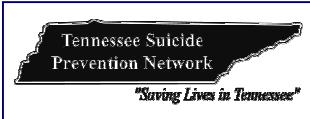


TSPN CALL TO ACTION

VOLUME 9, ISSUE 9
SEPTEMBER 2013

TENNESSEE SUICIDE PREVENTION NETWORK



SUICIDE PREVENTION AWARENESS MONTH TO INCLUDE SEMINARS AND OBSERVANCES STATEWIDE

This year's Suicide Prevention Awareness Month campaign got off to a successful early start on August 27 with the Eighth Annual "Light of Hope" event. Over 200 people came out to Dogwood Park Pavilion for personal stories and musical performances. For details on the proceedings, refer to page 3 of this publication.



Christina Mick, Ed.D., of Tennessee Tech University (center), was presented with this year's Regional Suicide Prevention Award for the Upper Cumberland Region at the "Light of Hope" event. Mick was honored for her suicide prevention awareness training efforts at the university. Also pictured are TSPN Upper Cumberland Regional Chair Jodi Bartlett and TSPN Executive Director Scott Ridgway (photo courtesy of Justin Sweatman-Weaver).

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The highlight of this year's observance will be our statewide Suicide Prevention Awareness Month Event, scheduled for Wednesday, September 11 at 10:30 AM at Trevecca Community Church, located at 335 Murfreesboro Pike in Nashville.

State Rep. Jeremy Faison (R-Cosby) will present this year's Suicide Prevention Awareness Month proclamation on behalf of the Governor's Office. Dr. Bill Parsons, Chief Administrator of Vanderbilt Psychiatric Hospital (which is also sponsoring the event luncheon) is scheduled to speak along with Janice Johnson Browne, Ph.D.. Browne supervised the original state grant that eventually became TSPN. Since then she has done missionary work in Ethiopia, released a spoken-word album, and is currently an adjunct professor at Tennessee State University.

The event will also feature the presentation of the newest "Love Never Dies" memorial quilt. Additionally, the Regional Suicide Prevention Awards and the Madge and Ken Tullis, MD, Suicide Prevention Award will be presented to community activists who have made significant contributions to suicide prevention in the last year. RSVPs may be sent to the TSPN central office at tspn@tspn.org.

In addition to our Suicide Prevention Awareness Day event, these other programs and conferences are scheduled as part of this year's observance, staged either by TSPN or community partners:

Suicide Prevention Awareness Week at Memphis VA Medical Center. September 3-6. The observance will include patient appreciation events, suicide prevention training sessions, a community resource fair, and a fashion show. Full listing of events at <http://bit.ly/12Pfdn3>.

Veterans 2013 Wild West Talent Show. September 5, 11:45 AM: Atrium of Building 200, James H. Quillen VA Medical Center, Mountain Home. Sponsored by the JHQVAMC Suicide Prevention Program. Competition limited to veterans only. Details available from Janice Bennett at Janice.Bennett2@va.gov.

Middle Tennessee Suicide Prevention Awareness Month Event. September 5, 5:30 PM: "Healing for Yesterday, Educating Today and Hope for Tomorrow". Centennial Park Event Shelter (next to McDonald's), 2500 West End, Nashville. A picnic dinner will immediately follow the event. RSVPs may be sent to the TSPN central office at tspn@tspn.org.

Wellness Walk at Fort Campbell. September 7, 9 AM: Sportsman's Lodge, 6633 Sportsmans Lane Road, Fort Campbell, KY. More information available from Maj. Joe Varney, USA (ret.) at joseph.varney@us.army.mil.

Suicide Prevention Forum. September 9, 6 PM: Auditorium at Avery Trace Middle School, 230 Raider Drive, Cookeville. Sponsored by the Daniel Seal Suicide Prevention Foundation. More information available from John Rust at john.rust@tn.gov or (931) 646-0955.

