



ISSUE # 15

WINTER 2013

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SAVE THE DATES!!
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MAY 5TH – ANNUAL WALK/RUN
SEE OUR EVENTS PAGE FOR MORE INFO!

*To submit future articles to our newsletter, please email drafts to Terri Erbacher at terbacher@dciu.org. Submissions for our **Spring** newsletter are due by **April 15th**.*

****Suicide rates are on the rise in Delaware County. In a typical year, we lose 60-65 community members to suicide. In 2007, we saw a shocking rise to 89 suicides.....
Let's Talk About It!!**

Who we are: The Delaware County Suicide Prevention and Awareness Task Force (DCSPATF) was begun in 2002 by volunteers who care and who want to increase suicide awareness, decrease stigma and decrease suicide risk in the community. Our mission is to promote understanding that suicide is a preventable community-health problem in our county and to work together toward viable solutions.

Our Newsletter: Our newsletter continues to be a success! We are going 'green' and sending this out electronically to save paper! **Please forward** this to anyone who may be interested in reading this so that we can all work together to BUILD suicide AWARENESS, DECREASE STIGMA, and PREVENT future SUICIDES!

IF YOU ARE IN CRISIS AND NEED IMMEDIATE HELP
PLEASE CALL 1-800-273-TALK (8255)

NOTE FROM THE EDITOR:



Some of you may have noticed that there was no Fall Newsletter (And we are actually LATE on this one - Oops!). Well, your humble Editor was too busy off doing other things...like **GETTING MARRIED!** So, my apologies and I hope you've missed us! I am still getting used to my new name - I've decided to hyphenate it since I've spent more years as an '*Erbacher*' than I care to tell you. But, if you are a Simpsons' fan, you can understand my joy at having the fun new last name of **DUFF** (yup, we are now collecting Simpsons' paraphernalia). And, my wonderful husband puts up with my endless work hours pursuing my passion in suicide prevention...

Taking some time off made me reflect on this newsletter and the idea of suicide prevention. The DCSPATF is run solely by volunteers. I am always *amazed* at how much is accomplished from this group and I am honored to be a part of it. And, shouldn't part of suicide prevention be sharing joys and those things that make us happy in this journey of life? Well, I think so. So, in that vain, another task force member also got married this past fall. So....

CONGRATULATIONS TO ELLEN CHUNG & STEVEN GIULIANO WHO MARRIED ON SEPTEMBER 29, 2012.

*Love,
Terri Erbacher-Duff*

Today's Hot Topics

AFSP REACHES OUT TO VP BIDEN AS WHITE HOUSE COMMISSION ADDRESSES MENTAL HEALTH ISSUES AND FIREARM SAFETY IN WAKE OF NEWTOWN TRAGEDY

On Jan. 14, AFSP sent a letter offering its support and expertise to Vice President Joe Biden, who is working with members of the Administration, Congress, and the stakeholder groups to come up with a set of concrete proposals that will improve the identification and treatment of mental disorders and prevent at-risk individuals from harming themselves—and in the case of Newtown, others as well. To more effectively identify and treat the underlying mental disorders and the compounding life stressors that can lead to such a tragic loss of life, AFSP recommended action in four specific areas: Education, Outreach and Training; Access to Affordable Mental Health Care; Safe Schools; and Means Restriction. AFSP also recommended that funding be included in the upcoming budget for the National Violent Death Reporting System, which provides a better understanding of the circumstances surrounding violent deaths—including suicide—and helps public officials and organizations put into place effective prevention policies and programs. Read the letter at http://www.afsp.org/files/Misc_/VP_Biden_Letter_Final.pdf.

2010 NATIONAL SUICIDE STATISTICS AVAILABLE

The American Association of Suicidology makes available a summary of national suicide statistics as soon as they become available from the National Center for Health Statistics. The most current statistics are from the year 2010 and comparisons to previous years are made as well. Pennsylvania is currently #33 of all states in terms of suicide rate with our rate being 12.4 per 100,000. These statistics are available online at <http://www.suicidology.org/stats-and-tools/suicide-statistics>.

