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Contact Us

Nassau County Department of
Human Services, Office of Mental
Health, Chemical Dependency
and Developmental Disabilities
Services
(516)-227-7057
[Email](#)



September is suicide prevention month. Every day 90 people die by suicide in the United States, and 15,000 people attempt suicide daily. Suicide is the tenth leading cause of death in the United States with about 44,000 individuals ending their lives each year. It is the second leading cause of death among people aged 25-34 and the third leading cause of death among adolescents aged 10-24. Twenty-five percent of people who die by suicide were intoxicated at the time of their death.

This issue of the Behavioral Health Awareness Campaign newsletter is focused on raising awareness about this issue and with publicizing the resources that are available to help us to address this public health crisis. I wish to express my thanks to all who work diligently to promote healing and to advance the ongoing suicide prevention efforts.

Sincerely
James R. Dolan, Jr. DSW, LCSW
Acting Commissioner

[Download Agency Contribution Request Form](#)

What's News in Nassau?

National Headline News: "8 year old dies by suicide after school bullying"; "12 year old girls commits suicide after bullying"; "Linkin Park's Chester Bennington commits suicide"; "67 year old man fall to his death from high rise in apparent suicide"; "Doctor jumps to his death from hospital roof"; "Veteran kills himself in parking lot of VA Hospital"; "NYPD commits suicide inside his home". These were sadly all 2017 headlines. Suicide is a tragedy that strikes and impacts individuals and families from all walks of



life indiscriminately of age, class, gender, socio-economic background, race, etc. When the pain of living is greater than the fear of dying, sometimes suicide becomes the contemplative thought. Much work continues to be needed to reduce mental health stigma. Through education and awareness we can all learn to not fear mental illness, but instead understand the signs and symptoms so help can be extended to those who are suffering in silence.

How is **Nassau County** promoting education and awareness regarding the serious nature of behavioral health issues? **Mental Health First Aid (MHFA)**. This is an evidence-based public education and prevention tool designed to improve the public's knowledge of mental health and substance use problems *and* connects people with care for their mental health or substance use problems. Similar to traditional First Aid and CPR, **MHFA** is assistance provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. **MHFA** was originally created in Australia in 2001 under the auspices of the University of Melbourne, and is now international with programs in countries such as the United Kingdom, China, Canada, Finland and Singapore. This training is available to all Nassau County Residents and/or professionals through the Nassau County Department of Human Services, Office of Mental Health, Chemical Dependency and Developmental Disabilities Services.

People who enroll in **MHFA** courses learn a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems. Trainees learn to identify risk factors and warning signs of mental illness and addiction, and about available treatments. Upon completion, participants have a better understanding the impact mental illnesses and addictions have on a person, their family and communities. Trainees are from all walks of life and include school personnel, law enforcement, faith-based communities, hospital and nursing home staff, families and young people. As of 2016, more than 550,000 people have been trained in **Mental Health First Aid** in the U.S. by a network of more than 9,000 instructors.



If interested in hosting or receiving the training, please contact us at 516-227-7057.

Did you know?

- From 1999 through 2015, 1,309 children ages 5 to 12 committed suicide in the United States ([Centers for Disease Control and Prevention](#))
- Depression affects 20-25% of Americans ages 18+ in a given year. (CDC)
- There is one death by suicide in the U.S. every 13 minutes. (CDC)
- The highest suicide rates in the U.S. are among Whites, American Indians and Alaska Natives.
- Only half of all Americans experiencing an episode of major depression receive treatment. (NAMI)
- 80% -90% of people that seek treatment for depression are treated successfully using therapy and/or medication. (TAPS study)
- The annual age-adjusted suicide rate is 13.26 per 100,000 individuals. (American Foundation for Suicide Prevention)
- Men die by suicide 3.5x more often than women. (American Foundation for Suicide Prevention)
- White males accounted for 7 of 10 suicides in 2015. (American Foundation for Suicide Prevention)
- Firearms account for almost 50% of all suicides. (American Foundation for Suicide Prevention)
- The 2010 report of the Army Suicide Prevention Task Force found that 29 percent of active duty Army suicides from fiscal year (FY) 2005 to FY 2009 involved alcohol or drug use; and in 2009, prescription drugs were involved in almost one third of them. (NIDA)
- Suicide is the leading cause of death among Hispanic ages 15-19. (NYS DOH)
- Suicide costs society over \$56.9 billion a year in combined medical and work loss costs. (CDC)



