

TSPN CALL TO ACTION

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TENNESSEE SUICIDE PREVENTION NETWORK



ADVISORY COUNCIL MEMBERS BRIEFED ON V13ION, UPCOMING SYMPOSIUM DURING LATEST MEETING

TSPN's most recent Advisory Council meeting included two presentations and planning for the statewide symposium.

The meeting was held on February 11 in the Community Room of the Metro Nashville Police Department's Hermitage Precinct. (This will also be the location of the next meeting, set for June 3.)

Ahead of the business meeting, Jennifer Lockman of Centerstone Research Institute presented information on a research project that will evaluate the operations and functioning of the Network. Members of TSPN may be contacted to provide information about their involvement with the Network ahead of the evaluation. More information about this project will be available in future editions of the *TSPN Call to Action*.

Also, Chuck Lambert spoke to the group about regarding V13ION, a statewide motorcycle rally/suicide prevention awareness project scheduled for the Labor Day weekend. Harley-Davidson® dealerships across the state have already committed to hosting rides as part of the project. Individual and group riders will have the opportunity to raise funds for suicide prevention projects. The dealership securing the most donations will win a reverse-flow smoker with trailer courtesy of Chuck Lambert and Breezin Metal Works, based out of Sale Creek. More information about this project is available on the TSPN website (<http://tspn.org/v13ion>), with further updates to come via in future editions of this publication.

The Advisory Council also finalized plans for "TSPN Leading the Way: Advocacy, Connection, and Education", scheduled for July 28-29 (Tuesday and Wednesday) at Trevecca Community Church, located at 335 Murfreesboro Pike. The proceedings begin on the evening of the 28th, with a catered dinner and a screening of "Of Two Minds", a documentary on bipolar disorder, followed by a Q&A with co-director/writer/producer Lisa Klein. The following day will include a presentation by Klein on a developing project entitled "The S-Word", as well as a luncheon and assorted breakout sessions. Most of the breakout sessions connect to an aspect of the Zero Suicide Initiative (see the TSPN page on this project for details: <http://tspn.org/zero-suicides>).

In other developments, the Advisory Council ratified a revised version of the professional licensure legislation for consideration by the General Assembly in 2016. They also approved an official logo for the Zero Suicide Initiative, began planning for this year's Suicide Prevention Awareness Day event (tentatively scheduled for September 9) and amended the wording of the Suicide Prevention Awareness Month proclamation to include language acknowledging the problem of suicide among Tennessee's veterans.

The minutes from this meeting will be available on the TSPN website after their review and approval by the Advisory Council.



Chuck Lambert addresses the Advisory Council during his presentation at the most recent Advisory Council meeting.

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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

V13ION

More information about V13ION is available on the TSPN website (<http://tspn.org/v13ion>).

To register for the event itself, go to <http://v13ion.eventbrite.com>.

Also check the dealership donation track (<https://sites.google.com/site/v13iontrack>) to check on how much money your favorite dealership has raised.

OBAMA SIGNS CLAY HUNT SAV ACT

President Obama signed the Clay Hunt Suicide Prevention for American Veterans (SAV) Act into law on February 12, following its unanimous passage by both houses of Congress.

The legislation is named for Iraq and Afghanistan war veteran Clay Hunt, a Marine sniper whose 2011 suicide death spurred a wide-ranging effort to provide more and better help to veterans with mental health issues and/or those at risk for suicide. It is estimated that on average, 22 American veterans die by suicide every day. The bill was developed by Iraq and Afghanistan Veterans of America (IAVA), the nation's largest nonprofit agency specializing in veterans of the post-9/11 era, and its passage represents the completion of its most important policy objective to date.



Photo of Clay Hunt sources from CBSNews.com.

The SAV Act will mandate review of the Veterans Administration's suicide prevention and mental health treatment programs by independent evaluators in order to highlight and disseminate findings from the system's best-performing programs. It also creates a peer-support pilot program that will connect returning veterans with fellow soldiers who can help them with mental health concerns.