Research Briefs

FACEBOOK PARTNERS WITH SUICIDE PREVENTION PROJECT

Suicide prevention group Suicide Awareness Voices of Education (SAVE) has partnered with Facebook to gather and analyze the Facebook activity of users to provide insight into the final days of those who go on to complete suicide. Researchers will search for patterns in language use and posting behavior that could potentially be used to identify users who are at risk for suicide. Posted January 29, 2013 by Philippa Warr on www.wired.co.uk.

SUICIDE ASSESSMENT IN THE EMERGENCY DEPARTMENT

The authors of a review of the research on assessing adult suicide risk in emergency departments (EDs) concluded that existing quantitative assessments of suicide risk used in EDs "are not sensitive enough to predict which patients will eventually complete suicide." Thus, these systems "should be utilized cautiously... [and] never replace good clinical judgment." However, it is possible to recognize patients who are at low risk for suicide and do not require immediate psychiatric care and/or hospitalization. People at low risk for suicide generally lack a prior history of suicidal ideation, do not feel hopeless or depressed, can think rationally, have not made a suicide plan, are not using alcohol or drugs excessively, and have a social support system. These characteristics contrast with two "especially important" risk factors for suicide: "a previous history of suicide attempt and a current lethal plan." It is also important to include alcohol and drug use in assessments, since chronic alcohol or drug use raises suicide risk over the long term. The authors also caution that establishing a "no suicide contract" with a patient is not a substitute for clinical assessment, nor does it provide any legal protection against negligence on the part of the provider. (Ronquillo, L., Minassian, A., Vilke, G. M., & Wilson, M. P. (2012). **Literature-based recommendations for suicide assessment in the emergency department: A review.** *Journal of Emergency Medicine*, 43(5), 836-842).

IMPULSIVITY AND SUICIDE

Researchers from the University of Pennsylvania and LaSalle University warn that focusing on depression and hopelessness as indicators of suicide risk may result in overlooking persons at high risk for making impulsive suicide attempts, which, according to their research, are as likely to result in death as premeditated attempts. Compared to persons making premeditated suicide attempts, persons making impulsive attempts have lower expectations that their attempt will be fatal, less depression and hopelessness, less of a likelihood of a history of childhood sexual abuse, and a higher likelihood of an alcohol use disorder. The authors warn clinicians not to "assume that a person is not at risk for making an

impulsive attempt if he or she does not exhibit impulsivity as a general personality trait," since research indicates that people making impulsive suicide attempts do not necessarily score high on impulsivity tests. The authors also found that "There were no statistically significant differences between individuals who made an impulsive attempt and those who made a premeditated attempt on any demographic characteristics (i.e. gender, race, marital status, employment status, education level)." (Spokas, M., Wenzel, A., Brown, G. K., & Beck, A. T. (2012). Characteristics of individuals who make impulsive suicide attempts. *Journal of Affective Disorders*, 136(3), 1121-1125).

SUICIDE RISK AFTER HOSPITAL DISCHARGE FOR DRUG DEPENDENCE

People receiving treatment for drug abuse are at increased risk for drug-related deaths (including suicide) as well as suicides involving other means after being released from hospitalization, according to a study of nearly 70,000 Scottish drug users. The post-discharge rate of both drug-related deaths and suicides by other means were highest within 28 days of discharge. The year after discharge accounted for 40 percent of drug-related deaths and 38 percent of suicides by other means. The rates of both drug-related deaths and suicides by other means were highest during hospitalization. The majority of these deaths were associated with the reasons people were hospitalized (e.g. a drug overdose or self-inflicted injury). This study reinforces the need for follow-up and support services for people on release from inpatient psychiatric units or from hospitals and emergency departments if their visit was related to self-injury, including drug overdoses (whether intentional or unintentional). The critical components for reducing suicide risk in this population include setting appropriate criteria for discharge. These might include whether the patient has responded to treatment, a thorough suicide assessment, involving the patient and his or her family in safety planning, and steps to maintain continuity of care (such as follow-up appointments, emergency contacts, and community linkages). (Merrall, E. L., Bird, S. M., & Hutchinson, S. J. (2012). **A record linkage study of drug-related death and suicide after hospital discharge among drug-treatment clients in Scotland, 1996-2006.** *Addiction Research and Theory*, 21(1):52-61).

