



September 2018



OSPF
Ohio Suicide Prevention Foundation
OhioSPF.org



Issue 5

OSPF Features End of Summer Suicide Prevention Events & Programs!

The Ohio Suicide Prevention Foundation (OSPF) issues its 5th bimonthly newsletter for 2018, featuring news & events occurring during National Suicide Prevention Month (and more)!

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OSPF Highlights Right Now: National Suicide Prevention Month

September is National Suicide Prevention Month. OSPF created a **series of weekly eblast emails & social media posts with photos for both Facebook & Twitter to last the entirety of September.** *Suicide Prevention Coalitions and Local Outreach to Suicide Survivors (LOSS) Teams were given these materials to promote suicide prevention in local communities.* The campaign's tag is [#standup4afriend](https://www.instagram.com/standup4afriend/) & focuses on how a friend can be prepared to understand who is most at-risk for suicide, recognize the warning signs of suicide, talk to a friend, and refer a friend to mental health services.



OSPF Board Member Jamie Noon Tabling at The Columbus VA Resource Fair

In addition to the campaign, OSPF has attended various community exhibiting events, sharing many resources on suicide prevention. OSPF has been present at the Chalmers P. Wylie Columbus VA Ambulatory Care Center's Suicide Prevention Week Resource Fair, Columbus VA Behavioral Health Consumer Council Summit, a student-led Ohio State University suicide prevention fundraiser, Thoughts on Canvas suicide prevention awareness event, The Multiethnic Advocates for Cultural Competence (MACC) Conference, The Ohio Department of Health New Nurses Orientation, The Diocese of Columbus Suicide Summit, Prevention Action Alliance Coalitions Rising Conference, & the Defense Supply Center Columbus (DSCC) Suicide Prevention Resource Fair, & more!

In the News: OSPF Recognized by Columbus City Council



On September 24th, 2018, the City Council of Columbus recognized September as National Suicide Prevention Month and honored OSPF for increasing awareness and advocacy for suicide prevention.

OSPF truly appreciates this recognition! Austin Lucas, OSPF Grant Coordinator, and Susan Farnham, Past Chair of OSPF Board & nonvoting Emeritus Board Member, were present to deliver a brief thank you and accept the honor.

Resources for You: SPRC Suicide Prevention Gatekeeper Training Matrix

The Suicide Prevention Resource Center (SPRC) released a table/matrix comparing various suicide prevention gatekeeper programs & trainings. A gatekeeper is a community member that frequently encounters and interacts with other community members in some way. *The purpose of these trainings is to equip gatekeepers with the skills necessary to accurately identify, appropriately interact, & refer at-risk individuals to professionals when necessary.*

This comparison table includes 19 different empirically-researched suicide prevention gatekeeper programs that have all been included in the [SPRC/American Foundation for Suicide Prevention \(AFSP\) Best Practices Registry \(BPR\)](#). These programs and trainings have all been implemented in specific settings, as included in the program specifications. Each training in the table contains information on requirements, intended audience, program highlights, & program objectives. **You can view the Gatekeeper Comparison Matrix [HERE](#).**

Additionally, [Kognito Suicide Prevention Gatekeeper Trainings](#) are listed in this comparison table. OSPF provides all Ohioans with access to a series of innovative online programs from Kognito to help address the rising rate of suicide. You can access these trainings free of cost at ohiospf.org!

Community Spotlight: *When the Bell Rings* Production

Rleigh Enterprises LLC is a local nonprofit in Columbus that seeks to empower youth through the performing arts. Last autumn, OSPF attended Rleigh Enterprises' theatrical production titled, *When the Bell Rings*. The production showcased some of the challenges and obstacles that teenagers face in their lives, including a limelight on bullying, self-image, and how these issues relate to youth suicide.

On Saturday, October 6th, 2018, *When the Bell Rings* returns to The Columbus Dance Theater (592 E. Main Street, Columbus, OH) at 4:30pm and 7:30pm! This year, the program is enhanced and enriched to include more performers! *For more information and to purchase tickets, please call 614-373-8865 or email reighent@gmail.com.*



QUESTIONS? Contact: austin.lucas@ohiospf.org | (614)-429-1528 ext. 237

Community Spotlight: Muskingum County Good Grief Camp

Article Submitted by Dr. Vicki Whitacre., Muskingum County Coalition Member



Good Grief Camp attendees interact with the therapy dog

On July 31st, 2018, the Muskingum County Suicide Prevention Coalition sponsored **Through it Together: Good Greif Camp**, funded in part by money donated in memory of **Cameron Ross**. The Camp was held at the Campus Center of Ohio University—Zanesville and Zane State College.

