

Suicide Prevention News

Walk A Mile In My Shoes

The quality prevention work in our region continues!



Approximately 1700 walkers came to Eldridge Park to participate in the 8th annual suicide prevention walk!

2013 began with many exciting opportunities to expand our suicide prevention efforts. The community turnout and commitment to Walk a Mile in My Shoes held at Eldridge Park each year highlights the leadership role that our county has assumed regarding this important public health issue: Suicide.

We continue to receive inquiries from other communities about how they can initiate similar Walks, and suicide prevention efforts similar to ours. Very often they find our program through an internet or Facebook search. We are pleased to advise in any way possible

about building community support and skills to prevent suicide.

Many of the ongoing and new initiatives to promote suicide prevention are outlined in this newsletter. Read on to learn all that is happening!

Special points of interest:

- 2013 Walk draws 1700 walkers
- Prevention Trainings
- iMatter Festival
- Employer campaign & employers to mention

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Prevention Coordinator Corner—Shannon Oakes LMSW

Since the last newsletter was published, I've been busy planning the 2013 Walk, but also working in many other ways to expand and strengthen our suicide prevention efforts. I'd like to take a moment to highlight some of these activities. I feel it is important to inform the community that their vital fundraising sustains efforts throughout the year.

Community Presence and Outreach: Walk a Mile tabled at a variety of public and private health fairs and events. These included "Suicide and the Church" in

Painted Post NY, the Juneteenth Celebration in Elmira NY and the Annual IHS Conference in Corning NY. Events such as these offer us the opportunity to speak with lay community members, professionals and individuals impacted by suicide in their lives. Very often these discussions lead to new opportunities for trainings and sharing of ideas.

Professional Education: Suicide prevention research is continually evolving thanks to support of many private and governmental agencies. It is important for

us to be on the forefront of this information to pass it along to the community. This year, I participated in many helpful programs such as "Revised National Strategy for Suicide Prevention", "Reducing a Suicidal Person's Access to Firearms" and "Marketing for Non-Profits".

QPR Certification: In October 2012 I completed the 12 hour self-study course to teach this critical gatekeeper training.

If you have any questions or ideas, please feel free to give me a call at 607.737.2052

2013 Walk Draws over 1700 Participants

On May 4th, 2013, Eldridge Park was a sea of green t-shirts. Over 1700 people came out to participate in the annual Walk A Mile In My Shoes suicide prevention walk. This event has become a tradition in our community over the last eight years. The Walk continues to have a strong community presence and has grown significantly from its humble beginning in 2006.

Men, women, children and pets all gathered this year to show their commitment to eliminate suicide from our community and to remember those we have lost too soon. Although a serious issue, the walkers at this year's event were clearly excited to be out and taking action for this important cause. This sentiment was felt throughout the crowd. It is truly amazing the power a large crowd can have. Looking around the lake at the crowd gathered we were reminded that we are not alone; we are a part of a much larger community...A community that cares.

2013 marked the largest number of teams registered; over 80! Many new community partnerships were formed as well with local businesses making a commitment to suicide prevention. Walgreens, Wal-Mart, Kennedy Valve and CVS are just a few of the companies represented. The dedication of the Wal-Mart stores was evident again this year. The Watkins Glen Wal-Mart team had over 70 members! The Wal-mart Foundation provides a financial donation in return for their employees volunteering their time in the community. Other local Wal-mart and Sam's Club stores made financial contributions as well.

As the only source of fundraising for suicide prevention in the county, this year's walk raised over \$40,000. All of these funds are put directly back into the local community in the form of prevention efforts in our schools, businesses, professional organizations, medical organizations and anywhere else



Shannon Oakes, Prevention Coordinator draws the raffle winners at the conclusion of the 2013 Walk. Over \$2000 in prizes were donated this year.

there is an interest in promoting or learning about how to save lives.



An added feature to this year's event was the music performance by the Ithaca-based group, Vitamin L. Their signature song, "Walk a Mile in your Shoes" fit in perfectly with our event! Their music also kept the crowd energized and spirits lifted. The group's mission is to spread positive messages and ideas to youth through music. Find them at www.vitaminl.org

Suicide Prevention News Continues. . .

