Over 100 people attended TSPN’s Suicide Prevention Awareness Day event, held September 14 at Trevecca Community Church in Nashville. The event was the highlight of the Network’s Suicide Prevention Awareness Month observance and one of numerous associated events held across the state during September.

Scott Arnold, anchor/reporter for WTVF-CBS, served as emcee for the event, which featured remarks by Tennessee Deputy Governor Claude Ramsey. Ramsey presented and read off this year’s gubernatorial proclamation of Suicide Prevention Awareness Month; it was the first such proclamation issued by Governor Bill Haslam, who took office earlier this year. Ramsey also presented this year’s Regional Suicide Prevention Awareness Awards.

Other speakers included Harsh K. Trivedi, MD, Executive Medical Director and Chief of Staff for Vanderbilt Psychiatric Hospital, and Michael Johnson, Public Liaison for the Office of the President of Trevecca Nazarene University (where the church is located), who spoke on behalf of the college.

The event also featured addresses from TSPN co-founder and Advisory Council Emeritus Ken Tullis, MD, and Linda Phipps Harold, a community volunteer and survivor from TSPN’s Northeast Region. Later on during the ceremony, Phipps Harold received this year’s Madge and Ken Tullis, MD, Suicide Prevention Award in recognition of her establishment of her region’s annual Memorial Walk (see page 2 for information on this year’s event).

Guests present at the event, especially survivors of suicide, were particularly impressed by the two new “Love Never Dies” Memorial Quilts dedicated at the event. Family members of people memorialized on the new quilts received framed photos of the quilt panel they submitted. Toni Webb, who worked with survivors to design the new panels (and whose son, Matthew Austin Seabolt, was memorialized in one such panel), was honored for her contributions to the quilt project. TSPN now has seven quilts available for exhibition at Network events and other community functions. Panels for an eighth quilt have already been received, contact Quilt Committee Chair Karyl Chastain Beal at karylcb@bellsouth.net for more information.

The event also showcased Suicide Prevention Awareness Month proclamations from city and county mayors across the state of Tennessee—as of press time TSPN had received 100 proclamations representing 86 Tennessee counties. Guests also enjoyed a buffet luncheon catered by the New Life Café and sponsored by Vanderbilt Psychiatric Hospital.

Full details regarding other events associated with Suicide Prevention Awareness Month are available in this issue, along with photos. TSPN wishes to thank all those who joined us in showing their commitment to the cause of suicide prevention in Tennessee. We also want to thank the many regional members who helped organize these events, whose passion and dedication have seen the Network through another year of outreach, education, and lives saved.
MEMPHIS: SUICIDE PREVENTION COLLABORATIVE

The following summary of the Suicide Prevention Collaborative event, the main Suicide Prevention Awareness Month event within TSPN’s Memphis/Shelby County Region, was provided by Madge Tullis, the regional chair. We thank Ms. Tullis and the region’s Community Partnership Team for its efforts in developing the Powerpoint and the event promoting it.

TSPN would also like to recognize this year’s Memphis/Shelby County Regional Suicide Prevention Award recipient: Pat Kendall, Pastor of Recovery and Support Ministries at Hope Presbyterian Church in Cordova. Kendall provided valuable support for the local Suicide Anonymous group and the Healing Hearts Suicide Grief Support Group during its earliest days.

The Memphis Shelby/County Region of TSPN collaborated with community hospitals including the Baptist Memorial Healthcare Corporation, Delta Medical Center, Lakeside Behavioral Health System, Memphis Mental Health Institute, Memphis VA Medical Center, Methodist Le Bonheur Healthcare, Regional Medical Center at Memphis and Saint Francis Hospital to form a partnership that developed a PowerPoint which addresses:

- Awareness and recognition of circumstances that can lead to suicide
- National patient safety goals for suicide prevention
- Strategies to minimize suicide risk
- Laws applicable to mental health patients and their management
- Development of policies and procedures for the “at risk” suicide patient

This group was led by Madge Tullis, Chairperson of the Governor’s Advisory Council of the Tennessee Suicide Prevention Network, and Patricia Hipps, NCC, LPC/MHSP, Comprehensive Counseling Network. A reception was held at 1:00 P.M. followed by a media event at 2:00 P.M. on Tuesday, September 20, 2011, at The Community Foundation of Greater Memphis, 1900 Union Avenue, to demonstrate the community collaborative and unveil the PowerPoint.

