

OHIO'S VOICE FOR SUICIDE PREVENTION



OSPF

Ohio Suicide Prevention Foundation

OhioSPF.org



# IMPACT REPORT

# MESSAGE FROM OUR EXECUTIVE DIRECTOR

Reflecting on the past year, I am filled with gratitude and determination. With your partnership, the Ohio Suicide Prevention Foundation has made significant strides in addressing the critical issue of suicide in our communities.



This past year, we really stepped up our community outreach, making sure that suicide prevention training and awareness campaigns reached all corners of Ohio. 2024 was also a big year for collaboration as we hosted the Midwest Suicide Prevention and Mental Health Summit, along with the first-ever Suicide Fatality Review Best Practices Summit.

In this report, we're excited to share some powerful stories that show just how transformative our initiatives have been for individuals and families. These stories remind us of our successes and the important work still ahead. We're all in on our goal: zero deaths by suicide. Our work will keep pushing forward because we believe prevention is possible.

We can't thank our partners, donors, and volunteers enough for their ongoing support, and we're looking forward to making even more progress together in the coming year.

Thanks for your commitment to this essential mission!

A handwritten signature in black ink that reads "Tony Coder".

**Tony Coder**

Executive Director of the Ohio Suicide Prevention Foundation

## Our Mission

Educate, advocate, and build connections and support for individuals, families, and communities to prevent suicide.



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# A Year in Review

In 2024, OSPF achieved significant milestones in advancing its mission to prevent suicide and promote mental health awareness.

## January

### 2024-2025 Suicide Prevention Plan Released

OSPF facilitated the creation of the Suicide Prevention Plan for Ohio (2024-2026), a two-year initiative aimed at increasing awareness, improving data collection, and expanding access to healthcare and support services for Ohioans affected by suicide. Building on the success of the 2020-2022 Ohio Suicide Prevention Plan, this new roadmap outlines four strategic priorities and a comprehensive set of goals to further reduce the prevalence of suicide across the state.



## February

### Launch of Man Therapy Ohio

Man Therapy Ohio, a new public health campaign, was launched. Man Therapy Ohio is a statewide public health campaign targeted at helping men throughout the state combat the stigma surrounding mental health and suicide.



### Regional Coalition Connection Meeting - Central

The first of five regional Coalition Connection meetings were held, beginning with Central Ohio February 28th. We were joined by 39 coalition leaders representing 12 counties for trainings on increasing coalition visibility, partnering with the Department of Veterans Affairs, and coalition advocacy.





# March

## Sources of Strength Ohio Summit

The first Sources of Strength Ohio Summit brought together 169 Sources of Strength staff, state funders, and local implementers for three days. Days one and three featured advanced skills training for current Sources staff, while day two welcomed a broader audience for the conference. Sources' CEO Scott LoMurray delivered the keynote speech, followed by breakout sessions, including a panel with youth Peer Leaders and Adult Advisors from Glen Oak High School.



## Regional Coalition Connection Meeting - Northeast

On March 13th, 37 coalition members from 14 Northeast Ohio counties met in Akron to enhance coalition visibility and discuss partnerships with the Department of Veterans Affairs and advocacy strategies.



# April

## Regional Coalition Connection Meeting - Southeast

On April 17th, 23 members from nine Southeast Ohio counties gathered in Jackson for training focused on increasing visibility and establishing connections with the Department of Veterans Affairs.

# May

## Clay Shoot

In partnership with The Congressional Sportsmen's Foundation and the Ohio Sportsmen's Caucus, OSPF presented the 2nd Annual Clay Shoot in support of Life Side Ohio. The event raised over \$25,000 for suicide prevention efforts.



# June

## **Suicide Prevention in the Black Community Summit**

More than 200 attendees and 25 youth concerned about mental health wellness in the Black community came together during the 2nd Annual Suicide Prevention in the Black Community Summit June 20th. The summit theme of “Moving Hope into Action: Faith, Family, and Community” embodied the mission to initiate change.



