

TSPN CALL TO ACTION

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TENNESSEE SUICIDE PREVENTION NETWORK



SUICIDE PREVENTION AWARENESS MONTH: A TIME FOR REFLECTION AND ACTION

The following is a message from TSPN Executive Director Scott Ridgway.

For me, Suicide Prevention Awareness Month is not only a time of awareness and educational outreach, but also reflection. It is an opportunity for me to look back on what TSPN has achieved since the last observance and where we can go next. This year has me feeling more contemplative than usual, not just because of 15 years of serving as Executive Director, but also because of all we've accomplished this year.

Our agency is fully staffed and working on multiple projects on a statewide level, from our Zero Suicide Initiative to our Gun Safety Project to our provision of resources to local emergency rooms. The passage of Jared's Law earlier this year means our staff and volunteers are working harder than ever to provide training and resources to school districts and employees. We continue our forays into the field of social media, and our redesigned website and messaging systems will allow us to reach more people on more devices.

We have our work cut out for us. As of 2014, Tennessee experienced three suicides every day. Our staff and volunteers have been called in to provide services to no less than four schools affected by suicide deaths since August 1. The need for awareness and understanding about the causes of suicide and what to do in a crisis is more urgent than ever.

This year's Suicide Prevention Awareness Month observance includes the usual assortment of conferences, vigils, concerts, and other activities, albeit with some twists (see pages 2-3). One thing TSPN is trying to advance this year is the expansion of our annual proclamation project beyond county and municipal governments, but to mental health facilities, social service agencies, and private businesses as well. If you know of such an entity whose leaders might be interested in declaring Suicide



Above: Mark Farley, Executive Director of the Upper Cumberland Development District (UCDD) (seated at left), signs a Suicide Prevention Awareness Month proclamation on behalf of the organization on August 25. Also pictured, from left to right: Sarah Cunningham, Communications Director for UCDD, Executive Director Scott Ridgway, Upper Cumberland Regional Chair Anne Stamps, and Adam Heckman of Youth Villages.

Prevention Awareness Month, we encourage you to provide them with a copy of the proclamation document. You can download it on our website (<http://tspn.org/suicide-prevention-awareness-month-2016>), along with our "30 Days of Suicide Prevention" calendar.

We look forward to having you join us this month as we remember those we have lost, celebrate our successes, and work towards our goal of preventing suicide and saving lives in Tennessee.

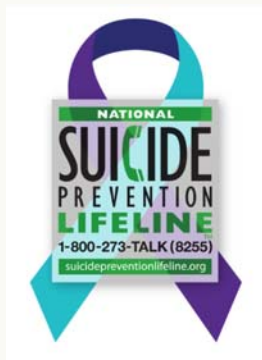


John Smith, Mayor of McNairy County, and Ronnie Brooks, Mayor of Selmer, sign off on Suicide Prevention Awareness Month proclamations as Bellis May, TSPN's Rural West Regional Chair, looks on (Photo courtesy of McNairy County Economic Development and Chamber of Commerce).

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446 METROPLEX DRIVE
SUITE A-224
NASHVILLE, TN 37211
PHONE: (615) 297-1077
FAX: (615) 269-5413
E-MAIL: TSPN@TSPN.ORG
WWW.TSPN.ORG



SUICIDE PREVENTION AWARENESS MONTH DIGEST

The following events have been scheduled as part of TSPN's annual statewide observance of Suicide Prevention Awareness Month. For your convenience, they have been divided up by Tennessee Grand Regions.

NOTE: this list represents only activities that have been finalized as of press time. For the latest information on these and other projects, see the Suicide Prevention Awareness Month page on the TSPN website (<http://tspn.org/suicide-prevention-awareness-month-2016>).

Middle Tennessee

Tuesday, September 6 (6 PM): "Trousdale Remembers", Hartsville Courthouse Lawn, 200 East Main Street, ZIP 37074. Event will feature remarks from two area survivors of suicide. Contact Brenda Harper at bsharper0925@gmail.com for details.