RW: “SAVING LIVES IN RURAL WEST TENNESSEE”

Over 100 people attended “Saving Lives in Rural West Tennessee” at the Jackson-Madison County Regional Health Department on September 29, a project of TSPN’s Rural West Region. The conference was covered by the Jackson Sun as well as local radio and television stations.

Jerry Gist, Mayor of the City of Jackson, and Jimmy Harris, Mayor of Madison County, provided opening remarks alongside Rural West Regional Chair Anne Henning-Rowan. Lygia Williams with the Division of Mental Health Services within the Tennessee Department of Mental Health (TDMH) spoke about TDMH’s suicide prevention agenda and her own experience as an attempt survivor.

Renee Brown, the Suicide Prevention Coordinator at the Memphis VA Center, gave the luncheon address, discussing the Memphis VA Medical Center’s work in caring for veterans returning from combat deployments. TSPN Executive Director presented information on the demographics of suicide in western Tennessee, and Granger Brown, the Network’s Substance Abuse Outreach Coordinator, discussed how substance use abuse affects and contributes to suicidal behavior. Karyl Chastain Beal, facilitator of the Parents of Suicides/Friends and families of Suicides online support groups, presented on the suicide grief and recovery process, and Kris Moore of the Behavioral HealthCare Center at Martin spoke about the suicide risk factors affecting older adults.

The event included a luncheon sponsored by Carey Counseling Center, Professional Care Services, and UnitedHealthcare. TSPN would also like to thank the other conference sponsors and supporters who made the event possible: Behavioral HealthCare Center at Martin, Behavioral Health Initiatives, Inc., Jackson Area Council on Alcoholism and Drug Dependency, Jackson-Madison County Regional Health Department, Lakeside Behavioral Health System, the Northwest and Southwest Councils on Children, Youth Villages, Big Brothers and Big Sisters of Jackson-Madison County, and Henderson County Schools.

In other news, the Rural West Regional Suicide Prevention Award went to Shelia Ward, a health educator for the Madison County Regional Health Department, for her work in provide trainings and resources to local schools and civic groups.
NE: 6TH ANNUAL MEMORIAL WALK HELD AT WARRIOR’S PATH

TSPN’s Northeast Region held its Sixth Annual Memorial Walk at Duck Island within Warrior’s Path State Park in Kingsport on September 18. About 100 people were in attendance.

Linda Phipps Harold, the recipient of this year’s Madge and Ken Tullis, MD, Suicide Prevention Award (see page 1), was honored during the proceedings. Phipps Harold was recognized for her efforts in developing and sustaining the walk—conceived in memory of her son Travis Williams. Phipps Harold was also honored for her support of the Tri-Cities Survivors of Suicide Support Group and her frequent representation of TSPN in local TV and radio interviews.

The walk was preceded by a picnic luncheon and remarks from Northeast Regional Chair Harold Leonard and Bill Snodgrass, District Director for the Office of U.S. Rep. Phil Roe. Detective Cindy Adams, a domestic violence investigator, with the Sullivan County Sheriff’s Office, joined Phipps Harold provided additional remarks.

The Network would like to thank the following business for their sponsorship of and donations for the event: Eastman Chemical Company; Food City; Kroger; Sonic Drive-In; A Super Party; Unique Medical Management, Inc.; and Wal-Mart. The event was also made possible by generous donations from Bill and Linda Harold, Roger and Mary Ann Kempen, Tom and Kim Price, Ivas and Lee Phipps, and Diane Stacy.

UC: COOKEVILLE HOSTS “LIGHT OF HOPE” EVENT

Approximately 100 people participated in the 6th Annual “Light of Hope” event, held on the Putnam County Courthouse Square in Cookeville on September 15.

