chapter of Yellow Ribbon** has school presentations scheduled.

Offered to you by Healthy Community Healthy Kids at no charge
To register, call Rebecca Snyder at 218-333-8989

November 17, 2005
St. Joan of Arc Church, Minneapolis
8:00am-4:30 pm

Offered to you by the Technical Assistance Team: Minnesota Department of Health, SAVE (Suicide Awareness Voices of Education) and Yellow Ribbon at no charge.
To register, call Denise Dumas at 952-946-7998

FROM THE FIELD

US TEENAGER'S PARENTS SUE SCHOOL OVER DEPRESSION SCREENING TEST

The parents of an Indiana teenager have filed a suit in a federal court, charging that school officials violated their privacy rights and parental rights by subjecting their daughter to a mental health screening examination without their permission. The screening program at the center of the legal suit, TeenScreen, was endorsed as a "model" program by President Bush's New Freedom Commission on Mental Health.

The complaint, filed on 19 September, charges that in December 2004 Chelsea Rhoades, then a 15 year old student at Penn High School, Mishawaka, was told after she took the TeenScreen examination that she had obsessive compulsive disorder and social anxiety disorder.

Chelsea has spoken out against the screening and, with her parents, alleges in the complaint that "a majority" of the students "subjected to TeenScreen" with her were also told they had "some mental or psychological disorder." For full article:

<http://bmj.bmjournals.com/cgi/content/full/331/7519/714-a>

SUICIDAL SUBSTANCE ABUSERS RESPOND BETTER TO INPATIENT TREATMENT

Patients presenting for treatment of substance use disorders who have recently attempted suicide are likely to benefit more from inpatient care than from treatment provided on an outpatient basis, investigators report.

Dr. Mark A. Ilgen and colleagues, writing in the September issue of Alcoholism: Clinical and Experimental Research, suggest that a recent suicide attempt may reflect the severity of substance abuse.

Also, "It could be that suicidality is an indicator of motivation, a readiness to change, so that someone who enters treatment after a suicide attempt may be particularly motivated to do something about their substance use disorder," lead investigator Dr. Ilgen explained in an interview with Reuters Health.

<http://www.medscape.com/viewarticle/512853?src=mp>

◆ **The New Ulm Chapter of Yellow Ribbon** is planning classroom presentation at their middle and high schools.

◆ **Range Mental Health** in Virginia, MN has presentations lined up in many of their Iron Range schools.

◆ **Arrowhead Yellow Ribbon chapter of Duluth's** Judy Gordon has been recognized with one of 10 Women in Leadership Awards. An article on the group's work was also featured on the SPRC website: <http://www.sprc.org/news/state.asp>

◆ **Washington County** is using a display on Mental Health in the Workplace available from the Yellow Ribbon office.

◆ **People Connection** in

NONCOMPLIANCE WITH MEDICATION AND METHAMPHETAMINE INTOXICATION ASSOCIATED WITH SUICIDE COMPLETION

Callor WB, Petersen E, Gray D, Grey T, Lamoreaux T, Bennett PJ. Department of Psychiatry, University of Utah, Salt Lake City 84132, USA. *Crisis*. 2005;26(2):78-84. Related Articles, Links
Youth suicide completers appear to be undiagnosed for mental illness, or to be noncompliant with psychotropic medications. Along with treatment issues, alcohol and methamphetamine were the most common substances found in the blood and/or urine of suicide completers.
CONCLUSIONS: Accurate diagnosis of mental illness, and improved compliance with psychotropic medications may play a critical role in suicide prevention. The prevalence of methamphetamine in suicide completers is unexpectedly high and requires further investigation.

RESOURCES

TELECONFERENCE ON REDUCING STIGMA IN SPANISH SPEAKING POPULATIONS

"Changing Minds and Inspiring Hope:

Media Strategies For Reducing Stigma Within Spanish-speaking Communities"

Date: Tuesday, October 11, 2005

Time: 3:00 PM – 4:30 PM (Eastern Time)

To participate in this training teleconference, please complete the online registration form located at <http://www.stopstigma.samhsa.gov/regpage.cfm>. For additional teleconference information, please refer to the [Training](#) section of the SAMHSA ADS Center web site or contact a technical assistance representative by e-mail at stopstigma@samhsa.hhs.gov or by telephone at 1-800-540-0320. Please pass this invitation along to interested friends and colleagues. *Please note: Registration for this teleconference will close at 5:00 p.m., Eastern time, on Monday, October 10, 2005.*

SUPPORT GROUP FACILITATOR TRAINING

On October 28-29 in Kansas City, MO, the American Foundation for Suicide Prevention (AFSP) will offer a comprehensive, hands-on [support group facilitator training program](#), to help survivors learn how to start and facilitate a suicide bereavement support group. The program is appropriate both for those who would like to start a new group, as well as those who currently facilitate a group and would like to increase their knowledge and skills. Questions? Call 1-888-333-AFSP ext. 10.

