

TSPN CALL TO ACTION

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TENNESSEE SUICIDE PREVENTION NETWORK



TENNESSEE MEN'S HEALTH REPORT CARD GIVES STATE MIXED GRADES ON SUICIDE PREVENTION

The 2012 Tennessee Men's Health Report Card reveals mixed results on progress towards Healthy People 2020 goals.

The Report Card is published annually by Meharry Medical College, the Tennessee Department of Health, and the Vanderbilt Institute for Medicine and Public Health. It highlights trends in statewide data on causes of death, infectious disease, health behaviors, and obstacles to health among adult men across the state, and determines the state's progress towards public health goals for men as set by set forth by Healthy People 2020, a project of the Centers for Disease Control and Prevention (CDC).

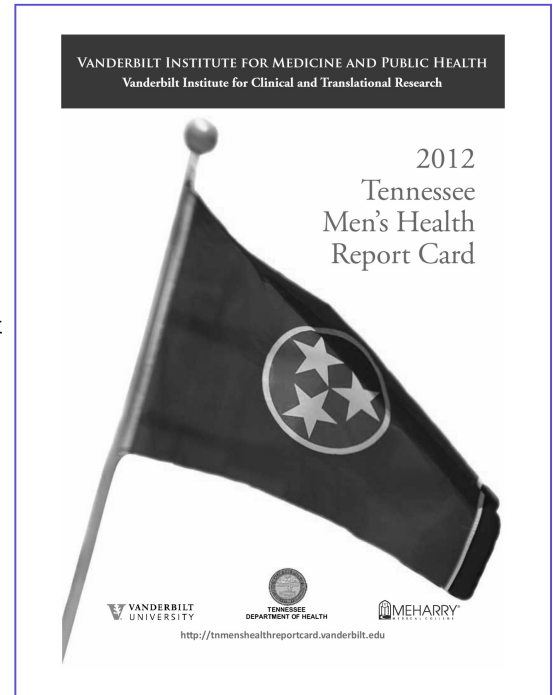
The report graded the state on the various criteria by comparing Tennessee data from calendar year 2010 (the most recent set of complete data available) with the Healthy People 2020 objectives. One of the project goals involves reducing the suicide rate among men to 10.2 per 100,000 by 2020. The suicide rate for men in Tennessee held steady during this time period and remained three times higher than the project goal, so the report card gave the state an "F" overall for its progress on this point. Broken down by race, suicide rates remained high among white men, but dropped for African-American men, earning the state an "F" and a "C" for these groups respectively.

In 2010, suicide was the third-leading cause of death among males 18-39 and the fifth-leading cause for men aged 40-64 (down from the fourth-leading cause). This year's report noted veterans, especially younger ones (ages 17-24), are at significantly higher risk of depression and suicide. It also mentioned the increased suicide risk for men who are unemployed, noting that they are also more prone to anxiety, depression, and hypertension.

The 2010 report card, which graded the state's accomplishment of Healthy People 2010 categories, failed the state in all categories related to suicide prevention.

The most recent Tennessee Women's Health Report Card, issued last year, gave the state's suicide prevention efforts a grade of "A" overall and for racial subgroups. Suicide rates for women in Tennessee have stayed below 10 deaths per 100,000 for several years.

This year's report is available for free download at the website of the Vanderbilt Institute for Medicine and Public Health (<http://medicineandpublichealth.vanderbilt.edu>).



The cover of this year's 2012 Tennessee Men's Health Report Card, as available on the website of the Vanderbilt University Institute of Medicine and Public Health.

The chart below shows the grade assigned to the state's suicide prevention efforts, both overall and broken down according to white and black males.

	SUICIDE RATE 2005	SUICIDE RATE 2010	GRADE
OVERALL	31.3	30.4	F
WHITE	34.1	34.9	F
BLACK	17.1	13.3	C

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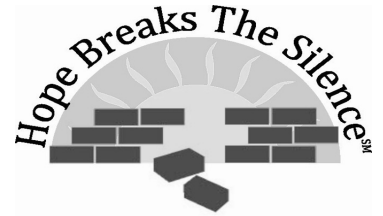
295 PLUS PARK BOULEVARD,
SUITE 201
NASHVILLE, TN 37217
PHONE: (615) 297-1077
FAX: (615) 269-5413
E-MAIL: TSPN@TSPN.ORG
WWW.TSPN.ORG

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

SUICIDE PREVENTION CONFERENCE HELD IN MURFREESBORO

About 75 people attended the Suicide Prevention and the African-American Faith Communities Mini-Conference, held on May 12 at the Patterson Park Community Center in Murfreesboro.