# August

## **Grant funding for programs supporting older adult suicide prevention**

Grant applications were open through the Jerry Williams Memorial Fund, established by OSPF in 2023. Up to \$50,000 was available for programs supporting the prevention of older adult suicide in Ohio.



## **Regional Coalition Connection Meeting - Northwest**

In Holgate on August 28th, 28 coalition members from 14 Northwest Ohio counties participated in training to boost visibility and collaborate with the Department of Veterans Affairs.



**Watch video of  
partners and  
supporters talking  
about OSPF's impact**



# September

## Suicide Prevention Month

OSPF marked National Suicide Prevention Month with two special events.

During a news conference September 10th at the Ohio Statehouse, four families shared their story about their loved one who died by suicide. The event also coincided with World Suicide Prevention Day.

On September 19th, the 3rd Annual Art of Healing Benefit raised more than \$100,000, which will directly support OSPF initiatives to promote mental health and prevent suicide in our communities. The event included an artwork display and guest speaker Zak Williams, global mental health advocate, entrepreneur, father, professional speaker, and son of the late Robin Williams.



# October

## The Midwest Suicide Prevention and Mental Health Summit

More than 200 prevention and healthcare professionals, and state and community leaders dedicated to preventing suicide and promoting mental health wellness came together for the Midwest Suicide Prevention and Mental Health Summit October 17th & 18th at the Columbus Convention Center.



## Regional Coalition Connection Meeting - East

On October 9th, 11 coalition members from 11 eastern Ohio counties convened in Cambridge to collaborate.



**Watch 2024  
Art of Healing Video**





# November

## Suicide Fatality Review Best Practices Summit

Ohio's first-ever Suicide Fatality Review Best Practices Summit was held November 12th in Westerville. This summit brought together nearly 200 stakeholders from across Ohio to learn from state and national leaders about best practices in suicide fatality review.



## 5K Ruck Walk for Veterans and First Responders

An inaugural 5K Ruck Walk to honor Veterans and First Responders was held November 16th at Veterans Park in Delaware, Ohio. More than 120 participants took part, some with weighted packs, symbolizing the daily emotional burdens that many Veterans and first responders carry.

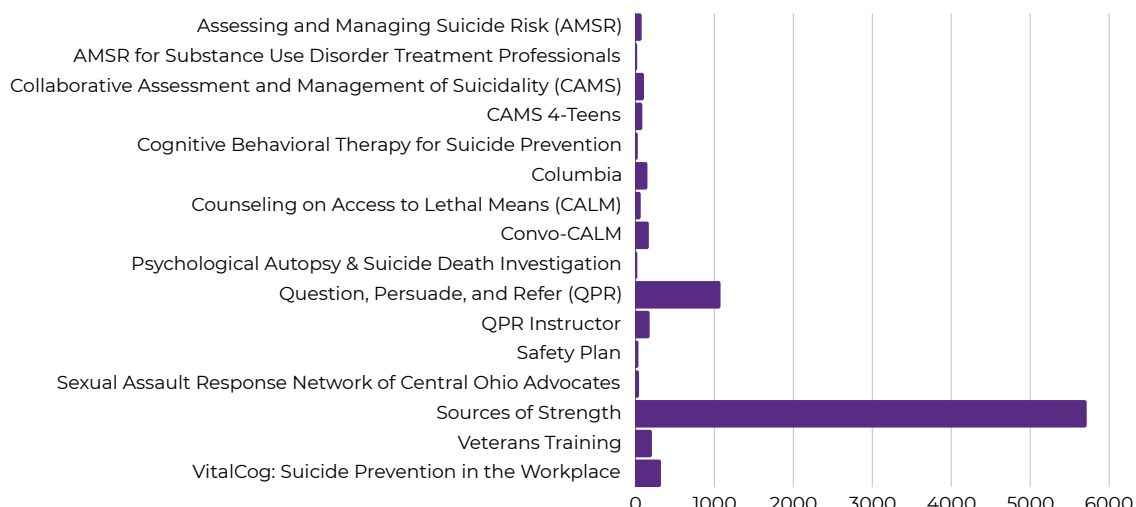


## Regional Coalition Connection Meeting - Southwest

On November 6th, 41 coalition members from 15 Southwest Ohio counties gathered in West Chester to focus on increasing visibility and partnerships.