295 PLUS PARK BOULEVARD,
SUITE 201
NASHVILLE, TN 37217
PHONE: (615) 297-1077
FAX: (615) 269-5413
E-MAIL: TSPN@TSPN.ORG
WWW.TSPN.ORG

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

SUICIDE PREVENTION AWARENESS MONTH (CONTINUED)

Suicide Prevention Memorial Walk. September 14, 7:30 AM: Pulaski Recreation Center, 333 East College Street, Pulaski. Registration for the 5K walk begins at 7:30 AM; the walk will be immediately followed by a memorial event. Details available from Pam Arnell at angel1@energize.net or (931) 638-7131.

Memphis/Shelby County Region Suicide Prevention Awareness Month Event. September 17, 9 AM: South Hall, Hope Presbyterian Church, located at 8500 Walnut Grove Road in Cordova. Presentation "School Community Crisis Response" by Dr. Bernard. Registration is available online at www.sccr091713.eventbrite.com; 200 slots are available.

"Never Alone" Memorial and Awareness Event—Lebanon. September 17, 6 PM: First United Methodist Church, 415 West Main Street. Details available from Brenda Harper at bsharper@comcast.net.

Firearms Safety and Awareness Presentation. September 18, 1 PM: Room A061K Conference Center Bldg 200, James H. Quillen VA Medical Center, Mountain Home. Presented by Sgt. Chris Pritchard, of the VA Police Department. Sponsored by the JHQVAMC Suicide Prevention Program. Details available from Janice Bennett at Janice.Bennett2@va.gov.

"Never Alone" Memorial and Awareness Event—Mt. Juliet. September 19, 6 PM: Mt. Juliet Church of Christ, 1940 North Mount Juliet Road. Details available from Brenda Harper at bsharper@comcast.net.

Rural West Region Suicide Prevention Awareness Month Event. September 20, 9 AM: "Saving Lives in Rural West Tennessee", Boling University Center on the University of Tennessee-Martin campus, located at 11 Wayne Fisher Drive. Registration and full agenda available at www.slrwt.eventbrite.com.

Youth Suicide & Bullying Prevention Crusade. September 21, 10 AM: Clement Auditorium on the campus of Austin Peay State University in Clarksville. Hosted by Young Daughters of Destiny, Org., and affiliates. More information available from Rita Ewing at ritwin931@aol.com.

Northeast Region Suicide Prevention Awareness Month Event. September 24, 9 AM: Auditorium within Building A, Student Services at Northeast State Community College, located at 2425 Highway 75 in Blountville. Presentation "School Community Crisis Response" by Dr. Bernard. Registration is available online at www.sccr092413.eventbrite.com; 225 slots are available.

4th Annual VA/Community Partners Resource Fair. September 24, 10 AM: Hospital Atrium, James H. Quillen VA Medical Center, Mountain Home. Details available from Janice Bennett at Janice.Bennett2@va.gov.

East Tennessee Region Suicide Prevention Awareness Month Event. September 25, 10 AM: "Preventing Tragedy, Promoting Hope", Crowne Plaza Knoxville, Crown Plaza Knoxville, located at 401 West Summit Hill Drive. Clark Flatt, President/CEO of the Jason Foundation, Inc., and state Representative Jeremy Faison has been confirmed to speak. Registration is available online at www.etccysuicideprevention.eventbrite.com.

"Trousdale Remembers" Memorial and Awareness Event—Hartsville. September 26, 6 PM: Trousdale County Courthouse, 200 East Main Street. Details available from Brenda Harper at bsharper@comcast.net.

South Central Region Suicide Prevention Awareness Month Event. September 28, 3 PM: Suicide Awareness Memorial Walk/Hickman County Task Force 10th Anniversary Celebration; Jerry Dixon Walking Trail and Farmer's Market Pavilion, Centerville. The theme of this event is "A Community Response, 10 Years Later." A picnic/potluck dinner will immediately follow the event.

Northeast Region Suicide Prevention Awareness Month Event. September 29, 2 PM: 8th Annual Memorial Walk, Shelter 5, Duck Island / Warrior's Path State Park in Kingsport.