New Resource

LONG-AWAITED ONLINE SURVIVOR TOOL IS FREE AND EASY

Wouldn't it be great if there was a single website where survivors of suicide loss and people who care for them could access the top resources available to help people bereaved by suicide cope with their grief? There is not the announcement of precisely such a tool now available. The Suicide Grief Support Quick Reference is organized as an easy-to-use interface with links to almost 100 of the very best resources designed to help survivors. **It includes:**

- A concise introductory section on the nature of suicide bereavement
- Three comprehensive sections on suicide grief support resources (featuring items for adults and children as well as Internet-based resources)
- A special section for caregivers that points to authoritative information on helping survivors.

Find it at <https://sites.google.com/a/personalgriefcoach.com/suicidegriefsupport/>.

PA Youth Suicide Group

NEW INITIATIVES

Erich Batra

The PA Youth Suicide Prevention Initiative (PAYSPI; www.paspi.org) is working to increase the awareness of the issues surrounding suicide in our schools. Following the lead of many of our neighboring states, the school subcommittee is discussing policy initiatives that would:

1. require that all teaching and administrative staff receive 2 hours of suicide prevention awareness training every 2 years;
2. integrate mental health and suicide curricular elements into the physical education standards; and
3. require all school entities to have policies in place regarding suicide prevention, intervention and postvention.

For further information about PAYSPI and its efforts in PA schools, please feel free to email us at paspi.support@gmail.com.

WHO ARE WE?

If you are not yet familiar with us, we'd like to introduce the Pennsylvania Youth Suicide Prevention Initiative! We are excited that we began as a workgroup and have been up and running since 2005. We have continued to grow with our advisory committee now including many individuals from across the state of PA with a common mission of striving to raise awareness about suicide and its prevention so that fewer Pennsylvanians experience the pain and grief resulting from the suicide death of a loved one. To join our listserv for task forces throughout the state to share ideas, ask questions, promote events, network and collaborate, please contact Harriet at hsb5@PSU.EDU.

DEPRESSION AND SUICIDE IN YOUTH FEATURED ON RADIO

On Monday, October 22, 2012, three members of the PA Youth Suicide Prevention Initiative's Advisory Committee were the featured guests on Radio SmartTalk, a daily interactive show on Harrisburg's public radio station, WITF 89.5. Francesca Pileggi, Minding Your Mind; Dr. Matthew Wintersteen, Jefferson University; and Joe Vulopas, Aavidum, spoke about depression in teens and young adults, the warning signs of depression and suicide, and how parents, teachers, and friends can reach out to those students who are battling depression. Find the broadcast at <http://www.paspi.org/News.php>.

FIRST ANNUAL PSA CONTEST: YOUTH SUICIDE PREVENTION!

We are extremely pleased to announce the First Annual PSA Contest for Youth Suicide Prevention! As you are aware, youth impact on one another often holds more weight than many efforts we can make as adults on young lives. The Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) is utilizing this power to engage youth in developing public service announcements focused on suicide awareness and prevention.

These messages may be directed at other youth, school personnel, parents, or other community members. Rules for submissions, guidelines and an entry form can be found at www.payspi.org.

There are four categories for submission:

1. Video PSA - 30 seconds
2. Video PSA - 60 seconds
3. Audio PSA - 30 seconds
4. PSA Poster - 2'x3'

Winners for each category will be invited to State College in October for recognition and to share their work at the 2013 Pennsylvania Suicide Prevention Conference! Winning entries may be aired on local TV & Radio stations! Entries are due no later than April 1st, 2013. Should you have any questions, please do not hesitate to contact Dr. Matthew Wintersteen at 215- 503- 2824 or matthew.wintersteen@jefferson.edu.

BREAKING NEWS!

PAYSPI has just been awarded a small grant from the Pennsylvania Department of Health to help disseminate PSA winner submissions (print materials, improving video quality, etc.). PAYSPI and Dr. Matthew Wintersteen are to be congratulated for their dedication and efforts for this important cause!