The bill also requires development of a federally supported website that provides ready access to all the VA's mental health and suicide prevention resources, pays off medical school debts for new VA psychiatrists, and extends the period under which troops deployed between 2009 and 2011 can obtain VA healthcare without third-party proof of a service-related mental health diagnosis.

The SAV act was introduced in Congress in 2014, clearing the House unanimously before it was blocked in the Senate by a procedural measure. Senator Richard Blumenthal (D-Connecticut), the ranking Democrat on the Veterans Affairs Committee and a co-sponsor of the SAV Act, described the legislation as long overdue in a February 4 New York Times article on its passage by the Senate: "We owe these wounded warriors more effective psychiatric services and counseling so they can win the war against the inner demons that come home with them from service... This bill will help save lives, but still it's only a first step."

"CRISIS LINE: VETERANS PRESS 1" WINS OSCAR



Above: Dana Perry (left) and Ellen Goosenberg Kent accept the award for best short subject documentary for "Crisis Hotline: Veterans Press 1" during the Oscars ceremony (photo by John Shearer/Invision/AP). Below: a screenshot from the film, courtesy of HBO.com.



"Crisis Hotline: Veterans Press 1", a documentary about the Veterans Crisis Line operated by the National Suicide Prevention Lifeline, received this year's Oscar for best documentary short at the 87th Annual Academy Awards, held February 22.

The film, produced by HBO and presented in association with Iraq and Afghanistan Veterans of America, profiles the efforts of operators at the Veterans Crisis Line as it field calls from troubled veterans and their loved ones. Ellen Goosenberg Kent, the director of the film, and co-producer Dana Perry accepted the Oscars during the ceremony held at the Dolby Theatre in Hollywood. Kent dedicated the Academy Award to "the ... people at the crisis line and everywhere who care for veterans as if their own lives depended on it." Perry dedicated her award to her son Evan, who died by suicide in 2005 at the age of 15: "We should talk about suicide out loud. This is for him."

Since its establishment in 2007, the Veterans Crisis Line has over 1.6 million calls and made over 45,000 rescues, according to the hotline's website. The Veterans Crisis Line also offers anonymous online chat and text-messaging services.

This year's Oscars inadvertently pushed the subject of suicide into the public consciousness. Not only did "Crisis Hotline: Veterans Press 1" win at the Oscars, this year's live action short subject winner, "The Phone Call", focuses on a crisis center operator trying to assist an older man distraught by the death of his wife. Additionally, screenwriter and author Graham Moore came forward about a past suicide attempt during his acceptance speech for "The Imitation Game", which won best adapted screenplay (see page 5).

"Crisis Hotline: Veterans Press 1" is available for viewing on HBO Go and for purchase via iTunes or Amazon Instant Video.

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.

MHAMT is also hosting "Brunchin' to Beat the Blues" at 10:30 AM on Saturday, April 11, at the Embassy Suites Cool Springs located at 820 Crescent Centre Drive in Franklin. Featured speakers include country music star and author Naomi Judd. Also schedule to speak is Courtney Lewis, an Army veteran and film producer associated with the Nashville Film Institute. The presenting sponsor for this event in Nashville TMS. To register or for more information, see the Events section of the MHAMT website (www.ichope.com/events.htm).

7TH NATIONAL SUICIDE AND THE BLACK CHURCH CONFERENCE

The following announcement regarding the upcoming Suicide and the Black Church Conference is courtesy of Pastor Dianne Young of the Healing Center and the 2015 Conference Planning Team.

Once again, we are preparing for one of the country's most significant suicide prevention conferences: "Suicide and the Black Church", where the church and mental health meet. We want you to make plans to attend the 7th National Suicide and the Black Church Conference, June 17-18, at the University of Tennessee, 800 Madison Avenue, Memphis, Tennessee (in Mid-Town). The theme for this year's conference is "Knocking Holes in the Darkness!"

We invite you, your church, agency or group to lock this date in on your calendars! We desire your presence, co-sponsorship, and partnership. This conference includes dynamic teachers and speakers, a special luncheon, and informative exhibitors. The conference was designed to empower delegates to return to their home, places of worship and/or employment better able to identify those going through the dark night of the soul and in need of emotional or mental health care. Suicide is a public health problem that can be prevented. This conference serves as a tool to educate and empower attendees to save lives and prevent occurrences of suicide. The many guests for this conference will address factors that promote hopelessness.