## Training Year in Review

OSPF leads multiple training courses throughout the year to support suicide prevention education. During calendar year 2024, OSPF delivered life-saving training information to more than 8,200 Ohioans.



# Stories of Impact

## *How OSPF is Inspiring Change and Building Hope*

### **The Third Annual Art of Healing Benefit**

“The OSPF Art of Healing is such a wonderful event. The inspirational art. The hope-filled speakers. The guests in the room with the biggest of hearts. What a moving and motivational evening!”

- Angie & David Brown, suicide loss survivors



### **Sources of Strength Ohio**

“Since Sources [of Strength] came to our school and started hosting positive activities, no one thinks twice about doing something that they might have found ‘embarrassing’ before. The positive influence of Sources of Strength on my school’s community is not to be understated – it changed the way our student body views mental health.”

- Olivia Kingery, peer leader, Dawson-Bryant High School



### **Suicide Prevention in the Black Community Summit**

“Being a part of the [Suicide Prevention in the Black Community Summit’s youth] focus group has helped me to realize that I’m not alone in my mental health struggles. It made me feel like I had a safe place to talk about my pain. I didn’t know that there were so many different resources out there.”

- L. Smith, 16-year-old attendee



# Programs



## Sources of Strength Ohio

An evidence-based suicide prevention program for K-12. Sources builds resiliency through 8 Sources of Strength, or protective factors, that young people can use to help them get through tough times.

### **Program impact:**

Reached an estimated 156,000 students.



## Be Present Ohio

A website and social media resource for youth that features developmentally appropriate information on mental health and suicide prevention.

### **Program impact:**

Achieved more than 31,000 impressions on Instagram.



## Be Present Ohio: XP

An online suicide prevention program for youth in grades 7-12. BPO:XP has a series of self-paced modules that teach youth about: the warning signs of suicide; ways to support each other and talk about mental health; and how to cope during challenging times and reach out for help.

### **Program impact:**

Launched in 2024.

## Life Side Ohio

Firearms are the leading mechanism of suicide in Ohio. Life Side Ohio's mission is to educate Ohioans on the importance of suicide prevention and safe storage with the help of gun owners with various backgrounds across the state with one common goal: to save lives.



**Program impact:** Gathered nearly 80 professionals for the inaugural "Supporting Veterans & First Responders: Lethal Means Safety" Conference in Greene County September 18th with speakers from government departments and experts in mental health and law enforcement. Attendees' feedback was overwhelmingly positive, with a strong desire for more such events.





### Man Therapy Ohio

In Ohio, men account for 80% deaths by suicide. Man Therapy is a men's mental health campaign for those of working-age that aims to break the stigma, increase help-seeking behavior, and reduce suicide among men.

**Program impact:**

Reached more than 28,000 individuals, providing them with tools for mental wellness.



### Life Is Better With You Here

LIBWYH campaign addresses suicide in the Black and African American community, and creates spaces for Black individuals to come together and find support.

**Program impact:**

Gathered 26 organizations dedicated to reducing suicide rates among Black youth and young adults in Ohio.



### To Be Me

To Be Me is a mental health and suicide prevention resource for LGBTQ+ youth and young adults in Ohio. A new resource map created in 2024 includes links to LGBTQ+ mental health and suicide prevention resources in each county or region.

**Program impact:**

Debuted an interactive map with suicide prevention and mental health resources.