Guests were particularly delighted by the performance of the Algood Middle School Choir. The event also included an address by Lee Brown of Manna House Ministries, as well as opening and closing prayers by Michael Bruno of River Community Church.

The Upper Cumberland Regional Suicide Prevention Award was presented to Vickie Bilbrey, the Community Education Manager for the Oak Point Center at Livingston Regional Hospital and a member of TSPN’s Advisory Council. Bilbrey helped establish the “Light of Hope” memorial and awareness event, which has become an annual feature of TSPN’s Suicide Prevention Awareness Month campaigns. She also promotes the Network through appearances on local radio and television stations, and worked with Lamar Advertising to develop a series of billboards promoting TSPN.

TSPN would like to thank the Putnam County EMS for providing use of its speaker-equipped truck during the event, and for WLIV-FM, WGSQ-FM (94.7, “The Country Giant”), WCTE-PBS, and WHUB (Cookeville’s public access channel) for their promotion of the event and the Network. Other “Light of Hope” sponsors include Dyer Funeral Home, Lamar Advertising, and WLQK (“Lite Rock 95.9”).

In other regional news, the Upper Cumberland Region had an exhibit at the Fun Fest activity on September 10, specifically participating in the Safety Zone as arranged by Brandon Smith with Putnam County EMS. As many as 50,000 people were in attendance. The TSPN booth was very popular thanks to its duck pond and its location located next to the Imagination Station. About 500 bags with TSPN brochures and resource directories were provided during the event.
MC: EVENTS HELD IN LEBANON, MOUNT JULIET, NASHVILLE

TSPN’s Mid-Cumberland Region hosted several events during the month of September:

- The Regional Suicide Prevention Awareness Event was held September 27 at Centennial Park, with about 100 people in attendance. Scott Couch, anchor for WZTV-Fox 17 out of Nashville, emceed the event, which included a symbolic dove release, courtesy of Woodbine Funeral Home, and a presentation by the Color Guard of the U.S. Army Recruiting Battalion-Nashville. Guest speakers included Tanya Moss, a local survivor who spoke about the loss of her nephew Will Hinds and its affect on her family. Lygia Williams with TDMH shared her experience as a survivor of several suicide attempts. The event also featured a candlelight vigil for survivors of suicide and suicide attempts. It was preceded by a light picnic dinner catered by Bacon & Caviar and sponsored by Rolling Hills Hospital.

- The Wilson County Health Council and Cumberland Mental Health Center sponsored “Never Alone”, a series of suicide grief memorial events held in Wilson County. Gatherings were held on September 27 at Wilson Bank and Trust’s Castle Heights branch in Lebanon, and September 29 in Mount Juliet’s Charlie Daniels Park. Brenda Harper, Center Director for the Cookeville office of VBHCS and Center Director for Valley Ridge Mental Health in Lafayette, helped organize the event. She received this year’s Mid-Cumberland Regional Suicide Prevention Award for her suicide prevention and awareness efforts in Wilson County and surrounding areas.

- Approximately 50 people turned out for “Preventing Suicide in Davidson County: Perspectives and Surveillance Challenges”, held at Nashville’s Metro Public Health Department on September 30. The Davidson County Suicide Prevention Task Force presented the white paper it developed on efforts to gather local suicide and suicide attempt data for Davidson County to track patterns in suicide death and injury and coordinate future prevention efforts. The event included refreshments provided by Metro Public Health Department of Nashville/Davidson County and Vanderbilt Psychiatric Hospital. The white paper is available for free download at the TSPN website.

SC: MEMBERS JOIN FORCES TO RAISE AWARENESS

The South Central Region’s most high-profile project during Suicide Prevention Awareness Month was the Suicide Prevention and Awareness Walk held September 24 at the Centerville Farmer’s Market. Regional members collaborated with the Hickman-Perry County Suicide Prevention Task Force and Left Behind By Suicide (LBBS), a support group headquartered in Centerville.