Subtitled "Silencing the Silent Epidemic, Part II", this conference is the latest in a series of events devoted to suicide prevention awareness within houses of worship that serve the African-American community. The goal of these conferences is to provide participants with tools to use when they encounter individuals who are depressed or suicidal persons. The event was a project of the Rutherford County Suicide Prevention Coalition, a newly established task force of the Tennessee Suicide Prevention Network.



Pastor James Butler of Elders Chapel United Methodist Church in Smyrna facilitated the event, which hosted several distinguished state and local clergy and experts in the field of mental health. Speakers and panelists provided insight on various aspects of the problem of suicide within the African-American community; they also discussed the effect and response to depression and other mental illnesses, and recommended strategies for suicide prevention and crisis response.

The public is invited to the next meeting of the Rutherford County Suicide Prevention Coalition, set for 6 PM on August 7, 2012 at ITNOLAP Pallet & Crating, located at 651 Middle Tennessee Road in Murfreesboro. Subsequent meetings will be held at the same time and location on the first Tuesday of the month; more information is available from Kim Rush at (615) 898-0771 or krush@vbhcs.org. While the current conference focuses primarily on suicide within the African-American community, the Coalition welcomes any and all interested parties regardless of race or spiritual affiliation.

The Coalition would like to acknowledge the following event sponsors, supporters, and contributors: the Tennessee Department of Mental Health, the Metro (Nashville) Public Health Department, Elders Chapel United Methodist Church, Olive Branch Church, Bethel Missionary Baptist Church, Emery United Methodist Church, Prosperity Missionary Baptist Church, Providence Missionary Baptist Church, Rucker Memorial Chapel, Walnut Grove Missionary Baptist Church, Webb Grove AME Church, UnitedHealthcare, the Tennessee Department of Health, Amerigroup Community Care, Mental Health Cooperative, the Guidance Center in Murfreesboro (a service of Volunteer Behavioral Health Care Services), Another Creation, Calvary International Barber & Beauty Shop, Cedar Bucket Cafeteria & Catering, Essence, Hardee's, Jeff's Family Restaurant, Jewell's Unique Gift Basket, McDonald's, Panera Bread, Pizza Hut, Sam's Club, Sir Pizza, Starbucks Coffee, United Grocery Outlet, and Wal-Mart (Murfreesboro and Smyrna locations).

UPDATE ON TENNESSEE LIVES COUNT (TLC) PROJECT

The following update on the TLC Project was submitted by Michele Daniel, BBA, MA, TLC Project Coordinator.

The Tennessee Lives Count (TLC) youth suicide prevention program continues to provide a wide spectrum of suicide prevention training strategies across the state of Tennessee in its new grant cycle, focusing on a diverse group of populations. The target audiences include faculty and staff of higher education facilities, professionals who work with LGBT youth, and hospital emergency department staff. Additional trainings include community QPR, ASIST, AMSR, and postvention education.

The TLC staff has exceeded many of its goals before the end of its first year of the grant. To date, TLC staff have trained more than 1,100 people in QPR, which is more than 200% of the goal for the first year. In addition, 74 mental health professionals have been trained in LGBT suicide prevention, and faculty from 133 Tennessee schools have received postvention education training. 31 emergency department staff at three Middle Tennessee hospitals have been trained in a pilot version of "Emergency Department Suicide Prevention and Intervention", a program developed by TLC staff. Finally, TLC staff have facilitated eight postventions in schools in various parts of the state.

For the remainder of the year, TLC will be focusing on setting up ASIST and AMSR trainings, as well as developing the Tennessee Higher Education Suicide Prevention Network (THESPN) and working to certify faculty and staff at colleges and universities in QPR training. TLC is also working with Youth Villages to conduct a pilot study involving youth identified by Youth Villages Specialized Crisis Service. As part of a pilot study, 250 youth in middle Tennessee will receive enhanced follow-up services to increase referral retention, enhance hope, and promote connectedness.

If you are interested in learning more about the Tennessee Lives Count program, please contact Project Coordinator Michele Daniel at mdaniel@tspn.org or (615) 312-3115. We would like to thank the members of TSPN across the state for partnering with us and helping to reach project goals.



Stephanie Caldwell, MSSW, TLC Project Trainer, poses with a sign she created as part of a social media project she organized for last month's retreat. Photos of other signs created by TSPN members are available in the June edition of the TSPN Call to Action.

JASON FLATT ACTS PASSED IN FOUR STATES THIS YEAR

Versions of the Jason Flatt Act have been passed in four states this year, bringing the total number of states with such laws on the books to ten.

The Jason Flatt Act was passed in Tennessee in 2007. It was developed by Jason Foundation, Inc. (JFI) President/CEO Clark Flatt and the staff of JFI.