Thursday, September 8 (6-8 PM): "Light to Hope" awareness/memorial event; Cookeville Higher Education Campus, 1000 Neal Street, Cookeville. To include musical performances and presentations from local mental health experts. Pre-registration available at <http://light-to-hope-16.eventbrite.com>.

Friday, September 9: #WeMatter Suicide Prevention Gala; Studio 615, 272 Broadmoor Drive, Nashville, ZIP 37207. Contact Emoni Wilkins at emoniwilkins@gmail.com for details.

Saturday, September 10: Nashville Music Row Walk, Owen Bradley Park. Check-in/registration at 9 AM, walk begins at 10, walk ends at 12 PM. For more information, please contact Josh Easler at josh.easler@sonymusic.com or (615) 969-7262. Register and/or donate for this walk at <http://bit.ly/2agKCxZ>.

Save The Date

Tennessee Suicide Prevention Network
"Saving Lives in Tennessee"

**TSPN's Upper Cumberland Regional
Suicide Prevention
11th Annual "Light to Hope" Event**

**Cookeville Higher Education Campus
1000 Neal Street
Thursday, September 8, 2016
6:00 – 8:00 PM**

Pre-registration available at <http://light-to-hope-16.eventbrite.com>.

Help us to remember those affected by suicide



Memphis/Shelby County Region Suicide Prevention Awareness Hope and Suicide Prevention

Free to all guests
Continental breakfast

2.5 contact hours available and
.2 CEUs available from the
University of Tennessee-Martin
for \$20

Dr. M. David Rudd, President of the University of Memphis, Distinguished University Professor of Psychology, Past-President of the American Association of Suicidology, and co-author of "Treating Suicidal Behavior: An Effective, Time-Limited Approach" will provide insight into the relationship of hope and suicide. His presentation is titled:

Hope and Suicide Prevention:

This free event will give healthcare providers, mental health workers, school staff and the general public a more in-depth understanding of suicide. Local city and county mayors have been invited to present Suicide Prevention Awareness Month proclamations.

The proceedings will include discussion of local and statewide suicide trends, presentations from people who have lost loved ones to suicide and survivors of suicide attempts, and a review of local mental health and crisis intervention resources.

Friday, September 9, 2016
9:00-11:45 AM
(registration starts at 8:15 AM)

Hope Church (South Hall)
8500 Walnut Grove Rd.
Cordova, TN 38088

RSVP online required at
slms16.eventbrite.com
Space is limited to the first 300
registrants

Saturday, September 10: Annual Suicide Awareness & Prevention Walk/Program, Farmer's Market Pavilion and Jerry Dixon Walking Trail, Centerville. Sponsored by the Hickman-Perry County Suicide Prevention Task Force. To include presentations by the Task Force and the Mental Health Subcommittee of the Hickman County Health Council. Guest speaker Rachel Moore. Contact Jennifer Harris at jennifer.harris@sth.org for details.

Tuesday, September 13 (6 PM): Wilson County "Never Alone", awareness/memorial event, Cumberland University (quad outside dining hall), 1 Cumberland Square, Lebanon. The event will feature two local survivors, as well as the local veterans affairs officer who will address the issues around veteran/military suicides. Musical performance and presentation by Your Heart on Art, Inc, also scheduled. Contact Brenda Harper at bsharper0925@gmail.com for details.

Tuesday, September 20 (6 PM): "Macon Memories", Key Park, Church Street, Lafayette. The event will feature a local survivor of suicide as well as the local veterans affairs officer. Students from Macon County High School to participate as well. Contact Brenda Harper at bsharper0925@gmail.com for details.

