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Welcome to the new MSPP newsletter. Find out about upcoming events and more!



Ask Listen Refer is an online suicide prevention training program that is available to ALL Missourians who want to learn more about warning signs, sample conversations and local resources.

To learn more, visit
[moasklistenrefer.org!](http://moasklistenrefer.org)

Sponsored by the Missouri Department of Mental Health

MSPP News - October 8, 2013

The Missouri Suicide Prevention Project newsletter

We wanted to remind everyone this month of the availability of [Missouri Ask Listen Refer](#), a free online training program that is open to all Missouri residents. For students, staff and faculty at institutions of higher learning, there is also a [campus version](#) available.

MSPP would also like to take this opportunity to say "thank you!" to those of you who recently forwarded or shared the first issue of our news e-newsletter. Unfortunately it did not include a link for new subscribers to sign-up. That link will now appear at the bottom of future emails, but if you received this email from a friend, please [click here to subscribe now](#).



Upcoming Events

Oct. 6-12

[Mental Illness Awareness Week](#)

Oct. 10

[World Mental Health Day](#)

Free Depression Screening

National Depression Screening Day (NDS), which is Thursday, October 10th, is the nation's oldest voluntary, community-based screening program. Held annually during Mental Illness Awareness Week in October, NDS provides members of the general public with the opportunity to determine if they may be experiencing symptoms associated with depression and other mood disorders. On this day, more than a thousand community-based organizations, colleges and military installations will provide screenings at in-person events across the nation or online. To find an event site near you or to access an online screening, visit: www.HelpYourselfHelpOthers.org

Interested in helping to spread the word about NDS?
Check out the [online promotional toolkit](#) for social media posts, mental health facts and statistics, and publicity tools.

New Documentary Debuts Thursday

MTV will air "[Life Continued: Defeating Depression](#)," a 60-minute special produced by Rainn Wilson's SoulPancake on World Mental Health Day, October 10, at 6:00 p.m. Central. The documentary goes inside the lives of two young people from different parts of the country who fought their way through severe mental health struggles, but found hope and a path to recovery by taking steps to feel better and drawing strength from those around them. The filmmakers have partnered with The Jed Foundation to provide viewers with mental health resources and information, available online at www.HalfOfUs.com and www.LoveIsLouder.com.

Suicide Prevention in High Schools

An archived version of the oversubscribed webinar [Strategic Approach to Suicide Prevention in High Schools](#), which took place on Sept. 23, is now available. This webinar provides an overview of the research on school-based suicide prevention programs and identifies resources that can be helpful in developing and implementing your own program.

Healthy & Safe Schools

The Missouri Coordinated School Health Coalition will host a

[National Depression Screening Day](#)

Oct. 12
[Cape Girardeau Out of the Darkness Community Walk](#) (Cape Girardeau, MO)

Oct. 15
[LGBTQ. Mental Health. & Suicide Prevention](#) (Webinar)

Oct. 17
[NAMI Southwest Missouri's Annual Banquet & Award Ceremony](#) (Springfield, MO)

Oct. 17-18
[Applied Suicide Intervention Skills Training \(ASIST\) workshop](#) (Fulton, MO)

Oct. 19
[AFSP Volunteer Open House](#) (Kansas City, MO)

Oct. 22
["Let's Talk About It" Mental Health Flash Mob](#) (St. Louis, MO)

Oct. 24-25
[Missouri Coalition of Community Mental Health Centers & Psychiatric Rehab Conference](#) (St. Charles, MO)

Oct. 26
[National Prescription Drug Take Back Day](#)

Nov. 1-3
[National Military Suicide Survivor Seminar and Good Grief Camp for Young Survivors](#) (Colorado Springs, CO)

Nov. 4-5
[Applied Suicide Intervention Skills Training \(ASIST\) workshop](#) (St. Louis, MO)

Nov. 5
[To Write Love On Her Arms](#)

conference this December and hold a conversation on what's hurting our youth and what we can do about it. Come learn with national experts about suicide prevention, chronic diseases, dating violence, bullying, distracted driving and much more. MSPP will be co-sponsoring presentations by The Trevor Project and Maureen Underwood from the Society for the Prevention of Teen Suicide. Register or find out more at: www.healthykidsmo.org

