

# TSPN CALL TO ACTION

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## TENNESSEE SUICIDE PREVENTION NETWORK



### TREVECCA COMMUNITY CHURCH TO HOST TSPN 10TH ANNIVERSARY SYMPOSIUM



*mind, body, and spirit*

Trevecca Community Church at 335 Murfreesboro Road in Nashville has been selected as the venue for TSPN's 10<sup>th</sup> Anniversary Symposium on April 29.

Located on the campus of Trevecca Nazarene University, the church offers a variety of ministries for all ages. Its Journey Counseling Center provides professional counseling services with a Christian perspective for individuals and families in Nashville and surrounding communities. It also hosts New Day, New Life Recovery Ministries, an educational and support program for people with substance abuse issues, and provides space for the New Life Café, a restaurant/ministry managed by CrossBRIDGE, Inc.

TSPN's upcoming symposium recognizes the anniversary of the agency's first meeting and the development of plans for a statewide public-private partnership for suicide prevention.

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The event will include panels and breakout sessions with an emphasis on whole-body health and its relation to suicide prevention. Presenters will include survivors of suicide and suicide attempts, authors, counselors, and public officials from across the state.

TSPN continues to seek sponsors for this event. All sponsors will be recognized on the event program. Other benefits are outlined on the symposium sponsorship form. Both the sponsorship form and the form for presentation proposals are both available on the TSPN homepage ([www.tspn.org](http://www.tspn.org)).

Current sponsors are as follows: AmeriChoice, Behavioral HealthCare Centers, the Mental Health Association of Middle Tennessee (MHAMT), Rolling Hills Hospital, the Tennessee Association of Mental Health Organizations (TAMHO), the Tennessee Lives Count Project (TLC), Volunteer Behavioral Health Care Services, and Vanderbilt Psychiatric Hospital.

Any questions about the symposium may be addressed to Executive Director Scott Ridgway, MS, at [tspn@tspn.org](mailto:tspn@tspn.org) or (615) 297-1077.

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NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



Vanderbilt Psychiatric Hospital



Mental Health Association  
OF MIDDLE TENNESSEE



*"Giving Hope, Saving Lives"*



Behavioral HealthCare Center at Columbia  
*... a path to security*



Behavioral HealthCare Center at Martin  
*... a path to security*



Behavioral HealthCare Center at Clarksville, Inc.  
*... a path to security*



ROLLING  
HILLS  
HOSPITAL



tamho  
tennessee association of  
mental health organizations



VOLUNTEER  
BEHAVIORAL HEALTH



AmeriChoice  
A United Health Group Company

TSPN would like to thank all the groups and agencies who have committed to sponsoring our symposium thus far.

## SUICIDE IMPLICATED IN 2008 U.S. LIFE EXPECTANCY DROP

A rise in suicide rates contributed to a decline in life expectancy in the United States in 2008.

Suicide was one of several factors blamed for the drop in a report from the National Center for Health Statistics. Rising numbers of deaths due to high blood pressure and chronic respiratory disease were also factors. The study's authors shied away from connecting any of these increases to the recent recession.

The national suicide rate rose by 2.7 percent in 2008. Nationally, it ranks just outside the top ten causes of death in the U.S., coming in at eleventh place (see chart on page 5). It was one of several causes of death which were increasingly common in 2008. Deaths due to chronic lower respiratory disease went up by 7.8 percent, partially due to new criteria for classifying respiratory deaths. As a result, chronic respiratory disease replaced stroke as the nation's third-leading cause of death. Meanwhile, influenza and pneumonia deaths rose by 4.9 percent, and deaths by Alzheimer's disease were up by 7.5 percent.

Overall life expectancy went down from 77.9 years in 2007 to 77.8 in 2008, alarming public health officials. "The decline in life expectancy is a wake-up call... It is a call for action," said Ali Mokdad, a professor of global health at the Institute for Health Metrics and Evaluation at the University of Washington, in a December 9 MSNBC article covering the study.

Other health experts warned against making dire forecasts due to a single year's drop possibly connected to unusual developments in the national landscape. "A one-year change doesn't really establish a trend," explained Richard Rogers, a professor of sociology and director of the population program at the University of Colorado at Boulder's Institute of Behavioral Science. "But I think it's important to take notice and see what's there."

Within Tennessee, the suicide rate in 2008 was up 14.5 percent over the previous year. At 15.7 deaths per 100,000 (translating into 965 recorded suicides), the rate was at an all-time high. Since then numbers have dropped slightly; the Tennessee Department of Health recorded 939 suicide deaths in 2009, making for a rate of 15.1 per 100,000—a drop of 3.8 percent.