JFI is a nationally recognized non-profit provider of educational curriculums and training programs for students, educators, parents, and other people work with or interact with youth. JFI works to raise awareness of suicide as a national health concern. It teaches communities about the warning signs of suicide, provides information on identifying at-risk behavior and high-risk groups, and teaches people about the mental health and crisis intervention resources in their own communities. JFI is based out of Hendersonville but has partnerships and alliances with such diverse entities as the American Football Coaches Association; Universal Health Services, Inc.; Wal-Mart; and the country music act Rascal Flatts.

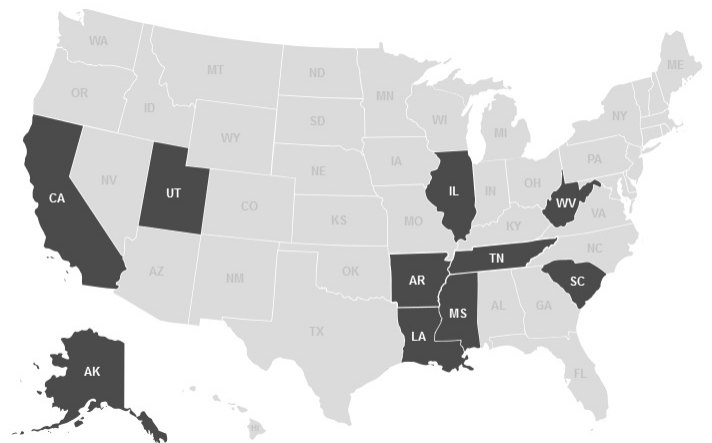
The bill mandated the inclusion of two hours of youth suicide prevention training within the annual in-service training provided to public school teachers and other staff. It was named after Jason Flatt, Clark's son who died by suicide in 1997. The legislation passed Tennessee's General Assembly by overwhelming margins, and at the time of its passage, it was considered the most aggressive youth suicide prevention legislation in the country.

(The Jason Flatt Act's lead sponsor in the Tennessee House of Representatives, Diane Black, now represents Tennessee's Sixth Congressional District in Congress.)

Following the passage of the bill in Tennessee, JFI engaged legislators in other states in efforts to introduce similar bills. In 2008, Louisiana was the second state to pass a version of the Jason Flatt Act, with California following later that year. Mississippi, Illinois, and Arkansas passed their versions of the Jason Flatt Act in 2009, 2010, and 2011 respectively.

The most recent versions of the bill are as follows:

- The state legislature in West Virginia passed the Jason Flatt Act on February 29, and it was signed by Governor Earl Ray Tomblin on March 13 at a public ceremony in Morgantown.
- Utah's version of the Jason Flatt Act was passed on March 7. Governor Gary Herbert officially signed it into law on March 26, then held a ceremonial signing in the Gold Room of the State Capitol on April 4.
- Alaska passed the bill on April 15 and it was signed by Governor Sean Parnell on May 23 in Anchorage.
- Finally, South Carolina's version of the bill cleared its General Assembly on April 19 and was signed into law by Governor Nikki Haley on May 14.



This map, showing states that have passed versions of the Jason Flatt Act, was created using the Electoral Map Calculator from the CNN's Election 2012 website.

JFI estimates that thanks to all ten of these bills, approximately 650,000 public school teachers will now receive instruction in youth suicide prevention and crisis intervention protocols, either annually or pursuant to that state's specific in-service training requirements. These teachers, in turn, have access to upwards of 11 million students each year.

Sources at JFI have informed the Network that a form of the Jason Flatt Act has been introduced in General Assembly of Ohio, making it the next likely state to have a youth suicide prevention bill on its books. Ohio's version of the bill has passed the House and is now awaiting action in the Senate.

TSPN thanks Mr. Flatt as well as Donna Finley, JFI's Director of Education and Legislative Liaison, for their contributions to this article.

SPOTLIGHT: 2-1-1 TENNESSEE WEBSITE

Tennessee's 2-1-1 database is available online for easy access to community and social service resources across Tennessee.

The website (<http://tn211.mycommunitypt.com>) features the same data and resources used by the state's community 2-1-1 call centers.

2-1-1 Tennessee connects people and agencies within Tennessee with a variety of resources, including volunteer opportunities, housing assistance, literacy and ESL programs, employment and educational opportunities, tax assistance, food and clothing, community clinics, legal services, and resources related to domestic violence, substance abuse, and teen pregnancy.

Users can click on the "Find Help!" button on the site to conduct a search for the help they need. The search results can be narrowed to a specific ZIP code by using the "Refine your Results" function on the right side of the page.

Agencies interested in being listed within the 2-1-1 directory can click the "Add Your Agency!" button for details on having their information included.

The 2-1-1 Tennessee is a project of the United Way of Metropolitan Nashville. In addition to the website, callers may still access operators in their area by calling the regular 2-1-1 line.