### First Step Fund

The First Step Fund helps immediate family members who are loss survivors take the first step toward healing by offering compassionate financial and emotional support. Approved grants cover or reimburse expenses incurred in Ohio related to the death of a loved one.

**Program impact:** Provided \$6,000 to support loss survivors in 2024.



# Community Engagement

Community support and collaboration are crucial to strengthen our ability to effectively address the complex issue of suicide prevention.

There were 20 community-led fundraisers and events across the state.

Some highlights:

- Ride for Hope: cyclists rode 340 miles from Cleveland to Cincinnati in four days during Suicide Prevention Month in September to raise awareness and funding for mental health and suicide prevention.
- Striking Out the Stigma: partnership with the Cincinnati Reds and the Holy Grail, included a conversation about mental health with pitchers Brent Suter and Tejay Antone and Reds broadcaster Tommy Thrall.
- Pump and Run For Suicide Awareness: hosted by TrueFIT Athletics in Lancaster where competitors completed a circuit of weightlifting and running to raise money and awareness for suicide prevention.

OSPF staff also supported community events by giving special presentations and distributing suicide prevention resources.

Through community support, OSPF reached more than 2,000 people and raised about \$35,000.



**Donate now to join us on the frontline of suicide prevention**



# Future Goals and Objectives

## Strategic goals, initiatives, and areas of focus for the upcoming year

In 2025, OSPF plans to expand its efforts to support at-risk populations, with a focus on individuals facing unique mental health challenges.

These populations include:

- **Older Adults:** With higher suicide rates compared to other age groups, older adults face distinct challenges such as social isolation, physical health issues, and mental health struggles.
  - OSPF aims to increase outreach, provide targeted mental health resources, and reduce stigma around older adults seeking help.
- **Perinatal Mental Health:** Death by suicide is a leading cause of maternal mortality and accounts for about 20% of postpartum deaths.
  - OSPF plans to expand mental health support and services for this group by focusing on prevention, early intervention, and access to mental health care during and after pregnancy.
- **Youth:** Suicide is the second leading cause of death among youth ages 10-19, with a child dying by suicide in Ohio every 34 hours.
  - OSPF is committed to expanding resources and support to address the mental health of young people in this critical age group.

Through these targeted initiatives, OSPF aims to reduce suicide rates within these vulnerable groups, ensuring more inclusive and accessible mental health care for all Ohioans. OSPF's goal is to create a network of support that recognizes and addresses the specific needs of these populations, fostering resilience and well-being across the state.

**Are You Ready to Make an Impact?**  
**Scan to become an OSPF Member**





# Financial Overview

Our commitment to transparency ensures all stakeholders understand how funds are used to support our mission of preventing suicide and promoting mental wellness in Ohio. This year, OSPF focused on maximizing the impact of every dollar by efficiently investing in evidence-based programs, training and outreach, and resources.

We appreciate the generosity of our donors and partners that allow us to address the evolving needs of vulnerable populations. We are proud of our progress and are positioned to continue advancing our vital work in suicide prevention.

## Revenue

Total

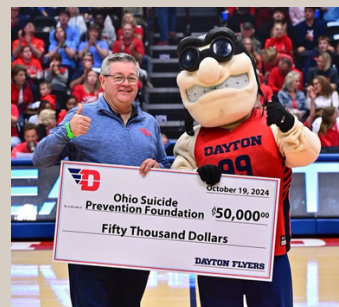
**\$7,840,996**

**\$7,251,033 in**

**Grants**

**\$589,963 in Public**

**Support**



## Expenses

Total

**\$7,962,607**

**\$7,352,655 to**

**Communities for**  
**Programs**

**\$609,952 (7.67%) for**  
**Administration**



# Thank You to Our Partners



# Connect with Us



175 S 3rd St Suite 700, Columbus, OH 43215

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[www.OhioSPF.org](http://www.OhioSPF.org)

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(614) 429-1528

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