

TSPN CALL TO ACTION

VOLUME 11, ISSUE 2
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TENNESSEE SUICIDE PREVENTION NETWORK



ADVISORY COUNCIL MEETING WILL COVER LEGISLATION, SYMPOSIUM PLANNED FOR JUNE

TSPN's Advisory Council has a packed agenda for its upcoming meeting, set for Wednesday, February 11 at the Metro Nashville Police Department's Hermitage Precinct in Nashville. Priorities for this meeting include discussion of proposed professional licensure legislation and the Suicide Prevention Symposium planned for late May. Other agenda items include the V13ION motorcycle rally/suicide prevention event in September and updates regarding the Zero Suicide Initiative.

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The Advisory Council is the governing authority of the Network, authorized to make decisions, plans, and resolutions regarding TSPN's statewide projects and activities. Members of the group are personally appointed to the Council by the Office of the Governor.

The three standing committees of the Advisory Council will meet at 10:30 AM. During and following lunch, Council members will hear from three presenters:

- Jennifer Lockman of Centerstone Research Institute will present findings from the follow-up portion of the recent TLC grant.
- Chuck Lambert will speak to the group regarding V13ION. More information about this project is available on the TSPN website (<http://tspn.org/v13ion>).

The regular business meeting of the Advisory Council is tentatively scheduled for 1:00-2:30 PM.

Also during this meeting, members of the Advisory Council and Intra-State Departmental Group will discuss the submission of the Kenneth and Madge Tullis, MD, Suicide Prevention Training Act of 2015 to the Tennessee General Assembly. The legislation will require regular suicide prevention training requirements for mental health and substance abuse workers. A previous version of the bill made it out of committee and to the floor of the State Senate before TSPN had it withdrawn from consideration. This new version of the bill includes a clarified statement of the proposed suicide prevention training requirements. There is no anticipated organized opposition to the bill, nor does TSPN foresee the attachment of any fiscal note. The bill is available for preview on the TSPN website (<http://bit.ly/1z43ggp>).

Meanwhile, Council members will also complete the final touches to the statewide symposium planned for June of this year in Nashville. This year's theme is "TSPN Leading the Way: Advocacy, Connection, Education". The last such event, held in May of 2013, attracted a record number of people to Trevecca Community Church in Nashville and included remarks from Lieutenant Governor Ron Ramsey, and two panel discussions: one for state department representatives and one consisting of survivors of suicide. Registration for this event will be available online and will be announced over the TSPN mailing list.

In addition to these items, members will also consider options for this year's Suicide Prevention Awareness Day in September, hear updates on implementation of the Zero Suicide Initiative within the partner behavioral health organizations, and make plans for other TSPN projects to be carried out in 2015 and beyond. A full report on proceedings will be included in the March edition of the *TSPN Call to Action*.

A promotional flyer for V13ION, available on the TSPN website at the link at left.

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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

AAS ANNOUNCES LIVED EXPERIENCE WRITING CONTEST

The American Association of Suicidology (AAS) invites survivors of suicide attempts and ideation to participate in the Paul G. Quinnett Lived Experience Writing Contest. Cash prizes of \$1500, \$1000, and \$500 will be awarded to the top three entries.



AMERICAN ASSOCIATION OF SUICIDOLOGY

This contest is part of AAS's ongoing efforts to support the burgeoning lived experience movement—the integration of survivors of suicide attempts into the larger suicide prevention movement. It follows up on the creation of the organization's AAS Attempt Survivor/Lived Experience Division last year.

All entries be 2,500 words or less and must be related to the first-person experience of suicidal ideation or a suicide attempt, although submissions may be co-authored. Only the first 100 entries will be considered. At the time of the submission, a one-time copyright transmission to AAS will need to be signed and a \$20 processing fee must be paid via credit card. Full conference rules and other information are available on the AAS website (<http://www.suicidology.org/suicide-survivors/suicide-attempt-survivors/quinnett-writing-prize>).

AAS is grateful to Paul Quinnett, Ph.D, for his sponsorship of the contest. Quinnett is the creator of the "Question, Persuade, and Refer" (QPR) suicide prevention training curriculum, and his book *Suicide: The Forever Decision* is considered a seminal text in the suicide prevention movement. (Note that he was interviewed for the *Atlantic* article on suicide's effects on mental health professionals, summarized on page 5 of this publication.)