Southeast Region Suicide Prevention Awareness Month Event. October 3, 9 AM: "Saving Lives in Southeast Tennessee". AIM Center, located at 472 West MLK Boulevard, Chattanooga. A conference agenda and registration is currently available online at www.slset.eventbrite.com.

Second Annual Suicide Prevention Awareness Walk. October 5: Winchester City Park, 2000 Old Tullahoma Road, Winchester. Organized by the Making A Difference Suicide Prevention Network (MADSAM) and Contact Lifeline. Sponsored by Moore-Cortner Funeral Homes. More information is available from Tonya Garner at tonya.garner@tn.gov or (931) 967-3826, extension 111.

Rural West Mental Health Awareness Month Event. October 25, 9 AM: Presentation "School Community Crisis Response" by Dr. Bernard. Grant Event Center, Union University campus in Jackson. Registration is available online at www.sccr102513.eventbrite.com; 200 slots are available.

Additional information about all these events is available on the website or the respective Eventbrite portal.

We encourage you to attend at least one of these events, and we thank you for your ongoing support of TSPN's suicide prevention efforts.

UPPER CUMBERLAND REGION STAGES "LIGHT OF HOPE" EVENT



Mike Seal reflects on the death of his son Daniel, his family's subsequent involvement in the suicide prevention movement, and the need to promote available community mental health resources (photo courtesy of Justin Sweatman).

The Eighth Annual "Light of Hope" event, held August 27 in Cookeville's Dogwood Park, served as the official kick-off of TSPN's Suicide Prevention Awareness Month observance.

About 200 people, an all-time high for this event, were in attendance. Mike Seal, co-founder of Daniel Seal Suicide Prevention Foundation, provided the primary address; he was joined by guests and TSPN members who talked about having lost someone to suicide or survived a suicide attempt. The Algood Middle School Choir performed two songs, and the event also included performances by two students in foster care.

The Upper Cumberland Regional "Love Never Dies" Memorial Quilt was presented for signing by guests, and Suicide Prevention Awareness Month proclamations from all 14 counties in the region were presented for review.

The Network wishes to thank all TSPN's regional members who helped organize and coordinate this event, as well as our event sponsors and supporters: Algood Middle School, Bradford Health Services, Dyer Funeral Home, Lamar Advertising, the River Community Church, Roland Digital Media, OakPoint Center at Livingston Regional Hospital, Volunteer Behavioral Health, and Ten Broeck Tennessee. We are especially obligated to the volunteers from the Peer Support Center who assisted with event set-up and takedown. Most of all, we thank all those who attended this event and committed to making suicide prevention a personal priority.

SPOTLIGHT: WORLD SUICIDE PREVENTION DAY TOOLKIT

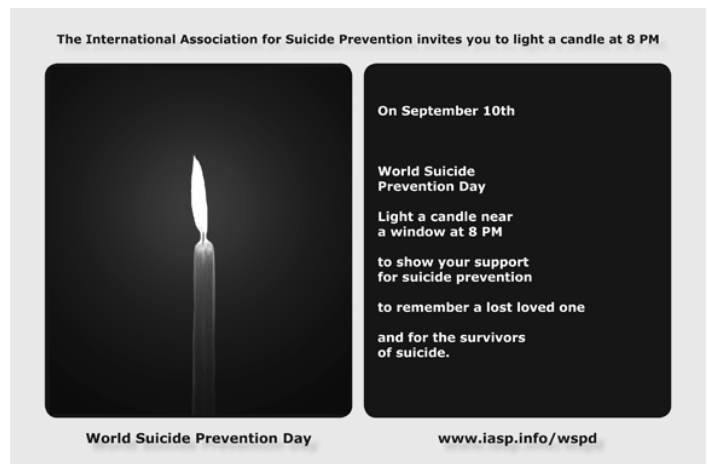
The International Association for Suicide Prevention (IASP) has prepared a selection of materials for organizations and communities to promote World Suicide Prevention Day (September 10) and the cause of Suicide Prevention.

