
Suicide and Violence Prevention Newsletters

2011

2011 September Newsletter

Nova Southeastern University

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OFFICE OF SUICIDE AND VIOLENCE PREVENTION

Suicide Prevention: A look into its Diversity

Given the importance of diversity at Nova Southeastern University, the NSU Suicide and Violence Prevention team has expanded the SVP website to include information specific to various groups represented at NSU.

In addition to group-specific risk factors and warning signs, you will find individually tailored resources. Our goal is to foster multicultural awareness and prevention education.

Below are just a few of the resources that can be found on our website:

NOPCAS (National Organization for People of Color Against Suicide) Website: www.nopcas.com

AASPE (Asian American Suicide Prevention & Education) Website: www.aaspe.net

National Alliance for Hispanic Health Website: www.hispanichealth.org

The Trevor Project (for LGBTQ individuals) Website: www.thetrevorproject.org

* To get the full list of group-specific Risk Factors, Warning Signs, and Resources please follow the link below.*

http://nova.edu/suicideprevention/diversity_resources.html

Media Guidelines on Suicide Prevention

It is important to consider the impact that media plays on suicide and the prevention of future suicides. In collaboration with agencies such as the American Association of Suicidology, National Alliance on Mental Illness, Substance Abuse and Mental Health Services Administration, and the Centers for Disease Control and Prevention, guidelines were established on the reporting on suicide. This was developed to prevent Suicide Contagion, that is, when one or more suicides are reported in a way that contributes to another suicide. Some of the guidelines established include:

- Inform the audience without sensationalizing the suicide and minimize prominence.
- Use school/ work or family photo and include hotline logo or local crisis phone numbers.
- Report on suicide as a public health issue.
- Seek advice from suicide prevention experts.
- Describe as "died by suicide" or "completed" or "killed him/herself."
- Most, but not all, people who die by suicide exhibit warning signs. Include the "Warning signs" in all articles and reports on a suicide.

To read more about the guidelines established in reporting on suicide please visit the link below.

www.ReportingOnSuicide.org

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Look Inside:



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Learn more about the 44th Annual AAS conference!

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Find out how you can get involved in Suicide Prevention!

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Know who to call in times of crisis: The National Suicide Prevention Lifeline

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"It Takes a University to Create a Living Safety Net"

Henderson Student Counseling Center

Henderson Student Counseling Services is the primary behavioral health resource for the campus community and students of Nova Southeastern University. Individual, family, and group counseling services are designed to provide students with an opportunity to develop personal insight, identify and solve problems, and implement positive strategies to better manage their lives both academically and personally.

The counseling center is staffed by licensed mental health professionals, a licensed psychologist, and a psychiatrist. In addition to free counseling, students can access psychiatric services for a nominal fee that is covered 100% if they have the school's insurance.



Henderson
Student Counseling Services



What should every student know???

Students can participate in up to 10 FREE sessions per year

The counseling relationship is strictly confidential and not part of your academic record

An on-call counselor is available 24 hours/7 days a week in times of crisis or if you are in need of consultation

Just call (954) 424-6911!

"The only real risk is in doing nothing"



Office of Suicide & Violence Prevention

Student-Focused Workshops

- *Suicide Prevention*
- *Stress Management*
- *Test Taking Strategies*
- *Relaxation Techniques*

SVP Office: Going Beyond Suicide Prevention

Since the inception of the Suicide & Violence Prevention office, we have had great success in reaching the university community and providing over 180 suicide prevention trainings for faculty, students, and staff.

Although our major focus remains on building and strengthening awareness in suicide and violence prevention, we are pleased to announce that we now also provide workshops and presentations tailored to a variety of student needs including (but not limited to): stress management, test taking strategies, and relaxation techniques.

We believe that providing these workshops for NSU faculty, students, and staff will help in the effort towards mental health promotion and ultimately, suicide prevention. If you would like to request any of these presentations for your department please do so via the link below. We thank you for helping us build a strong safety net within our NSU community!

