



May 2018



OSPF
Ohio Suicide Prevention Foundation
OhioSPF.org



Issue 3

OSPF Highlights Recent & Future Springtime News!

The Ohio Suicide Prevention Foundation (OSPF) shares its third bimonthly newsletter for 2018, including upcoming events and exciting new resources!

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In the News: Stand Up Together Comedy Event Fundraiser

SATURDAY JULY 21ST, 2018

STAND UP
AN EVENING OF COMEDY *Together*

HONORING NICK RAMSEY

LAKWOOD CIVIC AUDITORIUM 14100 FRANKLIN BLVD • LAKWOOD, OHIO

Comedy Connected, OSPF, and the ADAMHS Board of Cuyahoga County's Suicide Prevention Coalition have teamed up to host a fundraiser in the Cleveland-area benefiting Ohio suicide prevention programming—Stand Up Together: An Evening of Comedy Honoring Nick Ramsey! Doors are open from 4pm-11pm on Saturday, July 21st!

Stand Up Together will feature 50 comedians throughout the night, with headliners Mike Polk Jr. and Bill Squire, Co-host of the WMMS's Alan Cox Show, joining at 10pm! The night will create laughs and raise awareness of suicide prevention & mental health.

Purchase Tickets at StandUpTogetherOhio.Com. Each ticket includes entry to the show & 1 raffle ticket for Stand Up Together's big prize give away, including the chance to win a 2018 Ford Mustang!

Stand Up Together is searching for sponsors! Through your generous sponsorships, grassroots suicide prevention will continue across the state and we will promote positive discussions on male mental health and suicide prevention! Email Jeff@StandUpTogetherOhio.com for more information on becoming a sponsor.

OSPF Highlights Right Now: Upcoming Suicide Prevention Trainings

OSPF has officially began its 2018 workforce development suicide prevention training season! OSPF, in collaboration with various local co-hosting partners, is offering multiple opportunities across the entire State of Ohio to register for either **The Collaborative Assessment & Management of Suicidality (CAMS)** or **Assessing & Managing Suicide Risk (AMSR)**!



May 11th AMSR Training in New Albany

There are still 4 AMSR trainings and 3 CAMS trainings scheduled for 2018! CEUs will be provided for relevant disciplines. Registration is FREE of training costs, only a \$35 fee is charged for CEU processing, lunch, and refreshments throughout the day. Email autsin.lucas@ohiospf.org today, before registration fills up!

OSPF wants to give a special shout out to Northeast Ohio for reaching registration capacity (70 people) at the May 23rd AMSR training in Independence! Due to increased interest in AMSR in this region, OSPF has created another opportunity to join a newly planned AMSR training in Summit County on August 13th, 2018. Please contact austin.lucas@ohiospf.org if you have any questions about this opportunity. Visit ohiospf.org for a complete list of 2018 AMSR & CAMS Trainings.

Community Spotlight: Be a Friend—U Local Mindfulness Non-Profit

Submitted by Lawrence Mitchell, of Be a Friend – U

Being a Friend to Save Lives (BAF-U.org) is a Toledo-based non-profit group that talks about and markets “Mindful Reinforcement Tools.” We know mindful conduct towards others saves lives! Ask a friend or family member, or even a stranger, “How are you doing?” Have observational behavior. Showing interest in others is a powerful influence and saves lives. These recognized tools are helping to bust mental health stigmas and prevent harmful behavior.

You can make a difference. Crush any and all stigmas related to Depression. Use the Mindful Reinforcement Program in schools, churches, homes and places of business. Start the conversation.



QUESTIONS? Contact: austin.lucas@ohiospf.org | (614)-429-1528 ext. 401

Resources for You: SPRC After Youth Suicide Toolkit, Vol. 2

The Suicide Prevention Resource Center (**SPRC**) has released the second edition of ***After a Suicide: A Toolkit for Schools***. Developed in collaboration with the American Foundation for Suicide Prevention and in consultation with other national experts, this toolkit assists schools in implementing a coordinated response to the suicide death of a student. It includes new information and tools that middle and high schools can use to help the school community cope and reduce suicide risk. The toolkit was developed primarily for school administrators and staff but can also be useful for parents and communities.