KNOWLEDGE IS KEY

Agency Spotlight



Suicide and suicide prevention continues to be an issue that effects so many of our friends and neighbors. Sadly, the increased pressures of living in such a tumultuous world, has taken its toll on both the young and the old, and across all socio-economic and cultural lines. Many of our agencies have been working tirelessly to address this issue and continue to promote a strong message that suicide is preventable. Through education and awareness, the work continues to provide resources to both professionals in the field and community members whose lives may be touched by suicide. According to the American Foundation for Suicide Prevention, suicide is the 10th leading cause of death in the U.S. For every completed suicide, there are 25 attempts, which of course tells us that we have much work to do to help those that are feeling helpless and hopeless as this number does not reflect those attempts that may go untreated and unreported. 44,193 Americans die by suicide each year; a staggering number when you consider all the resources that are available to assist those in pain and struggling.

YES Community Counseling Center, like many of our colleagues, have been working tirelessly in our county to make a difference through providing education and outreach to community members, school personnel and other entities. Through its collaborative work with the Long Island Crisis Center, those who may be struggling, are provided with helpful resources and a place to turn. The availability of a 24/7 crisis hotline that is supported in part by Nassau County, ensures that help is available around the clock for anyone who may need. Both our organizations are a part of a larger Island movement to combat this issue. The Suicide Prevention Coalition of Long Island (SPCLI) has been actively involved in the development of public education and campaigns, as well as providing the availability of training resources, educational tools, support and collaboration to organizations throughout both our counties. Educational training programs including SafeTALK and Applied Suicide Intervention Skills Training (ASIST) have trained thousands of professionals and community members to identify those that may be suffering in silence and provide a clear plan of action to potentially save lives. [The Coalition's annual conference](#), scheduled this year for Dec 6, is an annual event that brings state of the art protocols and practices into the hands of those that are active in the field and community on this issue.

Our coalition has adopted the national 'Be the One' campaign. It captures the essence of our work and the hope that we all can play a critical role in saving a life.

YES Community Counseling Center
75 Grand Avenue
Massapequa, NY 11758
516-799-3203
<http://yesccc.org/>

SUICIDE: The Truth Is, You Matter
(watch the video)



Jericho
MIDDLE SCHOOL



Bullying among youth has become a national concern, with news reports pointing to the significant negative impact on children and teens in the United States, as well as countries throughout the world. In addition to incidences of direct in-person bullying, children's growing reliance on social media continues to escalate their vulnerability to online harassment and cyberbullying.

Research presented by the UN World Health Organization (WHO) indicates that bullying "has been found to generate depression, loneliness, anxiety and low self-esteem, humiliation, frustration and anger and is associated with long-lasting consequences for children's development. " In recent years, there have been several well-publicized accounts connecting youth suicide to incidences of bullying. The underlying reasons for suicidal thoughts and behaviors are complex with many contributing factors. Involvement in bullying does not fully explain a suicide, however research indicates that there are some links between bullying and increased suicidal thoughts and attempts in certain children and youth. Making schools a safe place for children is critical.

Jericho Middle School has demonstrated a significant commitment to bully prevention and school climate improvement through the incorporation of the Olweus Bully Prevention Program (OBPP), an internationally recognized evidenced based model program. The Olweus Bully Prevention Program has been found to reduce bullying among students, improve the social climate of schools and contribute to students' social and emotional development. It has been designated a model program by the Center for the Study and Prevention of Violence, The US Department of Education and the NY State Office of Alcoholism and Substance Abuse (OASAS).

They say, "It takes a village to raise a child" and that could also be said about preventing bullying in our schools. The Olweus program requires the participation of all members of the school community in order to provide the most comprehensive support to students. All Jericho Middle School staff members have been trained to understand the dynamics of bullying as well as its impact on students' academic and social-emotional functioning. Training also includes prevention strategies to incorporate into the school environment, as well as intervention strategies designed to support both students and their parents. Parent involvement is critical to the success of the Olweus program. Jericho Middle School parents are fully involved as active members of the Bully Prevention Coordinating Committee, participants at presentations and volunteers for our annual Bully Prevention Kick-Off.