Signs posted along the Jerry Dixon Memorial Walking Trail featured information on suicide statistics and warning signs. TSPN South Central Regional Chair Karyl Chastain Beal (facilitator of the Parents of Suicides/Friends and Families of Suicides online support groups) hosted a program on recovery from suicide loss during the event. Her presentation was followed by the presentation of a memorial quilt developed by LBBS and a symbolic balloon release.

In other regional news, the South Central Region joined Cowboy Up, a local youth group, in staging the South Central Suicide Prevention Awareness Month Event at 6 PM on September 13 at Central High School in Columbia. TSPN had an exhibit alongside local suicide grief support groups.

Also, members of the Hickman-Perry County Suicide Prevention Task Force staged an exhibit at the Grinder’s Switch Music and Arts Festival on September 10. The Task Force has had a booth at this event for several years running, and members believe this year’s booth generated a record amount of interest, with 200 regional resource directories and National Suicide Prevention Lifeline magnets distributed to fairgoers.

Elaine Williams, the South Central Regional Coordinator for the Tennessee Commission on Children and Youth (TCCY), is the recipient of this year’s South Central Regional Suicide Prevention Award. Williams has helped recruit sponsors and exhibitors for local TSPN conferences, and built alliances between TSPN, TCCY, and other organizational contacts throughout southern Tennessee. Also, she frequently develops certificates, name tags, and other organizational materials for local and statewide conferences.
VA CENTERS ACROSS STATE OBSERVE SUICIDE PREVENTION WEEK

Veteran’s Administration hospitals and clinics across Tennessee observed Suicide Prevention Week from September 5-9, a project organized by the VA’s Suicide Prevention Program. Notable events where TSPN had a presence:

- The Memphis VA Center kicked off Suicide Prevention Week with its Celebration of Life event on September 2 on the Bed Tower Patio. The event featured a wheelchair dance performance by the RT SCI Wellness Outpatient group and a demonstration from Anthony’s Martial Arts Academy. The following week included a suicide prevention information fair for veterans, training session for employees and veterans, the “Celebration of Life” Fashion Show, and a ceremony for suicide attempt survivors. The week concluded with a day of community outreach to local homeless shelters, churches, and community mental health centers.

- The Tennessee Department of Veterans Affairs (TDVA) held a retreat on September 6 at Montgomery Bell State Park in Burns. Ahead of the event, Commissioner Many-Bears Grinder sent out an announcement to TDVA staff on the importance of suicide prevention. TSPN provided participants with TSPN recycle bags containing copies of the TSPN veteran brochure and local resource directories. Participants also received posters promoting the National Suicide Prevention Lifeline, suitable for posting in regional TDVA offices.

- The 2nd Annual VA/Community Partners Fair was held on September 8, at the James H. Quillen VA Medical Center in Mountain Home. TSPN joined over 50 other mental health and veteran service agencies in mounting exhibits on the main and second floors of the hospital atrium. The event feature free gunlock distribution, popcorn and other treats, and door prizes for participants.

STATEWIDE COLLEGE OUTREACH SUMMARY

- The Network had an exhibit at a Meharry Medical College campus event on September 9. TSPN’s Mid-Cumberland Region would like to recognize Claudia Mays of CM Counseling Services for volunteering to operate the booth and providing guests at the event with TSPN brochures and materials.

- East Tennessee State University held its Mental Health Awareness Day event on September 9; TSPN had an exhibit at the event. The highlight of the observance was Michael Mack’s presentation of his acclaimed one-man play “Hearing Voices: Speaking in Tongues”; the play is based on his mother’s struggle with mental illness.

- Speaker and author Kevin Hines visited UT-Knoxville on September 12-14, addressing groups of students and faculty prior to a campus-wide speaking engagement in the University Center Ballroom on the 14th. After surviving a jump from the Golden Gate Bridge in 2000, Hines has spoken to thousands of people about mental wellness and suicide prevention. His soon-to-be published memoir *The Wounded Healer: Chronicles of a Psychotic Mind* reviews his struggle with and recovery from suicidal impulses. TSPN had exhibit during the main event.