Request the training/workshops via our website:

http://www.nova.edu/suicideprevention/presentation_requests.html



Office of Suicide & Violence Prevention presenting at the American Association of Suicidology Annual Conference

By Dr. Scott Poland

The annual conference provides a special occasion to catch up with fellow colleagues and attend a diverse range of presentations. It always seems to have the unique effect of recharging my battery. Each year, I am left feeling inspired and truly honored to be part of such an important mission and community. Indeed, our suicide prevention community has a lot of amazing folks. This year's conference reminded us about the importance of remaining committed to "changing the legacy of suicide."

Our presentation discussed suicide prevention efforts implemented within Nova Southeastern University. It was a great opportunity to demonstrate awareness of the diverse approaches used to educate students, staff, and faculty on main campuses, satellite campuses, and on-line communities. Our presentation was well received and we had the chance to meet many great individuals from universities across the nation.

In addition to our presentation there are a couple of presentations which I would like to spotlight. Catherine Barber, M.P.A., and colleagues offered several compelling perspectives regarding youth suicide prevention. They emphasized the need to adapt prevention efforts to the changing times; for example, using social media and other communication platforms to meet youth where they are at. The presenters described the collaboration between the National Suicide Prevention Lifeline and Facebook in increasing suicide prevention effort. They also spotlighted the importance of targeting youth early and working collaboratively with regards to suicide prevention. A couple of valuable resources were highlighted. Such as CASASTART (<http://casastart.org/default.aspx>), a community-based program that promotes positive life skills and keeps high-risk youth in school, out of the legal system and off harmful substances. Another resource is Al's Pals (http://www.wingspanworks.com/educational_programs/als_pals_index.php), a program designed to enhance the resiliency of children. These and other intervention programs can be found in the SAMHSA National Registry of Evidence-based Programs and Practices (NREPP) <http://nrepp.samhsa.gov/>.

There were several panel sessions focused on suicide prevention and the LGBT population including a featured panel comprised of Dr. Caitlin Ryan and colleagues. This panel provided valuable information on the LGBT population and discussed a few of the programs currently being implemented. TrevorSpace (<http://www.trevorspace.org/>) is a new online social networking site for lesbian, gay, bisexual, transgender, and questioning youth. Family Acceptance Project (<http://familyproject.sfsu.edu/>) is an initiative aimed to decrease health and related risks in LGBT youth through family support.

In summary, if there is one thing that stands out most each year, it is the fact that we must continue embracing the concept of suicide prevention as a shared responsibility. I believe it is essential for us to continue our dialogue and collaborative efforts. In order to achieve that end, let us send follow-up emails to colleagues, students, and survivors met at the conference, utilize the message board on the AAS website, and continue increasing our knowledge base with the most updated evidence-based research. Together, we can make a difference. I am looking forward to next year's conference in Baltimore and receiving presentation submissions for the prevention division.



Events

Preventing Suicide through Partnerships and Education By Jackie Rosen, FISP Executive Director/CEO

Tri-County Triangle of Care Conference

On Saturday May 21st the Florida Initiative for Suicide Prevention, Inc., FISP, held its 2nd Annual FISP Tri-County Triangle of Care Suicide Prevention Conference at Nova Southeastern University's Terry Health Professions Building. FISP's partnership with Nova Southeastern University has made this annual suicide prevention educational conference a reality. The Tri-County conference is available to all residents and professionals in the Tri-County areas of Miami-Dade, Broward, and Palm Beach. FISP's mission to promote suicide prevention through a four fold agenda of education, support, research, and advocacy is the driving force for presenting this conference. The full day conference of educational seminars was attended by psychologists, physicians, social workers, hotline associates, teachers, counselors, students, and survivors of suicide.

