

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

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

Spotlight: Seward County Suicide Prevention Coalition



A dormant suicide prevention coalition in Seward County is back in full force with a "Question, Persuade and Refer" training held Nov. 28.

The QPR training, sponsored by Nebraska Youth Suicide Prevention, is a three-step process in attempting to prevent suicide. A grant that targets Milford and Dorchester was submitted by Lisa Bennett of Bridges. Bennett was one of several representatives of area agencies and schools at the revived coalition meeting in Seward Oct. 21.

Dorchester Public Schools Superintendent Mitch Kubicek was also at the meeting, along with Janae Phillips, Seward County Victim Assistance; Jack Carlson, Blue Valley Behavioral Health Counselor; Jodi Gabel, Southeast Community College TRIO program; and Rob Koch, also from SCC and the college's student success specialist.

Koch is arranging for the training to be held at SCC. Although Milford and Dorchester were targeted in the grant, the coalition agreed a wide variety of people are affected or could be affected by suicide.



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Upcoming Events

January 16 | 6:50-8 p.m.
Survivors of Suicide Loss Support Group - Kearney

January 17 | 7-8 p.m.

Norfolk Emotional Support Group

January 24 | 7-8 p.m.
Omaha Emotional Support Group

February 2 | 2-3 p.m.
Bullying & Suicide Prevention Webinar

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

[NYSPP Calendar](#)



Save the Date!

**Second Annual
LOSS Conference:
"Reaching Out to Survivors
Across the LifeSpan"**
Thursday May 31 - Friday June

Teachers, resident's assistants, students, parents, clergy, law enforcement and community members in general from Seward and Saline counties are invited. Kubicek said he will share the information in the Dorchester/Saline County area. Dorchester Public Schools had two youths take their own lives in the past year, and has taken an active approach to the topic as well as bullying, and drug and alcohol abuse using external presenters, Kubicek said.

In Seward County, Victim Assistance recorded three completed suicides and seven threats to commit suicide this year. Data includes three suicides in 2010 and two in 2009. Victim assistance states April and May of 2011 were the highest months nationally for completed suicides, however, Seward County didn't seem to be following the trend.

You can check out Seward County Bridges, one of our Winter 2011 Seed Grantees, on [Facebook](#) or at their [website](#).

Article from: Seward Independent, Nancy McGill. http://www.sewardindependent.com/index.php?option=com_content&view=article&id=968:suicide-prevention-coalition-returns-to-seward-county&catid=1:news&Itemid=2

Article Examines Suicide Announcements on Facebook



Facebook is one of the largest online social-networking sites with the main purpose of maintaining contact with friends and sharing information about everyday life. A recent short report entitled "[Suicide Announcement on Facebook](#)" was published to discuss the growing rate of suicides that were preceded by a suicidal Facebook posts and the potential for copycat suicides. Literature has found that media reports on suicides have the tendency to induce copycat suicides, and the same tendency can therefore be expected following media coverage of Facebook-related suicides. Given the widespread use of these kinds of sites, this article urges health care professionals

to become aware of potential postings and the consequences that can accompany them.

In collaboration with the National Action Alliance for Suicide Prevention, Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the Nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the Report Suicidal Content link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an email from Facebook encouraging them to call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker. To learn more about this preventative service, [click here](#).



1, 2012
Lincoln, NE
Check the [website](#) for updates!

"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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