The National Center for Health Statistics report is available online at the Centers for Disease Control and Prevention website ([www.cdc.gov/nchs/data/nvsr/nvsr59/nvsr59\\_02.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr59/nvsr59_02.pdf)).

## MHAMT CONTINUES OUTREACH IN MIDDLE TENNESSEE

*The following yearly summary for MHAMT was provided by Nadine Oglesby, Development and Grants Coordinator for the agency.*

MHAMT has seen a lot of changes in 2010, but our commitment to serving those with mental health needs has never wavered. The economic downturn impacted us, as it did most of our community, and resulted in budget cuts and eliminations of several state-funded programs. In response, we have reduced our expenses, which included relocating our office in April to achieve a 60% savings in rent and occupancy expenses this year.

Our programs and initiatives have successfully reached thousands of Middle Tennesseans who were in need of mental health information and resources. Highlights of these efforts include the following:

- Providing four continuing education seminars on topics related to mental health for 227 social workers, counselors, physicians, attorneys, physical therapists, nurses, and other professionals.
- Facilitating four educational support groups for Spanish-speaking students in Metro Public Schools to address issues and obstacles that prevent Hispanic teens from succeeding in school.
- Facilitating two support groups for 50 Hispanic women who are dealing with depression, abuse, anxiety, and family issues.
- Educating and preparing 100 caregivers of loved ones with Alzheimer's disease in two six-week education series.
- Making presentations to 150 people in Middle Tennessee about caregiving, Alzheimer's disease, and other topics related to health and aging.
- Helping over 1,000 callers find resources and answers for their mental health questions and concerns.
- Educating 6,300 students about mental wellness through our I.C. HOPE® Erasing the Stigma curriculum presented in Middle Tennessee schools.

### Upcoming MHAMT Events



Country music superstar Vince Gill will headline Jammin' to Beat the Blues, set for April 7 at the Ryman Auditorium in Nashville.

Tickets go on sale February 4 and will be available at all Ticketmaster outlets, the Ryman box office, or [www.ticketmaster.com](http://www.ticketmaster.com).

Runnin' to Beat the Blues is scheduled for March 26 in Centennial Park. This 5K and 1 Mile run/walk is suitable for seasoned runners and casual walkers. More information and registration are available at the MHAMT website ([www.ichope.com](http://www.ichope.com)).

## VOICES OF TRUTH: ASIST SUICIDE PREVENTION WORKSHOP FEEDBACK



*"Giving Hope, Saving Lives"*

The following article was contributed by Jennifer Lockman from Centerstone Research Institute (CRI). CRI provides evaluation services to the Tennessee Lives Count Juvenile Justice (TLC/JJ) Project in an effort to understand TLC/JJ program outcomes and improve program services.

At the end of the TLC/JJ grant, countless hours of planning, traveling, and training will result in 650 staff from the Tennessee Department of Children's Services Youth Development Centers (YDCs) participating in the Applied Suicide Intervention Skills Training (ASIST) workshop. Although research shows that ASIST is an effective program, many of us want to know, "In Tennessee, what difference is the program making in helping youth at-risk for suicide?" The evaluation team at CRI seeks to find answers to this very question by conducting focus groups. Through December 2010, the evaluation team has visited two YDCs and talked with staff about how the ASIST workshop they attended has impacted their work with juvenile justice youth. As the grant progresses, additional focus group sessions will be held at each of the YDCs.

Many YDC staff said that the ASIST workshop was the most comprehensive training workshop they have ever participated in regarding suicide prevention, and this workshop has given them additional confidence in helping youth at risk for suicide. One staff member said, "It made me more comfortable asking a child how they were doing when they are showing suicidal behaviors and following up with them." The ASIST workshop also encourages staff to interact personally with suicidal youth. One staff member commented, "I will be more likely to start a conversation with a student who appears to be having a difficult time. I will sit with them and really listen to them." Some staff members reported that they had already used knowledge and skills gained in the ASIST workshop to help youth who were at risk for suicide. Additionally, staff pointed out that they were more aware of friends, colleagues, and community members who might display warning signs of suicidal thoughts or behaviors.