"Upstander responsibility" is a key component to this "whole school" approach to bully prevention, evident in the school motto "*We Don't Stand By... We Stand Up!*" All members of the school community share a collective responsibility to promote an inclusive atmosphere and to intervene in a helpful manner if they witness or become aware of an incident of bullying, an expectation highlighted in the Olweus "School Wide Rules Against Bullying." Students learn "upstander strategies" and receive positive recognition from staff when they use these strategies to support classmates.

The Olweus program is not a suicide prevention program, however it does provide the tools for school staff to prevent bullying, as well as identify incidences of bullying and take action to stop victimization. Successful implementation requires a sustained effort, but the benefit is positive results growing stronger over time.

Joanne Verdino, LCSW
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Jericho Middle School



According to the Centers for Disease Control's (CDC's) latest statistics on suicide in the United States, suicide has increased by 24% over a ten-year span (2001 – 2014); it is the tenth leading cause of death among the general population; and the second cause of death among young people ages 13 – 24.

Long Island Crisis Center, now in its 46th year, is a 24/7/365 days-a-year suicide prevention and crisis intervention hotline. Its Counselors respond to more than 12,000 calls annually on its eight hotlines and Chat LIVE Long Island (online and mobile-friendly) chat lines. Clients are afforded short term counseling/support and referrals that address their individual needs and crises.

Most importantly, the Crisis Center spreads the message that "It's Okay to Ask for Help." Because while there have been segments of the population traditionally recognized as at-risk for suicide (i.e., the elderly, the mentally ill), it is also true that any one – given overwhelming life circumstances – can be at risk. Therefore, the Crisis Center serves the Long Island community with the vision that it is for "Any One, Any Time, Any Problem."

Over the years and in response to meeting the needs of specific at-risk populations the Crisis Center has expanded its services beyond its 24/7 hotlines:

Pride for Youth (PFY) was established in 1993 to serve Long Island's lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth and their families. With a disproportionate number of suicide calls being received by the Crisis Center's hotlines, it became evident that this population was at a greater risk for suicide and suicide attempts (studies indicate that they are at a four times greater risk for suicide than straight youth). Today, PFY delivers a cadre of free services, such as: individual and family counseling by licensed social workers; the Friday night "Coffeehouse"; HIV/STD testing and health services in collaboration with Northwell Health; Empowerment of Long Island counseling, support and social program health program for gay/bi-men of color ages 17 – 30; weekly school-based counseling for LGBTQ youth of color in the Uniondale, Hempstead and Roosevelt School Districts; support groups for Transgender, LGBQ and HIV-positive youth and a monthly support group for parents of LGBTQ youth.

Building Healthy Lives Through Education was established in 1979 when Long Island Crisis Center recognized the need for schools to address the issues of adolescent depression and suicide prevention. This program delivers workshops on-site in schools to both students and professional staff. These workshops encompass a menu of topics that respond to emerging health problems and emotional dilemmas that are threatening young people and presenting challenging behaviors for classroom teachers to resolve in an academic setting. Topics for students currently include: Suicide Awareness and Prevention; Anger Management; Understanding Self-Injury; Cyber Bullying Awareness; Understanding Homophobia; Understanding Transphobia; and Facilitating Gay/Straight Alliances. School faculty is offered Adolescent Suicide Prevention, Making Schools Safer for Lesbian, Gay, Bisexual, Transgender and Questioning Youth (LGBTQ), Adolescent Self-Injury and Adolescent Eating Disorders. In 2016, more than 21,000 students and professional staff participated in the workshops.

Young Latinas: Girls at Risk Initiative - Young Latinas, ages 13 – 19, have been identified as having a 23% rate of attempting or completing suicide and the Hispanic immigrant community is the largest growing on Long Island. Many issues have been identified that contribute to this high incidence: pre-existing and undiagnosed mental health conditions; increased family stress and conflict due to poorer than average financial conditions; tension between the "traditional" cultural norms, values and expectations of Latino families versus those of their "Americanized" daughters; etc. This initiative increases the Crisis Center's capacity to provide suicide prevention/intervention to young Latinas and their families: telephone hotlines have immediate translation services: a 3-series bilingual brochure about suicide among young Latinas is being distributed to school districts and human service agencies via a community outreach specialist.

