

SUICIDE PREVENTION NEWS

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www.walkamile.net



Team Life is Good with Captain Linda Lewis-Smith. Walk a Mile in My Shoes Suicide Prevention Walk at Eldridge Park, Elmira. May 10, 2008.

Walk Creates Funds for Suicide Prevention

Many of the more than 800 people who gathered to walk the 2.4 miles (4 laps) around Eldridge Lake on May 10, 2008, came with a team of classmates or coworkers. Some came with their church group or sports team and others came alone or with friends, neighbors and family. Some who came have personally experienced the suicide loss of a friend or loved one. But they all came with a shared purpose; to make a difference.

These passionate citizens raised over \$20,000 for local suicide prevention efforts including:

- Suicide prevention Education in Schools
- Suicide Intervention Skills Training
- Public awareness information
- Workshop on grief after suicide
- Providing materials to hospitals, funeral directors and pastors.

In this edition learn more about these initiatives and join us in honoring those who are committing their energies and resources to make our community safer from suicide.

**MORE COMMON THAN YOU THINK.
MORE PREVENTABLE THAN YOU KNOW.**

NEW TRAININGS PREPARE COMMUNITY TO HELP

Through an initiative of the New York State Office of Mental Health and with the support of the Walk a Mile Suicide Prevention Fund, Chemung County is able to offer these two life saving courses to community members. These trainings are also being generously supported by Children's Integrated Services and the Elmira City School District. To learn more about these great programs go to www.walkamile.net



ASIST

Applied Suicide Intervention Skills Training

ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed and researched suicide intervention training workshop in the world. Trainers are certified by Living Works, Inc. as accomplished practitioners in suicide prevention, intervention and postvention.

ASIST prepares caregivers of all kinds to provide suicide first aid interventions. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety.



SafeTALK

Suicide Alertness For Everyone

SafeTALK is a three-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a SafeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- connect a person with suicide thoughts to suicide intervention caregivers.

Powerful video clips, discussion and practice help stimulate learning the steps that contribute to saving lives.



Dretta Durgin. Walk A Mile in My Shoes. Eldridge Park. May 10, 2008

VOLUNTEERS HONORED AT NOVEMBER WORKSHOP

In what we hope will be the first of many fall educational days hosted by the Walk a Mile Fund, Dr. Jack Jordan, bereavement specialist, author and national speaker, provided a day long workshop entitled "Bereavement after Suicide: Walking the Journey with Survivors" at the Hilton Garden Inn in Horseheads.

The event was generously co-sponsored by Southern Tier Hospice and Palliative Care.

Those in attendance rated the workshop as worthwhile and a kind of event they would encourage others to attend.

During the lunch break, the walk a Mile Committee took an opportunity to recognize programs and volunteers that have provided outstanding support for suicide prevention efforts in the community. Among those receiving the Exceptional Contribution to Suicide Prevention Award were:

Exceptional Program:
Chemung County Crisis Program

Exceptional Contribution:
Sandra Follette
Southern Tier Grief Center

Exceptional Volunteer:
Linda Lewis-Smith
John Sheridan.

We honor and extend gratitude to these individuals for their commitment to a suicide-safe community.

SCHOOL BASED SUICIDE PREVENTION PROGRAM WINS NATIONAL AWARD

The Signs of Suicide school based suicide prevention program is in its fourth year at Chemung County High Schools and Middle Schools. This evidence based program combines a suicide and depression screening tool with classroom instruction in how to recognize the signs of suicide and depression and get help.

The program has been integrated into the health curriculum in most schools.

The Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services has recognized our county with it's Science and Service Award. This competi-

tive award honors projects that apply research based programs to address a health need or to promote community wellness.

It is the efforts of many people in our community who care about suicide prevention that made this possible: parents, students, health teachers, school counselors, administrators and community providers. We congratulate them for this well deserved honor. To learn more about the Signs of Suicide program go to www.mentalhealthscreening.org.

For Help Call:
**Chemung County
 Crisis Program**
 737-5369
**National Suicide
 Prevention
 Lifeline**
 1-800-273-8255

BECOME A CORPORATE SPONSOR

There are many ways to support the Walk A Mile in My Shoes Suicide Prevention Walk and the work of suicide prevention in our community. One way is through a contribution from your organization. Here are some examples of what your contribution can pay for:

- \$750—one ASIST training
- \$500—one person to become a certified SafeTALK trainer
- \$300—materials for 50 persons to take SafeTALK training.
- \$350—pays for one Middle School or High School Signs of Suicide Kit.
- \$75—scholarship one person to attend a two day ASIST Training.

All contributions stay in the community for local suicide prevention efforts and are tax deductible. To learn more contact Pat Breux @ 737-2052.

How to Donate

Checks may be made payable to:
Suicide Prevention Fund at
 Community Foundation of Elmira-Corning, Inc.
 send to:
 CIS
 Booth Education Center
 414 Davis St., Elmira, NY 14901

WE THANK OUR CORPORATE SPONSORS

- Southern Tier Hospice and Palliative Care
- Simmons Rockwell Auto Plaza, Inc.
- Family Services of Chemung County, Inc.
- Twin Tiers Eye Care Assoc., PC.
- Finger Lakes Orthopedic Surgery, PC.
- S & M McDonald contracting

And those who provided water and ice
 Jubilee - Wegman's - Weis
 Lunch prepared by On a Roll



Simone Ashford and Eric Lewis. Walk a Mile in My Shoes. Eldridge Park. May 10, 2008.

Walk Committee

Michelle Page
Brigitte Womer
Caryl Cavalier
Lisa Carroll
Pat Breux
John Sheridan
James Reed
Linda Lewis-Smith

Phone (607) 737-2052
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Matea Lewis volunteering. Walk a Mile in My Shoes. Eldridge Park, May 10, 2008

Fourth Annual "Walk a Mile in My Shoes" Suicide Prevention Walk Saturday, May 9, 2009 11am to 1pm Eldridge Park, Elmira

Lots of ways to get involved:

- Become a Team Leader and organize a team of walkers made up of family, friends or co-workers
- Come walk with us in support of those affected by suicide
- Raise money for local suicide prevention efforts
- Sponsor a walker
- Get the word out at your work, school or house of worship
- Get your organization to sponsor the walk

For more information go to:

www.walkamile.net

Or contact:
Pat (607)737-2052
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414 Davis St. Elmira, NY 14901



*More common than you think.
More preventable than you know.*

**CHEMUNG COUNTY SUICIDE PREVENTION
414 DAVIS ST.
ELMIRA, NY 14901**