



Art by Rhoda Miller

Ohio Suicide Prevention Foundation

Connecting For Life

September 2017

www.ohiospf.org

Volume 3 Issue 4

OSPF Welcomes Fall Changes & Awareness!

The Ohio Suicide Prevention Foundation (OSPF) shares its 4th bimonthly newsletter for 2017, exciting Changes in OSPF, and information on Ohio events!

Newsletter Contents:

- ◆ In the News: Suicide Prevention Month
- ◆ OSPF Highlights: New County Coalition Updates to OSPF Website
- ◆ Community Spotlight: Sandy Hook Promise & *Say Something Week*
- ◆ Resources for You: The Suicide Prevention Resource Center (SPRC)
- ◆ Coalitions Corner: Help Keep Our Contact Information Up-to-Date
- ◆ LOSS Teams Corner: LOSS Team Trainings & Suicide Survivor Day
- ◆ OSPF Staffing Changes: Grant Coordinator Search

In the News: Suicide Prevention Month

While Suicide Prevention Month is almost over, it isn't too late to help spread awareness on suicide prevention using the month's resources and campaigns!

OSPF reviews some of the campaigns and resources for Suicide Prevention Month, 2017, below!

1) The National Suicide Prevention Lifeline put together a social media campaign to help raise awareness on suicide prevention and how anyone can get involved! Its **#Bethe1To Campaign** encourages individuals to engage in gatekeeper behaviors: from asking others if they are considering suicide, to supporting someone in a crisis, to helping someone stay connected to mental health services. Join the campaign by sharing the **[#Bethe1To resources online!](#)**

- 2) The American Association of Suicidology (AAS) celebrated the 44th annual Suicide Prevention Week on September 10-16th. **[AAS made resources, images, and toolkits](#)** available which provide invaluable suicide prevention marketing now and in the future! **Mark your calendar for September 9-15 for Suicide Prevention Week in 2018!**
- 3) Both the **[National Alliance on Mental Illness \(NAMI\)](#)** and the **[American Foundation for Suicide Prevention \(AFSP\)](#)** feature additional campaigns for Suicide Prevention Month! Use their hashtags in social media by clicking the included links!

#BeThe1To Ask.

Don't be afraid to ask the tough question.

When somebody you know is in emotional pain, ask them directly:

"Are you thinking about killing yourself?"

Find out why this can save a life at Bethe1To.com.
If you're struggling, call the Lifeline at
1-800-273-TALK (8255)



Image obtained from suicidepreventionlifeline.org

OSPF Highlights: New Updates to OSPF Website!

The Ohio Suicide Prevention Foundation is excited to share that it has updated the county-level contact information for local Suicide Prevention Coalitions and Alcohol, Drug, and Mental Health (ADAMH) Boards on www.ohiospf.org.

To access local coalition and ADAMH Board information, simply click on OSPF's "[Coalitions](#)" tab on its home page! You will be taken to an [interactive map](#) where you can click on whatever county's information you need (if available). Check out this updated resource and use it to get in contact with core suicide prevention contacts in your community— or nearby!



Community Spotlight: Say Something Week

Contributed by: Tony Baker, Ohio State Director, Sandy Hook Promise



Image obtained from
Sandy Hook Promise

Sandy Hook Promise is currently organizing our 3rd annual *Say Something Week*, October 16 - 20, 2017.

The proven *Say Something* program teaches students, grades 6 -12, how to look for warning signs, signals and threats - especially in social media - from individuals who may want to hurt themselves or others and to Say

Something to a trusted adult to get them help. The call-to-action invites schools and communities across Ohio and the country to participate, raise awareness and educate students and community through training, media events, advertising, proclamations, contests, and school awards. *Say Something Week* reinforces the power of young people to prevent tragedies and protect friends from hurting themselves or others!

To sign up for more information and/or to participate in *Say Something Week* visit: www.sandyhookpromise.org/saysomethingweek or email Tony Baker at tony.baker@sandyhookpromise.org.

Resources for You: Suicide Prevention Resource Center (SPRC)

Did you know The Suicide Prevention Resource Center (SPRC) has resources available for any community member, coalition leader, or organization interested in suicide prevention? If you haven't visited www.sprc.org, do so now!

SPRC has everything from [facts and guidance on suicide prevention](#), to lists of evidenced-based [suicide prevention programs](#), to [free, online suicide prevention trainings](#) for coalitions and community members, to some of the most [up-to-date news](#) available on suicide prevention in the nation!

Plus, you can join the [SPRC list-serve](#) to receive weekly updates and stay even more informed on suicide prevention news!



Screen Shot of: www.sprc.org

OSPF Coalitions Corner: Help Keep Our Contact List Up-to-Date!

If you are an established, new, or 'up and coming' suicide prevention coalition, Please take a few minutes to verify your coalition contact information and grant award history housed on www.ohiospf.org.

With OSPF's new, [Interactive County Coalition Map](#), comes the goal to maintain an up-to-date list of Suicide Prevention Coalitions and their efforts across the state! **If you see any edits needed for your county coalition information, email support@ohiospf.org with the correct information.**

But don't just update your contact information today! Do this any time there are significant changes to your coalition in the future! We want to help keep your information up-to-date and available to all Ohio community members!

OSPF LOSS Teams Corner: Trainings & Suicide Survivor Day

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

Franklin County LOSS conducted a Volunteer Training on Sept 9th which included people from Belmont, Knox, and Greene Counties— as well as Franklin County. Are you interested in hosting a LOSS Volunteer training in your community? Contact Denise Meine-Graham at dmeinegraham@gmail.com.



Don't forget! Saturday, November 18th is International Suicide Survivor Day. This is a day for suicide loss survivors to come together as a community to remember their loved ones, to learn more about the challenging grief journey we are on, and to gather community resources. Check with your local Suicide Prevention Coalition to see if your community is hosting an event. If not, visit afsp.org to learn how your community can get involved!

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

OSPF Staffing Changes: Search for Grant Coordinator

OSPF is excited to announce its search for a new Grant Coordinator. On September 30th 2017, Shawna Hite-Jones will take on a new role as OSPF's Grant Project Director.

As a result, **The Ohio Suicide Prevention Foundation is currently preparing to fulfill the full-time position of Grant Coordinator.** The position will offer benefits and a competitive salary.

- The search for a Grant Coordinator has been extended and *Interested individuals can send their resumes in to yvettejackson@ohiospf.org.*
- **Deadline for application submission: November 3rd, 2017 at 5:00pm.**

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