Saving Our Long Island Veterans Initiative - At least 22 veterans die by suicide every day. The Crisis Center has stepped up its efforts to reach out to Long Island veterans and their families. (Long Island has the second highest number of veterans –second only to San Diego)

The initiative includes: counselor training has been stepped up to include recognition of the warning signs of PTSD; a comprehensive social media outreach campaign; and increased resources and referrals to meet the many needs of our veterans. Most important is the availability of the Crisis Center's 24/7 hotlines that are free, confidential and anonymous.

The 9th Annual "Let's Walk, Let's Talk...Stepping Together to Prevent Suicide" event will take place on Sunday, September 17, 2017 on the Long Beach Boardwalk at Laurelton Blvd. with onsite registration beginning at 10:30 a.m. and the walk begins at 11:30 a.m. This event is an opportunity to de-stigmatize the discussion of suicide and to create an environment of asking for help by those at risk. There is a "Wall of Remembrance" for family and friends of those who have died by suicide to post a photo, a letter, etc. of the loved one they have lost. We strive to raise awareness of the warning signs for suicide so that friends and family can be effective in helping to prevent the tragedy of suicide. The Walk is an important part of increasing this awareness and is the culminating event on Long Island for Suicide Prevention Month. Pre-Walk online registration is open now at www.longislandcrisiscenter.org/thewalk.

Long Island Crisis Center
2740 Martin Avenue
Bellmore, NY 11710
<http://longislandcrisiscenter.org/>

Agency Spotlight



Suicide awareness, a topic worthy of highlight, continued education, DE stigmatization and community investment. A few staggering statistics include the following: according to the American Foundation for Suicide Prevention, suicide is the 10th leading cause of death in the US. Each year 44,193 Americans die by suicide (approx. 121 a day), for every completed suicide- 25 attempt. Unfortunately, every 12 minutes a person attempts to end their lives. While this number is a bit controversial, it is reported that veteran suicide lie somewhere between 20-22 a day, accounting for about 17% of the 121 a day I referred to previously. Furthermore, it may be of value to note that compared with similar individuals in the general population, veterans are 8 times more likely to have PTSD and 2-4 times more likely to suffer from major depression. With that said, there's no disputing the need to shed light on the topic. Having this knowledge and walking through the day with the realization that 5% of the general population have thoughts of suicide prompts a fire and desire for advocacy and continued awareness. As part of the team here at the Veterans Health Alliance of Long Island we've very fortunately had the opportunity through an education and training grant from the Long Island Community Foundation to craft and host various trainings focusing on this very topic. Recently we've reached out and opened our doors to the veteran community, our colleagues, veteran family members, friends and local service providers who have a vested interest in supporting our Long Island veterans by way of mental health. Here at VHALLI we offered a suicide prevention training -ASIST (Applied Suicide Skills Training). This, a 14 hour, 2 day intensive, interactive and practice dominated course is designed to help individuals recognize risk and learn how to intervene to prevent the immediate risk of suicide. Provided the opportunity to sit in on the training I can openly and honestly say that a space inside of me has been etched for the compassionate understanding, non-judgment of, and sincere ability to support an individual through what may seem to be a hopeless time in their lives. I've walked away with way more than a certificate and remain confident in my ability to have a conversation in a manner that supports hope and a path to wellness with an individual in crisis. Our hopes here at VHALLI are to maintain the ripple in more ways than one! We plan to continue to welcome experts in the field who can shed light on the topic of suicide and provide us with the wherewith all to support and guide those in need. In addition, this fall we will be offering a more basic understanding of supporting individuals through a [Mental Health First Aid Course](#). Always feel free to give us call here at VHALLI, our doors as well as our hearts and minds are always open!



Veterans Crisis Line 1800-273-8255 Press 1 VeteransCrisisLine.net or text 838288 – Confidential Chat

Rhea Spina

Project Coordinator

Veterans Health Alliance of Long Island

516-489-2322 X1260

rspina@mhanc.org



SafeTALK at MHANC



Suicide prevention and intervention is an important component for the Education & Training Department at the Mental Health Association of Nassau County. Funded by the Nassau County Department of Human Services, Office of Mental Health, Chemical Dependency & Developmental Disabilities Services, the program offers a variety of presentations for behavioral health care providers including suicide prevention workshops and presentations focusing on coping with loss and bereavement.