Thursday, September 22 (6 PM): Mid-Cumberland Suicide Prevention Awareness Month event, New Life Baptist Church, 4809 Gallatin Pike, in Nashville, ZIP 37216. The event will include a picnic dinner, several guest speakers, a bubble release, and performances by the cast of the musical "7 Ways to Sunday". Pre-registration required; available at <https://mcspae16.eventbrite.com>.



SUICIDE PREVENTION AWARENESS MONTH DIGEST (CONTINUED)

Friday, September 23 (8 AM-12 PM): Suicide Prevention and Awareness Training (“One Team, One Fight”), 3135 Trenton Road, Clarksville, ZIP 37040. This training session is intended for pastors, ministry leaders, and funeral home directors and is by invitation only. Sponsored by Cumberland Hall Hospital. Contact Misty Leitsch at mleitsch@tspn.org or (615) 312-3121 for more details.

Saturday, October 1 (4-8 PM): Awareness Walk/Balloon Release, Old Franklin County Football Field, 839 Dinah Shore Boulevard, Winchester. Sponsored by “Making a Difference: Suicide Awareness Matters”. Contact Ellen Stowers at ellen.stowers1970@gmail.net for more information.

West Tennessee

Thursday, September 1 (8:30 AM-3 PM): “Saving Lives in Rural West Tennessee”, Ayers Auditorium, Jackson-Madison County General Hospital, 620 Skyline Drive, Jackson, ZIP 38301. Full agenda and online registration available at slrwt16.eventbrite.com.

Friday, September 9 (9 AM-12 PM): Memphis/Shelby County Suicide Prevention Awareness Month Event, 8500 Walnut Grove Road, Memphis, ZIP 38018. Keynote speaker: M. David Rudd, Ph.D., President of the University of Memphis. Additional details available at <http://tspn.org/wp-content/uploads/2016/07/SLMSC-2016.pdf>. Pre-registration available at <http://slms16.eventbrite.com>.

Saturday, October 22: Memphis-MidSouth Walk, Memphis Botanic Garden, 750 Cherry Road. Check-in/registration at 9 AM, walk begins at 10, walk ends at 12 PM. For more information, please contact Tonia Howell at tonia.howell@gmail.com or (901) 652-0312. Register and/or donate for this walk at <http://bit.ly/29Z1A4j>.

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### East Tennessee

**Saturday, September 3 (7 PM):** TSPN Benefit Concert, Open Chord Music, 8502 Kingston Pike, Knoxville, ZIP 37919. To include performances by Annandale, Jimmy & the Jawbones, OverSoul, Tears to Embers, and the Worn Out Souls. Contact Amy Dolinky at [adolinky@tspn.org](mailto:adolinky@tspn.org) or (847) 309-4340 for details.

**Thursday, September 15 (11 AM-2:30 PM):** LGBTQ Youth and Suicide Prevention Event, Bridgewater Place, 205 Bridgewater Road, Knoxville, ZIP 37923. The event will include a panel discussion featuring local experts on LGBTQ youth issues, including faith responses, homelessness/transitional living situations, and suicide risk. Contact Amy Dolinky at [adolinky@tspn.org](mailto:adolinky@tspn.org) or (847) 309-4340 for details.

**Thursday, September 15 (5:30 PM): “We Are Glass”**, The Camp House, 149 East MLK Boulevard, Chattanooga, ZIP 37402. The event will feature an interactive art display, spoken word and musical performances, refreshments, and visiting local community agencies interested in preventing suicide. Sponsored by Omni Community Health. Registration available at [glasschattanooga.eventbrite.com](http://glasschattanooga.eventbrite.com).

**Friday, September 16 (all day):** East Tennessee “Stand Together” social media campaign. Participants will post photos of themselves wearing turquoise and/or purple with the hashtags #EndSuicide2016, #TSPN, or #ETStandTogether. Contact Amy Dolinky at [adolinky@tspn.org](mailto:adolinky@tspn.org) or (847) 309-4340 for details.

