

2012 Annual Report

Healthy Kent Suicide Prevention Coalition

Be Nice.

Two simple words that can save a life.

Contact Persons

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Supporters of the Suicide Prevention Plan for Kent County

- Arbor Circle
- Area Agency on Aging
- Bethany Christian Services
- Catholic Charities West Michigan
- Cherry Street Health Services/Heart of the City
- City of Grand Rapids
- D.A. Blodgett for Children
- Family Futures
- Forest View Hospital
- Grand Rapids African American Health Institute
- Grand Valley Health Plan
- Healthy Kent 2020 Leadership Board
- Healthy Kent Suicide Prevention Coalition
- Healthy Kent Infant Health Implementation Team
- Healthy Kent Perinatal Mood Disorders Coalition
- Kent Co. Community Health Advisory Committee
- Kent Co. Family & Children's Coordinating Council
- Kent Co. Sheriff's Department
- HHS, Health Options
- Hope Network
- Mental Health Foundation of West Michigan
- NAMI of Kent County
- network180
- Our Hope Association
- Pine Rest Christian Mental Health Services
- Priority Health
- Saint Mary's Health Care
- Strong Beginnings
- Survivors of Suicide of West Michigan
- Wedgwood In-Home Services

For more information on
Suicide Prevention:
www.healthykent.org
www.network180.org



“How you treat someone affects how they Act, Think, & Feel”, says Christy Buck, Executive Director of the Mental Health Foundation of West MI and a member of the Healthy Kent Suicide Prevention Coalition (HKSP). “This can lead to depression, few protective factors and in some instances suicide.” Be Nice. is a positive anti-bullying initiative and ultimately a suicide prevention program packaged for schools, K-12. With the passage of the state’s Matt

education and policies on bullying prevention. “Be Nice. is the start of building a culture in the school of encouraging kindness and civility.” It’s more than just saying “don’t bully” says Buck. Students and faculty are actively engaged in planning their Be Nice. program with assemblies of skits, music and testimonies. Many of the participating schools go on and offer Live Laugh Love, the Mental Health Foundations curriculum to educate middle and high school stu-

substance use disorder, stigma, and suicide. A highlight this year was a helicopter flyover taking aerial pictures of students outlined in “be nice.” These photos were used to advertise on The Rapid buses as a positive message for the start of the school year. Twenty-three school districts around West Michigan are participating in be nice. Buck says “Kids can have an impact on someone’s mental health and can save a life. We are taking a proactive approach to actually changing lives.”

Survivor Outreach Program

The Survivor Outreach Program (SOP) had it’s first calls this year! Trained volunteers made connections with three families. Elaina Harris, volunteer and a survivor of suicide found her interaction with the family to be positive and healing, not only for who she visited, but also for



herself . The loss of her brother to suicide left an emptiness that has been refilled by helping others. Elaina encourages others who have been impacted by suicide to call the hotline of the Survivor Outreach Program. Grief is better when shared with those who have walked the same path.

Suicide Prevention Education

“One only finds what one looks for, One looks for what one knows.”
Goethe

The HKSP Coalition continues to emphasize the importance of educating the community about the signs of suicide and how to offer support to those who are thinking about ending their life.

ASIST Training: network180 made a huge commitment to address suicide by requiring their therapists and Accessline staff to become trained in ASIST: Applied Suicide Intervention Skills Training. This two-day, interactive workshop prepares caregivers to provide suicide first aid interventions.

Train-the-Trainer: The two-hour presentation was provided two times in 2012 to community members who may have contact with individuals at risk of suicidal behavior to recognize signs and symptoms and to respond in a helpful way.

Live Laugh Love (LLL): This program provided by the Mental Health Foundation of West MI educates middle and high school students about mental illness, substance use disorder, stigma and suicide. This year the LLL program educated their 15,000th student! They are into over 20 school districts.

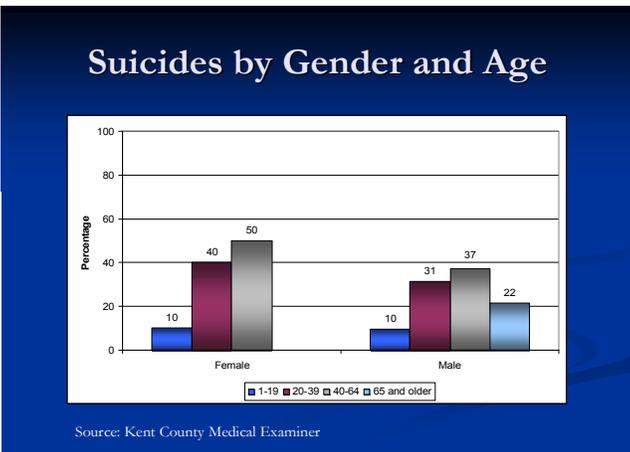
TeenScreen: Do you have any info on what TeenScreen did in 2012??

I have room for another story in this area. Do you have any ideas??

Rockford HOPE: The tragedy of the loss of young lives to suicide prompted one community to take action. The HKSP Coalition worked with members of the Rockford MI community to establish a grassroots effort focused on education and advocacy for increased understanding of mental health and suicide prevention. Rockford HOPE: Helping Others through Prevention & Education launched in November under the leadership of Dr. Colette Smiley and Ms. Dixie Newell. Rockford is taking a stand to stomp out the stigma of mental illness and to save lives! Check them out on Facebook or on their website, www.rockfordhopegroup.org

Families Supporting Families: It was brought to the attention of the HKSP Coalition that there was not support available for families whose loved ones had attempted suicide. Forest View Hospital responded and created a support group for families and friends who have been impacted by a mental illness of a loved one. The support group provides an opportunity to share personal experiences and to learn more about mental illness from mental health experts. They provide answers and hope of recovery.

Healthy Kent Perinatal Mood Disorders Coalition: In partnership with the PMD Coalition, Pine Rest Christian Mental Health Services launched their new Mother and Baby Program, which serves women recovering from a perinatal mood disorder. The partial hospitalization allows treatment to be given in an environment that enhances mother and baby bonding. Research indicates better outcomes are achieved when patients can bring their newborns with them during treatment.

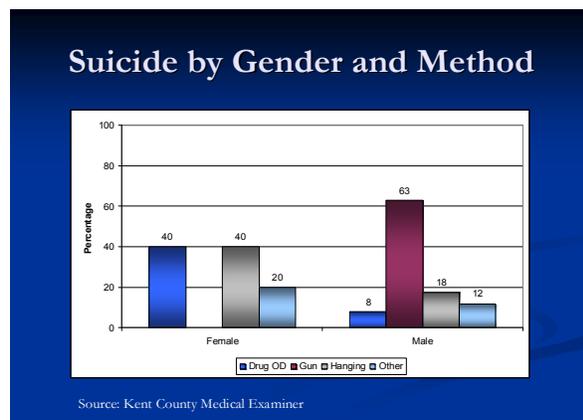


Many thanks to the Kent County Medical Examiner's Office and the Kent County Health Department for the data and analysis.

2012 Kent County Suicide Data

There were completed suicides in 2012

- 6 were 1-19 years
- 20 were 20-39 years
- 24 were 40-64 years



We are grateful to network180 for providing continued funding to the Healthy Kent Suicide Prevention Coalition for 2013.