County Offers Prevention Trainings

We continue to offer and promote 3 suicide prevention trainings: QPR, SafeTALK and ASIST. We have certified trainers available for each class. If you are a group of at least 10 we can bring the training to you! There is no cost for QPR and SafeTalk. ASIST has a small fee given the intensive 2-day schedule.

SafeTalk and ASIST are international curriculums from Living Works, Inc. You can find them at: www.livingworks.net

QPR is another evidence based nationally recognized program developed by Dr. Paul Quinnett. Find more information at: www.qprinstitute.com

If you know of any agencies or individuals looking for training in suicide prevention please contact Shannon Oakes at 607.737.2052 For a current listing of scheduled trainings that are open to the public check our website www.walkamile.net



Shannon Oakes, Prevention Coordinator
Bruce Sharpe, QPR Instructor
Dr. Brian Cassetta, QPR Instructor

QPR trainings occurred throughout the year at agencies in multiple counties, including this photo above at Capabilities, Inc. Our trainers dedicate their time and effort to train as many “gatekeepers” in our community as possible.

School-Based Prevention

Suicide prevention education continues in many of our Chemung County Middle and High Schools, and has spread to some neighboring counties and districts as well. Signs of Suicide, one of the few evidence-based suicide prevention school curriculums recognized by SAMHSA remains the foundation for educating our local students about the prevalence and prevention of youth suicide. In most schools health instructors provide this education every year to students. In 2012-2013 the Prevention Coordinator assisted in providing this class at some schools including Cohen Middle School, Edison High School and Southside High School. Just this spring, the agency that developed SOS announced an updated version of the Middle School Program. We will be purchasing the new DVD and print materials, and actively engaging middle schools to promote this valuable program. Chemung County is proud to be a leader in bringing these important programs to our schools. For more information about SOS: www.mentalhealthscreening.org/youth

The SOS Program emphasizes that some secrets should be shared, especially if a friend is thinking of suicide. It also teaches kids to “ACT”:

Acknowledge
Care
Tell



Suicide Prevention News Continues. . .

Students from Edison High School volunteered to help inflate and handout balloons with the help of their advisor Tracy Hayes. Edison had one of the largest teams at the 2013 Walk! Thank you for your support!



Walkers enjoyed a picnic lunch provided by On-A-Roll Catering following the walk around the park. The weather cooperated and made for a beautiful day!



Coming Soon!
Emotional Wellness for Older Adults:
 A seminar for seniors, caregivers, and those working with the aging
 ~In partnership with NY Connects~

Topics will include:
 Addictive Behaviors
 Unique Challenges in Mental Health for Older Adults
 Question, Persuade, Refer (QPR)
 Panel Discussion



Many Thanks to the Eldridge Park Carousel Preservation Society for their ongoing support of suicide prevention in our community. Without Eldridge Park this event simply would not be the same! Thank You!

Suicide Prevention News Continues. . .

WE ARE SOCIAL!

**Find us on
Facebook**

Walk a Mile in My Shoes now has a dedicated Facebook page with links to community resources, photos, videos and other updates. You will also find information about events, positive messaging and links to similar pages. We love seeing your Walk a Mile photos and the ability to interact with the followers.

With the growing use of social media and networking, it is important to have information readily accessible in the formats that the community is using most. Facebook is an opportunity for us to reach more people. In fact, since beginning the page last year we now have over 200 followers and a weekly reach of 1,000-2,000 people!

You will find updates about events, positive messaging and links to other similar pages. Share the link with your friends and show your support!

Look for us at : www.facebook.com/WalkaMileChemung

**THE ONLY TIME
YOU SHOULD EVER
LOOK BACK,
IS TO SEE HOW
FAR YOU'VE COME.**

**Remember our
Website:
Walkamile.net**

With the ongoing support of our web-designer, Julie Burgess, the Walkamile.net website continues to grow and expand its functionality.

We are continually striving to add more content to the website to help persons interested in learning about suicide prevention or who may be in need of help due to having thoughts of suicide. Recent news briefs on bullying as well as suicide prevention in the military have been added. Donations can be made via the **"Donate Now"** button which links to the Community Foundation. Articles can be accessed at [Electronic Articles](#). Schedules of upcoming prevention and awareness trainings can be found at the website under [Training and Events](#). On the home page of the website one will find the 2012 Walk video, courtesy of Capture Media, as well as connect to an audio file called [The Terry Wise Story: A Suicide Attempt Survivor](#). Also, many new photos have been added!