Task Force Events

Visit us at www.delcosuicideprevention.org

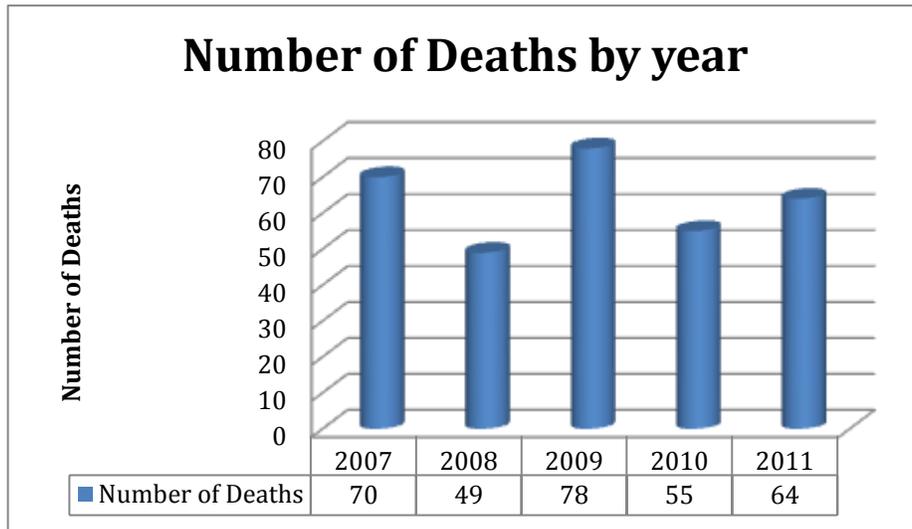
DELCO'S 9TH ANNUAL SUICIDE PREVENTION CONFERENCE

This year, the DCSPATF held its 9th annual symposium on suicide prevention on November 15, 2012 at Springfield Country club. This conference was another huge success! Thank you to all who helped organize as you are amazing. The theme was *Suffering in Silence—The Stigma of Suicide* included topics such as suicide grief, veterans' issues, disparaging myths, safe medication use, the 302 process, cyberbullying, Internet technology, and Delco suicide statistics. Thanks to Josh Rivadel for being our dynamic keynote speaker and congratulations to **Joe Mack** and **Rev. Dr. Wylie W. Johnson** for winning this year's DCSPATF Volunteer of the Year Award! You both certainly deserve it. *Look for information about next year's conference in our summer edition!*

