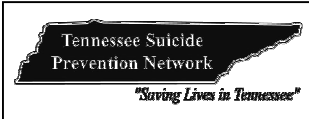


TSPN CALL TO ACTION

VOLUME 10, ISSUE 8
AUGUST 2014

TENNESSEE SUICIDE PREVENTION NETWORK



ACTIVITIES PLANNED ACROSS STATE FOR SUICIDE PREVENTION AWARENESS MONTH

The Tennessee Suicide Prevention Network cordially invites you to our Suicide Prevention Awareness Day event, scheduled for 10:30 AM on Wednesday, September 10, at Trevecca Community Church, located at 335 Murfreesboro Pike in Nashville.



Longtime suicide prevention activist Annette Lake will be one of the speakers at this year's Suicide Prevention Awareness Event.

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This event is the highlight of our annual Suicide Prevention Awareness Month observance, which is marked by educational, awareness, and memorial events across the state. This year's event will feature the presentation of a signed proclamation from the office of Governor Bill Haslam officially recognizing September as Suicide Prevention Awareness Month in Tennessee. Similar proclamations from cities and counties all over the state will also be presented at the event. Also, we will recognize this year's Regional Suicide Prevention Award winners and announce the winner of the Madge and Ken Tullis, MD, Suicide Prevention Award.

Williams A. Parsons, Ph.D., Chief Administrator for Vanderbilt Psychiatric Hospital, and local suicide prevention activist Annette Lake are confirmed as speakers for this event. Additionally, several speakers and dignitaries from state departments and agencies have been invited to attend.

Guests will have an opportunity to review the new "Love Never Dies" Memorial Quilt (tenth in the series), the military boot exhibit from Fort Campbell—a display that powerfully depicts the effects of suicide on our veterans and their families—and a travelling art installation coordinated by [Your Heart on Art, Inc.](#) and created by survivors of suicide and suicide attempts.

Finally, we will be providing novelty TSPN license plates to guests at this event, free of charge. These plates are modeled after the specialty license plates we developed earlier, and while they are not official, we hope they will raise awareness of both the Network and its suicide prevention mission.

A catered luncheon sponsored by Vanderbilt Psychiatric Hospital will immediately follow the ceremony's close.

RSVPs are required for this event for catering purposes; please submit these to spad14.eventbrite.com no later than 4 PM CDT on Friday, September 5.

The Suicide Prevention Awareness Day observance is only one of several events scheduled for next month. The current list is as follows:

- **"Saving Lives in Southeast Tennessee", September 4, 9:30 AM:** Christ United Methodist Church, 8645 East Brainerd Road, Chattanooga. The guest speaker for this event is Rashelle Stafford, educator, mother and survivor of a murder-suicide incident. Lunch will be provided by the University of Tennessee at Chattanooga. Pre-registration via the Eventbrite portal (<http://bit.ly/Wkae11>) is required no later than August 22. All inquiries regarding registration and sponsorship may be directed to rosalyn.leavell-rice@tn.gov or (423) 634-6210.
- **2014 Daniel Seal Suicide Prevention Forum, September 4, 6:00 PM:** Stevens Street Baptist Church, 327 West Stevens Street, Cookeville. At this free community event, a forum of mental health professionals and community activists will share timely information about suicide prevention suitable for educators, healthcare professionals, leaders of faith community, and the general public. The event is a partnership between TSPN's Upper Cumberland region and Daniel Seal Suicide Prevention (<http://danielsealsuicideprevention.org>).
- **"Saving Lives in Rural West Tennessee": September 5, 9:00 AM:** Jackson-Madison County Regional Health Department, 804 North Parkway. Online registration available at slrwt14.eventbrite.com. We are currently seeking sponsors for this event; more information is available on the event sponsorship form (<http://tspn.org/wp-content/uploads/SLRWT14-SPONSORSHIP.pdf>).

