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OSPF
Ohio Suicide Prevention Foundation
OhioSPF.org



Issue 1

OSPF Highlights News and Resources for 2019

The Ohio Suicide Prevention Foundation (OSPF) issues its first bimonthly newsletter of 2019, featuring new resources, events, mini-grant awards, & More!

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OSPF Highlights: Important Changes to Kognito Access

From Fiscal Year (FY) 2016-2017 to FY 2017-2018 of Ohio’s SAMHSA GLS Grant, across Ohio saw a 190% increase in usage of Kognito. In K-12 schools alone, participation in Kognito Suicide Prevention Trainings grew from 49 schools in 21 counties in FY 16-17, to 126 schools across 44 counties in FY 18-19.

Because of this overwhelming and exciting increase in usage and Ohio’s limited grant resources, *we now need to manage Kognito access to fit within our current budget.* We can no longer offer no-cost access to all Ohio educational institutions and will focus on providing access to K/12 schools with greatest commitment to Kognito dissemination.

Moving forward, OSPF will offer free access to Kognito for K-12 schools who actively participate in an online Community of Practice (CoP). Unfortunately, OSPF can no longer allow colleges and universities to access Kognito at no cost. Ohio Higher Education Institutions interested in purchasing Kognito at a 10% reduced rate can do so by joining an upcoming Higher-Ed CoP which will be available in May-July 2019.

If you represent a K/12 school interested in promoting Kognito in 2019, please plan to join the Learning CoP which will be held via 3 webinars (1 time per month) in February-April. **You can apply to join the CoP here: www.surveymonkey.com/r/HopeCoP19.** **Deadline to apply is: February 9th, 2019 at 5:00pm.**

Those with existing Kognito accounts will maintain free access to their simulations.

Download the PDF with the full Announcement on 2019 Kognito Changes Here.

If you have any questions about these changes, please reach out to austin.lucas@ohiospf.org.

Resources for You: Reminder: REACH OUT Phone App

OSPF is looking for a limited number of Ohio higher education institutions to sign up to customize the Reach Out app for use on their own campuses for free. REACH OUT is a suicide prevention mobile app designed for college students by Lakeland Community College in partnership with the Ohio Suicide Prevention Foundation (OSPF).

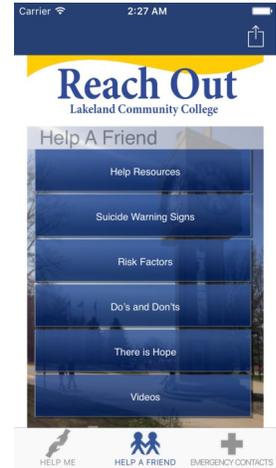
The App features key information on suicide warning signs, how to help a friend or oneself, and customizable resources for mental health and crisis intervention. The REACH OUT mobile app is highly customizable and can include your school colors, logos, graphics, and branding as well as your own campus and community resources. Participating colleges and universities will join a collective of institutions disseminating the REACH OUT app on their campuses.

Applications will be accepted on a rolling first come, first served basis. All REACH OUT Affiliate campuses will license the app from Lakeland Community College at no cost. All computer programming costs associated with customization of the app will be covered by OSPF.

[Click HERE to read the full description and list of expectations for becoming a REACH OUT Affiliate.](#)

[CLICK HERE TO APPLY.](#)

Reach out to Shawna Hite-Jones at shawna.hite@ohiospf.org with any questions.

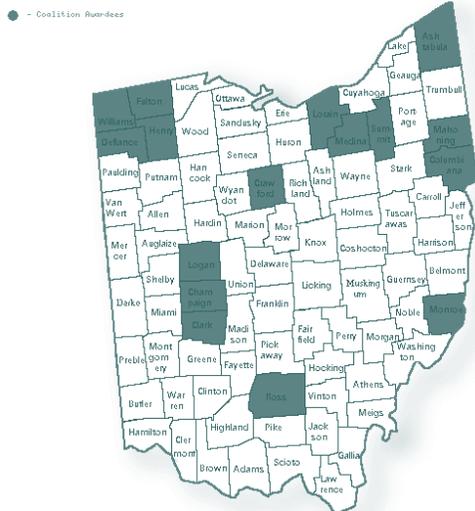


REACH OUT App Home Screen.

