



[Click to view this email in a browser](#)

Texas Suicide Prevention eNews

September 2015 Edition

September is
Suicide
Prevention Month!
September 10th - October 4th



MHAT--Love the work? Like the page!

Show your appreciation for all the great work Mental Health America of Texas (MHAT) does throughout the state of Texas, especially in the area of suicide prevention. It only takes one click to like us on Facebook. Go ahead, you love our work, now **Like our page!** (simply click the icon above)

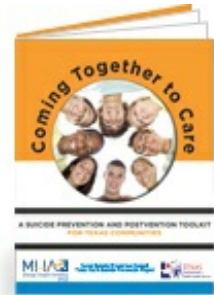


Did you know?

Mental Health America of Texas and other advocates recently worked with the Texas legislature and passed bills that require suicide prevention training for public school educators and teachers-in-training, as well as university students. More information about suicide prevention and resources

Hot off the Press - 2015 Coming Together to Care Toolkit

Mental Health America of Texas announces publication of the newly updated prevention and postvention toolkit. Check it out by clicking link below or front page icon to the



right: http://www.texassuicideprevention.org/wp-content/uploads/2015/09/2015_Toolkit_Online.pdf

11th Annual Suicide Prevention Symposium a Success!

Over 900 advocates from across Texas gathered in Houston for the Coming Together to Care: Texas Suicide Prevention Symposium. The August 19th event, coordinated by Mental Health America of Texas, brought top national researchers and program experts in suicidology to share best practices in program prevention, intervention, and postvention.

National speakers including Drs. Scott Poland, David A Jobes, Edward Coffey, and Mike Hogan shared cutting edge information and data on suicide ranging from CAM approaches to suicidal risk to State and National Zero Suicide Initiatives.

The Symposium was a collaborative effort supported by the Texas Department of State Health Services, Mental Health America of Texas, and the Texas Suicide Prevention Council, which includes over 50 state agencies and organizations, local suicide prevention coalitions, college campuses, veteran and military groups.

can be found at the MHAT sponsored website:
www.TexasSuicidePrevention.org

Suicide Prevention Council Priorities for 2015-2016

At its annual meeting held on August 18th, the Texas Suicide Prevention Council voted to support and focus on two priorities for this year:

- * Jail suicide prevention &
- * Mandatory suicide prevention training for mental health professionals

Symposium Highlights - What the attendees had to say:

"Drs. Coffey and Jobes' inspiring talks on positive developments in the field - not just business as usual. "

~

"Very organized...enjoyed the diversity of topics and enthusiasm and passion of the speakers."

~

"The opening session and keynote speakers were some of the best you've ever had. Really great information, realistic views of the state of our mental health system, and hope for the future as we all make zero suicides our goal."

~

"Symposium was timely, technology worked perfectly, everyone had clear view of speaker and or screen. overall excellent job."

~

The symposium is a part of the Zero Suicide Texas initiative launched last year by the Texas Department of State Health Services with an aspirational goal of zero suicides in the state.

Presentations and Handouts from the Symposium can be found at: <http://www.texassuicideprevention.org/information-library/symposium-presentations/>

Smile! You're on Candid Camera!

It's often said, "A picture's worth a thousand words." Whether you were present at this year's Symposium and want to relive the moment, or were not able to attend, yet *wanted* to be there, the pictures below provide a snapshot of the various experiences captured at this awesome event.



[Check out more Symposium 2015 Pictures Here](#)

Jail Suicide Prevention in Texas

Although suicide prevention plans are required for every county jail in Texas, suicide remains the second leading cause of death in Texas jails with rates and risks considerably higher than that for the general population.

Based on information from the Texas Commission on Jail Standards and reported in the Texas Tribune, there were 140 preventable deaths by suicide in Texas jails since 2009. This information is, in essence, at the heart of testimony provided by Merily Keller to the House Committee on State and County Affairs on July 30, 2015.

