



Art by Rhoda Miller

Ohio Suicide Prevention Foundation

Connecting For Life

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Volume 3 Issue 2

OSPF Highlights Resources for Suicide Prevention

As the Ohio Suicide Prevention Foundation (OSPF) share its 2nd bimonthly newsletter for 2017, it wants to make sure it keeps Ohio community members up to date on the resources, education and news related to suicide prevention throughout the state!

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In the News: Being Equipped to Discuss *13 Reasons Why*

On March 31, A Netflix Series called *13 Reasons Why* was released depicting a teenage girls' struggles and ultimate suicide. The show's synopsis centers on 13 cassette tapes the protagonist, Hannah Baker, creates to describe 13 reasons she ends her life. This series has raised much attention in the media, as concern has mounted over its impact on teenagers who may already be struggling with suicidality.

OSPF does not present an argument on the series in this newsletter. But OSPF does believe adults should be equipped to have helpful conversations with teenagers who watch the show. **Use the links below to find research-based resources for addressing this popular series with the teens in your life.** Also included is the story of one school's project to help students respond to the show through empowerment. A link to the current best practices in media coverage of suicide is listed last. Keep these best-practices in mind as you consider your response to *13 Reasons Why*.

- ◆ [American Foundation for Suicide Prevention](#): Tips for Parents Talking with Kids
- ◆ [The JED Foundation & SAVE](#): 13 Reasons Why, Talking Points
- ◆ [National Association of School Psychologists](#): Considerations for Educators
- ◆ [Nationwide Children's Hospital](#): 13 Reasons Why Blog Post
- ◆ [Oxford High School's Encouraging Project](#): *13 Reasons Why Not*
- ◆ Recommendations for Reporting on Suicide: <http://reportingonsuicide.org/>

OSPF Highlights: Workforce Development Trainings

OSPF had a busy Spring, hosting **Suicide Prevention Trainings for behavioral health professionals** throughout Ohio. This year, OSPF has hosted Assessing and Managing Suicide Risk (AMSR) and Collaborative Assessment & Management of Suicidality (CAMS) in the following counties:

- ◆ Franklin (AMSR)
- ◆ Hancock (CAMS)
- ◆ Scioto in collaboration with the Lawrence and Scioto County Suicide Prevention Coalitions (AMSR)
- ◆ Summit in collaboration with the Summit County ADM Board (CAMS)



Don't see your county on the list? OSPF has additional trainings in June, September & November! **Visit Ohioospf.org to view a calendar of trainings and their locations.**

For questions on the trainings, email: Shawna Hite, shawna.hite@ohiospf.org

Resources for You:

[Kognito Resources Landing Page](#): OSPF has created a webpage for resources which support the implementation of Kognito Suicide Prevention Trainings!

The landing page provides access to all 9 Kognito suicide prevention trainings. This webpage also provides the following free resources for individuals to download, print, email, & disseminate as they promote the Kognito Trainings:

- ◆ Flyers for each Kognito training
- ◆ Webinar recordings featuring guest speakers & intros to Kognito simulations
- ◆ Power Point slides featuring key information on suicide prevention & Kognito
- ◆ Champions Sign Up & Toolkit for K-12, featuring access to monthly usage reports & tips for successfully implementing Kognito trainings

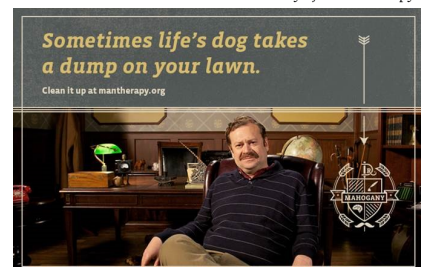
To access, visit ohiospf.org —> Click “Resources” Tab —> Click “New... Kognito Resources”

[Man Therapy](#): OSPF is partnering to promote Man Therapy. [This website](#) uses the character Rich Mahogany to introduce visitors to mental health. Through hilarious videos, valuable information, and a 20 Point Head-Inspection, this site provides men with tips, tools, and stories to teach healthy stress management and coping.

Photo Courtesy of Man Therapy

If you are interested in helping to promote the website to men in your community, [click here to access our online Drop Box](#) which includes files you can use to print posters, coasters, business cards, talking points, and more!

For a sneak peak into Man Therapy's hilarious Videos: [Click here.](#)



OSPF Board of Directors Corner

OSPF introduces you to our current Board Members. A sincere thank you to each of the board members listed below, providing valuable ideas, expertise, and effort in supporting the work of OSPF and establishing our 2017-2020 strategic plan:

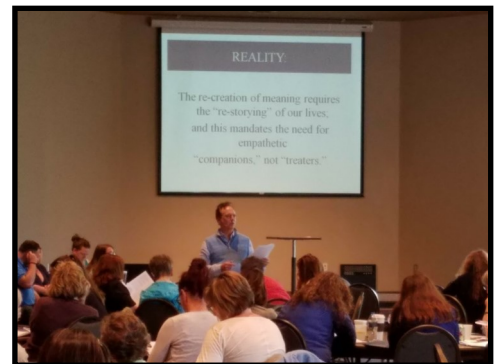
- Susan Farnham, Chair OSPF Board
- Sandra K. Williams
- Dr. Vicki Whitacre
- David E. Bader
- Joan Wyler
- Ryan M. Murphy
- Gina M. Bentle
- Janelle Huysman

OSPF LOSS Teams Corner

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

On April 20-21st, the Franklin County LOSS Team hosted Dr. Alan Wolfelt, expert on bereavement and suicide loss. His sharing on April 20th for suicide loss survivors was kind, compassionate and reassuring. Truly a breath of fresh air to hear a grief “expert” who understands the importance of being present to griever and their pain-- rather than trying to fix them!

On the 21st, Dr. Wolfelt presented a workshop for caregivers. There were 100 people from all over Ohio listening to Wolfelt share about his companioning model for supporting griever. One nugget of focus was the difference between grieving and mourning: Grieving is internal work we do... Mourning is outward. To integrate grief, you must be touched by what you experience and express what you experience. We mourn when we talk about our loss, when we cry, when we journal.



Special Recognition Spotlight: Austin Lucas, OSPF Intern

OSPF offers a big thanks to our Winter/Spring 2017 Intern, Austin Lucas:

Austin joined OSPF in January 2017, to complete a credit internship for The Ohio State University (OSU). While with OSPF, Austin updated and verified OSPF’s contact information for Ohio Suicide Prevention Coalitions, LOSS Teams, County ADAMH Boards, and Ohio crisis lines. Many had the chance to chat with Austin as he completed hours of phone calls and research. As a result, OSPF has a clean, well-updated list-serve which has increased its communication capacity. OSPF plans to share this list-serve with coalition and LOSS team members in the coming months.

Austin graduated with his B.A. in Psychology and Communications from OSU on May 7, 2017. OSPF congratulates Austin on his graduation and thanks him for his time working with the Foundation!

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