

Survivor



Volume 2, Issue 1

WINTER 2014/2015

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- **2015 Suicide Sucks Run and Benefit**
- **Coalition participating in Mentoring Session to beef up prevention efforts**
- **Latest on Statistics and Trends**
- **Tax Time Tips**
- **Important Upcoming Dates**



STAY TUNED.....
UPCOMING ANNOUNCEMENTS
ABOUT EXCITING
EVENTS PLANNED
FOR SEPTEMBER'S
SUICIDE
PREVENTION
MONTH!!!

Coalition Announces new SOS Group Format

In an effort to make our local SOS (Survivor of Suicide) Support Groups more meaningful and helpful, we have recently revamped our structure.

The groups were previously meeting in each County on separate dates with open topics and structure. While that has been helpful for many over the years, with much consideration, we have decided to stay topic focused for each month. We've also combined the two groups into one. Beginning in January, the groups started meeting on the 2nd Thursday of each

month from 6:30-8:00 at the MHDAS Board office in West Liberty. Join us in February for our night of sharing. Guests are invited to bring in pictures or items to share on behalf of their loved one. Hearts will also be available to commemorate for those interested. Questions, call 465-1045 for more information.

RIGHT: The Holiday Wreath of Angels as it hung in the window of the MHDAS Board Office



2015's Suicide Sucks Run and Benefit

If you haven't been a part of the past 3 year's Suicide Sucks Run and Benefit, you're missing out. Former Triad graduate and Union County resident Amanda Stidam has been blessing our local coalition and sacrificing her feet as she runs marathons in honor of her mother and others lost to suicide. This year she will run a self-designed course on May 9th.

Amanda's life-changing journey began in 2006 with the loss of her mother. By Amanda's own admission, she struggled for years yearning for answers and support. In 2011 she and her best friend Bobbi, also a survivor of her brother's suicide, decided to train for a marathon and run in honor of their loved ones. As Amanda trained for her first two runs she blogged with the American Foundation for Suicide Prevention and garnered a lot of support and donations along the way.

In 2012 Amanda met Molly Smith and offered to run for our local coalition, as she was interested in seeing her dollars benefit her local community. Amanda's dream along the way has been to see more support and resources grow in her own neighborhood of Union County.

In 2014, we partnered with Union County's Here4Hope Coalition, and Amanda has moved mountains in Union County along the way. Offering more resources, expanding services and even on the LOSS Team of Union County, Amanda has clearly made a difference.

2015 looks to be our last year of this event, as Amanda is ready to move on with her endeavors.

We could not be more thankful to have worked with Amanda over the years. Thru her efforts and local benefits tied to the event, we have raised over \$15,000.00 in the past 2 years. This year, our final goal is to raise \$10,000.00 to be divided between our local coalition and Union County's Coalition.

Visit www.savealifelc.org to follow her blogs or make a charitable donation.

Save the Date MAY 9:

7:00a: Amanda starts her marathon from Benny's Pizza

12:00-3:00pm: Benefit at Benny's Pizza with Live Music and Raffle of donated items

12:30: Amanda returns from her marathon and crosses the finish line at Benny's

Upcoming Coalition Meetings:

Feb 13, 3-4:30
 March 13
 April 10
 May 8

Upcoming SOS Groups 6:30-8:00

Feb 12
 March 12
 April 9
 May 14
 June 11
 July 9
 Aug 13
 Sept 10
 Oct 8
 Nov 12
 Dec 10

Be sure to mark your calendar and plan to join us May 9th at Benny's Pizza in Marysville for the Suicide Sucks Run & Benefit



Stay informed by "Liking" us on Facebook at: Logan/Champaign Counties Suicide Prevention Coalition

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Coalition Ready to get "Scientific" with Prevention

The Coalition was included in a local grant opportunity to receive mentoring in the Strategic Prevention Framework model. The Champaign County Drug-Free Youth Coalition has been using the "SPF" model for years, with great success. While we consider our local coalition successful, it was time to follow the science of prevention to improve our efforts and help us to use local data to stay focused.

This mentoring began in December and will extend thru May. We have several members of the Coalition participating in these hours long sessions

to help share this new information with our larger coalition.

For those new to the SPF Model, it consists of 7 components, including: Assessment, Capacity, Planning, Implementation, Evaluation, Sustainability and Cultural Competence.

In focusing on the first few areas we have begun to collect some important data. A small random sampling survey revealed that most people in our community do not know where to get help for suicidal thinking, and those that would try to find help, would likely turn to their Doctor versus a mental health agency or professional.

As a result 2015 goals are :

- 1) Expanding Suicide Prevention Education
- 2) Partnering with local Doctor's offices to provide the best possible resources to those in need in our community.

To accomplish these dynamic goals we will be forming subcommittees that will focus on Media/Advertising, Event Planning/Coordination, and Outreach/Speaking.

Interested in joining a team? Call 937-465-1045.

Bill of Rights for Survivors of Suicide

Wherever you are in your grief journey, it is likely that you need to be reminded of the importance of taking care of yourself. To help, we're sharing this list taken from our Survivor LOSS Packets, reproduced from E Betsy Ross's book "Life After Suicide: A Ray of Hope for those Left Behind".

- 1) You have the right to be free of guilt.
- 2) You have the right not to feel responsible for the

- 3) suicide death.
- 4) You have the right to express your feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.
- 5) You have the right to maintain a sense of hopefulness
- 6) You have the right to peace and dignity.
- 7) You have the right to

- 8) positive feelings about the one you lost through suicide, regardless of events prior to or at the time of the untimely death.
- 9) You have the right to seek counseling and support groups to enable you to explore your feelings honestly to further the acceptance process.
- 10) You have the right to a new beginning. You have the right to be.

Tax Time Tips for Survivors



We've heard from many families left behind from a loss to suicide

that tax time can feel overwhelming. We want to share some helpful tips from those that have been there.

1) You Are Not Financially Responsible For Your Loved Ones Finances

Regardless of the financial condition they left behind, You are not responsible.

2) Request the courts to be appointed the 'Commissioner of the Estate'

This is particularly helpful if there is no will. This will allow you to take care of things until the estate has been settled.

3) You will need a 1310 Tax Form

This will be a very important form to have at tax time.