DELCO'S SUICIDE DEATH REVIEW TEAM

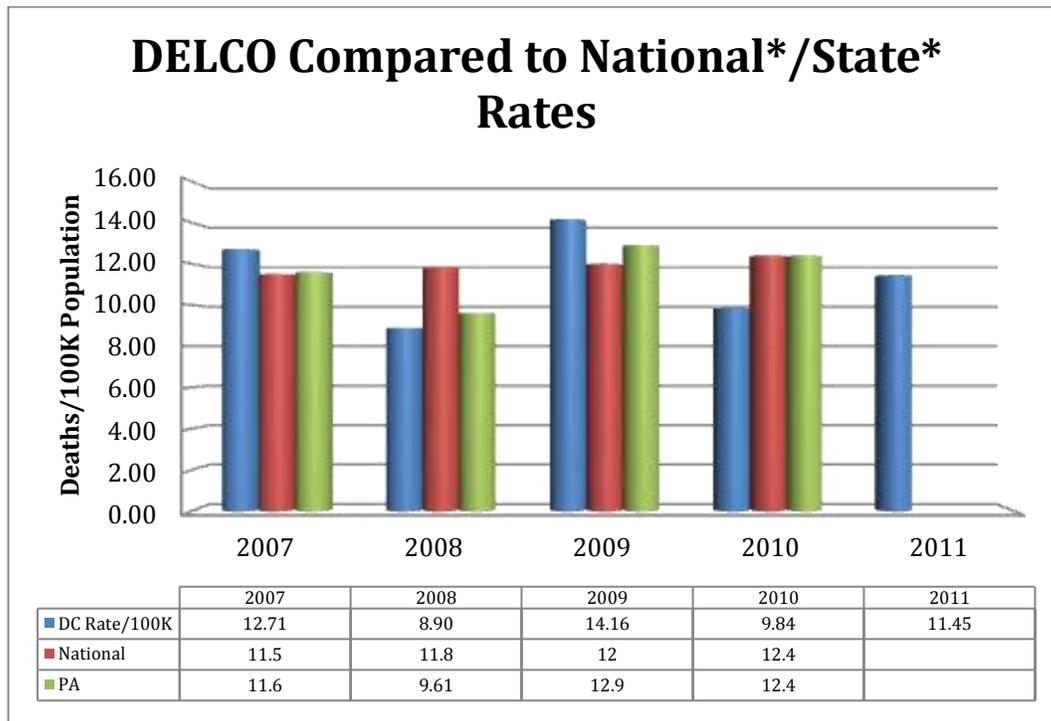
Olga Thornton, RN, BS

Olga Thornton, Chair of the Delaware County Suicide Death Review Team, analyzed the data available from 2007 through 2011. Delaware County Residents may find this particularly interesting and these data may indicate the need for further suicide prevention efforts in the county.



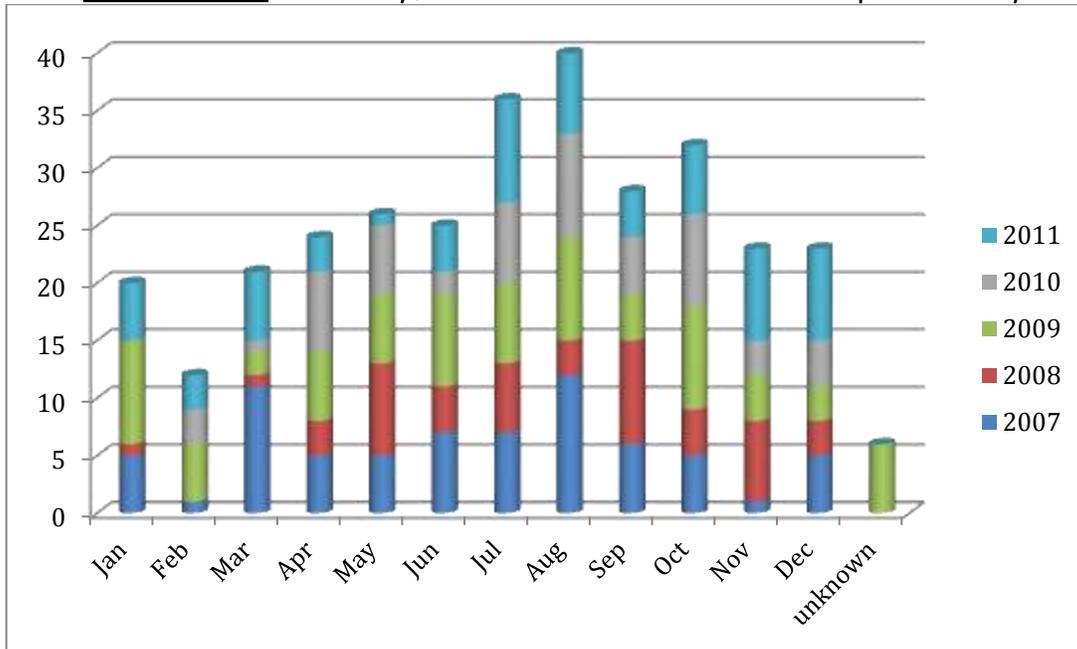
DELCO COMPARED TO NATIONAL/STATE RATES

National and state rates are only available to 2010.