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

SUICIDE PREVENTION AWARENESS MONTH (CONTINUED)

- **3rd Annual Fort Campbell's Wellness Walk, September 5, 9:00 AM:** Sportsman's Lodge, 6633 Sportsman's Lane Road, Fort Campbell. Commemorative steins for the first 400 adults to complete the walk and whistles for the first 200. For more information, contact Maj. Joseph W. Varney at joseph.w.varney.civ@mail.mil.
- **"Macon Memories", September 9, 6:00 PM:** Key Park, Church Street, Lafayette. Details available from Brenda Harper at bsharper@comcast.net.
- **Middle Tennessee Suicide Prevention Awareness Month Event, September 11: 5:30 PM:** Centennial Park, 2600 West End, Nashville. Guests will gather at the Event Shelter (next to the McDonald's) for a memorial dove release, a presentation from the 101st Airborne Division (Air Assault) Honor Guard, remarks and testimony from guest speakers, musical performances, and a candlelight vigil. A picnic dinner sponsored by Rolling Hills Hospital will follow the proceedings. This year's Regional Suicide Prevention Award winner will be recognized at the event, and local city and county officials have been invited to present Suicide Prevention Awareness Month proclamations. Online registration for this event is available at spae-mc-14.eventbrite.com.
- **Suicide Prevention Memorial Walk, September 13, 8:00 AM:** Giles County Career Center, 125 South Cedar Lane, Pulaski. This free event features a 5K walk, followed by a memorial service for the ones we have lost. Registration begins at 7:30 AM. Sponsored by the Giles County Suicide Prevention Task Force. For more information, contact Pam Arnell at angel1@energize.net or (931) 638-7131.
- **Hickman-Perry County Suicide Prevention Task Force 4th Annual Awareness & Prevention Walk, September 13, 3:00 PM:** Jerry Dixon Walking Trail, Highway 100, Centerville. Program and balloon release at 4 PM. Resources and refreshments available. Co-sponsored by LifeCare Center of Centerville, Saint Thomas Health Services, and UnitedHealthCare. For more information, contact Jennifer Harris at jennifer.harris@sth.org or (931) 729-1941.
- **"Suicide and Trauma", September 16, 9:00 AM:** 8500 Walnut Grove Road, Cordova. Michael LaBonte, Executive Director of the Memphis Crisis Center will demonstrate 1) how to recognize and respond effectively to a suicide crisis and 2) how to link those at risk to community resources and professional care. Kelli H. Davis, Director of Grief & Trauma resolution at Lakeside Behavioral Health System, will talk about the clinical definitions of trauma and PTSD, as well as the difference between processed and unprocessed trauma. Other guest speakers will include Debbie Jones, a survivor of suicide and the founder of the Dennis H. Jones Living Well Network, and Vervie Moses, a suicide attempt survivor and a veteran. Local city and county mayors have been invited to present Suicide Prevention Awareness Month proclamations, and the winner of this year's Regional Suicide Prevention Award will also be announced. 2.5 contact hours available and 2.5 CEUs available from the University of Tennessee-Martin for \$20. RSVP online required at suicideandtrauma.eventbrite.com.
- **"Preventing Teen Suicide", September 17, 11:30 AM:** Family Justice Center, 400 Harriet Tubman, Knoxville. Guest speaker for this event is Clark Flatt, President/CEO of the Jason Foundation, Inc. Sponsored by Village Behavioral Health (which is also providing a buffet luncheon), the East Tennessee Council on Children and Youth, the East Tennessee Suicide Prevention Network, and the Tennessee chapter of the National Association of Social Workers. Pre-registration required at <http://etccypreventingteensuicide2014.eventbrite.com>.
- **Ninth Annual "Light of Hope" Event, September 18, 6:00 PM:** Nashville State Community College-Cookeville, 1000 Neal Street. Information on speakers and performers to be announced.
- **Northeast Region Memorial Walk, September 21, 4:00 PM:** Shelter 5, Duck Island within Warrior's Path State Park in Kingsport. The event will include a picnic dinner, live music, and remarks from local survivors of suicide. TSPN will also recognize longtime suicide prevention activist Sharon Phipps as this year's Regional Suicide Prevention Award winner. The event will conclude with a walk through Warrior's Path State Park and a memorial balloon release. Sponsored by Mountain State's Health Alliance. TSPN would also like to recognize the Smoke Shack out of Norton, Virginia, for providing the meal at the event. Pre-registration required for via Facebook (<http://on.fb.me/1AV6m6e>) or Eventbrite (9thannualmemorialwalk.eventbrite.com). For more information, call (423) 361-2087 or e-mail tspn@tspn.org.
- **"Saving Lives in Northeast Tennessee", September 26, 9:00 AM:** Wesley United Methodist Church, 225 Princeton Road, Johnson City. Full agenda and registration available at slnet14.eventbrite.com. TSPN is still seeking sponsors for this event; interest parties should fill out and submit the sponsorship form (<http://tspn.org/wp-content/uploads/SLNET-SPONSORSHIP1.pdf>).
- **East Tennessee Suicide Prevention Awareness Month Event, September 29, 11:00 AM:** Cornerstone of Recovery, 4726 Alcoa Highway, Louisville. Full agenda and registration available at et-spam-14.eventbrite.com. Additional information available from Anne Young at (865) 970-0500 or anne.young@cornerstoneofrecovery.com.
- **Suicide Prevention and Awareness Community Workshop, September 30, 9:00 AM:** Millard Oakley Public Library, 107 East Main Street, Livingston. The event is being organized by OakPoint Center at Livingston Regional Hospital. For details, contact Sandra Dillard at sandra.dillard@lpnt.net.