TEXANS ADDRESS MENTAL HEALTH IN THE WORKPLACE – WHAT MN CAN LEARN

Texas has an incredible program to address mental health in the workplace. Visit their site and let it generate ideas for outreach in Minnesota workplaces!

<http://www.texansworkingtogether.org/>

Fosston has school trainings ongoing.

◆ **Hmong American Partnership's**

True Thao recently spoke on a national suicide prevention technical assistance call and HAP continues to issue their teen magazine and promote mental health via a radio show.

◆ **Cass, Todd, Wadena, Morrison and Koochiching Counties** continue to do school and community presentations.

◆ **Volunteers of America's** Atashi Aachara presented on senior mental health at the mini MSSA conference.

◆ **Leech Lake Band of Ojibwe** is going to be installing a new message on their suicide prevention billboard.

ADOLESCENT ILLICIT DRUG USE – UNDERSTANDING AND ADDRESSING THE PROBLEM

Illicit drug use accounts for approximately 17,000 deaths annually in the general population of the United States.^[1] In addition to this significant cause of mortality, illicit drug use in both young and old is associated with substance abuse and dependence and other health and social consequences. For more information on this topic read an article at:

<http://www.medscape.com/viewarticle/513024?src=mp>

REMINDERS:

MENTAL HEALTH ASSOCIATION OF MINNESOTA 2005 LEGISLATIVE TOWN HALL MEETINGS

Featuring BILL CONLEY, Public Policy Consultant for the Mental Health Association of Minnesota. The Eagan and Rochester meetings will also feature Sue Abderholden, Executive Director, NAMI-MN.

These meetings are for all people who care about the mental health system – from those who are interested in learning more about mental health legislation, to those who are very involved in public policy work. *Please call Sandra at (612) 331-6840.*

LOCATIONS:

ST. CLOUD October 10, 2005,

SPRING LAKE PARK October 11, 2005,

ROCHESTER October 18, 2005,

EAGAN November 14, 2005,

SCOTT COUNTY November 15, 2005,

MENTAL HEALTH INSTITUTES IN MN THIS FALL

MSSA is very pleased to announce a series of eight mental health institutes planned for the fall. The institutes will be held in September, October, November and December.

The schedule for the institutes is:

Child Psychopharmacology - November 3, 2005, 9:00 AM to Noon

Mental Illness & Aging - November 3, 2005, 1:00 to 4:15 PM. This institute will consist of two workshops. 1. Mental Illness is Not a Part of Normal Aging; 2. Addiction & Despair vs. Recovery & Freedom in an Aging Society

Suicide - December 1, 2005, 9:00 AM to Noon. This institute will consist of two workshops: 1. Suicide Education/Voices of Awareness; 2. Beyond the Black Box: Suicide Risk & Antidepressants

Assessment of Imminent Risk for Suicide - November 3, 2005, 1:00 to 4:15 PM

You can register for workshops on an individual basis or as a series. The brochure is available online at

<http://www.mnsocialserviceassoc.org/mentalhealth.pdf>

FINDING FUNDS

SAMHSA AWARDS STATES, CAMPUSES AND SPRC SUICIDE PREVENTION GRANTS

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced 37 grants with a first year total of \$9.7 million to support national suicide prevention efforts. These grants will support a suicide prevention resource center, suicide prevention efforts on college campus, and state and tribal youth suicide prevention and early intervention programs across the country. Education Development Center, Inc. was awarded the grant to continue to operate the Suicide Prevention Resource Center. The state of Minnesota did not receive the grant they applied for under this program.

www.samhsa.gov

UPCOMING MINNESOTA FUNDERS DEADLINES

October 14

- The Irwin Andrew Porter Foundation

October 15

- The Bayport Foundation of Andersen Corporation.

- Laine Family Foundation

- The McKnight Foundation (Arts, Environment, and Region & Communities)

- Toro Foundation

October 21

- Andersen Foundation

October 30

- Caridad Corporation

For more information contact the Minnesota Council on Foundations: www.mcf.org

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.