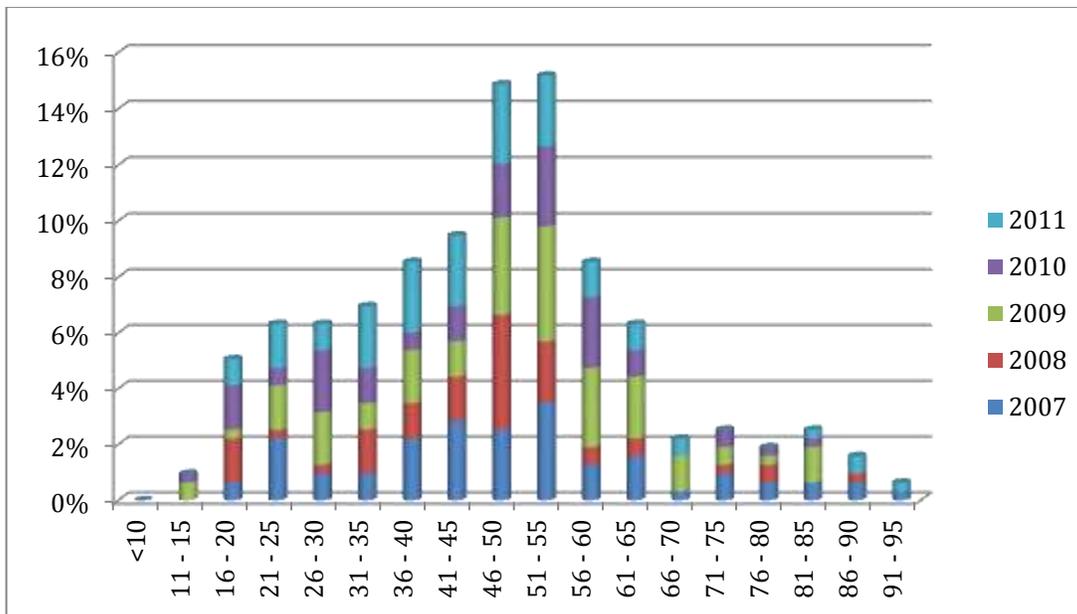


DEATHS BY MONTH: RAW NUMBERS

Editor's note: Nationally, the most common months are April and July.



DEATHS BY AGE: PERCENTAGE OF DEATHS



MORE DATA IS AVAILABLE ON OUR WEBSITE

Information such as marital status, geographic location within Delaware County, gender, method was analyzed and can be found by visiting www.delcosuicideprevention.org.

8TH ANNUAL DCSPATF 5K WALK/RUN & T-SHIRT CONTEST

We once again held our annual t-shirt design contest this year! The posters selected below are the Delaware County Suicide Prevention & Awareness Task Force Poster Winners for 2013! Congratulations, winners! Come and see the designs in action at our **Annual Walk/Run** on Sunday, May 5th (**note the change: It is on a Sunday this year!**) at Ridley Creek State Park, Picnic Area #17. Race starts at 9:30AM. *Rain or Shine*. Pre-registration fee is \$25 and day-of registration is \$30. To register, visit www.delcosuicideprevention.org.

FIRST PLACE WINNER!

**ANA BROWN-
DAWKINS**



**SECOND PLACE
BY RAVEN BURNO**



**THIRD PLACE
BY SAVION MATHIS**

SEE YOU AT THE WALK ON MAY 5TH!

Other News...

LIKE CONTESTS? FIRST EVER AAS T-SHIRT DESIGN CONTEST!

The American Association of Suicidology (AAS) announces a t-shirt design contest! Submit your suicide prevention designs for consideration from February 1 through March 15, 2013. The contest is open to anyone interested in having their design featured on a shirt that will benefit AAS. Voting will take place on the AAS website from March 15 through April 15. The top vote-getters will be available for purchase in the weeks surrounding Annual Conference. For more information and contest rules, go to www.suicidology.org/tshirt-design-contest or email webmaster@suicidology.org.

TRAIN-THE-TRAINER EVENT HELD FOR SURVIVORS OF SUICIDE SUPPORT GROUPS

The train-the-trainer event, designed to help counties develop support groups for survivors of suicide, featured Susan Wesner from the STAR-Center at the University of Pittsburgh as the presenter. Susan is the author of [Survivors of Suicide: A Support Group Leader's Handbook](#) published by the STAR-Center. Sue provided instruction on how to run support groups that address the individual needs of adults and children and included information about the grief process and self-care strategies for group leaders.

Representatives from nine counties attended the training - Carbon, Clearfield, Jefferson, Lackawanna, Luzerne, Monroe, Schuylkill, Susquehanna and Wayne - and included staff from mental health, foster care, schools and hospices; with plans to offer follow-up support to the 9 counties, and similar workshops in other parts of the state. Another Breakout session, specifically for county suicide prevention task forces, was held to discuss mutual concerns and brainstorm ideas for improving efforts in their respective counties. For more information or to find out about how to schedule a similar training in your area, contact Paula McCommons at mccommonsps@upmc.edu.

