

TSPN CALL TO ACTION

VOLUME 10, ISSUE 9
SEPTEMBER 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.



Mayor Dean Dickey of the City of Columbia (seated at center) signs off on his city's Suicide Prevention Awareness Month proclamation on August 18. Also pictured, clockwise from top right: TSPN Middle Tennessee Regional Coordinator Samantha Nadler, TSPN Advisory Council Co-Chair Karyl Chastain Beal, Joanne Cedillo, Sylvia Hall, and Emily Hill.

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. All inquiries 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>).

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SUICIDE PREVENTION AWARENESS MONTH (CONTINUED)

- **"Saving Lives in Rural West Tennessee": September 5, 9:00 AM:** Jackson-Madison County Regional Health Department, 804 North Parkway. The conference will include presentations on emerging trends and developments in the suicide prevention movement. Full agenda available at slrwt14.eventbrite.com.
- **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 300 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.
- **"Keeping Dreams Alive: Teen Suicide Awareness", 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://etccypreventingleteensuicide2014.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>.

STATEMENTS ON THE DEATH OF ROBIN WILLIAMS

America's mental health community was swift to react to the suicide death of Robin Williams on August 11, responding both to the outpouring of public grief and media reports that came out following this loss. The following are statements from press releases issued by assorted mental health and suicide prevention agencies.

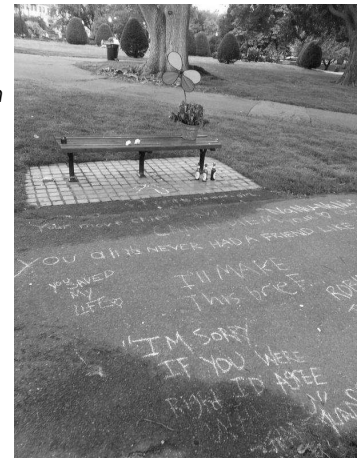
"While (Williams) inspired us with his acting, his life should inspire us all in so many other ways. It should inspire us to speak out against the stigma and discrimination so many with serious mental illnesses face, and instead see them for their strengths. It should inspire us to identify our needs and seek help at the earliest stages of any disease process. It should inspire us to fight for our overall health and well-being every day of our lives, even in the face of great challenges. And it should inspire us to believe that no matter how difficult those challenges may be, we can still work toward recovery." Paul Gionfriddo, President/CEO, Mental Health America (full press release at <http://bit.ly/VjSMbF>)

"I recalled that (Williams) had a history of struggles, but I was still shocked to hear that he had died by suicide. He was a genius and had many supports. But of course depression doesn't calculate those things. Severe depression distorts rational thinking and can lead to the fixed idea that hopelessness and pain are to be your experience forever. I have heard this from patients who have lived after suicide attempts. They told me they had lost all perspective and simply wanted to end their pain. They often reported simply losing a sense that they mattered to other people and forgot that they too were loved." Ken Duckworth, Medical Director, National Alliance for Mental Illness (full article at <http://bit.ly/1qczOnl>)

"Suicide should NEVER be presented by media as a means to resolve or escape one's problems (contrary to the Academy of Motion Picture Arts and Sciences' Twitter post, the genie is not free, the genie's pain has now been dispersed to a very large audience)." Bill Schmitz, President, American Association of Suicidology (from a CNN editorial available at <http://cnn.it/1BhOvEf>)

And finally, an excerpt from TSPN's own press release, issued August 13:

"It should be noted that what happens to Mr. Williams happens to over 900 people in Tennessee each year to people of both sexes, all races, every socioeconomic class, any city or neighborhood. The methods and circumstances may vary, but the effects are typically the same. A family is broken apart, friends and colleagues are left unsure of what to do or say next, and entire communities may be left with lingering emotional scars. We know that there are people out there who were already in a vulnerable place who may be further affected by Mr. Williams's death and the aftermath. The number of the National Suicide Prevention Lifeline (1-800-273-TALK, or 8255) is being promoted to an unprecedented degree in the wake of this tragedy, but there are things that people who are not counselors or first responders can to do help others who may be considering suicide. 'Preventing suicide in our communities starts at the most basic level--individual people at risk,' says Scott Ridgway, Executive Director of the Tennessee Suicide Prevention Network. 'So it's important to know what to do, and what not to do, when someone you know starts to display warning signs.'



This bench in the Boston Public Gardens, where Williams and Matt Damon sat during a key scene in 1997's "Good Will Hunting" (for which Williams won Best Supporting Actor) became an impromptu memorial to the actor in the wake of his death. The chalk inscriptions are messages from fans and iconic lines from some of his most famous films. The photo courtesy of the Twitter feed of Carl Stevens (@carlwzb) as featured on BuzzFeed.

SPOTLIGHT: KNOWBULLYING APP

The KnowBullying App developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) can help parents, caregivers, and teachers talk to children about bullying and find ways to prevent it.

The application was inspired by the research finding that adults who spend at least 15 minutes a day talking with their child can establish the rapport necessary to help children cope with bullying, regardless of whether they are being harassed, the ones bullying others, or a witness to an attack on someone else.