New Programs Support At-Risk LGBTQ Youth

In recent years, MSPP has partnered with the Trevor Project to provide free in-person training throughout Missouri focused on the prevention of suicide among lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth and young adults. ([Click here](#) to request an in-person training for your organization.) Training options have recently expanded with the announcement earlier this month that the Trevor Project has collaborated with Campus Pride and Kognito Interactive to offer three new online, interactive training simulations to help support teens and college age youth:

- [Step in. Speak Up!](#) – Online Professional Development training for secondary school personnel, which has recently been listed in the national [Best Practice Registry](#)
- *LGBTQ on Campus* – Available in two versions, one for [Students](#) and one for [Faculty & Staff](#), both designed to assist institutions of higher education in creating a safe and supportive campus community.

SPECIAL TOPIC: Suicide & Bullying

In recent years bullying and suicide have often been linked together in media reports. Since October is Bullying Prevention Awareness Month we are taking a closer look at this issue by sharing a few new articles and resources...

[StopBullying.gov](#) has recently published a set of [Media Guidelines](#) for journalists, bloggers, and others interested in writing about bullying related topics. The guidelines state: "The relationship between bullying and suicide is complex. Many media reports oversimplify this relationship,

[Event](#) (Cape Girardeau, MO)

Nov. 16

[International Survivors of Suicide Day](#) (Events are currently scheduled in: Clinton, Columbia, Fulton, Kansas City, Lebanon, Nevada, St. Charles, and St. Louis)

[6th Annual Remembrance Holiday Service](#) (Kansas City, MO)

Nov. 18-20

[2013 Substance Abuse Prevention Conference](#) (Lake Ozark, MO)

Nov. 21

[Children's Grief Awareness Day](#)

Find details for these and other upcoming events on the [MSPP Google Calendar](#)

insinuating or directly stating that bullying can cause suicide. The facts tell a different story. In particular, it is not accurate and potentially dangerous to present bullying as the ‘cause’ or ‘reason’ for a suicide, or to suggest that suicide is a natural response to bullying.”

In [Beyond Rhetoric: Does It Get Better?](#), SPRC Steering Committee Member and Guest Columnist Stephen Russell addresses the question of oversimplifying the complex issues of bullying, homophobia, and suicide, concluding: “Everyone wants to prevent bullying and suicide. We need less rhetoric and fewer catchy phrases, and more real conversations about the reality of teens’ lives.”

In her recent blog, [Stop Saying Bullying Causes Suicide](#) (on HuffPost Impact), Deborah Temkin, the Bullying Prevention Manager at the Robert F. Kennedy Center for Justice and Human Rights discusses some of the dangers involved, such as sensationalizing youth suicide and the risk of suicide contagion. Temkin stresses the “need to honor and recognize those schools and communities who are taking positive steps towards preventing bullying and suicide, rather than just focusing on those where a tragedy has occurred.”

Those with a strong interest in research are encouraged to review [The Relationship Between Youth Involvement in Bullying and Suicide](#), a special supplement to the *Journal of Adolescent Health* (Volume 53, Issue 1, Supplement, Pages A1-A10, S1-S54), published in July 2013, which can be downloaded at no cost from the [ScienceDirect website](#).

The authors of an [editorial](#) appearing in the supplement write: “The findings in these articles underscore the complexity of the relationship between bullying and suicide. A critical difference distinguishes an association between bullying and suicide from a causal relationship, with significant implications for prevention. Conveying that bullying alone causes suicide at best minimizes, and at worst ignores, the other factors that may contribute to death by suicide. This neglect may result in too narrow a focus of preventive action.”

Perhaps the best advice comes from the [National Suicide Prevention Lifeline website](#): “Together we can help kids prevent bullying by talking about it, building a safe school

environment, and creating a community-wide bullying prevention strategy. Packed with tools and resources, StopBullying.gov will arm you with information so you can prevent bullying no matter where you see it taking place.”

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