The toolkit, available for free review at <http://bit.ly/17n1hCV>, includes compressed links to a brochure, banners, an activity sheet, a link to a PowerPoint presentation, a press kit, and assorted research related to the theme of this year's World Suicide Prevention Day observance: "Stigma: A Major Barrier to Suicide Prevention". Most materials are available in multiple languages.

Also included are e-cards or postcards for IASP's "World Suicide Prevention Day Light a Candle Near a Window at 8 PM" campaign (full information on this project is available at <http://bit.ly/16J2lBa>).

TSPN members and the general public may find some of these materials useful in promoting World Suicide Prevention Day, National Suicide Prevention Week (September 8-14), and Suicide Prevention Awareness Month within the state of Tennessee.

Founded in 1960 and currently headquartered in Oslo, Norway, IASP is a Non-Governmental Organization in official relationship with the World Health Organization (WHO) which works in over fifty countries to provide academic and professional resources for suicide prevention research and activism. More information about IASP is available at the agency's website (www.iasp.info).



The postcard for IASP's "World Suicide Prevention Day Light a Candle Near a Window at 8 PM" campaign is available in 43 languages.

SHORT FILM ADDRESSES FIREFIGHTERS' REACTION TO SUICIDE

The Carson J. Spencer Foundation, in partnership with the National Action Alliance for Suicide Prevention, and the American Association of Suicidology (AAS) has created a short film that discusses suicide risk among firefighters and available resources.



A still from "Firefighters Coping with the Aftermath of Suicide". Many of the firefighters participating in the video work out of South Metro Fire Station 34 in Lone Tree, Colorado, a Denver suburb.

"Firefighters Coping with the Aftermath of Suicide" includes stories from actual firefighters who talk about how they are personally affected by responding to suicides and by the suicide deaths of co-workers. They also point out the need for fire departments to address suicide and mental health. They observe that while firefighters are taught how to deal with potentially traumatic events, the unique emotions associated with suicide—either of someone they work with or in the course of the job—can be especially difficult to handle.

"Fire service professionals can sometimes be overlooked when thinking about the impact of suicide," explains Sally Spencer-Thomas, CEO and co-founder of the Carson J. Spencer Foundation and producer of the video, in an August 26 press release. "When a suicide occurs, their role often shifts from rescuer to fellow griever. This can sometimes be challenging for firefighters who may be unprepared for the intense, complicated, and lengthy trauma involved with suicide."

The project was supported by the Colorado Fallen Firefighters Foundation, Fire and Life Safety Educators of Colorado, the Beanstalk Foundation, and several private donations.

"Firefighters Coping with the Aftermath of Suicide" is available for viewing on YouTube (<http://www.youtube.com/watch?v=Ryy7EyAiyEQ>).

TSPN PROPOSES "ZERO SUICIDES" AS PREVENTION GOAL

The following editorial by TSPN Executive Director Scott Ridgway ran in the August 30 edition of the Tennessean. We appreciate the Tennessean's publication of the piece as part of our efforts to raise awareness about suicide prevention in our state.

September is Suicide Prevention Awareness Month in Tennessee. An estimated 900 men, women and children commit suicide each year in our state — more people than are lost to homicide, AIDS or drunken driving.

Suicide is the third-leading cause of death among youths and young adults ages 15-24 in Tennessee. According to the Tennessee Department of Health, there were 4,607 recorded suicide deaths in our state in the past five years.

According to the Tennessee Youth Risk Behavior Survey published in 2011 by the Tennessee Department of Education, 25.9 percent of high school students — approximately 1 in 4 — surveyed reported experiencing a period of sadness or hopelessness for two weeks or more that was severe enough to pull them away from their usual activities during a 12-month period. One in 7, or 14.7 percent, actually considered suicide during that period. One in 9 (11.1 percent of survey respondents) planned out how they would do it. One in 16 (6.2 percent) actually tried to take their own lives. Of those who attempted suicide, approximately 35 percent required medical attention for injuries related to their attempt.