Highlights of the second edition include: Updated information on topics such as memorialization, social media, and contagion, an updated resource lists, a new tool to help with decision-making about memorials, new examples of how different communities have addressed specific issues in responding to a suicide death, and more!

Community Spotlight: 14th Annual Suicide Awareness Dinner

Written by Dr. Vicki Whitacre, OSPF Board of Directors

The 14th Annual Suicide Awareness Dinner was held on April 26th in Zanesville, Ohio, for the 6-County area suicide prevention coalitions, including Coshocton, Guernsey, Morgan, Muskingum, & Perry Counties, covered by the Mental Health and Recovery Services Board. James McDonald, Chief Executive Officer of Allwell Behavior Health Services, presented the after-dinner address on “Hope Matters! You Can Be That Hope.” Mr. McDonald presented possible ways to offer hope to persons who are struggling with suicidal thinking.



James McDonald Speaking to Attendees of the Muskingum County Dinner

Before and after the dinner, music was provided by the drummers from Perry Behavior Health Choices along with a brief explanation of how drumming helps in recovery. A local police officer also gave a brief presentation about his loss of a loved one to suicide and the importance of family and friend survivors reaching out for help in sharing their struggles and pain. *There were over 100 people in attendance.*

Coalitions Corner: OSPF Monthly Webinar Series

OSPF is excited to launch its monthly webinar series beginning on July 18th, 2018. Every month, OSPF will release an informational webinar with key information, resources, and/or news relevant to Ohio's suicide prevention coalitions, LOSS Teams, & other organizations dedicated to suicide prevention.

OSPF's first webinar will provide an introduction to the **Ohio Public Health Data Warehouse** and instructions on how coalitions can freely access the Warehouse to obtain the latest data on suicide and other types of death across Ohio counties. **CLICK HERE to register for the webinar.**

Be on the lookout for the OSPF's 2nd webinar this August in collaboration with Multiethnic Advocates for Cultural Competence (MACC)!

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Resources for You: The Suicide Manifesto

Article Submitted by Gavin Crombie, author of The Suicide Manifesto

Personal experiences played a significant role in Gavin Crombie's decision to write "The Suicide/Despair Manual". With the loss of someone very close to him becoming the trigger to help others suffering from despair and depression, the manifesto could bridge the gap between life and death. As a result of these experiences in losing someone to despair, Gavin drew on both his personal battle with depression and the life-changing experiences from losing a series of people close to him.

"The Suicide/Despair Manifesto" is designed to give at-risk people a range of tools, encouragement, insight, and ideas to overcome the feelings of despair that drive an individual to self-harm. Gavin hopes that "The Suicide/Despair Manual" will create that critical space between the thoughts of suicide and the act, and allow a person in despair to find a nugget of strength to hold on, and the love to find healing.

LOSS Corner: ONG Survivor Outreach Coordinator Connection

OSPF is excited to share the opportunity for Ohio LOSS Teams and Ohio National Guard (ONG) Survivor Outreach Service Coordinators (SOSCs) to connect.

The SOSCs are notified when any type of death occurs in ONG members and/or their direct families. With 5 ONG members losing their lives to suicide annually for the past 3 years, the SOSCs have been working to support both the service members, and their families. The SOSCs are interested in forming relationships with nearby LOSS Teams so the Coordinators can reach out when there is a death by suicide in their military units. *The included map shows the regional SOSC areas.*

If your local LOSS Team and/or Coalition is interested in connecting with the nearby SOSCs in your area, please email Shawna.hite@ohiospf.org and let her know. She will provide you with the appropriate SOSCs' contact information. This is a great opportunity to connect the ONG with Postvention efforts in Ohio, to support ONG units struggling with suicides, and to better serve suicide loss survivors in our state!

