



September Suicide Prevention Events

Happy Fall!

To kick off the season, here's a compilation of some of the Suicide Prevention events in Nebraska for the month of September. We are also featuring some of our trainers!

Events

[Click here to view full calendar](#)

9/10 QPR Training

2012 Suicide Prevention Walk at Skyview Lake in Norfolk, NE from 12-4 p.m. Picnic, art candle activity, and fundraising. No entrance fee

For more information:

Please call 402.841.3834
Or email donna68701@yahoo.com

9/10 QPR Training

Focus on the Military

There are two trainings scheduled for today, one is in Norfolk at Faith Regional, the other is being held at The Spirit of '76 Armory on Military Road in Lincoln.

RSVP for Lincoln training to:

Brandi Gettert
Military Outreach and Suicide Prevention Coordinator
imn.gettert@gmail.com
402.476.3391

RSVP online for Norfolk training:

[Registration link](#)

9/10-9/14 Jodee Blanco

Author Jodee Blanco will be speaking at schools in West Point, Oakland, Stanton, and Norfolk. Her book, *The Please Stop Laughing at Me Journal*, was released this past January.

For more information:

Visit her [website](#)

9/11 QPR Training

Focus on Clergy

This training is targeting those in the faith community with direct contact to those in need and at-risk populations. It will be held at IMN's offices in Lincoln.

For more information:

Brandi Gettert
Military Outreach and Suicide Prevention Coordinator
imn.gettert@gmail.com
402.476.3391

9/12 QPR Training

Focus on Native Americans

This training is tentatively scheduled to be held at the NE

9/13 Proclamation Signing

Suicide Prevention Proclamation Signing will be at the State Capitol from 10:30

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9/13 QPR Training

Focus on Senators and Legislative Staff

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Brandi Gettert

Urban Indian Health Coalition in Omaha and will target Native American youth.

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a.m.-12 p.m. QPR training will follow the event.

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Trainer Bios: Meet Ryan Carruthers and Kathy Karsting!

Ryan Carruthers

Career Background:

President and Executive Director with Abintra Counseling Center, P.C., an outpatient substance abuse treatment facility in Omaha. He is currently completing his Ph.D. in Counseling and has over six years of clinical experience working primarily with alcohol and drug abuse clients.

Years worked in QPR training: 3

What made you want to work in Suicide Prevention?: "Suicidal crises are all too common with substance abuse clients, and so the fit was a natural one when the opportunity came along."

How does QPR training promote hope?: "QPR is about people paying attention to others and expressing their hope for those in a suicidal crisis to make it through."

Kathy Karsting

Career Background: Public health nurse, Peace Corps Volunteer, Peace Corps Medical Officer, Migrant Health nurse, community action agency, public health nursing director, school nurse administrator, school nurse consultant, and now she is a program manager for Maternal Child Adolescent Health Program in the NE Division of Public Health.

Years worked in QPR training: 4

What made you want to work in Suicide Prevention?: "Working in suicide prevention allows me to address the worst case scenario with a prevention model, but also allows me to raise awareness about youth depression, and the need for better youth mental health services in our state."

How does QPR training promote hope?: "The most hopeful thing I find about QPR training is the message that by asking the question, preparing to really listen compassionately to what the suffering person has to say, by making authentic, affirmative statements about a life view that even in misery we can be sure that tomorrow offers a new day and a new start... we can know that we are offering relief to the person who is suffering. "



Nebraska Youth Suicide PREVENTION



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