Submissions will be taken through February 28 or until the first 100 submissions are received, whichever comes first. We encourage you to submit your story to AAS at the next possible opportunity.

LIVING WELL NETWORK TO HOST MENTAL HEALTH BREAKFAST

TSPN proudly supports the Dennis H. Jones Living Well Network as it stages its inaugural Living Well Network Mental Health Breakfast, scheduled for 8 AM on Thursday, February 5, at the Hilton Hotel located at 939 Ridge Lake Boulevard in Memphis. Former U.S. Representative Patrick Kennedy will be the keynote speaker at this event.

During his eight terms in office in the United States House of Representatives, Kennedy was a strong advocate for mental health reform, co-sponsoring the Mental Health Parity Act of 2008, which requires most group health plans to cover full treatment of mental health issues. He is also the co-founder of One Mind for Research, which seeks to increase resources and efficiency in brain disorder research.

The Mental Health Breakfast benefits the Dennis H. Jones Living Well Network, which provides tools and resources for people living with depression, anxiety and alcohol abuse in the Memphis area.

Tickets are available at a cost of \$40 per person at <http://bit.ly/1tP2S5f> or by placing an order at (901) 516-0500.

Presenting sponsors at this event include Blue Cross Blue Shield of Tennessee Community Trust, FedEx, and Private Wealth Management, Inc.. This event is also made possible thanks to generous contributions from Jennie Lowrance Neblett and Denise Wood.

1st Annual
**Living Well Network
Mental Health Breakfast**
with featured speaker
**PATRICK
KENNEDY**

For the benefit of Dennis H. Jones
Living Well Network

Former U.S. Representative and dedicated advocate for mental health, Patrick Kennedy will speak on mental health and the stigma that often accompanies it. We can be silent no more.

Thursday, February 5, 2015 | 8:00 a.m.
Hilton Hotel | 939 Ridge Lake Blvd.
\$40 per person general seating
\$400 table of 10
\$1000 Table Sponsor - includes VIP reception

To purchase tickets, visit www.methodisthealth.org/livingwellbreakfast
or call 901.516.0500.

Be treated well. **Methodist**
HealthCare
Dennis H. Jones
Living Well Network

Presenting Sponsors

Former U.S. Rep. Patrick Kennedy is prominently featured on this promotional flyer for the Living Well Network Mental Health Breakfast.

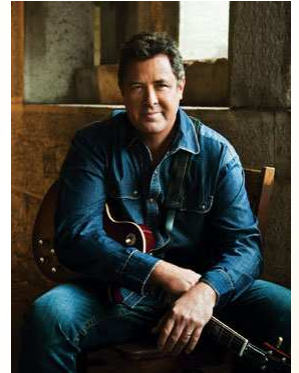
JAMMIN' TO BEAT THE BLUES SET FOR MARCH 31



Grammy-award winning country superstar Vince Gill will headline the 17th annual Jammin' to Beat the Blues concert to benefit Mental Health America of Middle Tennessee (MHAMT) on Tuesday, March 31, at 7:30 PM at the historic Ryman Auditorium, located at 116 5th Ave North in Nashville.

This is Gill's seventh consecutive year in headlining this event. He typically brings together several surprise guest performers to share the stage with him, making this show unique and spectacular every year.

Since 1999, Jammin' to Beat the Blues has increased community awareness about the serious impact of mental health disorders on people's lives and fostered dialogue and understanding of mental illness. Past performers have included: John Cowan, Emerson Drive, Vince Gill, Amy Grant, Andy Griggs, Kathy Mattea, Heidi Newfield, Riders In The Sky, Blake Shelton, Taylor Swift, Tanya Tucker, and LeAnn Womack.



Tickets start at \$32.50 and are available through Ticketmaster, via their website (www.ticketmaster.com), by phone ((800) 745-3000) or any Ticketmaster outlet. Tickets are also available the Ryman Auditorium box office from 9 AM to 4 PM daily.

"TO WRITE LOVE ON HER ARMS" MOVIE TO BE RELEASED IN MARCH



"To Write Love on Her Arms", a dramatization of the founding of the charity by that same name, is set for wide release in March of this year. The film, produced by Sony Pictures, features Kat Dennings and Chad Michael Murray, and Rupert Friend in the lead roles.

The film originally debuted at the Omaha Film Festival in 2012 under the name *Renee* and subsequently circulated on the independent film festival circuit under the title *Day One*. According to *Variety*, the movie has also been spotted on some peer-to-peer file sharing websites following the North Korean cyberattack on Sony Pictures in November.