- The University of Memphis’s second annual “Feeling Blue Day” event was held September 15 in the Shelby Room (UC 342). It was followed by the Stop Feeling Blue Rendezvous on the Communications and Fine Arts stage (CFA 124) that evening. The Rendezvous featured a performance by the improv ensemble Playback Memphis.

- UT-Chattanooga hosted a Suicide Awareness Event on September 21; the event was organized by the campus’s Counseling Center with assistance from the local NAMI group. Future plans for UTC involve ASIST training for RAs and work with VBHCS on an interactive suicide prevention training event for fraternities, sororities, and other interested students during the fall.

- Throughout the month of September, UTK’s Counseling Center coordinated suicide prevention training courses for instructors serving that campus. The trainers reviewed recent statistics on suicide, shared experiences from their training sessions, discussed challenges and barriers to the project, and brainstormed outreach and awareness ideas for the new school year.
Jennifer Burger of Centerstone (center) received a Certificate of Appreciation from the TSPN Advisory Council in recognition of her service. Burger moved to Wisconsin earlier this month and as such will leave the Council. Also pictured are TSPN Executive Director Scott Ridgway and TSPN Advisory Council Chair Madge Tullis (photo courtesy of Tim Tatum).

The Memorial Walk at Warrior’s Path State Park included a table for photos of loved ones lost to suicide, as well as TSPN brochures, resource directories, and other giveaways. Select Suicide Prevention Awareness Month proclamations from local county governments were also available for review (photo courtesy of Harold Leonard).

At right, from the September 27 edition of the Pulaski Citizen: Giles County Executive Janet Vanzant signs off on her county’s Suicide Prevention Awareness Month as Pam Arnett, chair of the Giles County Suicide Prevention Task Force, looks on (photo courtesy of Tracy Ayers of the Citizen).

Rachel Moore poses next to the quilt featuring her late husband Roman Scott Moore during the Suicide Prevention Awareness Day event at Trevecca Community Church. During the event, guests with loved ones featured on the new quilts received framed pictures of the panels they submitted (photo courtesy of Jennifer Harris).

Above, from the September 15 edition of Checkmate, the newsletter of Blount Memorial Hospital: Blount County mayor Ed Mitchell, City of Maryville mayor Tom Taylor and City of Alcoa mayor Don Mull presented their Suicide Prevention Awareness Month proclamations to the Blount County Mental Health Awareness & Suicide Prevention Alliance (MHASPA) in a September 7 ceremony at the Alcoa Municipal Building.

At right: Billy Appleton, owner of Woodbine Funeral Home, sets loose the doves at the Mid-Cumberland Regional Suicide Prevention Memorial event as members of the Color Guard from the U.S. Army Recruiting Battalion-Nashville look on (photo courtesy of Misty Yarbrough).
TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates in **bold and in imperial blue** 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
October 20, November 17, and December 15

**Memphis/Shelby County Region**
monthly, 3rd Tuesday, 11:00 AM
The Community Foundation of Greater Memphis, 1900 Union Avenue, Memphis, 38104
October 18 and November 15

**Mid-Cumberland Region**
monthly, 2nd Thursday, 9:30 AM
Volunteer Behavioral Health Care Systems, 1200 Willow Avenue, Cookeville, 38502
Conference Room, Cordell Hull Building, 425 Fifth Avenue North, Nashville, 37243
October 25 and November 22

**Rural West**
monthly, 3rd Wednesday, 10:30 AM
Behavioral Health Initiatives, 36C Sandstone Circle, Jackson, 38305
October 6, November 3, and December 1

**South Central**
monthly, 2nd Monday, 1:30 PM
Blount County Mental Health Awareness and Suicide Prevention Alliance
October 13

**Northeast Region**
monthly, 4th Tuesday, 10:30 AM
Blount County Health Department Conference Room, 302 McGhee Street, Maryville, TN
November 10 and December 8: Goodwill Industries of Middle Tennessee, Inc., 937 Herman Street, Nashville, 37208