The House Committee considered issues related to jail standards following Sandra Bland's death in the Waller County Jail. Keller, representing both Mental Health America of Texas and the Texas Suicide Prevention Council, along with other advocates, urged the committee to consider implementing best practices for suicide prevention in county jails throughout Texas.

In August, Lieutenant Governor Dan Patrick and State Senator John Whitmire announced the creation of an interim jail safety study committee to explore issues related to mental health and

"900 people together endeavoring to save lives through prevention. The ZEST project inspires me and I hope to have our local LMHA adopt it."

"I really enjoyed Dr. Coffey's presentation on the amazing work he did with the Henry Ford Medical Center, so inspiring!"

~

"Zero as the goal for suicides was a huge eye opener for me. I have been passing along this information to fellow clinicians to hopefully change the mindset of what is acceptable."

~

"It gave me HOPE! For years I've felt like no one recognizes suicide as a real problem and I'm so excited at the intelligent minds working on the issue and the research involved. And the practicality. We don't have to wait for the whole system to change and money to be allocated for mental health-- we can help our clients now."

~

"Great speakers, comfortable place and pleasant lunch!"

~

"The speakers and the collaboration- I saw a lot of frontrunners in the field from Houston and it was good to see that the networking was cast across disciplines and agencies."

~

"The knowledge of the speakers was fantastic!"

~

"As both a mental health practitioner and an exhibitor I really appreciated the fact that all food service was placed near the exhibitors."

suicide concerns among inmates.

The Senate Committee on Criminal Justice will hold an interim meeting September 22nd on jail safety standards. Go to <http://www.capitol.state.tx.us/> for information on committee hearings.

Texas Suicide Safer Schools Report

Mental Health America of Texas has released the **Texas Suicide Safer Schools** comprehensive report as support for Texas school districts, teachers, and parents in honor of this year's Suicide Prevention month. Written by Drs. Scott and Donna Poland, national experts in school suicide prevention, in collaboration with the Texas Department of State Health Services and Mental Health America of Texas, the report focuses on how Texas educators can be empowered by recent legislation to create suicide safer schools.

Suicide is the second leading killer of older teens and the third leading killer of youth aged 10-24.

The complete Texas Suicide Safer Schools report, with suggested comprehensive action plans for schools, can be read by going to the Schools and Youth Materials link of the Information Library tab at TexasSuicidePrevention.org. You may also access the full report directly at: <http://www.texassuicideprevention.org/wp-content/uploads/2015/08/2015-SuicideSaferSchools-FINAL-8.10.15.pdf>.

Announcing: Upcoming Podcast – September 29th

A podcast will be featured live on September 29th during a meeting for Garret Lee Smith grantees and National Strategy for Suicide Prevention grantees. Aaron Surma (National Council on Behavioral Health) and Jenna Heise (Texas Department of State Health Services) will highlight suicide data from the Zero Suicide Breakthrough Collaborative.

Discussions will center on the Zero Suicide Breakthrough Series, data and surveillance for suicide morbidity, and mortality data collected by Texas. Podcast hosts aim to answer why suicide data is collected and lessons learned as a result of reliable death and attempt data.

Registration information for the podcast will be available by September 14th at: <http://nsspgrants.com/home/registration/>

As an exhibitor, we had excellent contact with participants all day long. Well done."

~

"The "perfect" prevention piece was thought provoking for me.

"There was an opportunity to brainstorm with people/organizations with similar questions or needs."

~

"Great. Amazing that it was available without a registration fee!"

~

"It was excellent and well run."

~

"This was one of the best symposium."

Information on Suicide Prevention in Texas

www.TexasSuicidePrevention.org

Know the Signs.

Save a Life.



Texas Suicide Prevention does not provide crisis or counseling services. If you need to talk, or are concerned about someone else, please call 1-800-273-TALK (8255). If someone is in immediate crisis, call 911.

Suicide Prevention Awareness Week Spotlight:

Jennifer Battle: "Talk With Me"

Jennifer Battle, HelpLine Director of Houston's Harris Center for MH & IDD and Texas Suicide Prevention Council member was recently special guest of a Kansas-based community internet talkshow, Talk With Me on LawrenceHits.com.