**Saturday, October 1:** Knoxville TN Community Walk, Victor Ashe Park. Check-in/registration at 8:30 AM, walk begins at 9:30, walk ends at 12 PM. For more information, please contact P.J. Alexander at [pj4031@tds.net](mailto:pj4031@tds.net) / (865) 671-9631 or Patrick Wade at [patrickwade@gmail.com](mailto:patrickwade@gmail.com) / (865) 696-1182. Register and/or donate for this walk at <http://bit.ly/2ae0BKx>.

**Saturday, October 22:** Chattanooga Walk, Tennessee Riverpark at the Hubert Fry Pavilion. Check-in/registration at 9 AM, walk begins at 10, walk ends at 1 PM. For more information, please contact Holly Sanders at [hsanders74@comcast.net](mailto:hsanders74@comcast.net) / (423) 653-1739 or Lisa Miller at [cherrubs99@gmail.com](mailto:cherrubs99@gmail.com) / (423) 316-9054. Register and/or donate for this walk at <http://bit.ly/29Tp3xX>.



An event inspired by September Suicide Prevention Month

# WE ARE GLASS

Sept 15, 2016 @ 530p

The Camp House  
149 E MLK Blvd

The Tennessee Suicide Prevention Network

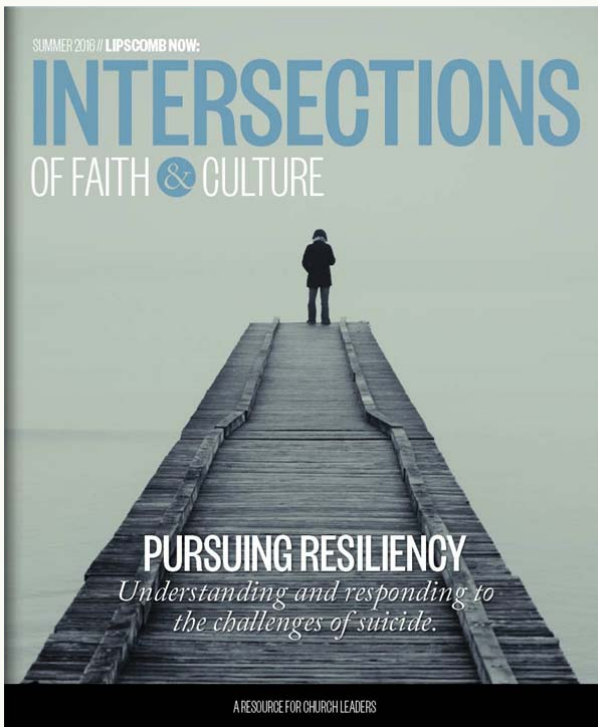
Camelot & Parkridge Valley  
Omni Community Health Mental Health Cooperative

Invite you to an evening of art, advocacy, connection, and hope.

To reserve seating, exhibit, or for more information click:

[GLASSCHATTANOOGA.EVENTBRITE.COM](http://GLASSCHATTANOOGA.EVENTBRITE.COM)

## LIPSCOMB UNIVERSITY MAGAZINE FOCUSES ON SUICIDE PREVENTION



The latest edition of *Intersections*, Lipscomb University's quarterly magazine for church leaders, is devoted to the issue of suicide prevention from a pastoral perspective.

It features information and resources on suicide, particularly the problem as it pertains to college campuses, with a focus on the federal Garrett Lee Smith Campus Suicide Prevention Program. It provides information on the QPR suicide prevention training protocol and showcases its suitability for churches and faith groups.

Other articles in this edition focus on the connection between suicide and combat trauma, building emotional resiliency in children and youth, and proactive steps church and youth group leaders can use to prevent suicide among the groups they serve. Recommendations are also provided for consoling families and congregations affected by a suicide death.

Adam Graham, Supervisor of Emergency Diversion Services at Mental Health Cooperative and chair of TSPN's Davidson County Suicide Prevention Task Force, is among the contributors to this edition, as is TSPN Executive Director Scott Ridgway.

