

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

SEPTEMBER 2005

Thought of the Month:

In 1999, Montel Williams, popular talk show host and celebrity, attempted to end his own life. He had been diagnosed with MS just months earlier. In January of 2004 he went live in front of millions of viewers on his own talk show and discussed the attempt. Why did he finally talk about it? "Because we [MS sufferers] need to stop lying about ourselves", Montel explained. "We need to stop lying about the pain we're in." According to various studies, up to 50% of patients with MS will suffer a major depression during the course of their illness. This is three times the prevalence reported for the general population and higher than other neurological disorders.¹ In addition, suicide was found to be 7.5 times higher among patients with MS compared to the general population.² <http://www.msakc.org/Articles/LightAtEndOfTunnel.htm>

TAKE NOTE:

- ◆ **SAVE THE DATE** for a professionals' conference on suicide prevention in St. Paul – November 7 & 8, 2005!!! See Announcements for details.
- ◆ **Mankato & St. James McDonalds & Subway restaurants will team up for suicide prevention.** A portion of proceeds during Yellow Ribbon Week will benefit the Yellow Ribbon Suicide Prevention Program in MN. Visit those

ANNOUNCEMENTS

MN STATE SUICIDE PREVENTION CONFERENCE RESCHEDULED – SAVE THE DATE!

SAVE THE DATE for November 7 & 8, 2005. Yellow Ribbon, the Minnesota Department of Health and SAVE will co-sponsor a conference **at the Crowne Plaza in Bloomington.** The conference will combine professional education along with a reworking of the state suicide prevention plan. "Suicide detective who will share his experience and help attendees learn how to involve elected officials in building community capacity for suicide prevention. Other highlights include work sessions to revise the state suicide prevention plan and educational break out sessions on bullycide, domestic violence, co-occurring disorders, perinatal & postpartum depression, diagnosing the suicidal patient, crisis response, self-injurious behavior (SIB), and sustainable funding. CEUs pending. We need diverse voices to inform the state plan – please attend. Contact [Ann Gaasch](#) for more info.

INTERNATIONAL YELLOW RIBBON SUICIDE PREVENTION AND AWARENESS WEEK

Events are planned in Yellow Ribbon communities across the planet for September 18-24, during International Yellow Ribbon Suicide Prevention and Awareness Week. Businesses, workplaces, cities, schools, etc. are invited to participate by recognizing the week in newsletters and on signboards. Help your community be a safer place to live by supporting suicide prevention efforts.

TRAIN THE TRAINER BEING OFFERED THIS FALL

The Minnesota Suicide Prevention Technical Assistance TEAM will offer two train the trainer sessions this fall one in northern Minnesota and one in the twin cities area please contact [Kelsie Powers](#).

stores September 18-24 and drop your receipt in the bucket to contribute.

- ◆ **Soup It Up For Kids** will benefit SAVE on October 27th from 5:30-8:30 pm. Contact [Pat Storti](#) 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 parents just set them up during parent/teacher conferences. Contact [Kelsie Powers](#).

AFTER KATRINA: SUICIDE PREVENTION CONFERENCE CALLS

The Addiction Technology Transfer Center (ATTC) Network, funded by SAMHSA will hold two, free, hour-long educational calls for caregivers about suicide prevention featuring Dr. Reidenberg, Executive Director of Suicide Awareness Voices for Education. The first call will be **Thursday, Sept. 22 at 10:30 am Central** (Conference ID Code: 9612606) and the second call is on **Friday, Sept. 23 at 10:30 am Central** (Conference ID Code: 9613178). Call 1-866-505-1517 ten minutes before the call is scheduled to begin and enter the appropriate conference ID code in parenthesis above. If you are not available at the time of the calls, telephone replays will be available for 5 days after each call and a streaming audio recording will be on the ATTC Network website. For more details, visit www.nattc.org.

OPEN HOUSE CULTIVATES RELATIONSHIPS BETWEEN COMMUNITY MEMBERS

What: 3rd Annual Open House at Community-University Health Care Center
When: Thursday, September 29th from 4:30 p.m. to 7:00 p.m.
Where: 2001 Bloomington Ave S., on the corners of Franklin and Bloomington Avenues
Contact: Colleen McDonald, Director of Development, at 612-638-0700x265
Come celebrate community health!

HONOR THE YOUTH SPIRITUAL RUN II – RED LAKE TO STANDING ROCK OCTOBER 18-23 2005

October 18, 2005 Red Lake to the White Earth Nation - 99 miles
October 19, 2005 Sunrise White Earth to Wahpeton ND - 90.34 miles
October 20, 2005 Wahpeton, ND to Waubay, SD - 90.28 miles
October 21, 2005 Waubay, SD to Roscoe, SD - 103 miles
October 22, 2005 Roscoe, SD to Mobridge, SD - 58 Miles
October 23, 2005 Mobridge, SD to Fort Yates, ND - 57 Miles

Contact information:

Twin Cities Coordinators: Jamie Edwards 612-850-2124 jsedards@locklaw.com
Patricia Shepard 612-348-6927 patricia.shepard@co.hennepin.mn.us

Red Lake Contact: Thelma May 218-679-3341

White Earth Contact: Lorna Lague 218-983-3285

Sisseton-Wahpeton Contact: Susan Tallbear 605-742-0718 susantallbear@msn.com

Aberdeen/Standing Rock Contacts: Margaret Gates 701-854-7143

Nola Clairmore 701-854-7115

Red Lake Contact Information: Thelma May 218-679-3341

Running Coordinator contact information: Xiomara Bell 612-729-766 xbell@mn.rr.com

FROM THE FIELD

WHAT'S UP IN MN?