Coalitions Corner: 2019 Coalition Mini-Grant Awardees

OSPF was excited to award 12 Ohio Suicide Prevention Coalitions mini-grants in State FY 18-19. Mini-Grant awardees in FY 18-19 presented strong statements and demonstrations of need in their community, clear goals for use of the mini-grant-funded projects, and a focus on safe messaging on suicide prevention. Coalitions are receiving funds to support the implementation of gatekeeper trainings, Means Matter projects, awareness events, and suicide prevention campaigns in their communities. OSPF appreciates the work these coalitions put into their high-quality, mini-grant applications and to seeing the results of their efforts in Spring of 2019!

2019 Winter-Spring Mini-Grant Awardees



Source: dymaps.net (c)

View the counties represented by coalitions receiving suicide prevention coalition mini-grants in the map to the left.

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

In the News: “Momo Challenge” Suicide Game

Similar to the [Blue Whale Challenge](#), a potentially dangerous internet game called the “Momo Challenge” has resurfaced in the news recently.

As a part of the challenge, children and young adults are contacted by "Momo" via an online app and instructed to participate in a series of tasks, sometimes escalating to violence and self-harm, including suicide. Participants are also reportedly asked to provide photo proof of their acts.

Even though there have been no direct links to suicide attempts or deaths via the Momo Challenge, it is still wise to learn about this emerging trend and how you can appropriately respond to youth suicidality. Visit the American Foundation for Suicide Prevention’s youth fact sheet [HERE](#).

To learn more about the Momo Challenge, and to see what the Momo Character looks like, click [HERE](#).

Community Spotlight: Cuyahoga County Hosts Postvention Training

The Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board of Cuyahoga County hosted a suicide postvention training on January 28th, 2019.

The training provided participants with an understanding of the unique challenges faced by survivors of suicide loss, and how to respond in practical, meaningful ways. Participants gained insights that will enable them to support survivors short-term and long-term. Participants also received resources for further investigation and training.

The following topics were covered:

- First Few Days or Weeks following a suicide
- Brief discussion on the First Few Months
- The Road Beyond
- Brief intro to American Association of Suicidology’s SOS: A Handbook for Survivors of Suicide

Resources for You: Newly Updated SPRC CALM Training Now Available

Article Submitted by Adam Swanson, Senior Associate Program Manager at Education Development Center

The newly updated **Counseling on Access to Lethal Means (CALM)** course is a free online course about how to reduce access to the methods people use to take their lives. It covers how to: (1) identify people who could benefit from lethal means counseling, (2) ask about their access to lethal methods, and (3) work with them—and their families—to reduce access.

CALM is primarily designed for **mental health professionals, such as clinicians and case managers**. Other professionals who work with those at risk for suicide, like social service providers and health care providers, may also benefit from taking this course.

Visit the following link to check out the course: <https://go.edc.org/CALMonline>

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LOSS Corner: 2019 Postvention Mini-Grant Awardees

OSPF was also excited to award 9 counties with LOSS Teams or Suicide Prevention Coalitions with Postvention Mini-Grants in State FY 18-19. Postvention Mini-Grant awardees in FY 18-19 presented strong demonstration of need for postvention resources and/or support in their communities, clear data tracking plans for monitoring postvention resources distributed to community members, and effective incorporation of safe messaging into any bereavement events being hosted. The coalitions and LOSS Teams are receiving funds to support the distribution of bereavement resources to community members or self-care resources to LOSS Team volunteers, implementation of local bereavement support groups, and hosting of bereavement events in their communities. OSPF again appreciates the hard work put into the Postvention Mini-Grant Applications in FY 18-19 and looks forward to seeing the invaluable impact of their outreach to suicide loss survivors in the Spring of 2019.

View the counties represented by LOSS Teams or coalitions receiving Postvention mini-grants in the map to the right.

2019 Postvention Mini-Grant Awardees



Resources for You: New Mental Health First Aid Training Schedule

Through a federal SAMHSA Mental Health Awareness Training (MHAT) grant, OSPF, the Ohio National Guard, Mindful Minds, & Partnership for Violence Free Families, are offering Mental Health First Aid (MHFA) Trainings targeting veterans & service members in Ohio!



MHFA is a workshop designed for any community members to learn how to help others in distress.

Our MHFA trainings provides service members, veterans, their families, and those serving them with the skills to recognize peer distress, provide support and refer individuals to mental health service services. These Trainings are taught by veterans & service members trained as MHFA Instructors.

Visit OSPF's calendar of events to find a free military-focused MHFA training near you: http://ohiospf.org/events_all.php

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