AFSP - Philadelphia

AMERICAN FOUNDATION FOR SUICIDE PREVENTION – GREATER PHILADELPHIA CHAPTER

<https://www.facebook.com/AFSPphiladelphia>

PARTY WITH A PURPOSE

AFSP's 4th Annual Party with a Purpose will be held on May 4th, 2012 at 6PM at the home of Jan and Dwight Evans in Haverford, PA. Tickets are \$50. The evening will include food, drink, mingling and conversation, music, networking, an award presentation, as well as live and silent auctions. You don't want to miss it! Contact Pat Gainey at pgainey@afsp.org for details.

JUST RELEASED!

Tony Salvatore

In response to a growing number of requests for help in dealing with suicide loss in the workplace, Survivors of Suicide, Inc. (SOS), has released "Coping after a Suicide Loss at Work." The brochure adapts SOS's suicide loss philosophy to work settings where people are bereaved by a colleague or co-worker's suicide. SOS found no suitable resource for this purpose so decided to fill the gap. SOS may be contacted at phillysos@hotmail.com or you may leave a voicemail at 215-545-2242. Find the brochure for free download at http://www.mces.org/PDFs/SOS_WORK_4fold.pdf.

HOME VISITING PROGRAM

Have you lost a loved one to suicide? Do you know someone who has? You are NOT alone. If you or someone you know would like a home visitor in the aftermath of a suicide, please contact Pat Gainey at 215-746-7256 or pgainey@afsp.org. Don't wait. Visit www.afsp.org/outreachprogram to learn more about volunteering or requesting a visit.

SURVIVOR'S OF SUICIDE SUPPORT GROUP

Peer led support group for those who have lost a loved one to suicide. Meetings are held at 7:30 PM on the third Tuesday of each month at the Main Line Health Center, Lawrence Park Shopping Center, Broomall in Community Room A. If you have questions please call SOS, Inc. 215-545-2242.

Upcoming Local Events

OUR OWN DELCO TASK FORCE EVENTS CAN BE FOUND BELOW IN PURPLE...

STEERING COMMITTEE MEETINGS 2013		
<i>All are welcome – new members included!</i>		
Date	Time	Location
Thursday, April 18th	9:00-11:00AM	St. Mark's United Methodist Church 2220 S. Sproul Road, Broomall, PA 19008 610-356-1199
Wednesday, June 12th	9:00-11:00AM	Child Guidance Resource Centers 2000 Old West Chester Pike, Havertown, PA 19083 484-4548700
Thursday, August 1st	9:00-11:00AM	Northwestern Human Services - Main Conference Room 800 Chester Pike, Sharon Hill, PA 19079 610-534-3636
Wednesday, October 16th	9:00-11:00AM	Rockford Center 100 Rockford Drive, Newark, DE 19713 302-996-5480
Thursday, December 19th	9:00-11:00AM	Keystone Center 2001 Providence Avenue, Chester, PA 19013 610-876-9000

Other Upcoming Events:

March 11-12, 2013: Grief and mourning following a suicide loss presented by Susan Wesner, STAR-Center, New Beginnings Church of God, Meadville. *Sponsored by the Garrett Lee Smith Suicide Prevention grant project, for county task force members and other professionals working with youth.*

April 24th-27th, 2013: Join us for the 46th American Association of Suicidology Annual Conference at the Hilton Austin, in Austin Texas! For more information, visit <http://www.suicidology.org/education-and-training/annual-conference>.

April 27, 2013: **Healing After Suicide Conference** in Austin TX. Co-sponsored by the American Foundation for Suicide Prevention and American Association of Suicidology, this annual conference brings together national experts on hope and healing. It is returning to Texas for the first time in more than a decade. It is designed for survivors of suicide loss, support group facilitators, mental health professionals, and interested others. **Find more details at www.afsp.org/HASConference.**

May 1, 2013: American Foundation for Suicide Prevention (AFSP) presents its first ever BiPolar Awareness Day! See a short film, hear the stories of others and decrease stigma! Stay tuned for details and information!

May 3, 2013: American Foundation for Suicide Prevention (AFSP) presents its 5th Annual Party with a Purpose in Haverford, PA. The evening will include food, drink, mingling and conversation, music, networking, an award presentation, as well as live and silent auctions. You don't want to miss it! Contact Pat Gainey at pgainey@afsp.org for details.