Although staff members provided positive feedback about the ASIST workshop, they recommended that changes could be made to make the training more relative to their work environment—juvenile justice facilities. Specifically, staff suggested that future suicide prevention trainings include information about why youth in juvenile justice settings are at an increased risk for suicide, how suicidal thoughts and behaviors may be expressed by youth in confinement, and how staff members can communicate effectively when following policies and protocol for helping youth in crisis. This information has been presented, in summary, to the TLC/JJ Staff Training Development Workgroup, which is building the nation's first suicide prevention training tailored to the needs of juvenile justice staff based upon recommendations made by Dr. Lindsay Hayes in *Juvenile Suicide in Confinement: A National Survey*.

Visit [www.tspn.org/tlc](http://www.tspn.org/tlc) to learn more about TLC.

The Tennessee Lives Count Juvenile Justice Project (TLC/JJ) was developed and funded via a grant (#2U79SM057400-04) from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

The Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) is the recipient of this grant made possible through the Garrett Lee Smith Memorial Act of 2004. The TLC/JJ project is collaboratively implemented with the Mental Health Association of Middle Tennessee, the Centerstone Research Institute, and the Tennessee Suicide Prevention Network.

## UC: SUICIDE ANONYMOUS GROUP FORMS IN CROSSVILLE



Photo of the Cumberland County Courthouse courtesy of the Crossville Chamber of Commerce's website ([www.crossville-chamber.com](http://www.crossville-chamber.com)).

A new Suicide Anonymous (SA) group has formed in Crossville to help residents of Cumberland County and outlying areas find support and guidance after surviving a suicide attempt.

SA was founded in 1996 by a group of suicide attempt survivors in Memphis; these included Ken Tullis, MD, co-founder of TSPN and chair of its Advisory Council's Strategies/Outcomes/Evaluations Committee. "The purpose of the program is to provide a safe environment for people to share their struggles with suicide, to prevent suicides, and to develop strategies for support and healing from the devastating effects of suicidal preoccupation and behavior," according to the SA website ([www.suicideanonymous.org/Front\\_Page.html](http://www.suicideanonymous.org/Front_Page.html)).

SA uses the Twelve Steps method developed by Alcoholics Anonymous to help members break compulsive self-destructive behavior patterns. The group incorporates regular meetings for members, contact lists of other members for crises between meetings, and a sponsorship system for new members of the group.

SA groups are active across the country, with local groups operating in Cookeville as well as Memphis. Survivors of Suicide Attempts (SOSA) in Nashville is not affiliated with SA but also works to support people recovering from suicide attempts.

To join the Crossville group, contact Chad Kirby at (931) 337-1015 or [kirbyrecovery@gmail.com](mailto:kirbyrecovery@gmail.com). For information on other groups for attempt survivors in Tennessee, refer to the support group section of TSPN's website ([www.tspn.org/for-survivors-of-suicide-attempts](http://www.tspn.org/for-survivors-of-suicide-attempts)).



## GILES COUNTY REACHES OUT TO VICTIMS OF SUICIDE AND CRIME

The Giles County Suicide Prevention Task Force co-sponsored "Reaching Out, Recovery and Remembering: Victims/Families of Crime and Families Affected by Suicide", a memorial service and educational session held November 22 at Bennett-May-Giles County Funeral Home LLC in Pulaski.

The event was held in conjunction with the Giles County Board of Education and the 22nd Judicial District Attorney's Office, which serves Giles, Lawrence, Maury, and Wayne Counties. Several local government buildings and businesses observed a moment of silence in support of the event and lowered their flags to half-mast. The service was promoted on four local radio stations, which also provided information about mental health and help for those recovering from a traumatic event. The event was also promoted by the *Giles County News*.

In connection with the event, students at Giles County High in Pulaski, Lawrence County High School in Lawrenceburg, and Richland High in Lynnville set up information booths in their respective cafeterias on the day of the ceremony. The booths offered resources on suicide prevention and mental health, with an emphasis on teens and young adults and information for victims of violent crime.

The Giles County Suicide Prevention Task Force has provided information to and support for survivors of suicide since its establishment in 2005. Its next meeting is at 1:30 PM on January 19 at the Giles County Career Center, located at 125 South Cedar Lane in Pulaski. More information about the Task Force is available from Pam Arnell, MA, Task Force Chair, at (931) 424-8802 or [angel1@energize.net](mailto:angel1@energize.net).



Photo of the Bennett-May-Giles Funeral Home courtesy of the home's website ([www.bennett-may.com](http://www.bennett-may.com)).

## MESSAGE FROM U.S. REPRESENTATIVE GORDON



*The following is the text of an e-mail received from U.S. Representative Bart Gordon on December 14. Gordon did not seek re-election during this year's midterms and retires this month. State Senator Diane Black, who co-sponsored the Jason Flatt Act of 2007, will take his seat in the 112th Congress.*

Dear Scott,

As the 111<sup>th</sup> Congress draws to a close and my retirement from Congress approaches, I want to thank you for the assistance you have provided to me and my staff.