The Plenary session keynote speaker was Ralph E. (Gene) Cash, Ph.D., NCSP Past President of the National Association of School Psychologist, Florida Licensed Psychologist, Associate Professor, and Center for Psychological Studies, NSU Director of School of Psychological Assessment Consultation Center. Dr. Cash has worked with FISP for the past five years as an advisor and promoting and researching the FISP "Solutions Unlimited Now" SUN Program created by Dr. Judith Tellerman. He has been a valuable friend to FISP and a great help in expanding and improving our prevention programs.

The NSPIRE doctoral psychology student association from the University's Center for Psychological Studies and our Tri-County Conference Committee worked hard to provide a very invigorating suicide prevention agenda. The NSPIRE members lead by President Toni Richardi, former President Allison Randel, and Mike Pusateri worked very hard to provide a wonderful silent auction which raised funds to help pay for the conference. They also provided 20 volunteers who worked diligently to make this conference a success.

A very special thanks to those special people at Nova Southeastern University who made our conference a successful event. Thanks to: Dr. Robert Oller, Dr. Gene Cash, Dr. Sarah Valley-Gray, all the NSPIRE volunteers, April Mitchison, and the entire staff at the Terry Health Professions Building for all their help. Thank you so much for the support of Mr. Alvin Sherman, The United Way of Broward County, and the Children's Services Council of Broward County for their sponsorship of this event.

FISP is looking forward to another successful Tri-County Triangle of Care Suicide Prevention Conference in 2012. Hope you will plan to join us at Nova Southeastern University's Health Professions Building in May. We will bring together a great team again to present all the newest advances in suicide prevention. See you then.

LATEST SUICIDE PREVENTION NEWS



Suicide Prevention Week

This year, the NSPIRE group hosted a panel of speakers on suicide prevention including:

- Jackie Rosen from FISP
- Dr. Gene Cash, CPS Faculty
- Dr. Scott Poland & Dr. Douglas Flemons, SVP Co-Directors
- Grace Carricarte from the Ganley Foundation

Out of Darkness Walk

- November 20th @ 9am
To register for the walk and/or donate: [AFSP](#)

For more information about the walk and on future events, please visit our website at [SVP Events](#)



In the United States alone, a person dies by suicide every 16 minutes. You can make a difference. Take 5 minutes to get informed about suicide and you can join the movement to save lives.

To get involved with Take 5 to save lives, click on the link below.

[Take 5 To Save Lives](#)

How do you Remember the Warning Signs of Suicide?
Here's an Easy-to-Remember Mnemonic:

IS PATH WARM?

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change



If you or someone you know is in a crisis, do not wait to seek help! Call 9-1-1 and seek out additional help from resources on this page.

Suicide Prevention Resources

National Suicide Prevention Lifelines
1-800-SUICIDE or 1-800-273-TALK (8255)

The Ganley Foundation
<http://ganleyfoundation.org/>

The Trevor Project
<http://www.thetrevorproject.org>

American Association of Suicidology
www.suicidology.org/

American Association for Suicide Prevention
www.afsp.org

Suicide Prevention Resource Center
www.sprc.org

Florida Office of Suicide Prevention
www.helppromotehope.com

Florida Initiative for Suicide Prevention
www.fisponline.com

Mobile Crisis Response Teams

Broward - Henderson:

954-463-0911

Palm Beach:

North: 561-383-5777

South: 561-637-2102

Miami-Dade - Miami Behavioral:

305-774-3627

Henderson Student Counseling

Student counseling provides the opportunity for students to benefit from working on personal issues with experienced professionals.

The counseling center is staffed by licensed mental health professionals, a licensed psychologist, and a psychiatrist

3538 S. University Drive Davie, FL 33328
Located at the University Park Plaza
(Just east of the NSU Bookstore)

Phone (954) 424-6911

Fax: (954) 424-6915

Hours of Operation

Monday..... 9:00 am - 5:00 pm

Tuesday..... 9:00 am - 8:00 pm

Wednesday..... 9:00 am - 8:00 pm

Thursday9:00 am - 5:00 pm

Friday9:00 am - 5:00 pm