But while youth suicide gets the most attention from mental health agencies, our state also is dealing with increasing rates of suicide among middle-aged adults hard hit by the recent recession and slow recovery. Also, the ebb of the Middle East conflicts means more soldiers will be trying to reconcile their wartime experiences with civilian life. Many of the soldiers coming back from combat deployments suffer from post-traumatic stress disorder and traumatic brain injury.

The Tennessee Suicide Prevention Network also is concerned about the issue of gun safety as it relates to suicide. Firearms are involved in roughly 600 suicide deaths in Tennessee each year — two-thirds of all suicide deaths reported in our state. Additionally, there are about 25 accidental firearm deaths in Tennessee each year, along with about 1,700 accidental shootings requiring emergency medical attention. As an alternative to potentially onerous gun-control legislation, our agency believes that safe storage of firearms is the answer, and we are currently reaching out to gun shops and firing ranges across the state to promote that ideal.

Our goal is not merely fewer suicides; it is zero suicides. Suicide remains a major and tragic threat to middle-aged adults in our state. When the people of Tennessee need us, we will be there to teach, explain, console and encourage. TSPN is staging several events across the state during September to promote the cause of suicide prevention. For information, visit our website, www.tspn.org. We hope you can attend at least one of these events and join us in the ongoing effort to make zero suicides not just an objective, but a reality for our state.

In the meantime, you can get help for someone who may be feeling suicidal — whether it's someone you know or yourself — through the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked.

East Tennessee Region

monthly, 3rd Thursday, 12:00 PM
Mental Health Association of East Tennessee, Inc., 9050 Executive Park Drive, Suite 104-A, Knoxville, 37923
October 17 and November 21

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM
Benjamin L. Hooks Central Library, 3030 Poplar Avenue, Memphis, 38111
October 15 and November 19

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
Goodwill Industries of Middle Tennessee, Inc., 937 Herman Street, Nashville, 37208
October 10, November 14, and December 12

Northeast Region

monthly, 4th Tuesday, 10:30 AM
Boone's Creek Christian Church, 305 Christian Church Road, Gray, 37615
October 22 and November 26

Rural West

monthly, 3rd Wednesday, 10:30 AM
Behavioral Health Initiatives, 36C Sandstone Circle, Jackson, 38305
October 16 and November 20

South Central

monthly, 1st Wednesday, 11:00 AM
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401
September 4, October 2, November 6, December 4

Southeast Region

monthly, 1st Thursday, 10:00 AM
Johnson Mental Health Center, 420 Bell Avenue, Chattanooga, 37405
October 3, November 7, and December 5

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502
September 26, October 24, and November 21

Intra-State Department Meetings

Volunteer Room, Tennessee Department of Labor and Workforce Development, 220 French Landing Drive, Nashville, 37243 (2:00 PM)
November 6

Advisory Council

September 11 (Trevecca Community Church, 335 Murfreesboro Pike, Nashville)
February 12, 2014 (Metro Nashville Police Department Hermitage Precinct, 3710 James Kay Lane, Hermitage)

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 6, October 4, November 1, December 6

Davidson County Suicide Prevention Task Force

monthly, 4th Wednesday, 3:00 PM
Metro Public Health Department, 201 23rd Avenue North, Nashville, 37203
November 29

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 1:30 PM
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478
September 16 and December 16

Hickman-Perry County Suicide Prevention Task Force

monthly, 4th Friday, 1:30 PM
Senior Care Building, Hickman Community Hospital, 135 East Swan Street, Centerville, 37033
September 27, October 25, and November 22

Montgomery-Houston-Humphreys-Stewart Suicide Prevention Task Force

monthly, 1st Tuesday, 9 AM
Behavioral HealthCare Center at Clarksville, 930 Professional Park Drive, Clarksville, 37040
September 3, October 1, November 5, and December 3

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 6 PM
ITNOLAP Pallet & Crating, 651 Middle Tennessee Road, Murfreesboro, 37129
September 3, October 1, November 5, and December 3