The current edition of *Intersections* is available for review online at [www.lipscomb.edu/servingchurches/flipbook/detail/50](http://www.lipscomb.edu/servingchurches/flipbook/detail/50).

## MASS MEDIA INACCURATELY LINKS MENTAL ILLNESS, VIOLENCE

Almost four out of ten news stories about mental illness associate it with violent behavior towards others, a trend that has only grown more intense in the last twenty years. This biased news coverage contributes to inaccurate and dangerous misconceptions about people with mental illness.

Researchers at the Johns Hopkins Bloomberg School of Public Health sampled 400 news stories on mental illness which ran in or were broadcast by any of 11 major U.S. media outlets over a 20-year period. 55% of them referenced violence at some point, with 38% mentioning violence towards others and 29% linking mental illness directly with suicide. While many of the stories reference treatment (47%), only 14% spotlight a treatment or recovery process with a successful outcome. Only 8% mentioned that people with mental illness are seldom violent towards others.

If anything, there is evidence that this trend towards sensationalizing mental illness is increasing. Of the newspaper stories studied that linked mental illness with violence, only 1% ran on the front page during the first decade (1994-2005) of the study, but 18% made it to the front page in the second, more recent half (2005-14). Connections of mental illness to mass shootings went from 9% in the first decade to 22% in the second, even while FBI statistics show that the actual number of such incidents held steady during that timeframe.

"Most people with mental illness are not violent toward others and most violence is not caused by mental illness, but you would never know that by looking at media coverage of incidents," observes study lead author Emma E. McGinty, assistant professor in the departments of Health Policy and Management and Mental Health at the Bloomberg School. "In an ideal world, reporting would make clear the low percentage of people with mental illness who commit violence."

According to a June 6 summary of the paper on the ScienceDaily website, at any given moment one out of 5 people in the U.S. has some form of mental illness, and half the population receives such a diagnosis at some point in their lives. But less than 5% of violent crime in the United States can be directly related to mental illness.

The citation for this study is as follows: E. E. McGinty, et al. (2016). Trends in news media coverage of mental illness in the United States: 1995-2014. *Health Affairs* 35(6): 1121.



# TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in **bold and in sapphire** indicate alternate meeting dates intended to accommodate state holidays or other previously scheduled events.

**East Tennessee Region**

monthly, 3rd Thursday, 12:15 PM  
Third Floor Conference Room, Cherokee Health Systems, 2018 Western Avenue, Knoxville, 37921  
no meeting in September, October 20, November 17, no meeting in December

**Memphis/Shelby County Region**

monthly, 3rd Tuesday, 11:30 AM  
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105  
no meeting in September, October 18, November 15, no meeting in December

**Mid-Cumberland Region**

monthly, 2nd Thursday, 9:30 AM  
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211  
no meeting in September, October 13, November 10 (location TBD), December 8

**Northeast Region**

monthly, 4th Thursday, 9:00 AM  
Frontier Health, 1167 Spratin Park Drive, Gray, 37615  
no meeting in September, October 27, and **November 17**

**Rural West**

monthly, 3rd Wednesday, 10:30 AM  
Fifth Floor, West Tennessee Healthcare Building, 1804 Highway 45 Bypass, Jackson, 38305  
no meeting in September, October 19, and November 16

**South Central**

monthly, 1st Wednesday, 11:00 AM  
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401  
no meeting in September, October 5, November 2, and December 7

**Southeast Region**

monthly, first Thursday, 11:30 AM  
Omni Community Health, 1635 Chestnut Street, Chattanooga, 37408  
no meeting in September, October 6, November 3, and December 1

**Upper Cumberland Region**

monthly, 4th Thursday, 9:00 AM  
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502  
no meeting in September, October 27, **November 17**, and December 22