Screen capture of the 2-1-1 Tennessee website as of June 22, 2012.

SAMHSA RELEASES TOOLKIT FOR HIGH SCHOOLS



The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a new toolkit designed to help high school teachers and faculty prevent youth suicide and promote behavioral health in general.

Preventing Suicide: A Toolkit for High Schools offers evidence-based and expert-developed recommendations for assessing teachers' and schools' ability to respond to a suicide crisis. It recommends strategies for helping severely depressed or actively suicidal students, easily tailored to the resources on hand as well as the individual student's mental health needs and cultural background. It helps faculty identify effective suicide prevention programs and activities, and teaches them how to integrate these into the school's existing behavioral health or substance abuse programs. Finally and critically, the Toolkit offers guidelines for responding to a suicide death affecting the school.

As explained in a June 22 SAMHSA blog post about the Toolkit, "Suicide is one of the nation's greatest public health problems – but it is also completely preventable. If all of us work together in an effort to reach out and help those at risk we can prevent the needless devastation suicide brings to individuals, loved ones and communities across the nation."

The Toolkit is available for free download via SAMHSA's online store (<http://store.samhsa.gov>, then conduct a search using the "Advanced Search" function).

TSPN REGIONAL CALENDAR

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

July 19, August 16, September 20, October 18, and November 15

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM

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

July 17, August 21, September 18, October 16, and November 20

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM

Goodwill Industries of Middle Tennessee, Inc., 937 Herman Street, Nashville, 37208

July 12, August 9, September 13, October 11, and November 8

Northeast Region

monthly, 4th Tuesday, 10:30 AM

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

July 24, August 28, September 25, October 23, and November 27

Rural West

monthly, 3rd Wednesday, 10:30 AM

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

July 18, August 15, September 19, October 17, and **November 14**

South Central

monthly, 2nd Monday, 11:00 AM

Conference Room A, South Central Regional Health Office,

1216 Trotwood Avenue, Columbia, 38401

July 9, August 13, September 10, **October 15, November 19**, and December 10

Southeast Region

monthly, 1st Thursday, 10:00 AM

Johnson Mental Health Center, 420 Bell Avenue, Chattanooga, 37405

July 5, August 2, September 6, October 4, November 1, and December 6

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM

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

July 26, August 23, September 27, **October 18, and November 15**

Intra-State Department Meetings

Third Floor Conference Room, Tennessee Department of Mental Health, Cordell Hull Building, 425 Fifth Avenue North, Nashville, 37243 (3:00 PM)

August 8 and November 7

Advisory Council

June 6-7 (Montgomery Bell State Park Inn, Burns)

September 12 (Suicide Prevention Awareness Day event at Trevecca Community Church, Nashville)

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, 37801

July 6, August 3, September 7, October 5, November 2, and December 7

Davidson County Suicide Prevention Task Force

monthly, 4th Wednesday, 3:00 PM

Metro Public Health Department, 201 23rd Avenue North, Nashville, 37203

July 25, August 22, September 26, October 24, and November 28

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 1:30 PM

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

September 17, and December 17

Hickman-Perry County Suicide Prevention Task Force

monthly, 4th Friday, 1:30 PM

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

July 27, August 24, September 28, October 26, and **November 16**

Montgomery-Houston-Humphreys-Stewart Suicide Prevention Task Force

monthly, 1st Tuesday, 9 AM

Behavioral HealthCare Center at Clarksville, 930 Professional Park Drive, Clarksville, 37040

July 3, August 7, September 4, October 2, November 6, and December 4

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 6 PM

ITNOLAP Pallet & Crating, 651 Middle Tennessee Road, Murfreesboro, 37129

August 7, September 4, October 2, November 6, and December 4



Annette Lake addresses the audience at the Suicide Prevention and the African-American Faith Communities Mini-Conference, held May 12 at the Patterson Park Community Center in Murfreesboro. Lake spoke about the death of her son Terrence, who died by suicide in 2002 at the age of 17, and its affect on her family. In the background is Pastor Janie Dowdy -Dandridge of Webb Grove AME Church in Murfreesboro, who participated in the same panel discussion as Lake (photo courtesy of Gwen Hamer).

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

Madge Tullis
(901) 767-1469
kfttenn@ktullis.com

Mid-Cumberland region

Stephanie Barger, M.Div.
(270) 519-2352
stephanie@healthassistn.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
jbartlett@vbhcs.org

Advisory Council Chair

Madge Tullis
(901) 767-1469
kfttenn@ktullis.com

Executive Director

Scott Ridgway, MS
(615) 297-1077
scridgway@tspn.org

Advisory Council Chair Emeritus

Sam Bernard, PhD, FAAETS, DABCEM
(423) 322-3297
sam@sambernard.info