Thank you for joining us in combating depression and promoting emotional wellness in our communities, cities and country. For more information and to reserve your booth or ad space, please call (901) 370-4673 or e-mail suicide@memphishealingcenter.com or yhealer@aol.com.

"KNOCKING HOLES IN THE DARKNESS!"
7TH NATIONAL SUICIDE AND THE BLACK CHURCH 2015
SAVE THE DATE
JUNE 17th - 18th

We continue to build network to save lives!

To volunteer or be a part of the 2015 conference, please contact us at 901-370-HOPE 4673)

Conference Site:
 University of Tennessee—Memphis Health Science Center
 800 Madison Avenue, Memphis, TN, 38163

Host Church:
 The Healing Center
 3885 Tchulahoma Road.
 Memphis, TN. 38118

KNOCKING HOLES IN THE DARKNESS™
 -14 YEARS LATER-



VA AND DOD RELEASE NEW GUIDE FOR SUICIDE RISK MANAGEMENT

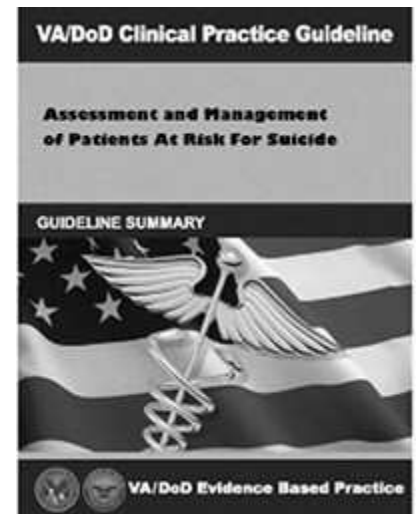
The VA and the Department of Defense have released new guidelines for helping suicidal and emotionally troubled patients.

“Assessment and Management of Patients at Risk for Suicide”, available on the VA’s website (www.healthquality.va.gov/guidelines/MH/srb), focuses on critical decision points for DoD and VA professionals working with high-risk patients. It is oriented towards four aspects of assessment and management:

- Assessment and determination of suicide risk, including review of warning signs, risk factors, and protective factors in play
- Initial management of the patient by determining the appropriate care setting, explaining treatment options to the patient and his/her family, reducing access to lethal means, and establishing a safety plan
- Treatment of particularly high-risk patients, including selection of the type of therapy best suited to the patient’s underlying conditions
- Close follow-up after discharge, with regular reassessment of risk afterwards.

The new guidelines include a quick-reference pocket guide that outlines warning signs, risk and protective factors, decision trees for assessment and management of clients, and discharge and safety planning. Also included is a worksheet for developing a patient safety plan, to be completed with the patient’s input.

The aforementioned page for the guidelines offers links to guides for related issues such as major depressive and bipolar disorders, PTSD, and traumatic brain injury. Brief information sheets on suicide prevention and suicidal ideation are also available.



RACE AND SEX A FACTOR IN LGB YOUTH SUICIDE RISK

Race and sex may play subtle roles in the way suicide risk manifests among lesbian, gay, and bisexual (LGB) youth, according to a study recently published in the *American Journal of Public Health*.



Researchers from five universities across the U.S. collaborated on a review of data from prior editions of the Youth Risk Behavior Survey (YRBS) examining mental health outcomes across various racial/ethnic groups, intersecting with sexual minority status and sex. Overall they found that sexual minority youth were three times more likely than their heterosexual counterparts to attempt suicide within a twelve-month period. They are also more likely to require medical attention for attempt-related injuries, suggesting that these youth tend to choose methods that result in more serious degrees of injury (for example, guns or jumping as opposed to poisoning).