May 5, 2013: DCSPATF's 8th annual walk/run for suicide prevention. Ridley Creek State Park Pavilion #17. Race begins at 9:30AM. Registration is \$25 (children under 12 are FREE!). Registration includes unique t-shirt, snacks, water, raffles AND medals awarded by age group! Onsite registration begins at 8AM (onsite registration is \$30) or register NOW online at www.delcosuicidepreventino.org. Rain or shine.

May 17, 2013: **"In Search of a Safer World" STAR Center Conference** at the University Club, University of Pittsburgh Campus, 123 University Place, Pittsburgh, PA 15260. Course Directors are David A. Brent, M.D. & Paula McCommons, Ed.D. \$60 registration fee. Register by Monday, May 13th. CEUs available. *The full conference program is available online at www.starcenter.pitt.edu.*

June 1-2, 2013: **Out of the Darkness Overnight Walk Washington, DC.** AFSP is very pleased to announce that we are taking our mission to the nation's capital for 2013. Join us as we bring national attention to suicide prevention. The more of us that take part in the **Out of the Darkness Overnight Walk** this June, the louder our voice will be and the greater our impact will be on our nation's capital. For details, visit <http://theovernight.donordrive.com/index.cfm?fuseaction=donordrive.event&eventID=505>.

June 10-13, 2013: **AFSP to Cosponsor World Congress on Suicide** in Montreal with *The International Academy for Suicide Research and the Quebec Suicide Research Network*. The purpose of this conference will be to share key research findings on suicide causation, prevention and treatment as well as to investigate promising new interventions that will help identify and encourage effective suicide prevention efforts on a global level. For information, visit <http://www.suicide2013.org/en>.

October 6, 2013: SAVE THE DATE for **AFSP's Out of the Darkness Walk** at the Philadelphia Museum of Art. Visit www.afsp.org for information or contact Pat Gainey at pgainey@afsp.org.

October 26, 2013: SAVE THE DATE for **AFSP's Masquerade Ball** on loving memory of *Anthony M. Siciliano*. There will be food, dancing, and a silent auction. A mask is required and the event is black-tie optional. For tickets, contact Giovanni at afsp.masquerade@gmail.com or 215-817-0416.

November 23, 2013: For the 15th Annual International Survivors of Suicide Day, thousands of survivors of suicide loss will gather together in locations around the world to grieve, heal, and honor the person they lost. Join us: www.afsp.org/survivorday.

Ongoing events:

- Prysm Youth Group meets every Wednesday night from 6:30 until 8:30 at Holcomb Behavioral Health Systems on Baltimore Pike in Media. Visit us at: www.prysm.vpweb.com.
- Delco Youth Connection for students in grades 7-9 meets every Thursday from 4-6PM at Holcomb Behavioral Health, 126 E. Baltimore Avenue, Media, PA 19063. For info, call 484-444-0512.
- Delaware County Depression and Bipolar Support Group meets every Monday night at Riddle Hospital in the Rothman Building on the second floor from 7-9 pm.
- NAMI; Grief & Loss Family Support Group - Second Thursday of each month from 7:30-9:30PM in Downingtown. For location and more info., call 610-269-3476.
- Chester County Suicide Prevention Task Force - Second Wednesday of each month from 3:30 - 5:00PM at COAD, 930 E. Lancaster Ave., Exton. For more info., call 610-344-6265.
- Every Thursday 6:30 pm to 8:00 pm, **ShareYourBlues** provides a in-person free support group to those affected by depression at St. Mark's Church in Broomall, PA (Sproul Roads & Lewis Roads), Family and friends are also welcome to learn about the symptoms of depression and how to find recovery from this illness.
- **Survivors of Suicide** Support Group every 3rd Tuesday of each month at 7:30PM at Main Line Health Center, Community Room A, Sproul Rd (PA Rte 320), Broomall, PA.

~ Let us know of **your** upcoming events - email them to terbacher@dcui.org ~

Special thanks to this quarter's contributors: *Erich Batra, Ellen Chung, Tony Salvatore, Olga Thornton - Front page masthead created by Steve Lingle - Newsletter distribution by Patrick Mingey*

Please forward the newsletter on the friends and colleagues and have them join our Constant Contact List! They can do this by emailing Patrick Mingey at pmingey@directopps.com

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