

NEBRASKA STATE SUICIDE PREVENTION COALITION



Welcome to the [Nebraska State Suicide Prevention Coalition](#) newsletter! We are pleased to provide this newsletter as a way to keep you up-to-date on our current projects and to share information about this important cause.

This newsletter will be a way to raise awareness about [upcoming events](#) and to share resources. We will also share interesting news stories relevant to our cause. Each newsletter we will highlight the great work our local grant awardees have been doing to show off some of the fabulous work that is already happening at the local level. Finally, Danielle Sodergren, Outreach Coordinator with Interchurch Ministries will be writing about one of her areas of expertise each quarter. She will be starting out with some information on military outreach, but will address several other areas of interest in the coming quarters.

We hope you find this informative and that you enjoy the stories we've included this issue. As always, check out our websites for more information. If you found this newsletter informative and know someone who might be interested feel free to forward it on so they too can receive more information. Thank you so much for your support!

Spotlight:

Great Strides Being Made in Norfolk

The Norfolk Community Health Care Clinic received a grant in 2010 from the Nebraska Youth Suicide Prevention Project to boost their suicide prevention work in Northeast Nebraska. They have used the funds to produce materials that educate readers about suicide and what they can do to make a difference. Many of the brochures and posters have been produced in English and Spanish. On October 15, 2010 the Clinic hosted a "Lifesavings Connection Seminar at Faith regional Health Services in Norfolk. Thirty-four people attended this event which included information on suicide prevention, trauma and loss. The event featured a thoughtful presentation from a speaker with personal experience related to suicide. Area personnel working in post-secondary settings who attended the event received specialized information about the "Campus Connect" suicide prevention program that they could take back to their own campus settings.

Military Stress

By: Danielle Sodergren

When you hear the number 18, people automatically relate it to good things. Turning 18 years old, the right to vote, going off to college. However, the number 18 is also how many estimated veterans we lose daily to suicide in America. Troubling new data show there is an average of 950 suicide attempts each month by veterans who are receiving some type of treatment from the Veterans Affairs Department. Seven percent of the attempts are successful, and 11 percent of those who don't succeed on the first attempt try again within nine months¹.

Many national programs are using multi faceted approaches to help stem the suicide rate. From websites about military suicide prevention and twitter, to Iphone applications, the government is trying to let our military personnel and their family members know that help is

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Upcoming Events

Feb. 18, 12:00 PM Central: Youth Suicide Prevention Webinar, "Youth Issues & Suicide Prevention" with Dr. Don Belau

Feb. 23, AMSR Suicide Prevention Training for Clinicians with Dr. Denise Bulling

Feb. 25, 1pm-3pm: NSSPC Meeting

May 19-21: Save the Date: 2011 [National Loss Conference](#)

For more detail and a full listing of our upcoming events visit the NYSPP website:

[NYSPP Calendar](#)

Suicide Prevention Resource Center

The Suicide Prevention Resource Center was created by the U.S. Department of Health & Human Services in 2002 to further national suicide prevention efforts. This organization's goal is to be that technical resource for scientific and experimental information to support work in suicide prevention.

They are available to states, tribes, territories, government agencies, private & faith-based organizations, schools, suicide survivor and mental health consumer groups, and other groups who want technical assistance in suicide prevention.

Their [website](#) has many great resources. You can access their scientific publications full of useful information and

just a call away. VA's suicide hotline has been receiving about 10,000 calls a month from current and former service members.¹ The number is 1-800-273-8255. Service members and veterans should push 1 for veterans' services.



The Nebraska State Suicide Prevention Program is currently outreaching to our military members and families through a variety of workshops about military culture, mental health barriers and [Suicide Prevention Gatekeeper Education](#) to help educate and create awareness of the local resources available for suicide prevention. The workshops are being held around the state throughout the year and training is ongoing. The Nebraska Youth Suicide website also has a list of resources for veterans and their families' members as well.

i Article from ArmyTimes.com by: Rick Maze
http://www.armytimes.com/news/2010/04/military_veterans_suicide_042210w/

"Suicide Talk" Held in Hastings, Neb.

A very open discussion of suicide and suicide prevention was held at Hastings College on Wednesday, November 17, 2010. The "Suicide Talk" community education program was sponsored by the South Heartland Suicide Prevention Coalition and Hastings College.

Dan Davis, the workshop leader (author and president of the Nebraska-based national consulting and training firm Davis Consulting Services) told the group that approximately 35,000 deaths a year are recorded as suicides, but the number is most likely higher. Young men are two times more likely to take their own lives when compared to the general population, but the highest rate is among older white males. Firearms tend to be the weapon of choice for men, while women are more likely to ingest a substance.

Davis asked everyone in attendance who has been affected by suicide to raise their hands. More than half of the people in the room raised a hand.

He then used the letters of the word "talk" to outline the basic steps for suicide prevention.

T - Tell someone if you or someone you know is contemplating suicide.

A - Ask questions. If you suspect that someone you know may be thinking about killing themselves, ask them directly. Start the conversation by telling them you are concerned then ask about what they are thinking and planning.

L - Listen to the person. Encourage the person who is at risk to talk by being a good listener.

K - Keep the person safe. Consider calling law enforcement, a counselor, clergy or a helpline. Consider removing lethal means of suicide from the area like firearm or pills.

Building a suicide prevention program is one way to reduce risk factors and to educate the public on how to help. Key activities for a community suicide prevention program include raising awareness about suicide, recruiting local professionals and civic groups as partners and holding regular public forums to discuss the topic.