

# NEBRASKA STATE SUICIDE PREVENTION COALITION



Welcome to another issue of the [Nebraska State Suicide Prevention Coalition](#) newsletter! This newsletter is just one of the many ways to raise awareness about [upcoming events](#) and to share resources about suicide prevention. Each newsletter we will highlight the great work our local grant awardees have been doing to show off some of the incredible work that is already happening at the local level. Be sure to click the icon at the bottom right to forward this to friends so they can be on our list as well.

We hope you find this informative and that you enjoy the stories we've included this issue. As always, check out our [website](#) for more information.

## Nebraska Training Resources

Be sure to attend the upcoming webinar on August 16, 2011 at 12:00 PM Central. Dr. Dave Miers will discuss Suicide Mental Health. To register for this free webinar, [click here](#).

The Nebraska Youth Suicide Prevention Project offers ongoing training opportunities across Nebraska including:

- [SPRC Research to Practice Webinar](#)- Suicide Narratives in the News Media: What Effect Might They Have and What Can We Do?
- [Assessing & Managing Suicide Risk](#) Clinician Training
- [Gatekeeper](#) Training
- [Nebraska State Suicide Prevention Coalition](#) Meeting
- [Critical Incident Stress Management Conference](#)



## Spotlight: Laraine Peck's Survivor Story

Laraine Peck lost her son to suicide in November 1999 and at that moment, her world turned up-side down. After her loss, she was determined to move forward with her life.

Laraine struggled with her grief as she read self-help books and faded into a depression. She began attending counseling with a nearby support group for parents whose children have died. It was at those meetings she met other mothers who have lost their children to suicide and formed a bond.

The "suicide mothers" began eating lunch together on Saturdays and found it to be so helpful that they dropped out of their former support group. After a few years of lunches, the women realized the importance of their group in their struggle to find hope and healing. Soon they began having a second gathering on a weekday

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## Upcoming Events

August 4, 3:00 PM: [SPRC Research to Practice Webinar](#)- Suicide Narratives in the News Media: What Effect Might They Have and What Can We Do?

August 16, 12:00 PM: [Youth Suicide Prevention Webinar](#), "Suicide Mental Health"

August 19-20: CISM Conference, Grand Island, NE

August 26: AMSR Training, Hastings, NE

August 26: NSSPC Meeting, Lincoln, NE

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

[NYSPP Calendar](#)

## Take a look at our new Means Restriction Brochure!

The Restricting Lethal Means of Suicide at Home brochure gives a few simple tips to make homes safer in order to prevent potential suicides. [Click here](#) to view the brochure.

evening so other family members could participate. Their moniker became Parents of Suicides Together (POST).

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POST is now officially seven years old. In an effort to help other parents and family members who are suicide survivors, Laraine began attending numerous conferences on suicide and read many books on the subject. She became a Yellow Ribbon Teen Suicide Prevention Program presenter and spoke to many high school classrooms in hopes of reaching troubled teens before making a life-ending decision. Currently, Laraine is training to become the AFSP's Survivor Outreach Program Coordinator for the greater Omaha area. Through these various efforts, Laraine herself found hope and healing and is dedicated to preventing future suicides.

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## Miss Nebraska: Latest Addition to Project Management Team

"My name is Katelyn Kunzman. I am Miss Teen Nebraska International 2011. When I was a freshman in high school, two of my friends committed suicide. I felt devastated, shocked, and alone. I couldn't believe that someone could feel so trapped that their only solution was to kill themselves. In the spring of my junior year, another friend committed suicide. My goal is to inform people of the facts surrounding suicide in the hopes that more lives will be saved. I want to share my experiences and talk to others so they will not have to feel as I did. I took a class to be a Q.P.R. "Gatekeeper" and I am going to use the knowledge I learned to teach others about the warning signs of suicide. Thanks to the Nebraska Youth Suicide Prevention Coalition I will be working with the project management team to spread the word about suicide. Nobody should feel so alone that they think their only option is suicide."

Katee will be available statewide for appearances and requests that you contact her via email or phone ([kateemae2012@gmail.com](mailto:kateemae2012@gmail.com) or 402-806-9394). Katie will be attending school and prefers to schedule appearances following the school day and requests assistance with mileage reimbursement.

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## New Seed Grantees

Congratulations to the following Seed Grantees!

- First Christian Church Disciples of Christ
- Grand Island Public Schools on behalf of the Hall County Suicide Prevention Project
- Norfolk Area Ministerial Association (NAMA)
- Norfolk Community Health Care Clinic
- Panhandle Public Health District
- Peace and Justice Joint Strategy Action Team
- South Heartland District Health Department
- Nebraska Wesleyan University