"To Write Love on Her Arms" follows teenager Renee Yohe (played by Dennings) as she struggles with substance abuse, bipolar disorder, and self-harm. Murray plays Jamie Tworowski, a friend of Yohe and eventual founder of TWLOHA. Friend plays David Blair McKenna, another friend of Yohe (and co-producer of the film). Also featured are Juliana Harkavy, Corbin Bleu, and Mark Saul. The soundtrack includes songs from established and rising figures in rock and indie music.

The film will be available March 3 on DVD & digital HD; pre-ordering is available through the TWLOHA online store (<http://store.twloha.com>). Meanwhile, TSPN will provide additional information on "To Write Love on Her Arms" upon its release in theaters, including details on where it can be seen in Tennessee.

Kat Dennings appears as Renee Yohe in this promotional poster for the film back when it was circulating under the title *Day One*.

ATLANTIC: SUICIDES OFTEN OVERWHELM MH PROFESSIONALS



The *Atlantic* has published a detailed article on the problems experienced by clinical survivors of suicide—therapists and mental health professionals who lose clients to suicide. As explained in this piece, these mental health practitioners often experience profound survivor guilt and are often the targets of lawsuits after the fact. Ultimately this has triggered reluctance among mental health professionals as a whole to take on actively suicidal clients.

Conservative estimates presented by freelance journalist Sulome Anderson suggest at least 51% of psychiatrists, psychologists, and social workers lose a client to suicide at some point in their career. A 2004 study in *Current Psychiatry* states that suicide is the leading cause of lawsuits filed against mental health practitioners.

Therapists and others affected by suicide rarely speak about the issue, even with colleagues. “Immediately when things like this happen, you’re advised by legal counsel not to talk to anybody when it becomes clear that there is going to be litigation,” explains Jennifer, a mental health clinician interviewed for this piece. (Almost all professionals who provided remarks for this article did so using aliases.) “In my profession, you isolate. You don’t talk. Even with your colleagues, there is a certain stigma.” Jennifer saw the client she lost for only four sessions and he never divulged any suicidal tendencies, but the client’s family filed a lawsuit against her that took five years to resolve.

Aggravating the problem is the fact that many mental health professionals are not trained in how to work with actively suicidal clients or how to deal with a suicide when it occurs. “I think most of us believe that when we hire a licensed mental-health professional, that they’ve had training in how to assess and manage suicidal patients, when in fact, the majority do not,” observes Paul Quinnett, a professor in the department of psychiatry and behavioral science at the University of Washington School of Medicine and the creator of the “Question, Persuade, and Refer” (QPR) suicide prevention training curriculum.

Anderson fleshes out the article with disclosing her own history of suicide attempts and chronicling the struggle of her friend “Margaret”, whose therapist stopped working with her after her suicide attempt and who had been unable to find a new one because of her history of suicide attempts.

The full article is available on the *Atlantic* website (<http://theatlantic.com/1536PXW>).

WASHINGTON POST TACKLES DEPRESSION IN OLDER ADULTS

A recent *Washington Post* article profiles the need for understanding and treating depression in older adults in order to prepare for the aging “baby boom” generation.

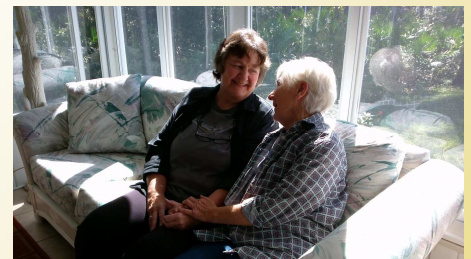
The December 5 article reviews how depression is often undiagnosed and improperly treated adults over age 65, not only because of myths and stereotypes about the aging process. “The public thinks, ‘Well, if I was losing my ability to walk or losing my vision or hearing or people that I love, that it’s normal to be depressed when you get older,’ and that’s just not true,” explains Stephen Bartels, director of the Centers for Health and Aging at Dartmouth College, who was interviewed for the piece. Also, depression can show up in an older person with no prior mental health history.

Another factor to consider is that depression can have different symptoms in and effects on older adults than it does in younger ones. They may not seem openly troubled, but they may be unable to enjoy things they used to and may feel worse in general. Depression can also cause problems with concentration, memory, reaction time, or executive function—the ability to plan and follow through on routine tasks—that might be mistaken for dementia.