The Camp was geared towards children aged 5 and older, along with their families who have experienced a traumatic loss of a loved one in their lives. **Good Grief Camp was planned as a response to the 50 deaths in Muskingum County from January 2018-July 2018 due to suicide and drug overdose.**

There were many activities such as art and music therapy, yoga, bracelet making, interactive games, therapy dog interaction, and photo booth stations. Professional grief counselors were onsite to provide support and information. Moreover, local mental health & wellness organizations held booths to display resources.

LOSS Corner: State Repository of Postvention Advocacy & Stories of Impact

OSPF is creating a State Repository of Postvention Advocacy & Stories of Impact. Many LOSS Teams completed the LOSS Team Demographic Survey this past Spring and some consistent needs were identified through the open-ended responses on this survey: **The majority of survey respondents requested increased state-level support to help advocate for the value and importance of LOSS Teams across Ohio communities.**

To address this need, OSPF is creating a State Repository of Postvention Advocacy & Impact. To do this, OSPF needs your help! 1) Gather signed letters of support from your local first responders. 2) Ask your LOSS Volunteers &/or suicide loss survivors to write stories of impact, describing the positive impact LOSS Team Outreach has had in their lives.

Please email these items to Shawna.hite@ohiospf.org by November 1st, 2018. OSPF will then organize and stores these letters of support and statements of impact in a password-protected Drop Box. Fully developed LOSS Teams, developing LOSS Teams, and Coalitions seeking to form LOSS Teams will then be granted access to this Drop Box to utilize these resources.

Our hope is that these items will be downloaded and used by communities to advocate for the importance of postvention in Ohio. If you have any questions on this initiative, please email Shawna Hite-Jones: Shawna.hite@ohiospf.org OR Denise Meine-Graham at denise@franklincountyloss.org

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Coalitions Corner: Certified QPR Instructor Training Opportunity

OSPF is offering the opportunity for Coalitions &/or LOSS Teams to have a member/volunteer become a **Certified Questions-Persuade-Refer (QPR) Instructor in State Fiscal Year 2019 at no cost!** OSPF will cover the cost of up to 2 local coalition members or LOSS volunteers in your county to become QPR instructors on a first-come, first serve basis.

To apply to become a QPR Instructor for your coalition or LOSS Team, visit: <https://www.surveymonkey.com/r/OHQPRAffiliate> and apply to become an Ohio QPR Instructor Affiliate. Ohio QPR Instructor Affiliates who have their cost of becoming an instructor covered by OSPF will be required to host at least one QPR Training in their Communities before June 30th, 2019.

Coalitions Corner: 2019 Suicide Prevention Mini-Grant Application

OSPF released its request for Applications for the **2019 Suicide Prevention Coalition Mini-Grants**. Mini-Grant funding will be available for use in January--May 2019. This State Fiscal Year's mini-grants will provide support for local programming and/or strategic coalition planning. Coalitions will have the opportunity to apply for and receive 1 programmatic and 1 strategic planning mini-grant.

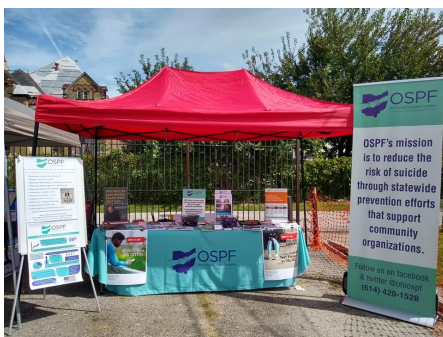
On October 5th, OSPF will host a webinar highlighting how to plan for the submission of applications via Survey Monkey, the core opportunities for which your coalitions can apply, and to answer your questions. For those who can't join on October 5th, we will record the webinar and send out a recording to all registered.

To register for the October 5th coalition mini-grant overview webinar, go here: https://zoom.us/webinar/register/WN_Kri0UDRjQ2i4oKnSJjXMyQ

If you did not receive notice on the mini-grants but would like additional information, please email Shawna.hite@ohiospf.org

Postvention/LOSS Team mini-grant opportunities will be released in the late Fall 2018.

More Images of OSPF's Presence at Events During National Suicide Prevention Month



Thoughts on Canvas (Sept. 16th, 2018)



ODH New Nurses Orientation
(Sept. 12th, 2018)



Columbus VA Behavioral Health Council Summit (Sept. 7th, 2018)

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