



Art by Rhoda Miller

Ohio Suicide Prevention Foundation

Connecting For Life

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OSPF Highlights End of Year Events & Coming Changes!

The Ohio Suicide Prevention Foundation (OSPF) shares its final bimonthly newsletter for 2017, exciting mini-grant Changes, and information on Ohio events!

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In the News: Mental Health Awareness Night with the Blue Jackets!

The Ohio Suicide Prevention Foundation (OSPF) is excited to share that the Columbus Blue Jackets (CBJ) is hosting a Mental Health Awareness Night on December 5th, 2017 at Nationwide Arena!

The CBJ– New Jersey Devils Hockey Match on December 5th will feature Mental Health Awareness and Suicide Prevention Messaging from OSPF! As a result, **\$10-\$20 of each hockey ticket sold will directly benefit OSPF and enable us to provide additional suicide prevention programming opportunities in 2018!**

Before the match begins, all attending the hockey match can take part in a FREE suicide prevention training featuring Barb Smith, a national ASIST Trainer. Use this as an opportunity to attend a fun hockey match, promote positive mental health, educate yourself on suicide prevention, AND support the work of OSPF!

Training/Hockey Match Location: Nationwide Arena

Time of Training Registration: 5:00pm-5:30pm

Time of Pre-Match Suicide Prevention Training: 5:30pm— 6:15pm

Time of Hockey Match: 7:00pm

CLICK HERE TO PURCHASE TICKETS: BlueJackets.com/itsok



Image obtained from :
Columbus Blue Jackets

OSPF Highlights: Faith the Protective Factor (Refer. Refer.)

Contributed by: Austin Lucas, OSPF Consultant.

On October 31st, OSPF hosted a conference titled, “Faith: The Protective Factor: Refer. Refer. Refer.” This event was the 2nd faith-based installment after the first conference in July 2017. Leaders in faith communities are often the first gatekeepers their members approach about issues surrounding mental health. The goal of both conferences was to identify how mental health providers and faith practitioners can work together to effectively refer members of congregations to mental health services.

Workshops educated faith leaders on the importance of mental health and the services available (i.e. the importance of language and engaging a provider). Workshops for mental health service providers generated discussion around the needs from faith communities (i.e. After the crisis; accessing mental health support).

Community Spotlight: Dayton VA Suicide Prevention Declaration

On September 28th, The Dayton Veterans Administration (VA) hosted a Suicide Prevention Declaration for service members and all community members serving the Dayton VAMC catchment area’s 17+ counties.



Image obtained from Dayton VA

This declaration served as a public demonstration of the Dayton VA and wider community’s commitment to prevent suicide through active education, empowerment, and increased awareness. OSPF was excited to have Austin Lucas there to show our state-level support for the VA initiative.

To learn more about the Dayton VA’s Suicide Prevention Declaration and how you might host a similar Declaration in your community, email Karon Wolfe at karon.wolfe@va.gov.

Community Spotlight: *When the Bell Rings* Production

Rleigh Enterprises LLC is a non-profit in Columbus, OH seeking to empower youth through the arts. On September 23rd, 24th, and November 4th, its founder, Rebecca Hairston, and 11 teenagers held the theatrical production *When the Bell Rings*. This Production gave viewers a glimpse into the daily challenges faced by many teen girls regarding self-esteem and self-image, bullying, and thoughts of suicide.

This production was the culmination of a 6 month program teaching dance and theater to teenage girls. *When the Bell Rings* did a wonderful job at giving us a glimpse into adolescent life and emphasized the role we can all play in preventing both bullying and suicide.



Ms. Hairston will host the same program for teens with registration on January 6th, 2018, 3pm-5pm, at Columbus Dance Theater, 592 E. Main St. Columbus, OH. To learn about former and future programs for youth, email: reighent@gmail.com.

Image Courtesy of: Rleigh Enterprises

OSPF Coalitions Corner: Mini-Grants & Welcome to the SPF Model

OSPF is excited to share that it will be releasing new applications for Suicide Prevention Coalition mini-grants in January 2018. The 2018 mini-grants will feature a list of pre-selected focus areas which coalitions can use funding to pursue in their local communities!

The 2018 mini-grants will particularly focus on educating coalitions on the use and implementation of the **Strategic Prevention Framework (or SPF model)**. The use of the SPF model will provide coalitions with increased guidance, support, and evidence-based practices which promote sustainable coalitions.

Visit [SAMHSA](#) to learn more on SPF. Use the upcoming mini-grants as an opportunity to gather funding to impact your community *and* to learn and implement practices which can increase coalitions' outreach, effectiveness, and sustainability!

OSPF LOSS Teams Corner: Survivor's of Suicide Loss Day

Contributed by: Denise Meine-Graham, Director of Franklin County LOSS.

