



NEBRASKA STATE SUICIDE PREVENTION COALITION



Welcome to another issue of the [Nebraska State Suicide Prevention Coalition](#) newsletter! We encourage you to forward this to friends and colleagues by clicking on the link at the bottom of the page.

We hope you find this informative and that you enjoy the stories we've included this issue. As always, check out our [website](#) for more information.

Nebraska Training Resources

[Youth Suicide Prevention Webinar](#) The topic "State Issues & Data" will be presented by Maya Chilese and Peg Prusa-Ogea on December 20, 2011 at noon Central Time. Registration and participation is free.

[Gatekeeper Training](#) using the QPR© training program.

Spotlight: Norfolk Coalition of Suicide Prevention

NSSPClogoDove



In their mission to increase suicide awareness, the Norfolk Coalition of Suicide Prevention has remained active by conducting multiple seminars, depression screenings and QPR (Question, Persuade, Refer) trainings in their community and surrounding communities. A Youth Violence Seminar was conducted in late September that addressed the ongoing problem of children across the United States who choose not to attend school due to bullying, intimidation, threats, and violence. This event also taught adults the warning signs of bullying and the risks of suicide and

depression. In late October, the Norfolk Coalition hosted a Cyber Bullying and Suicide Prevention Seminar. This training informed middle and high school educators and administrators about their legal and ethical responsibilities to respond to cyber bullying that occurs on and off campus, and to empower them to respond in ways that create safer and more respectful online environments for students.

In October alone, the Norfolk Coalition was able to screen nearly 380 students for

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Upcoming Events

December 6 | 7-8 p.m.
Grand Island Emotional support Group

December 13 | 7-8 p.m.
Kearney Emotional Support Group

December 19 | 6:50-8 p.m.

Survivors of Suicide Loss Support Group - Kearney

December 20 | 12-1 p.m.
Youth Suicide Prevention Webinar: State Issues & Data

December 20 | 7-8 p.m.
Norfolk Emotional Support Group

December 27 | 7-8 p.m.
Omaha Emotional Support Group

For more detail and a full listing of our upcoming events visit the NYSPP website:

[NYSPP Calendar](#)

"Surviving & Healing

depression and mental illness. For the first October screening event held at Northeast Community College, over 30 of the 154 participating students that were screened were able to meet with a mental health practitioner at the screening site in a private setting. The Norfolk Coalition partnered with the tribe in Macy and Walthill for second screening event, in which UNO psychology students volunteered to conduct the screening alongside the Mental Health Practitioners of the reservation. Most recently, a QPR training was held in Macy and 15 people attended, not including the area EMT's and law enforcement who participated as well.

The Norfolk Coalition's calendar is continuing to fill up, as they are hosting another event on December 3, 2011. This event, entitled "Surviving & Healing through the Holidays," will address coping strategies for those who have lost a loved one to suicide. It will also present information to suicide survivors of how to become involved with the Local Outreach to Suicide Survivors (LOSS) Team that will emerge in in Northeast Nebraska. These volunteers will provide immediate assistance to survivors to cope with the trauma of their loss, provide follow-up contact with the survivors, and coordinate the utilization of services and support groups within the community

Nebraska Community Suicide Prevention Grants Available

The Nebraska Youth Suicide Prevention Project is pleased to announce an opportunity for community-based groups in Nebraska to apply for grants of \$1,000 - \$5,000 to implement practices to prevent suicide among youth up to age 24. Of particular interest are community projects focusing on youth at high risk for suicide. In this project high risk youth is defined as youth involved in multiple systems, minority youth and youth in transition to adulthood, including young returning veterans. Local groups may apply for the grants. The application deadline is December 26, 2011. Projects will run January 2 - June 30, 2012. See the documents below for more information.

[Application Information](#)

[Winter 2012 Application](#)

New Seed Grantees

Congratulations to the following Seed Grantees!

- Seward County Bridges
- Gage County MAPS
- AFSP Kearney



Through the Holidays" Seminar on Saturday, December 3, 2011

A free seminar, "Surviving & Healing through the Holidays," will be presented in Norfolk, NE on Saturday, December 3, 2011 from 10:00 AM to 2:00 PM. Presenter Dr. Don Belau will describe methods of coping with a loss due to suicide as the individual or family moves through the holiday season, as well as self-awareness of when it is emotionally safe to begin reaching out to others who have experienced suicide. To register for this event, [click here](#).

"Make a Connection" Campaign Launched

The Department of Veterans Affairs has launched "Make the Connection," a national public awareness campaign based on personal video testimonials of veterans who faced mental health issues, reached out for support, and found ways to overcome their challenges. Developed after extensive audience research, the campaign seeks to make it easy for veterans to "make the connection" between what they are experiencing and the resources and services that can help them. To view the website, [click here](#).

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