Take time to look over the growing content on the website and be sure to pass it along to those you know!

Organizations committed to safeTALK training:

ARC of Chemung
ArnotHealth
Bath VA Medical Center
Chemung County Department of Social Services
Chemung County NY Connects
Children's Advocacy Center
Children's Integrated Services
Corning Incorporated
Elmira City School District
Glove House
HIS Tabernacle Church
Lake Street Presbyterian Church
Pathways
Rape Crisis of the Southern Tier
Southern Tier Hospice and Palliative Care
Southern Tier Pregnancy Resource Center
Mansfield University Nursing Program
Elmira Psychiatric Center

iMatter Foundation and Festival



August Burns Red: One of the many performers in the line-up for this year's iMatter festival held at Eldridge Park. The musicians connect and communicate with youth through music about the value of life and creating a culture of hope.

iMatter remains one of Walk A Mile In My Shoes greatest partners and supporters. We share a common vision to create a suicide-safer community!

SAVE THE DATE: Saturday, September 7th 2013

Gates open at 11 am—Eldridge Park

iMatter Mission

iMatter seeks to Create a culture of acceptance that uncovers value, discovers purpose, and reveals hope to a uniquely created generation.

iMatter Vision:

iMatter is working toward eradicating suicide and the culture of death that has plagued our area of Upstate New York, and the world. The organization hopes to help people understand that our best defense against suicide and self-injury is each other.

People are less likely to have thoughts of suicide or self-injure if they know that they are not alone. iMatter is working to create a community that is aware of the threats of suicidal ideations and knows how to fight them.

iMatter in its simplest form seeks to teach others that they are valuable and have a purpose in this life. This then causes a ripple effect where people look out for each other and build strength together.

Our main goal is to take suicide out of the vocabulary.

www.imatterfest.org

Or find them on Facebook



Suicide: More Common Than You Think. . . More Preventable Than You Know!

WITHOUT THE GENEROUS SUPPORT OF OUR SPONSORS AND VOLUNTEERS THE CONTINUED GROWTH AND SUCCESS OF PREVENTION EFFORTS IN OUR COMMUNITY WOULD NOT BE POSSIBLE. YOU ARE ALL GREATLY APPRECIATED!

Sponsors and Donors

Eldridge Park Carousel Preservation Society

ABC Grooming Center

ArnotHealth Medi Spa

Applebees

Pennsylvania Ave. Methodist Church

ArnotHealth

Battery Warehouse

USA Sign

Buffalo Wild Wings

The Christmas House

Family Video

Elmira Painted Lady

TGI Friday's

Culligan Water

Curly's Chicken House

Curves

Dixie Lanes

Elmira Fitness Center

Elmira Gymnastics Club

Texas Roadhouse

Elmira ICE Company

Bisco's Salsa

Holiday Inn Riverview

Jubilee Foods

Glove House

Ivy Obstetrics & Gynecology

Lights Bakery

Main Street Cafe

Monro Muffler

Old Country Buffet

Olive Garden

Outback Steakhouse

Weis

Wegmans

Red Lobster

Wellsboro Historic District

Rodabaugh's

Stanton's DJ Service

Tops

Sweet and Saucy

Tanning Bed

Volunteers & Committee Members

Megan Hartzel	Brian & Connor Hart
Lori Klein	Laurie Augustyniak
Colin Rickenback	Sherry Mandell
Karen Aikman	Nordia Hoff
Bruce Sharpe	Andrea Husner
Scott Forbes	Lisa Carroll
Kate Morrissey-Burch	Samantha Born
Dr. Brian Cassetta	Scott Lowmaster
Lois Bocchichio	Joselyn Allen-Elford

Angel Rodabaugh

Evening Reporting Center at Booth School

Jill Rockwell & Chemung Canal

Active Minds at Elmira College

David & Lori Andriene

David & Christy Edkin

Glad Tidings Christian Life Church

Edison High School Students and Staff

Trinity of Chemung

BOCES Safety & Security Program

Walgreens

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 425 Pennsylvania Ave.
 Elmira NY 14904
 (607) 737-2052
www.walkamile.net
www.facebook.com/WalkamileChemung