Jennifer shares her passion for mental health and provides resources available in the Houston area. Listen to Jennifer's entire interview by clicking the link

below: <https://www.mixcloud.com/LawrenceHits/talk-with-me-jennifer-battle-helpline-director-at-houstons-the-harris-center-for-mh-idd/>



Troy Bush: "Suicide is Everyone's Problem"

Troy Bush, co-chair for the Texas Suicide Prevention Council, recently recognized National Suicide Prevention Week with a thought-provoking blog that focuses on the warning signs of suicide and how each person can get involved in preventing suicide. Check out Troy's blog

here: <http://www.episcopalhealth.org/en/blog/articles/suicide-everyones-problem/>

Information & Education on Mental Health

The National Institute for Mental Health's mission is to *"Transform the understanding and treatment of mental illness."* NIMH supports research on mental health issues from anxiety to suicide prevention. Find a wealth of information and education on mental health topics at their [home page](#).

The Outreach Partnership Program is a nationwide outreach initiative of the National Institute of Mental Health (NIMH) that enlists state and national organizations in a partnership to increase the public's access to science-based mental health information through partnerships with national and state organizations.

For more information about the program please visit: <http://www.nimh.nih.gov/outreach/partnership-program/index.shtml>

To receive the **Update** on this program, go to: https://public.govdelivery.com/accounts/USNIMH/subscriber/new?topic_id=USNIMH_38

Texas Veteran Research Projects

Recruiting for 2015 Research Studies for Veterans – Center of

Excellence, Waco • Project SERVE OASIS (Observation and Assessment of Social Interaction and Suicide) is an important research study being conducted with Veterans to gain a better understanding of how social interaction and relationships affect suicidal ideation and behavior.

Participants do not need to have experiences with suicide to participate.

Participation in this project is approximately 3-4 hours. If you know a Veteran who may be interested, please have them call (254) 624-7677.

The CLASP (Concerned Loved One's Addition to Safety Plan) project is interested in experiences with suicidal ideation and behavior. Seeking Veterans' opinions on involving a concerned significant other (e.g. spouse, parent, adult child) in their care, as well as the significant other's perspective of being involved in the Veteran's care.

Attendees will include Veterans, and if possible, a concerned significant other; although, this is not a requirement. Being involved in this one-on-one focus interview takes about 1-2 hours. If you know a Veteran who may be interested, please have them call (254) 624-7677.

Find Clinical Trials by State:

<https://www.clinicaltrials.gov/ct2/results/map/click?term=Behaviors+and+Mental+Disorders%5BCONDITION-BROWSE-BRANCH%5D&recr=Open&fund=01&map.x=163&map.y=177>

Texas Suicide Prevention Council New Officers 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

Kimberly Williams, Youth Suicide Prevention Project Manager, Mental Health America of Texas

Universities

Marianne Trattner, University of Texas at Austin

Veterans Affairs

Natalie Qualls, Central Texas Veterans Health, Temple

For more information, contact:

**Kimberly Williams, kimberly@mhatexas.org, or
Merily Keller, hodgekeller@yahoo.com.**



**If you are interested
in making a donation, please click here. Your support is
greatly appreciated!**



Texas Suicide Prevention eNews is produced by Mental Health America of Texas and the Texas Suicide Prevention Council through support from the Texas Department of State Health Services and SAMHSA.

This newsletter was developed in part under grant number 61468 from the Substance Abuse and Mental Health Services

Administration (SAMHSA), U.S. Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA, HHS, DSHS, or MHAT.

Tel: (512) 454-3706, ext. 206

Fax: (512) 454-3725

texassuicideprevention.org

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Mental Health America of Texas
1210 San Antonio St
Suite 200
Austin, Texas 78701
US

[Read](#) the VerticalResponse marketing policy.

vertical DELIVERED
response BY
Try It Free Today!