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Texas Suicide Prevention

A program of Mental Health America of Texas
and the Texas Suicide Prevention Council

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December 2015

Jenna Heise Represents Texas Suicide Prevention at The White House



Jenna Heise, Suicide Prevention Coordinator with Texas Department of State Health Services, will attend [Open Data and Innovations for Suicide Prevention](#) in Washington, D.C., as part of a series of hackathon events in which the White House Office of Science and Technology Policy (OSTP) is participating

across the United States to prevent suicides -- [#MentalHealthHackathon](#) -- on Saturday, December 12, 2015. This event is a follow-up to the October 9, 2015, White House [Partnerships for Suicide Prevention](#) event, with this mission: "Using data to strengthen mental health awareness and suicide prevention as part of Global Suicide Prevention Month and Global Mental Health Day."

Heise represented Texas' Successful Zero Suicide Initiative at

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the White House on Oct 9 for Global Mental Health Day Spotlight on Suicide Prevention. Mental Health America of Texas partners with DSHS and the UT Austin School of Social Work plus numerous community mental health centers on this suicide prevention initiative.



The Dec. 12 Washington, D.C. event will host a tech sprint to augment [Data.gov](#)—the home of the government’s open data where the public can find free data, tools, and resources—by adding new and enhancing datasets related to suicide in order to stimulate new research, encourage innovative data visualizations, and facilitate the development of web and mobile applications.

Texas Suicide Prevention to Be Featured on NPR Dec 17

[The Diane Rehm Show](#) on NPR will report about new suicide prevention strategies, including the Zero Suicide Texas initiative. The show will feature Jenna Heise, Suicide Prevention Coordinator, Texas Department of State Health Services and will air live Thursday, December 17, 10 – 11 am CST.



UT Austin Named Healthy Campus

University of Texas Austin, along with five other higher education institutions, was selected by Active Minds as being one of the healthiest campuses in the nation! More information can be found it can be found at [Huffington Post](#).

This is the only national award that gives honors to campuses who prioritize both physical **and** mental health. Active Minds aims to remove the stigma that surrounds mental health issues, and create a comfortable environment for an open conversation about mental health issues on campuses nationwide.

Marian Trattner, Suicide Prevention Coordinator, UT Austin, and member of Texas Suicide Prevention Council, said, “We’re incredibly honored and proud to win this award.”



'Tis the Season for Self Care

For some people the “most wonderful time of the year” can feel like the worst. You might be grieving the recent loss of a loved one, spending the special days far from family and friends, stressed over money, and the list goes on. Although the holidays can be difficult, you can take care of yourself and try to stay hopeful. The tips from National Suicide Prevention Lifeline with a [December Self-Care Calendar](#) can help make your holiday more meaningful.

Resources for Suicide Prevention in Texas

Texas offers a number of our videos, online and in-person training options related to suicide prevention, including “ASK” training program. In addition, there are a number of Best Practice designated training options nationally. Find the training solution that is right for your organization at TexasSuicidePrevention.org.

Stay Up-to-Date on Mental Health News & Research

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. Their mission is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. You can find current information about mental health disorders, science news in mental health, and clinical trials at nimh.nih.gov.

Learn more:

Subscribe to get updates every two weeks [here](#).

Clinical Trials:

Get a listing of clinical trials at ClinicalTrials.gov, a service of the U.S. National Institutes of Health. [Find trials by state or by topic.](#)

Mental Health America of Texas is one of 55 partners of the NIMH [Outreach Partnership Program](#).

Welcome Tri-County Suicide Prevention Coalition

The Tri-County Suicide Prevention Coalition is the newest local community coalition member of the Texas Suicide Prevention Council. It replaces and expands the former Bastrop Suicide Prevention Coalition to include Bastrop, Fayette and Lee counties. For more information on upcoming meetings contact: tricitysuicideprevention@gmail.com

Share This Tweet

What To Do If Someone Posts A Self-Harm Status On Social

Media <http://huff.to/1N5LVqR> via [@HPLifestyle](#)

Texas Suicide Prevention Council

The Texas Suicide Prevention Council is made up of more than 50 local coalitions and statewide organization members who agree to support one or more of the goals and objectives of the Texas State Plan for Suicide Prevention. <http://www.texassuicideprevention.org/policy-info-updates/>

The Council offers a wide range of suicide-related information, fact sheets, apps, statistics and training for suicide prevention in Texas. Find out more at: <http://www.texassuicideprevention.org/>

Executive Committee for 2015-16

Board Co-Chair Representing Local Coalitions/Military/Organizations

Troy Bush, Houston Suicide Prevention Coalition

Board Co-Chair Representing Statewide Organizations

Terri McBryde, Universal Health Systems

Immediate Past Co-Chair

Beverly Bernzen, Mental Health Task Force of Brazoria County

Nominating Committee

Sandra Galyon, Highland Lakes Suicide Prevention Coalition and Tracy Reyes Franklin, Texas Lawyers Assistance Program

Vice Chairs Statewide

Bonnie Gardner, Texas Psychological Association and
Will Francis, NASW Texas

Vice Chairs Local Coalitions

Merily Keller, Austin-Central Texas Suicide Prevention Coalition & Monica Kintigh, Fort Worth/Tarrant County

Suicide Awareness Coalition

Vice Chairs Communications and Symposium

Margie Wright, Dallas Coalition & Angela Nguyen, Austin-Central Texas Coalition

Non-voting Liaisons:**Epidemiology**

Jennifer Haussler Garing and Adrian Conder

DSHS Crisis Services

Chance Freeman

Military

Murphy Roland, Army One Source, San Antonio

Texas Department of State Health Services**Suicide Prevention Officer**

Jenna Heise, Austin Texas

Suicide Prevention Council Fiscal Agent

Mental Health America of Texas

Youth Suicide Prevention Project

Jenna Heise, DSHS, Project Director for the Youth Suicide Prevention Project, Austin

Molly Lopez, PhD, University of Texas at Austin

Merily Keller, Youth Suicide Prevention Project Manager, Mental Health America of Texas

Lisa Sullivan, Communication and Education Coordinator, Mental Health America of Texas

Universities

Marianne Trattner, University of Texas at Austin

Veterans Affairs

Natalie Qualls, Central Texas Veterans Health, Temple

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