Saturday, November 18, was International Survivor of Suicide Day. Several Ohio communities hosted Survivor Day events where survivors could connect with one another. In addition to the 16 LOSS volunteers pictured here, Franklin County LOSS saw over 40 suicide loss survivors on this special day.

Guests at these events did everything from creating crafts, to enjoying breakfast, to watching videos of suicide loss survivors. **Most importantly, survivors got to spend time together. It was a day filled with tears—but it was also filled with hope!**

A sincere thank you from OSPF to all the LOSS volunteers across the state who made November 18th memorable!

For more information on LOSS Teams, email denise@franklincountyloss.org.



Resources for You: New Suicide Prevention Phone Apps!

OSPF is supporting the dissemination of 2 suicide prevention phone apps! Read more to learn about the apps and how you can promote them in your communities!

- 1) **The REACH OUT Phone App was developed by Lakeland Community College.** The app uses local campus and community resources to help students identify the warning signs of suicide and know where to seek help. Lakeland and OSPF have teamed up to disseminate this app to additional higher-ed institutions in 2018. Interested in having the app on your campus? Email [Ken Browner](#) with Lakeland.
- 2) **The Friend2Friend App was developed by Kognito.** The app uses stories, avatars, and conversations to educate teens on 1) the warning signs of peer distress, 2) the steps to help a friend, 3) signs to help teens know when to tell a trusted adult about any concerns. Just type in "Friend2Friend" on [Google Play](#) or the [Apple Market Place](#) to download Friend2Friend for FREE!

QUESTIONS? Contact: shawna.hite@ohiospf.org | (614)-429-1528

OSPF Director's Corner: Farewell from Dr. Jackson

Contributed by: Dr. Yvette Jackson, CEO, The Ohio Suicide Prevention Foundation

Dear Friends of OSPF,

Beloved, as we approach the end of 2017 and prepare to welcome 2018, I want to update you on some upcoming changes at the Ohio Suicide Prevention Foundation (OSPF).

One of the changes is that I have decided to leave my position as CEO to pursue other opportunities. As many of you may remember, I started my journey with OSPF as a consultant in 2011 and was named Executive Director in January 2015. I was honored to be trusted with guiding the organization. I am now honored for the stewardship opportunity my tenure here has allowed me. Together, we have done great work! But, I know the test of good work is how well it serves as a foundation for future work. ***OSPF is positioned for growth and great things! We still look to you for support, input, and commitment to our mission,*** which is: "to act as a catalyst and steward of statewide suicide prevention efforts by supporting community based efforts to reduce stigma, promote education and awareness about suicide prevention, and increase resources and programs to reduce the risk of lives lost to suicide". We still need you in order to advance our vision which is that all Ohio communities will have the resources and capacity to reduce the risk of suicide, reduce the effects of suicide on families and communities, and positively impact the health of communities.

I am excited about the future of OSPF, building on the great work we've been able to do with partners like you! In order to assure continuity and stability OSPF has taken some definitive steps. Shawna Hite-Jones continues as our Program Director, providing day to day guidance on our state and federal programming. You will remember that Shawna was our Grant Coordinator but has been promoted to Program Director. We are interviewing now, but have a goal for our new Grants Coordinator to start early January, 2018. You will continue to have opportunities to participate in our evidence based programming, including Kognito, AMSR, and CAMS, as well as CAMS online.

Our Board of Directors is active and engaged in our process and has identified a Transition Team to steward operations through the appointment of the new CEO. The Board has committed to a goal of having a new CEO by February. Our very capable consultant, Jeannette Harrison has been appointed to lead the OSPF Transition Team for continued stability and continuity. Jeannette has led us through our Strategic Plans in the past and she has been working with our Board for the past year on both our 2017-2020 strategic planning and succession planning. During the transition and beyond, our OSPF consultants, Jill Frost and Denise Meine-Graham, will continue to reach out to our suicide prevention coalitions and LOSS Teams to continue work which has been started and to share new opportunities. You can expect some new mini-grant opportunities for both Coalitions and LOSS Teams to be shared by Shawna Hite-Jones in January, 2018.

Finally, my beloved, my last day in the office is December 29, 2017. If you need to reach Jeannette Harrison after December 29th and before the new CEO is named, please feel free to contact her at jet102@aol.com. As point person on the transition team, she will forward you information on the CEO search. The CEO position has been posted. Resumes for the CEO position can be submitted to support@ohiospf.org.

As I have often said to you; thank you again for the opportunity to "come alongside of you" and to serve you as we have supported community based efforts across the state of Ohio.

Here's to you and yours and "living life juicier in 2018"!!!

Dr. Yvette Jackson