In 2017, over 300 individuals will have attended either the SafeTALK or the ASIST at MHANC. SafeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. Both trainings are approved for continuing education by the NYSED State Board for Social Work, the NYSED State Board for Mental Health Practitioners and OASAS.

You never know when you may be confronted with someone in crisis. Being able to say the right words can make a change. Your local phone line that you can reach out to for further support is the Nassau County Helpline: 516.227.TALK (8255). If you are worried that a person may be in danger of hurting themselves directly or indirectly, please call 911.

To find out about upcoming sessions of safeTALK and ASIST or other workshops, please email to EducationDepartment@mhanc.org
516.489.2322 ext.1257.



I A S P

International Association for Suicide Prevention

September 10, 2017

World Suicide Prevention Day



Take a minute, change a life.

Light a Candle

World Suicide Prevention Day – September 10, 2017

Light a Candle near a Window at 8 PM

to show your support for suicide prevention,
to remember a lost loved one, and for the survivors of suicide.

The International Association for Suicide Prevention invites you to light a candle at 8 PM



World Suicide Prevention Day

On September 10th

**World Suicide
Prevention Day**

**Light a candle near
a window at 8 PM**

**to show your support
for suicide prevention**

to remember a lost loved one

**and for the survivors
of suicide.**

www.iasp.info/wspd

Promote National Suicide Prevention Month

(National Suicide Prevention Lifeline)

National Suicide Prevention Week - September 10 - 16, 2017

(AMERICAN ASSOCIATION OF SUICIDOLOGY)

National Suicide Prevention Week - September 10 - 16, 2017

(American Foundation for Suicide Prevention)

Stories of Hope

Terry's Story



[Stories of Hope and Recovery](#)

David's Story



[Stories of Hope and Recovery](#)

Jordan's Story



[Stories of Hope and Recovery](#)

Shania and Sydney's Story



[Stories of Hope and Recovery](#)

Marty's Story



[Stories of Hope and Recovery](#)

Zach's Story



[Stories of Hope and Recovery](#)

For additional videos, please click here:

[Suicide Prevention Videos - True Stories of Help and Hope](#)

Suicide Prevention Resources

FROM AMERICAN ASSOCIATION OF SUICIDOLOGY:

[School Suicide Prevention Accreditation Program](#)

(Application)

[College & University Suicide Prevention Accreditation](#)

Program (Application)

[Recognizing & Responding to Suicide Risk: Essential Skills for Clinicians](#)

[Recognizing & Responding to Suicide Risk: Essential Skills in Primary Care](#)

[Recognizing & Responding to Suicide Risk in Primary Care Providers of Youth and Young Adults](#)

[Recognizing & Responding to Suicide Risk for Correctional Facility Clinicians](#)

[Recognizing and Responding to Suicide Risk in College/University](#)

[Recognizing and Responding to Suicide Risk in the Emergency Department](#)

FROM CDC:

[Understanding Suicide](#)

[Suicide: At a Glance](#)

[Suicide Prevention: A Public Health Issue](#)

[Preventing Suicide Through Connectedness](#)

[The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools](#)

[online Lifeline Crisis Chat](#)

[Understanding Bullying Fact Sheet](#)

[Bullying and Suicide: A Public Health Approach](#)

[Preventing Suicide: Program Activities Guide](#)

Zero Suicide in Health and Behavioral Health Care

[Zero Suicide Toolkit](#)



Nassau **SPEAKS** Out

Nassau **S**uicide **P**revention, **E**ducation, **A**dvocacy, **K**nowledge and **S**ervices

Suicide is Preventable

There is Hope, There is Help

[Dispel the myths](#): Talking openly about suicidal thoughts and feelings can save a life. People who are thinking about suicide just want their pain to stop. They are extremely conflicted about ending their own life.