The KnowBullying App includes suggestions for the right time to talk to children; simple conversation starters that can lead to deeper disclosures about bullying; tips for handling bullying among children from preschool age to adolescence; a list of common warning signs for bullying victims and perpetrators; and options for sharing advice and tips with others on social media. The app also has a special section for teachers with suggestions for preventing bullying on their watch and helping children in distress.

The app is available for free download at the SAMHSA Store (<http://1.usa.gov/1uYuAs5>).



AJPM PUBLISHES SUICIDE PREVENTION RESEARCH SUPPLEMENT



The *American Journal of Preventive Medicine* will devote an entire supplement in its September issue to articles on the research recommendations for suicide prevention.

“Expert Recommendations for U.S. Research Priorities in Suicide Prevention” is intended as a response to “A Prioritized Research Agenda for Suicide Prevention: An Action Plan to Save Lives” as published by the National Action Alliance for Suicide Prevention’s Research Prioritization Task Force.

The 24 articles included, authored by nationally regarded experts in the field of suicide prevention, review current research strategies and new ones recommended by the National Action Alliance. The supplement features an introduction with Morton M. Silverman, MD, former director of the Suicide Prevention Resource Center (SPRC), as lead author. The articles covers subjects such as the results from the Research Prioritization Task Force Stakeholder Survey, improvement of data systems to accommodate research priorities, design of screening and assessment tools, possibilities for new biological and psychotherapeutic approaches, coordinating research with healthcare providers, research priorities regarding suicide among youth and older adults, and research options related to lethal means reduction.

“Progress in the area of suicide prevention research will require interdisciplinary, collaborative science,” said Doryn Chervin, Dr.P.H., the National Action Alliance’s Executive Secretary, in an August 18 press release from the agency. “In addition, translational science and interdisciplinary research collaboration (‘team science’) will be critical for advancing science and ultimately identifying effective prevention. Likewise, coordinated, collaborative approaches to supporting research, including both public and private partners, can effectively advance the prevention of suicide prevention through cross-cutting and interactive research.”

All of the articles to be included in the supplement are available for review at the National Action Alliance’s website (<http://bit.ly/1z4CD7h>).

HELP VS. HARM: CONTENT ANALYSIS OF SUICIDE-RELATED WEBSITES

People researching suicide or suicide prevention on the Internet commonly encounter websites that encourage people to take their own lives. A recent study out of Austria finds that while suicide prevention websites actually outnumber “pro-suicide” sites, certain search terms can steer users to the latter.



Researchers at the Institute of Social Medicine at the MedUni Vienna's Centre for Public Health analyzed search top results from major search engines in both Austria and the United States (the country with the world’s largest online presence). Ultimately, the researchers reviewed websites from seven English- and German-speaking countries. They found that sites devoted to suicide prevention or which discourage people from attempting suicide outnumber pro-suicide websites by a two-to-one margin. It was noted that many major search engines (most notably Google) already display suicide prevention hotlines in response to certain keywords.

However, the type of sites suggested by the search engines appears highly dependent on the search terms used. A method-based search term (e.g. “how to slit your wrists”) will more likely lead to pro-suicide websites; ones with help-oriented search terms (e.g. “my friend is suicidal”) typically suggest suicide prevention or anti-suicide sites. People who are severely depressed or actively suicidal may be focused on finding “the right way” to kill themselves rather than getting help, so they could be at higher risk of being exposed to pro-suicide sites. Furthermore, the pro-suicide sites are more specific and in-depth about suicide methods, so they tend to rank higher in the search results than the anti-suicide sites.

The study authors recommend that creators and operators of suicide prevention websites add method-oriented meta tags to improve the likelihood their sites will come up even in a method-based search. They can also arrange for advertisements promoting their sites to come up during searches for the method-oriented terms. Also, incorporating social media into a website can boost its rankings in search engines.

The citation for this study is as follows: Till, B., and T. Niederkrotenthaler. Surfing for suicide methods and help: content analysis of websites retrieved with search engines in Austria and the United States. *Journal of Clinical Psychiatry*. Available URL: doi:10.4088/JCP.13m08861.

TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in **bold** and in navy blue 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
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
October 21 and November 18

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
Tennessee Voices for Children, 701 Bradford Avenue, 37204
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
October 28 and November 25

Rural West

monthly, 3rd Wednesday, 10:30 AM
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
October 1, November 5, and December 3

Southeast Region

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

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502
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)
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
September 5, October 3, November 7, December 5

Davidson County Suicide Prevention Task Force

Monthly, 4th Wednesday, 3:00 PM
Metro Public Health Department, 2500 Charlotte Pike, Nashville, 37209
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
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
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
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
September 2, October 7, November 4, and December 2



TSPN partnered with the Tennessee Department of Transportation and TN Recycle to stage a booth at the Employee Assistance Program Day for state department employees, held August 12 at Tennessee Tower in Nashville (photo courtesy of Teresa Culbreath).

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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