**Intra-State Department Meetings**

2 PM–4 PM  
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, TN 37211  
November 9

**Advisory Council**

September 14 (Trevecca Community Church, 335 Murfreesboro Road, Nashville, 37210)

**Blount County Mental Health Awareness and Suicide Prevention Alliance**

monthly, 1st Friday, 12:00 PM  
Boys and Girls Club Meeting Room, Fort Craig Elementary School, 520 South Washington Street, Maryville, 37804  
September 2, October 7, November 4, and December 2

**Bradley-McMinn-Meigs-Polk Counties Suicide Prevention Task Force**

monthly, 2nd Wednesday, 11:30 AM  
Pine Ridge Treatment Center, Tennova Healthcare, 2800 Westside Drive Northwest, Cleveland, 37312  
no meeting in September, October 12, November 9, and December 14

**Davidson County Suicide Prevention Task Force**

monthly, 4th Tuesday, 3:00 PM  
Large Conference Room at Mental Health Cooperative, 275 Cumberland Bend Drive, Nashville 37228  
no meeting in September, October 25, **November 15**, no meeting in December

**Giles County Suicide Prevention Task Force**

quarterly, 3rd Monday, 10:30 AM  
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478  
December 19

**Behavioral Health and Suicide Prevention for Hickman-Perry Counties**

monthly, 4th Friday, 12:00 PM (lunch served at 11:30 AM)  
Conference Room, St. Thomas Hickman Hospital, 135 East Swan Street, Centerville, 37033  
no meeting in September, October 28, **November 18**, no meeting in December

**Montgomery-Houston-Humphreys-Stewart Suicide Prevention Task Force**

monthly, 3rd Friday, 9 AM  
Youth Villages, 651 Stowe Court, Clarksville, 37040  
no meeting in September, October 21, November 18, December 16

**Rutherford County Suicide Prevention Coalition**

monthly, 1st Tuesday, 5:15 PM  
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129  
no meeting in September, October 4, November 1, and December 6



Below, Polk County Executive Hoyt Firestone (second from left in front row) and assorted community member of the Southeast Region pose for a photo following the signature of a proclamation for that county. Also pictured, from left to right, Dr. James Jones, Director of Schools; Tim Tatum, Director of Behavioral Health, Tennova Healthcare Cleveland (chair of TSPN's Southeast Region); Joyce Clem, Southeast Region Tennessee Department of Health; Donna Calhoun, UT/TSU Extension Agent and Chair, Polk County Health Council; (back row) John Smith, Boys & Girls Club, Benton Unit; Payten Holcombe, Community Outreach Coordinator, Tennova Healthcare, Cleveland; Reverend Dave Whaley, Benton United Methodist Church; Gloria Risko, Polk County Health Council; Jeannie Bentley, Director Polk County Health Department, Corina Jones, Director Polk County Coordinated School Health; Wilma Jean Pippenger, Polk County Coordinated School Health; and Steve Ross, Sheriff of Polk County (photo courtesy of Ms. Calhoun).



# ADVISORY COUNCIL CONTACT INFORMATION

If you are interested in getting involved with TSPN on a local level or have other questions, contact the chairperson of your region as indicated by the map provided below:

**East Tennessee region**

Anne Young, MS, CAS  
(865) 216-9884

[anneyoung@cornerstoneofrecovery.com](mailto:anneyoung@cornerstoneofrecovery.com)

**Memphis and Shelby County**

Pastor Waring Porter  
(901) 233-2175

[wporter@allsaintspres.com](mailto:wporter@allsaintspres.com)

**Mid-Cumberland region**

Eileen Wallach, LCSW, C-GC  
(615) 456-3777

[eileen@yourheartonart.org](mailto:eileen@yourheartonart.org)

**Northeast region**

Jack Stewart, MA  
(423) 787-1663

[bluespringsdc@yahoo.com](mailto:bluespringsdc@yahoo.com)