[Recognize the warning signs](#): If you or someone you know is depressed or thinking/talking about suicide then reach out for help:

Nassau County Behavioral Health Awareness Campaign Helpline

516 227-TALK (8255)

- [Dispel Myths](#)
- [Warning Signs](#)
- [Do's and Don'ts](#)
- [Safe Talk](#)
- [About Teens](#)
- [About Elderly](#)
- [For Professionals](#)

[Alcohol dependent individuals show greater risk of suicide in evening hours \(6/15/16\)](#)

[Alcohol policies contribute to suicide prevention, review shows \(9/13/16\)](#)

[Suicide attempt a stronger predictor of completed suicide than previously thought \(9/12/16\)](#)

[More positive words in discharge summaries associated with reduced suicide risk \(9/16/16\)](#)

[Psychiatric Patients at Highest Suicide Risk Following Hospital Discharge \(10/18/16\)](#)

[Young Adolescents as Likely to Die From Suicide as From Traffic Accidents \(11/3/16\)](#)

[NIH report highlights strategies for optimizing youth suicide prevention programs \(12/6/17\)](#)

[Loss of Partner to Suicide Increases Risk of Mental Health Problems, Death \(5/1/17\)](#)

['13 Reasons Why' Raises Suicide Awareness, But Also Suicide Ideation \(8/1/17\)](#)

[Subsequent Suicide Attempts May Be Reduced by Emergency Department Interventions \(8/3/17\)](#)

[SUICIDE: NEW YORK 2017 FACTS & FIGURES](#)

SEVEN SUPER SKILLS TO HELP A FRIEND IN NEED



CALMNESS

COMFORTS YOUR FRIEND IN A TIME OF A NEED



HONESTY

ENCOURAGES YOUR COMPADRE TO TRUST YOU



NON-JUDGMENTAL ATTITUDE

CREATES A SAFE SPACE FOR YOUR CHUM.



EMPATHY

SHOWS THAT YOU REALLY CARE



RESOURCEFULNESS

GIVES YOUR BUDDY IDEAS ON WHERE TO GET HELP



REASSURING

MAKES YOUR AMIGO FEEL LIKE THINGS ARE GOING TO BE OK

OK

ENCOURAGING

HELPS YOUR MATE GET HELP AND SUPPORT



www.MentalHealthFirstAid.org

Created by the National Council for Behavioral Health, 2016

13 Reasons Why Not

1. Life isn't a video game - **death is permanent.**

2. Feelings change - this situation is temporary.

3. Things will get better - you are never too broken. **You CAN be healed.**

4. Even if you don't feel it right now - **there are so many people who love you.**

5. **You aren't alone** - we're in this together.

6. Your pet won't understand - **death is painful for those who love you.**

7. If you're feeling worthless, remember - **your life DOES have purpose.**

8. FOMO is real - **you will miss out on the beauty in life.** There is more outside this moment.

9. **There is ALWAYS somebody willing to help.**

10. *You are more than how you look or what you achieve.*

11. You are unique - **your worth is not determined by people's opinions of you.**

12. You won't get your own Netflix show - **death is the finale.**

13. You have an important story to tell - **this world needs your EXACT brand of beautiful.**



Substance use does not eliminate feelings of depression, hopelessness, anxiety, and fear, in fact - it can make it worse. If you or someone you know is struggling, get help.



Call 1.800.231.1127

achcmi.org



AVERAGE TEEN OR WARNING SIGN?

Symptoms of mental illness can often appear similar to average teen development.

AVERAGE ADOLESCENCE

Withdrawing from family to spend more time with friends

Wanting more privacy



Moving from childhood likes to teen pursuits

POTENTIAL WARNING SIGN

Withdrawing from friends, family and social activity

Becoming secretive; Seems to be hiding something

Losing interest in favorite activities and not replacing with other pursuits



Learn how to help a young person who may need help. Get trained in Mental Health First Aid. www.mentalhealthfirstaid.org



Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

CRISIS TEXT LINE

HELPLINE
516-227-TALK
8 2 5 5



Suicide and suicide prevention:
Learn to recognize the warning signs

5 Suicide warning signs in older adults

2. Stockpiling medications

3. Reading material about death & suicide

1. Isolation & loneliness

4. Failure to follow medical orders

5. Disruption of sleep patterns



Source: naguide.org

saludmovil.org

there is always hope

Opioid Epidemic Information

Each year, more than 44,000 people die as a result of suicide. It's the 10th leading cause of death, according to the American Foundation for Suicide Prevention.



Mental illnesses such as depression and post-traumatic stress disorder are known risk factors for suicide. However, a 2014 study from the University of Washington identified another factor that may increase the risk of suicide: prescription opioid use. Suicides in which opioid overdose was the cause of death more than doubled from 1999 to 2014.

