



Sign the Pledge!

SAMHSA 10 x 10 Wellness Campaign Lunches New Website

The SAMHSA 10x10 Wellness Campaign, designed to promote health and well-being and prevent early mortality for people with mental health problems, is pleased to announce the availability of Campaign-related information online. In addition to background, resources, and a roster of the Campaign's steering committee, the site now houses the Pledge for Wellness. The Pledge promotes the importance of addressing all parts of a person's life in hopes of increasing life expectancy for persons with mental health problems by 10 years over the next 10 years. More than 2,000 organizations and individuals have already signed on, expressing their commitment to promoting wellness and reducing disproportionate impact of preventable morbidity and mortality on people with mental health problems. Access the Campaign information at <http://tinyurl.com/y2lnlcf>.

Funding To Encourage Communities To Talk And Learn About Suicide

The mental health minister for West Australia, Graham Jacobs, has announced government funding of up to \$40,000 that will allow Lifeline's suicideTALK community education program to be held in two metropolitan areas and three towns beginning in April. Australian television station Channel 10, which lost news anchor Charmaine Dragan to suicide in 2007, will promote the events and make former colleagues of Dragan available at the forums. Jacobs has called on companies and organizations to offer their support so that more suicideTALK sessions can take place. [Link to Article](#)

Common Mechanisms of Drug Abuse and Obesity

HHS Update

Some of the brain mechanisms that fuel drug addiction in humans accompany the emergence of compulsive eating behaviors and the development of obesity in animals, according to research funded by the National Institute on Drug Abuse (NDA), a component of the National Institutes of Health.

Read more at <http://tinyurl.com/ycr8bdv>.

Economic Supports Prevent Suicides in Times of High Unemployment

Lancet

A study of 26 European Union countries showed that for every one percent rise in unemployment, there was .79 percent increase in suicides among individuals younger than 65 years (primarily working-age adults) and a .79 percent rise in homicides. Finland and Sweden stood out as exceptions. According to the study's authors, "The commitments of the governments of Sweden and Finland to social support during times of crises—e.g. through the use of active labour market programmes—could have had a role." Investment and commitment to reduce the economic hardships and financial stress on working-age adults, especially during periods of economic recession, should be considered as one means of preventing suicidal behavior. Read more at <http://tinyurl.com/y2ed175>.



Depressed Parents' Negative Effects On Kids Combatable

The Los Angeles Times

This article discusses the recent research suggesting that growing up with a depressed parent increases a child's risk of developing depression, anxiety, drug or alcohol dependence, and other problems. According to a report from the National Research Council (NRC) and the Institute of Medicine (IOM), interventions designed to change destructive parenting practices and teach children coping strategies can make a big difference. For more information, click here <http://tinyurl.com/yfum4q9>

Stigma Keeps Some Latinos From Depression Treatment

Health Behavior News Service

A study of Latinos with depression provides evidence that stigma related to mental health care affects help-seeking behavior in this community. The study's authors, who surveyed 200 low-income, Spanish-speaking Latinos living in Los Angeles, found that those who stigmatized mental illness were less likely to be taking depression medication or keeping their scheduled mental health care appointments. According to lead researcher William Vega of the University of California, the research may help lead to new approaches to identifying and working with individuals who resist seeking help for mental health issues. Read more at <http://tinyurl.com/yjvmu3h>.

Stopped Cars At Bridge Raise Red Flags

Cox News Service, April 4, 2010

LEBANON, Ohio—Troopers at the State Highway Patrol's Lebanon post are trained to quickly check unattended vehicles on the Jeremiah Morrow Bridge in Warren County. The state's highest span in Turtlecreek Township attracts people considering suicide. About a half-dozen times a year, the State Highway Patrol is called to the 239-foot-high bridge on reports of people contemplating suicide, endangering troopers and motorists. Read the full article at <http://tinyurl.com/y2x68jr>.

SAMHSA Launches National Teen Suicide Prevention Campaign

SAMSHA, along with the Ad Council and the Inspire USA Foundation, has launched a new Teen Suicide Prevention national public service campaign, the first teen suicide prevention effort to utilize a national mass media strategy, as well as a robust digital outreach program. The public service announcement (PSA) campaign—We Can Help Us—was developed out of the acquired insight that, although many teens encounter the same tough times, many also develop positive solutions to help overcome them. The campaign empowers teens by reminding them that there are ways to get through whatever problems they face and directs them to visit reachout.com.

We hope your organization can help support the campaign's reach to at-risk youth. For more information, click here: <http://tinyurl.com/yypze4x>.



Summary Aids In Understanding of Health Care Reform

Mental Health America has published a summary to better understand H.B.4872, The Health Care & Education Affordability Act of 2010. You can access the summary at the following link: <http://tinyurl.com/y23rgnn>.

Is The U.S. Army Losing Its War On Suicide?