But making the distinction is critical, as older adults with depression are more prone to accidents and early death overall. Furthermore, research shows that even after adjusting for chronic diseases, medical costs for depressed older adults are about 50% higher than those without depression.

The need for understanding the risk of depression and other mental health needs of older adults is critical. The treatment options for older adults are different because of possible drug interactions related to antidepressants and these drugs’ possible complication of existing health conditions. Finally, the sheer number of aging baby boomers is threatening to overwhelm the already shorthanded field of geriatric psychology. The American Geriatrics Society estimates that by 2030, there will be fewer than one geriatric psychiatrist per 6,000 people for the estimated 14 million people over 65 with mental health or substance abuse disorders.

The full *Washington Post* article is available at <http://wapo.st/1Gg3n8e>.



The *Washington Post* article profiles the experiences of Judy Young (left), a retired psychiatric nurse and psychotherapist who was diagnosed with depression at age 65 (photo by Sari Skalnik).

TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in **bold and in burnt-orange** 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
February 19, March 19, April 16, May 21, June 18, July 16, August 20, October 15, and November 19

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105
February 17, March 17, April 21, May 19, June 16, July 21, August 18, October 20, and November 17

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
Tennessee Voices for Children, 701 Bradford Avenue, 37204
February 12, March 12, April 9, May 14, June 11, July 9, August 13, October 8, November 12, December 10

Northeast Region

monthly, 4th Tuesday, 10:30 AM
Boone's Creek Christian Church, 305 Christian Church Road, Gray, 37615
February 24, March 24, April 28, May 26, June 23, July 28, August 25, September 22, October 27, November 24

Rural West

monthly, 3rd Wednesday, 10:30 AM
Behavioral Health Initiatives, 36C Sandstone Circle, Jackson, 38305
February 18, March 18, April 15, May 20, June 17, July 15, August 19, September 16, October 21, and November 18

South Central

monthly, 1st Wednesday, 11:00 AM
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401
February 4, March 4, April 1, May 6, June 3, July 1, August 5, September 2, October 7, November 4, and December 2

Southeast Region

monthly, first Thursday, 10:00 AM
Mental Health Cooperative of Chattanooga, 801 North Holtzclaw Avenue, Suite 101, Chattanooga, 37404
February 5, March 5, April 2, May 7, June 4, July 2, August 6, October 1, November 5, and December 3

Upper Cumberland Region

9:00 AM
monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502
February 26, March 26, April 23, May 28, June 25, July 23, August 27, September 24, October 22, **November 19**, and **December 17**

Intra-State Department Meetings

1 PM
Tennessee Department of Safety and Homeland Security, located at 1158 Foster Avenue.
May 13, August 12, November 11

Advisory Council

February 11 (Community Room, Metro Nashville Police Department Hermitage Precinct, 3701 James Kay Lane, Hermitage)
June 3 (Community Room, Metro Nashville Police Department Hermitage Precinct, 3701 James Kay Lane, Hermitage) (tentative)
September 9 (Trevecca Community Church, 335 Murfreesboro Pike, Nashville) (tentative)

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
February 6, March 6, **April 10**, May 1, June 5, **July 10**, August 7, September 4, October 2, November 6, and December 4

Davidson County Suicide Prevention Task Force

Monthly, 4th Wednesday, 3:00 PM
Metro Public Health Department, 2500 Charlotte Pike, Nashville, 37209
To be announced

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 1:30 PM
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478
February 2, May 4, August 3, and November 2

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
January 23, February 27, March 27, April 24, May 22, June 26, July 24, August 28, September 25, October 23, **November 20**, and **December 18**

Montgomery-Houston-Humphreys-Stewart Suicide Prevention Task Force

bi-monthly, 1st Tuesday, 9 AM
Youth Villages, 651 Stowe Court, Clarksville, 37040
March 3, May 5, **August 4**, October 6, and December 1

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 6 PM
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129
February 3, March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 3, and December 1

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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anneyoung@cornerstoneofrecovery.com

Memphis and Shelby County

Pastor Waring Porter
(901) 233-2175

wporter@allsaintspres.com

Mid-Cumberland region

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christen.thorpe@gmail.com

Northeast region

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Rural West region

Sabrina Anderson
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sanderson@bgcjmc.org

South Central region

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karylcb@bellsouth.net

Southeast region

Eve Nite

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Upper Cumberland region

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