May 8, 2017

U.S.-State:

[For Opioids' Youngest Victims, Is Help Too Little, Too Late?](#)
July 2017

[Opioid Lawsuits Filed by 9 N.Y. Counties Transferred, Assigned to Single Judge in Suffolk County](#)
7/19/17

[Neuroscience Offers Insights Into the Opioid Epidemic](#)
7/21/17

[Opioid Users Are Filling Jails. Why Don't Jails Treat Them?](#)
8/4/17

[New model gives more accurate picture of opioid, heroin fatalities](#)
8/7/17

[For homeless on heroin, treatment can be elusive with no ID](#)
8/4/17

Long Island:

[Opioid drug overdoses fueled by fentanyl - Long Island](#)
8/4/17

[Island Park has third-highest rate of heroin arrests in county](#) (8/10/17)

[Nearly 500 people died on LI from opioid overdoses in 2016](#) (4/9/17)

[Non-narcotics Lyrica, Neurontin overprescribed, add to opioid epidemic, doc says](#) (8/2/17)

Aging Platform

Older adults make up 12% of the US population, but account for 18% of all suicide deaths.



Suicide in the aging population is a very serious problem. Although those aged 65 and older comprise about 13% of the U.S. population, they account for over 18% of all suicides. The most common cause for suicide for this population, as for all suicides, is untreated depression. About one third of the seniors who are 65 or older experience depression. Thus, depression in the aging needs to be recognized and treated.

[Older Adults Need More Follow-Up after ER Screenings for Suicide](#)
8/14/17

[New User-Friendly Apps Can Help Older Adults Manage Mental Issues](#)
8/14/17

[Understanding Elder Abuse — Fact Sheet](#)

[Elder Abuse Surveillance: Uniform Definitions and Recommended Core Data Elements](#)

[Suicide and the Elderly: Warning Signs and How to Help](#)
[Suicide in Older Adults](#)

[Elder Suicide A Needless Tragedy](#)

[Elderly Suicide Fact Sheet \(2012 Data\)](#)

[Elderly Suicide](#)

Innovation Center

[County of Santa Clara Launches Nation's First Mental Health "Pay for Success" Project](#) (6/22/17)

[This App Tells You — and Maybe Someone Else — When You're Depressed](#) (7/20/17)

[Effective Care for High-Need Patients: Opportunities for Improving Outcomes, Value, and Health](#)
(A Special Publication from the National Academy of Medicine)

[Uberizing Health Care Transportation](#) (6/30/17)

[A What-Works Approach to the Opioid Crisis](#) (7/6/17)

[Suffolk County proposes app to combat drug addiction](#) (7/17/17)

[CMS Considers Telehealth for New Models of Behavioral Healthcare](#) (7/25/17)

[Payer Collaboration Can Address Social Determinants of Health](#) (8/2/17)

[School-Based Mental Health Programs Reach Large Numbers of Kids](#)

[Sugar and mental health: A toxic combination?](#) (8/5/17)