TIME Magazine

TIME Magazine has reported that military suicides are up among soldiers in repeat army tours. The article, published on April 13, states, "From the invasion of Afghanistan until last summer, the U.S. military had lost 761 soldiers in combat there. But a higher number of those in the service—817—had taken their own lives over the same period...And the elephant in the room is much of the formal discussion of the problem is the burden of repeated tours of combat duty on a soldier's battered psyche."

Read the full article at: <http://tinyurl.com/ycomzhh>.

Attachment-Based Family Therapy Shows Promise in Treating Inner-City Suicidal Adolescents

A study team in Philadelphia found that a therapy designed to build family cohesion and support was more effective at reducing suicidal ideation and depressive symptoms among a sample of predominantly African-American adolescents than therapies usually used to treat these problems among adolescents. This study offers support for the importance of connectedness in preventing suicide, an approach articulated by the Center for Disease Control and Prevention's publication: *Strategic Direction for the Prevention of Suicidal Behavior: Promoting Individual, Family, and Community Connected to Prevent Suicidal Behavior*. Read more at <http://tinyurl.com/2cmmedmb>

SAMHSA adds Reconnecting Youth: A Peer Group Approach to Building Life Skills to NREPP

The National Registry of Evidence-Based Programs and Practices (NREPP) has added the Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY) to its searchable online registry of interventions. RY is a school-based prevention program for students aged 14-19 years that teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. Suicide prevention programs listed on NREPP are also listed in Section I of the SPRC/AFSP Best Practices Registry for Suicide Prevention (BPR). Both NREPP and BPR are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). For more information go to <http://tinyurl.com/y6dy433>.



Connecting For Life

April 30, 2010

www.ohiospf.org

Volume 2 Issue 3 Page 4

Advocates for Human Potential Issues Revised Report on Mental Health Parity and Addiction Equity Act Interim Final Rule

AHP's report provides a detailed summary of the main provisions of the IFR and the timeline for implementation. In addition, AHP's analysis highlights the operational considerations and implications of each provision of the IFR for plans and payers as well as providers. AHP plans to update the document routinely until the IFR open comment period ends on May 3. You can access the analysis at the following link: <http://tinyurl.com/yycop5>.

Federal Health Care Reform to Trigger Fast Changes for High Risk Individuals

Ohio legislators have long debated the best way to help Ohioans with severe illnesses who do not qualify for Medicaid to obtain affordable insurance coverage. But under the new federal health care legislation, the state has only 90 days from the effective date of the bill to decide whether to expand its open enrollment program or create a new high-risk pool. The health care reform act creates a national high-risk pool to provide coverage for individuals whose costly health conditions put insurance out of reach. The temporary program will be phased-out in 2014 when insurers are prohibited from rejecting customers with pre-existing conditions. Ohio has the choice of participating in the pool or creating another open enrollment program to comply with the federal law. Lawmakers will likely have to pass legislation to implement the changes before summer recess. Congress appropriated a total of \$5 billion available for states' high-risk coverage programs and Ohio would likely qualify for about \$60 million a year.

AHRQ Takes to the Airwaves to Communicate Vital Health Care Information to Spanish Speakers

HHS' Agency for Healthcare Research and Quality has announced *Healthcare 411 en Espanol*— a new audio news series to provide Spanish speakers with evidence-based consumer information to help them stay healthy, prevent diseases, compare the effectiveness of various medical treatments, and obtain high quality and safe health care. Under this new initiative, AHRQ is producing two 60-second audio reports each month and distributing them to Spanish-language radio stations nationwide. For more information, click on this link <http://tinyurl.com/ybyto23>

Children's Mental Health Resiliency Ring is May 4, 2010

Ohio will be commemorating National Children's Mental Health Awareness Week (May 2-8) with the annual Resiliency Ring at the Statehouse. The Resiliency Ring event sponsored by the Ohio Federation for Children's Mental Health, will take place on May 4. Activities, including entertainment and a short program, will begin at 11:00 a.m., followed by the Resiliency Ring around the Statehouse at noon. For more information on the Resiliency Ring and the Ohio Federation for Children's Mental Health go to <http://ohiofederation.org>



Ohio Suicide Prevention Foundation

Connecting For Life

April 30, 2010

www.ohiospf.org

Volume 2 Issue 3 Page 5

SAVE THE DATE!!!
OSPF
SURVIVORS CONFERENCE
JUNE 30, 2010
PRITCHARD LAUGHLIN
CIVIC CENTER

7033 Glenn Highway
Cambridge, Ohio 43725

Featuring: John R. Jordan, PhD

**A licensed psychologist specializing in working with loss and
bereavement and the founder of the**

FAMILY LOSS PROJECT

QUESTIONS? Contact OSPF at (614) 292-8585 or email at givens.62@osu.edu or
holton.32@osu.edu