I've learned the best way to get things done in Congress is to work together with civility, cooperation and common sense. Looking back on the past 26 years, I know I would not have been able to accomplish so much without the help and advice of people like you. I appreciate having had the benefit of your knowledge and experience.

A congressman necessarily depends on a good staff and the good advice of interested stakeholders, and I've been fortunate to have had both. Again, thank you for your willingness to be of service to my office. Although I am retiring from Congress, I plan to remain in Washington and hope to continue my involvement in the challenging issues facing our nation today.

All my best,  
Bart

Gordon represented Tennessee's Sixth Congressional District since 1985. This district covers Bedford, Cannon, Clay, DeKalb, Jackson, Macon, Marshall, Overton, Putnam, Robertson, Rutherford, Smith, Sumner, and Trousdale Counties, as well as part of Wilson County.

# TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates in **bold and in eggplant** indicate alternate meeting dates intended to accommodate state holidays or other previously scheduled events.

## 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

January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, and November 17

## Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:00 AM

The Community Foundation of Greater Memphis, 1900 Union Avenue, Memphis, 38104

January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18 and November 15

## Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM

Non-Profit Conference Center, 293 Plus Park Boulevard, Suite 201, Nashville, 37217

January 13, February 10, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, and December 8

## Northeast Region

monthly, 4th Tuesday, 10:30 AM

Boone's Creek Christian Church, 305 Boone's Creek Road, Gray, 37615

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

## Rural West

monthly, 3rd Wednesday, 10:30 AM

Behavioral Health Initiatives, 36C Sandstone Circle, Jackson, 38305

January 19, February 16, March 16, April 20, May 18, June 15, July 20, August 17, September 21, October 19, and November 16

## South Central

monthly, 1st Tuesday, 10:00 AM

Mental Health Cooperative, 100 Berrywood Drive, Columbia, 38401

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

## Southeast Region

monthly, 1st Thursday, 10:00 AM

Downtown Chattanooga YMCA, 301 West Sixth Street, Chattanooga, 37402

January 6, February 3, March 3, April 7, May 5, **June 9**, July 7, August 4, September 1, October 6, November 3, and December 1

## Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM

Volunteer Behavioral Health Care Systems, 1200 Willow Avenue, Cookeville, 38502

January 27, February 24, March 24, **April 21**, May 26, June 23, July 28, August 25, September 22, October 27, and **November 17**

## Intra-State Department Meetings

Tennessee Department of Mental Health and Developmental Disabilities, Third Floor Conference Room, Cordell Hull Building, 425 Fifth Avenue North, Nashville, 37243 (2:30 PM)

January 26, April 27, July 27, and October 26

## Advisory Council

February 9 (Metro Nashville Police Department Hermitage Precinct, 3701 James Kay Lane, Hermitage, 37076)

June 1-2 (location to be announced)

September 14 (location to be announced)

## Blount County Mental Health Awareness and Suicide Prevention Alliance

monthly, 1st Friday, 12:00 PM

Blount County Health Department Conference Room, 302 McGhee Street, Maryville, TN 37801

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

## Davidson County Suicide Prevention Task Force

monthly, 4th Thursday, 9:00 AM

February 24, March 24, **April 21**, May 26, June 23, July 28, August 25, September 22, October 27, and **November 17**

## Giles County Suicide Prevention Task Force

quarterly, 2nd Monday, 1:30 PM

Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478

January 19, April 11, July 11, and October 10

## Hickman County Suicide Prevention Task Force

monthly, 4th Friday, 1:30 PM

Hickman Community Hospital, Senior Care Building, 135 East Swan Street, Centerville, 37033

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

## Leading Causes of Death in the United States, 2008

1. Diseases of heart
2. Malignant neoplasms (cancer)
3. Chronic lower respiratory diseases
4. Cerebrovascular diseases (stroke)
5. Accidents (unintentional injuries)
6. Alzheimer's disease
7. Diabetes mellitus
8. Influenza and pneumonia
9. Nephritis, nephrotic syndrome and nephrosis
10. Septicemia
11. Intentional self-harm (suicide)
12. Chronic liver disease and cirrhosis
13. Essential hypertension and hypertensive renal disease
14. Parkinson's disease
15. Assault (homicide)

Source: National Center for Health Statistics, Center for Disease Control and Prevention

# 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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