Asian- and African-American LGB youth reported lower levels of suicidal ideation and attempts than whites—these racial differences roughly parallel trends among the general population. White LGB youth are in turn at lower risk than Native American/Pacific Islander and Hispanic LGB teens. While Native American/Pacific Islander youth were at greater suicide regardless of their sex or sexual orientation, among the population at large Hispanics have lower suicide rates than whites.

Factoring in race and sex, the exact same patterns were in affect among female sexual minority youth—Asian and black youth at lower risk than whites; Hispanics and Native American/Pacific Islander at higher risk. But among male sexual minority youth, there was no difference from one ethnicity to the other, save that the Native American/Pacific Islander youth were at higher risk.

The study authors suggest that certain ethnicity-specific cultural values, such as religious or social stigma towards suicide, which have protective value for these groups carry over among LGB youth—at least for the Asian- and African-American cohorts; they are not in effect for Hispanics. The researchers closed out their report with three important caveats:

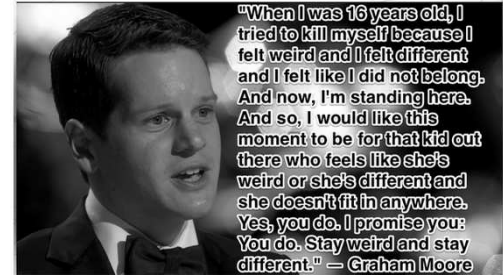
- The blanket concept of “youths of color” is a potentially limiting idea when developing research projects or intervention strategies.
- Since YRBS does not cover transgender status, no conclusions can or should be drawn from this study for this segment of the LGBT population.
- States and cities with versions of the YRBS that ask about sexual orientation often have more GLBT-friendly cultures than ones that do not—like Tennessee, for example. The risk levels indicated in this study are probably higher in more conservative parts of the country.

The citation for this study is as follows: Bostwick, W.B., et al. (2014). Mental health and suicidality among racially/ethnically diverse sexual minority youths. *American Journal of Public Health* 104(6); 1129-1136.

TSPN REGIONAL CALENDAR



Graham Moore won Best Adapted Screenplay for *The Imitation Game* at the #Oscars and gave a very brave speech.



No December meetings are scheduled unless otherwise marked. Dates marked in bold and in Iris 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
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
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
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
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
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
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
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
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

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
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
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
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
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
March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 3, and December 1

TSPN Middle Tennessee Regional Coordinator Samantha Nadler led a training session for students at Remington College on February 9, on the subject of suicide risk and substance abuse. She subsequently received the following message from Tom Essary of said department:

The classes that followed your presentation were still very much abuzz and involved in the suicide topic. The instructors and professors have told me that they have not seen that much interest in a speaker in their memory. We also saw your presentation touch at least three students personally, and all of them have approached their instructors for additional information/conversation and will be followed up with in the days to come.

Today's official head count was 35 at 8:00 AM and 68 at 10:00AM for a total of 103 students, faculty, and guest. We very much appreciate your visit and hope to have you back for the students that were in clinical and lab today plus the evening students. We will try to coordinate with you for your best schedule and if you are available and interested.

I do not have information as to you report to at TSPN but I would like for them to know how well you have done. This may be inappropriate to ask that you forward this to the correct person(s). But please do so.

Again we thank you for the visit.



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

Memphis and Shelby County

Pastor Waring Porter
(901) 233-2175

wporter@allsaintspres.com

Mid-Cumberland region

Christen Thorpe, MS, CRC, CATSM
(615) 383-2115, extension 70
christen.thorpe@gmail.com

Northeast region

Harold Leonard, MA, LPC-MHSP
(423) 245-5608
hleonard@centurylink.net

Rural West region

Sabrina Anderson
(731) 422-2008
sanderson@bgcjmc.org

South Central region

Karyl Chastain Beal, MEd, CT
(931) 388-9289
karylcb@bellsouth.net

Southeast region

Eve Nite
(423) 697-5952
enite@mhc-tn.org

Upper Cumberland region

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

Advisory Council Chair

Tim Tatum, MA, LPC-MHSP
(423) 339-4351
timtatumlpc@gmail.com

Executive Director

Scott Ridgway, MS
(615) 297-1077
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