Additionally, three regional "Love Never Dies" events are planned for September 23 in Mt. Juliet, September 25 in Hartsville, and September 30 in Lebanon—all at 6 PM. Details will be published in the September edition, until then inquiries may be directed to Brenda Harper at bsharper@comcast.net.

Also, the Memphis VA Medical Center is observing Suicide Prevention Awareness Month with a variety of outreach projects and events for veterans. Full details are available at <http://tspn.org/wp-content/uploads/2014-MEMPHIS-VAMC-SPAM.pdf>.

VLADIMIR ENLOW WINS MHAMT "INNOVATOR OF THE YEAR" AWARD

TSPN Executive Assistant Vladimir Enlow, MTS, received the Innovator of the Year Award at the Mental Health America of Middle Tennessee (MHAMT) annual Awards Luncheon, held June 25 at Maggiano's in Nashville.

Enlow was recognized for his development of two recently developed newsletters published by the Network: *Out of the Shadows*, intended for survivors of suicide, and *can you hear me?*, written for survivors of suicide attempts. These bimonthly publications were established in an effort to engage suicide and suicide attempt survivors in Network projects; *can you hear me?* was also intended to spotlight the growth of the "lived experience" movement—the involvement of suicide attempt survivors in prevention strategy development and implementation.

Both newsletters feature original content and artwork from readers and members of the Network. *Out of the Shadows* features a "Remembrances" sections for those lost to suicide; *can you hear me* includes information on Suicide Anonymous meetings and crisis intervention options across the state. Enlow manages the formatting and editing of both publications in addition to work on the *TSPN Call to Action*, the monthly newsletter of the Network which enjoys a circulation of roughly 11,000 people statewide, in addition to his regular office duties



Enlow poses for a photograph with Bill Parsons, Chief Administrator for Vanderbilt Psychiatric Hospital, during the MHAMT awards luncheon (photo courtesy Jennifer Harris).

This summer also marks another important milestone for Enlow; on July 25 he celebrated his tenth year as TSPN's Executive Assistant. He started with TSPN while it was based out of the Crisis Intervention Center and followed the Network as it was integrated into MHAMT.

TSPN ANNOUNCES NEW MIDDLE TENNESSEE REGIONAL COORDINATOR

TSPN welcomes Samantha Nadler, AS, BS, as our new Middle Tennessee Regional Coordinator. She began work out of the TSPN central office on July 16.