**Rural West region**

Bellis May, BS  
(731) 632-3301

[bellisalexander@hotmail.com](mailto:bellisalexander@hotmail.com)

**South Central region**

Karyl Chastain Beal, MEd, CT  
(931) 388-9289

[karylcb@bellsouth.net](mailto:karylcb@bellsouth.net)

**Southeast region**

Eve Nite  
(423) 697-5952

[enite@mhc-tn.org](mailto:enite@mhc-tn.org)

**Upper Cumberland region**

Anne Stamps  
(931) 484-8020 or 823-5678  
[jstamps@vbhcs.org](mailto:jstamps@vbhcs.org)

**Advisory Council Chair**

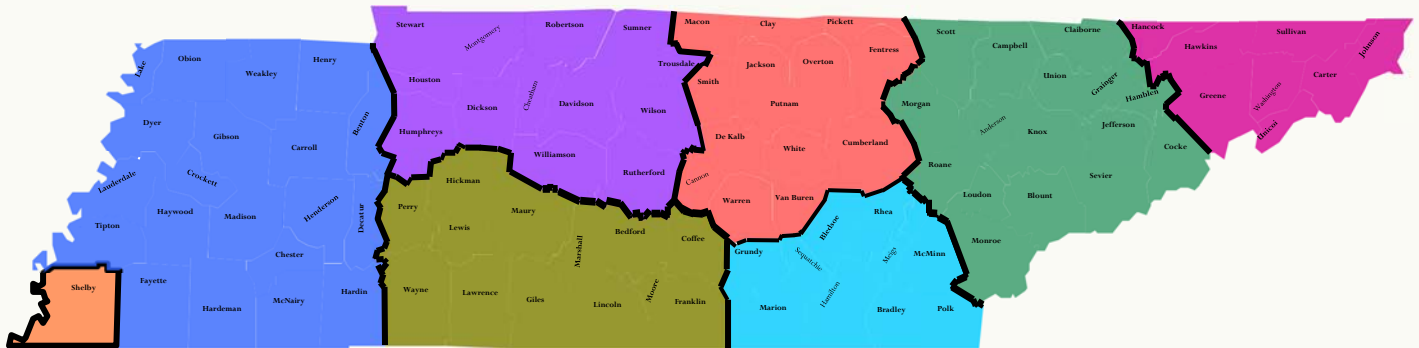
Tim Tatum, MA, LPC-MHSP  
(423) 339-4351  
[tim.tatum@mytennova.com](mailto:tim.tatum@mytennova.com)

**Executive Director**

Scott Ridgway, MS  
(615) 297-1077  
[sridgway@tspn.org](mailto:sridgway@tspn.org)

**Advisory Council Emeritus Group Chair**

Jodi Bartlett, Ed. S, LPC-MHSP  
(931) 423-7866 or  
(931) 423-4123, ext. 166  
[jbartlett@vbhcs.org](mailto:jbartlett@vbhcs.org)



**TSPN Staff**

Scott Ridgway, MS; Executive Director: (615) 297-1077 or [sridgway@tspn.org](mailto:sridgway@tspn.org)

Misty Leitsch, BSW, BBA; Zero Suicide Coordinator: (615) 312-3121 or [mleitsch@tspn.org](mailto:mleitsch@tspn.org)

Amy Dolinky, BA, East Tennessee Regional Coordinator: (847) 309-4340 or [adolinky@tspn.org](mailto:adolinky@tspn.org)

Samantha Nadler, LMSW, Middle Tennessee Regional Coordinator: (615) 312-3116 or [snadler@tspn.org](mailto:snadler@tspn.org)

Joanne Perley, MPH, West Tennessee Regional Coordinator: (931) 215-3954 or [jperley@tspn.org](mailto:jperley@tspn.org)

Vladimir Enlow, MTS, Executive Assistant: (615) 297-1077 or [vladmire@tspn.org](mailto:vladmire@tspn.org)