- ◆ **SEND US YOUR INPUT** – yr@chartermi.net with the subject line: "for newsletter."
- ◆ **The Mankato Chapter of Yellow Ribbon** will hold youth board sign up during Yellow Ribbon Suicide Prevention Week and have educational displays at area McDonalds and Subway Restaurants.
- ◆ **The New Ulm Chapter of Yellow Ribbon** will host a memorial walk and benefit from the Nate Richter Memorial Golf Tournament.
- ◆ **Range Mental Health** in Virginia, MN
- ◆ **Sibley County** will educate jail staff with gatekeeper training.
- ◆ **Arrowhead Yellow Ribbon**

FATAL CONNECTION: THE LINK BETWEEN GUNS AND SUICIDE

By Catherine W. Barber, MPA, Harvard Injury Control Research Center

Where there are more guns, there are more suicides, the National Research Council (NRC) concluded in a report on firearm policy released last winter. Areas with higher household gun ownership rates have higher suicide rates, even when controlling for things also associated with suicide, like divorce rates and unemployment. In 2002, 31,655 Americans took their lives, 17,108 of them with firearms.

Gun prevalence is not the only predictor of suicide rates. Cultural factors also play a key role. China, for example, has fewer guns and higher suicide rates than the U.S. But within the United States, the link, the National Research Council concluded, is clear. What is less clear is *why* that link exists. We can't ask suicide victims. But we can ask victims who nearly died from their attempts. The Centers for Disease Control and Prevention conducted a study among just such people, ages 15 – 34, and asked how much time elapsed between the time they decided to commit suicide and the time they took action. For nearly a quarter, the answer was less than five minutes. Other studies have followed victims of nearly lethal attempts and found that ten to 20 years later, 90 percent or more had not gone on to commit suicide.

This, then, is one of the most important lessons in the newly burgeoning field of suicide prevention.

Not all suicide victims have a sustained desire to die. For some, their impulse is short-lived, and what weapon they reach for during that impulse determines whether they live or die. If the weapon is immediately available, immediately lethal and irreversible, the result will be death.

If guns disappeared from the nation's homes or were always stored locked and inaccessible to more vulnerable household members, would our suicide problem disappear? No. But research suggests that the numbers would go down and many of the lives saved would be those whose impulses were most fleeting. For some, the best form of suicide prevention can be as simple as putting time or distance between the impulse to die and the weapon at hand.

Article found in ADVANCING SUICIDE PREVENTION JULY/AUGUST 2005

www.advancingsp.com

RESOURCES

DOWNLOAD "ADVANCING SUICIDE PREVENTION" THE NATIONAL JOURNAL ONLINE

The newest edition of the journal contains articles on suicide in rural America and the soaring rates among Native Americans.

www.advancingsp.com

HURRICAN KATRINA AFTERMATH RESOURCES FOR MENTAL HEALTH

The UCLA School Mental Health Project's Center for Mental Health in Schools has the following resource list available (click on Yellow button icon to the right of the page labeled "Hurricane Aftermath"):

<http://smhp.psych.ucla.edu/>

The Suicide Prevention Resource Center has compiled a list of resources for dealing with the aftermath of Hurricane Katrina. Topics include general disaster relief, volunteering and contributing, and meeting

chapter of Duluth will be selling yellow wristbands with the slogan – Be a LINK to life. They will hold an educational event at Miller Dwan.

- ◆ **Cass, Todd, Wadena and Morrison Counties** are planning displays in local libraries this fall. Also, they have great links to suicide prevention information on their county websites.
- ◆ **People Connection, Bemidji Healthy Communities/ Healthy Kids, Koochiching Family Collaborative and others** – will participate in a train the trainer session being held in northern Minnesota – contact [Kelsie Powers](#) for details.

the mental needs of the hurricane survivors. Also, a selected list of resources for schools is offered. The list of resources is on the SPRC website at http://www.sprc.org/library/hurricane_katrina_resources.pdf.

UPCOMING SURVIVOR TRAINING PROGRAMS

If you've been looking for a way to reach out to fellow survivors, here it is. It is appropriate for survivors who are at least two years from their loss (mental health professionals are also welcome). 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. Additional information and the registration form can be found at http://www.afsp.org/survivor/training_mo.htm (Questions? Call 1-888-333-AFSP ext. 10).

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:

VIRGINIA September 20, 2005,
DULUTH September 21, 2005,
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:

Disruptive Behavior Spectrum Disorders - October 6, 2005, 9:00 AM to Noon
Antisocial Personality Disorder - October 6, 2005, 1:00 to 4:15 PM
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

UPCOMING MINNESOTA FUNDERS DEADLINES

October 1

- Edward L. Anderson Charitable Trust
- Athwin Foundation
- Edward R. Bazinet Foundation
- Duluth-Superior Area Community Foundation
- H.B. Fuller Foundation
- Virginia A. Groot Foundation (scholarships)
- The Hubbard Broadcasting Foundation
- Margaret H. and James E. Kelley Foundation, Inc.
- Mankato Area Foundation
- The Pentair Foundation
- Piper Jaffray (Building Strong Youth)
- Rahr Foundation
- The Ritz Foundation
- Schmitt Biomimetic Charitable Foundation
- Trust for the Meditation Process
- Wells Fargo Foundation Minnesota (for Twin Cities funding)

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 enewsletter, 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 enewsletter 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.