**Upper Cumberland Region**
monthly, 1st Thursday, 10:00 AM
Downtown Chattanooga YMCA, 301 West Sixth Street, Chattanooga, 37402
October 8, November 1, and December 1

**Southeast Region**
monthly, 1st Monday, 12:30 PM
Behavioral Health Initiatives, 36C Sandstone Circle, Jackson, 38305
November 6

**Southwest Region**
monthly, 3rd Monday, 10:00 AM
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401
October 10, November 14, and December 12

**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
November 9

**Advisory Council**
February 8 (Metro Nashville Hermitage Precinct, 3701 James Kay Lane, Hermitage)
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
November 4, and December 2

**Davidson County Suicide Prevention Task Force**
monthly, 3rd Tuesday, 11:00 AM
The Community Foundation of Greater Memphis, 1900 Union Avenue, Memphis, 38104
October 18 and November 15

**Giles County Suicide Prevention Task Force**
monthly, 3rd Monday, 1:30 PM
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478
November 14

**Hickman-Perry County Suicide Prevention Task Force**
monthly, 4th Friday, 1:30 PM
Hickman Community Hospital, Senior Care Building, 135 East Swan Street, Centerville, 37033
October 26 and November 18

The following is from an e-mail Toni Webb sent to TSPN South Central Regional Chair Karyl Chastain Beal on September 16 regarding the Suicide Prevention Awareness Day event. Webb and Chastain Beal have both consented to sharing its contents.

Note: the International Suicide Prevention Memorial Wall is housed at the Butterfly Pavilion at Chastain Beal’s Home, site of regular retreats for members of the Parents of Suicides/Friends and Families of Suicides support groups.

We just got back home this afternoon and I wanted to shoot you an email to let you know how much TSPN's event meant to me and my family.

Mom and Dad were so impressed with the speakers, TSPN's mission and organization, and the displays.

Dad told a crowd at a children's home benefit dinner in Atlanta last night that TSPN's event was one of the most meaningful events of his lifetime.

I was surprised when he mentioned where we had been and why to this crowd of children's home supporters, but his participation in TSPN's event brought home the point he so desperately wanted to make to the supporters in the room - everyone needs hope because without hope, the unthinkable happens.

My father has not been vocal about suicide or suicide awareness (although he has a Ph.D. in Family and Child therapy and has spent his life working with children), but last night, he told the crowd about how suicide has touched his life and how PREVENTABLE it is.

(If) confirms in my mind that you can have the awareness (Dad did!) and yet never really speak out to make it personal until an event triggers the importance of that.

For my father, TSPN's event Wednesday took it out of the realm of "this has just happened to my family" to "this is an epidemic needing immediate action". I was very proud of him!!

He was profoundly effected by the International Suicide Memorial Wall, and I so appreciate you allowing me to take them all to Columbia to view it. He told me later that Wednesday was one of the most depressing days of his life because he saw all those faces on the quilts and on the wall and couldn't help but think of the enormous tragedy the loss of each life was - a tragedy for the suicide victim and a tragedy for society because they all had so much to give this world.

Thank you for the award of appreciation. As you know, working on the quilts was a labor of love for me—I needed no certificate of appreciation! - and was probably of more benefit to me than it was to TSPN. The quilts were beautiful, stunning and impressive!

Chris and I hope to make the spring retreat! Thanks again for the opportunity to be a part of TSPN's Suicide Prevention event!!
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**
Madge Tullis  
(901) 767-1469  
mwtullis@aol.com

**Mid-Cumberland region**
Stephanie Barger, M.Div.  
(270) 519-2352  
stephanie@healthassisttn.org

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

**Rural West region**
Anne Henning-Rowan, MS  
(731) 421-8880  
annerowan@hughes.net

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

**Southeast region**
Tim Tatum, MA  
(423) 339-4351  
tim_tatum@chs.net

**Upper Cumberland region**
Jodi Bartlett, Ed. S, LPC-MHSP  
(931) 423-7866 or  
(931) 423-4123, ext. 166  
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