Community Bulletin

Events	Dates	Location	Register
SAMHSA-GAINS Center	9-5-17	Virtual-Mobile Crisis Intervention: The Springfield, MO Model	Register (4:00pm-5:00pm)
SafeTALK Half-day training in suicide alertness skills Help save a life Suicide is preventable Anyone can make a difference	9-11-17	OMH Long Island Field Office 998 Crooked Hill Road, Building 45 West Brentwood, NY 11717	Registration is required, call or email Valerie Link: 631 761-2508 Valerie.Link@omh.ny.gov Cost: \$0
National Council for Behavioral Health	9-12-17	Promising Practices to Track, Monitor and Address the Needs Across the Cancer Continuum in Behavioral Health Populations	Register (2:30pm-3:30pm)
Zero Suicide in Health and Behavioral Health Care	9-12-17	Safe Care Transitions in a Zero Suicide Framework	Register (3:00pm-4:30pm)
National Council for Behavioral Health	9-13-17	Your Insurance: Turning a Cost Center into an Opportunity	Register (2:30pm-3:30pm)
PsychU Virtual Forum	9-14-17	Suicide Affects Everyone: The Role Of The Health Care Professional In Suicide Prevention	Register (12:00pm-1:00pm)
Path Ways - RTC	9-19-17	Mental Health Needs and Service Use Among Young Adults Experiencing Homelessness	Register (1:00pm-2:00pm)
SafeTALK Half-day training in suicide alertness skills Help save a life Suicide is preventable Anyone can make a difference	9-25-17	OMH Long Island Field Office 998 Crooked Hill Road, Building 45 West Brentwood, NY 11717	Registration is required, call or email Valerie Link: 631 761-2508 Valerie.Link@omh.ny.gov Cost: \$0
OJJDP	9-27-17	Enhancing Police Responses to Children Exposed to Violence: A Toolkit for Law Enforcement	Register (3:00pm-4:30pm)
PsychU Virtual Forum	9-28-17	Innovations In The Criminal Justice System For Individuals With Mental Illness	Register Flyer (12:00pm-1:00pm)
American Foundation for Suicide Prevention		International Survivors of Suicide Loss Day is November 18, 2017	Survivor Day events
Vivitrol Education & Support Group (7pm- 9pm)	Every Tuesday	St Bernard Parish School, 2 nd floor, Room 207 3100 Hempstead Turnpike, Levittown NY	
Mental Health Association	Sep.-2017	Please see calendar of training opportunities	
MCTAC	Online	Resources from the Tools to Support the Development of a Performance Driven Culture Trainings	Resources
MCTAC	Online	Recovery-Oriented HCBS Training: Challenges and Opportunities Slides Available	Resources
MCTAC	Pre-Recorded	Children's SPA Service Webinar: Family and Peer Supports	View Webinar
MCTAC	Pre-Recorded	2016 Family Peer Advocate Credential Application Overview	View Webinar
MCTAC	Pre-Recorded	Introduction to Family Peer Support Services	View Webinar
MCTAC	Pre-Recorded	Family Peer Support Services: Partnering with Hospitals	View Webinar

SAMHSA	Pre-Recorded	Financing Peer Support Services through Medicaid - Billing Codes and Other Factors	View Webinar
ASAP NY Peer Recovery Institute	Fall 2017	An innovative new 60-hour blended learning program for individuals interested in becoming certified and employed as peer recovery professionals in New York State	Click here for details
MCTAC Webinar	Pre-Recorded	Training Series for Designated Adult BH HCBS Providers	View Webinar
MCTAC OASAS Certified Part 822 Programs	Pre-Recorded	In-community guidance for OASAS certified Part 822 programs	Introductory Webinar Q&A Billing Guidance "Benefits and Opportunities" Webinar
CTAC OASAS 820 Implementation Videos	Pre-Recorded	Providers discuss their experiences in transitioning to a Part 820 from an administrative and billing perspective	Chapter 1: Administrative Readiness Chapter 2: Clinical Readiness
MCTAC Pre-Recorded Webinar	Pre-Recorded	The DSM 5 and the Cultural Formulation Interview: What It Is and How to Implement It	English Spanish
MCTAC Follow the Yellow Brick Road	Pre-Recorded	Steps for a Smooth Transition into the Electronic Health Systems World	Presentation slides Webinar recording Project plan
THE 8TH ANNUAL CONFERENCE ON CO-OCCURRING DISORDERS (8:30am – 4pm)	10-20-17	Sondra and David S. Mack Student Center, North Campus Hofstra University	This year's conference will bring together Co-Occurring Mental Illness & Chemical Dependency and Intellectual & Developmental Disabilities
Nassau County Adult Art Expression	Oct.-2017	To Be Determined	Would you like to submit your art work? Jeff McQueen at 516-489-2322 x 1202 Email: jmcqueen@mhanc.org .
Suicide Prevention Coalition of Long Island	12-6-17	SAVE THE DATE! 10th Annual Symposium Melville Marriott	The Coalition's annual conference
<i>Additional Resources</i>			
The Association of School Prevention, Intervention, Resource and Educational Professionals (ASPIRE)			
Disaster Preparation Brochure			
Long Island Advocacy Center			
Long Island Families Together LIFT			
National Alliance on Mental Illness NAMI Queens/Nassau			
Nassau Alliance for Addiction Services NAFAS			
Nassau County Local Community Coalitions			
Nassau Suffolk Law Services			
Suicide Prevention Brochure			
<i>New Grant Opportunities</i>			<i>Due date</i>
The Hanley Family Foundation Substance Abuse Program Grant			9-30-17
BHAC E-Newsletter Archive			