Nadler will be responsible for coordinating suicide prevention training sessions associated with TSPN's Substance Abuse Outreach Program—taking over from current Substance Abuse Outreach Coordinator, who retires this month. She will also coordinate training sessions for university staff and students as part of the ongoing Tennessee Higher Education Suicide Prevention Network (THESPN), and training sessions associated with the Columbia Suicide Severity Rating Scale (C-SSRS) and the ASIST (Applied Suicide Intervention Skills Training) protocol.

Nadler will also disseminate regional TSPN resources to members across Middle Tennessee; arrange for presentations and speakers at local conferences, workshops, and training sessions; coordinate regional TSPN meetings and projects within the Middle Tennessee area; and assist with postvention operations at schools, businesses, and other agencies affected by recent suicide deaths.



Prior to taking this new position, Nadler was the Crisis Call Center Supervisor at Family and Children's Services (FCS) in Nashville, supervising the daily operations of the center. She also facilitated suicide grief and suicide attempt recovery support groups for FCS. She represented both FCS and TSPN at the American Association of Suicidology conference held this past April in Los Angeles, presenting a workshop on involving suicide survivors in prevention projects and participating in a panel discussion on suicide attempt survivors' involvement with the suicide prevention movement. Before coming to FCS she interned with the Middle Tennessee Mental Health Institute (MTMHI), worked as a student research assistant at Cumberland University, and provided counseling and youth supervision services at Achievement Valley Ranch in Westmoreland.

Nadler, a survivor of several suicide attempts herself, has long been active in TSPN projects on a volunteer basis. She holds an Associate of Science degree in Psychology from Volunteer State Community College and a Bachelor of Science Honors degree in Psychology from Cumberland University. She is also working on a Master of Science degree from the University of Tennessee College of Social Work and expects to graduate next year.

SPAAFC RECOGNIZED BY HEALTHY NASHVILLE

The Suicide Prevention and African American Faith Communities Coalition (SPAAFC) was the winner of this year's Innovator Award at this year's Healthy Nashville Summit 2014 NashVitality Awards, held May 9.



Pastor James W. Hill, Jr., of St. James Missionary Baptist Church, receives the Innovator Award from Dr. William S. Paul, Director of the Metro Public Health Department (photo courtesy Gwen Hamer).

The Innovator Award recognizes outstanding collaborative efforts in the fields of health equity, incorporating built and natural environments into health initiatives, and support for community mental and emotional health.

SPAAFC was recognized for engaging over 20 churches and several state and local agencies in the advancement and implementation of suicide prevention strategies. This grass-roots public-private partnership provides Nashville-area houses of worship with lecturers on suicide and mental health, exhibits at health fairs and other events, suicide prevention training sessions for clergy and parishioners, and conferences that bring faith leaders together with local mental health and social service providers. It has helped partner churches develop statements of belief regarding suicide prevention and crisis intervention protocols for immediate consultation. SPAAFC was honored this year for advancing health equity within African-American churches and for supporting mental and emotional wellness in the Middle Tennessee area.

SPAAFC was established with TSPN's assistance in 2010. Originally based in Nashville, its efforts have spread to churches and agencies in the Murfreesboro area. TSPN remains active in SPAAFC and has helped connect members with other partner agencies such as Meharry Medical College, Nashville CARES, Amerigroup, BlueCare, the Tennessee Board of Probation and Parole, the Metro (Nashville) Public Health Department, Metro Social Services, the Juvenile Court of Nashville and Davidson County, and several state departments.

NAMI TAKES OVER OK2TALK WEBSITE, PSA CAMPAIGN

The National Alliance of Mental Illness (NAMI) has assumed management of OK2TALK, a public service announcement campaign established by the National Association of Broadcasters (NAB).

NAB launched OK2TALK in July of 2013 to encourage teens and young adults to share their struggles with mental illness and seek help as needed. It centers around OK2TALK.org, a moderated Tumblr community where users can contribute stories about their journey to mental wellness or get connected to mental health and suicide prevention resources. Since OK2TALK was launched, the blog has had roughly 1.3 million hits, attracted over 35,000 followers, accumulated over 8,000 user submissions, and counts approximately 140,000 connections to MentalHealth.gov and other resources via the site's "Get Help" button.



With the NAB's support, local radio and TV stations have donated more over \$44 million in free airtime to promote OK2TALK, making it the most successful mental health PSA campaign in U.S. history.

"Following the tragedy in Newtown, OK2TALK was created to begin a conversation about mental health and encourage young people to feel comfortable sharing their experiences with mental illness," said NAB President and CEO Gordon H. Smith in a June 26 NAMI press release. "I am thrilled by the incredible support the campaign has received from broadcasters across the country and know OK2TALK has made a real impact on the lives of Americans. I am confident that NAMI is the perfect organization to lead OK2TALK into the future and will continue to champion mental health awareness within our country."

(A former U.S. Senator, Smith was the developer of the Garrett Lee Smith Act of 2004, which funds the Tennessee Lives Count Project and youth suicide prevention initiatives across the U.S. The legislation is named for his late son, who died by suicide in 2003.)

NAMI was a consultant to OK2TALK from its inception, and will now take the lead in supporting the site and the online community that has developed from it. "NAMI has been pleased to work with NAB on the OK2TALK campaign as part of the national dialogue that was launched last year in conjunction with the White House Conference on Mental Health," said NAMI Executive Director Mary Giliberti in the June 26 press release. "We appreciate their trust in us to continue carrying its message forward."

TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in bold and in mauve taupe 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
August 21, October 16, and November 20

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105
August 19, October 21, and November 18

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
Tennessee Voices for Children, 701 Bradford Avenue, 37204
August 14, October 9, November 13, and December 11

Northeast Region

monthly, 4th Tuesday, 10:30 AM
Boone's Creek Christian Church, 305 Christian Church Road, Gray, 37615
August 26, October 28, and November 25

Rural West

monthly, 3rd Wednesday, 10:30 AM
Medical Founders Room C, West Tennessee Healthcare / Jackson Madison County General Hospital, 620 Skyline Drive, Jackson, 38301
August 20
Behavioral Health Initiatives, 36C Sandstone Circle, Jackson, 38305
October 15, and November 19

South Central

monthly, 1st Wednesday, 11:00 AM
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401
August 6, October 1, November 5, and December 3

Southeast Region

monthly, 1st Thursday, 10:00 AM
Johnson Mental Health Center, 420 Bell Avenue, Chattanooga, 37405
August 7, October 2, November 6, and December 4

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502
August 28, October 16, November 20, and December 18

Intra-State Department Meetings

Non-Profit Conference Center, 293 Plus Park Boulevard, Suite 201, Nashville, 37217(1:00 PM)
August 6 and November 5

Advisory Council

September 10 (Trevecca Community Church, 335 Murfreesboro Pike, Nashville)
February 11 (Community Room, Metro Nashville Police Department Hermitage Precinct, 3701 James Kay Lane, Hermitage, 37076 (10:30 AM)

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
August 1, September 5, October 3, November 7, December 5

Davidson County Suicide Prevention Task Force

Monthly, 4th Wednesday, 3:00 PM
Lentz Public Health Building, 311 23rd Avenue North, Nashville, 37203
August 27, September 24, October 22, and November 19

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 1:30 PM
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478
August 18 and November 17

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
August 22, September 26, October 24, and November 21

Montgomery-Houston-Humphreys-Stewart Suicide Prevention Task Force

monthly, 1st Tuesday, 9 AM
Youth Villages, 651 Stowe Court, Clarksville, 37040
August 5, October 7, November 4, and December 2

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 6 PM
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129
August 5, September 2, October 7, November 4, and December 2



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

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