

HOPES NEWSLETTER

April 2003, Volume 5 Issue 1

Dear Friends,

It has been a fantastic year for HOPES. We have reached a lot of people and continue to raise awareness about the problem of suicide in Wisconsin. Because of the fast pace of these opportunities I have not had time to do a newsletter.

I want to thank all of you for participating in the Walk last year, spreading the word and raising money by getting sponsors and donations from friends, co-workers, family members, and businesses. You truly are incredible! At this time it is the only fund raiser that HOPES does.

I am looking forward to this year because I see so many opportunities for survivors to get involved. We will be hosting monthly meetings alternating between Madison and the Milwaukee area. Our first meeting will be Wednesday April 30th at 7:00 at St. Raphael's Cathedral. 222 W. Main St. Madison. Check our website for dates and locations and see what a great job our webmaster, Theresa Grove, is doing.

We are also planning a conference for a Friday and Saturday in the fall. We will have clinical and professional training on suicide prevention on Friday. Saturday we will have training for survivors and community members. Imagine all the people coming together to learn about suicide prevention and taking that knowledge back to their communities to make them better places to live.

We will be kicking off our Depression Awareness Campaign at the Walk. The posters, bookmarks, PSA's and newspaper ads will be there for you to see and take back to your communities to raise awareness about depression.

I can't wait to see all of you for our Walk for Awareness. The feeling of support and caring that I see at our walk is one of the highlights of my year. I am looking forward to seeing you May 17, 2003 in Madison.

Wisconsin United for Mental Health

HOPES had an opportunity to join other agencies that are working to reduce stigma around mental illness. WI United for Mental Health is an ongoing effort by Wisconsin citizens to educate and increase awareness about mental illness as a real and common illness that is treatable. One of their projects this year was to donate copies of The Beautiful Mind to libraries in the state. To find out more about this organization check out the website at www.wimentalhealth.org.

What's Happening in Communities in Wisconsin?

The WI Strategy of Suicide Prevention was developed in response to the National Strategy of Suicide Prevention: Goals and objectives for Action. The strategies of both these documents provide us with guidelines to work in the communities to develop their own suicide awareness and prevention campaigns. HOPES assisted with the National and the State Strategy and is now working with the State of WI and other agencies to help the communities implement their plans. Everyone's resources are stretched so we feel collaboration is important. This is what is happening.

Oshkosh

Community for Hope of Greater Oshkosh, Inc. started in May of 2001 out of concerns over a number of teen suicides in their area. They are now a non-profit organization. They have secured office space. They have a comprehensive program in their schools and community with the Yellow Ribbon Organization. They are also doing a survey with the Search Institute. They started a support group for Survivors of Suicide.

They developed a wonderful Mental Health Resource Guide for Winnebago County. They are most generous with their information and it will be included in our Community Action Kit. Their website is www.communityforhope.org

Shawano

Shawano County has been meeting since September 2002. They are working on their non-profit status. Their community name is ROADS Reaching Out About Depression and Suicide. They had a speaker on Trauma for their community in Oct. They are having a QPR Training for their Committee and for the public in April 2003. They have several committees that are working on issues relevant to suicide prevention in their community.

Marinette County

Marinette County held a 2 day seminar on Suicide Prevention hosted by their Prevention Specialist from the Adapt Program. The Adapt Program is the Mental Health part of the Health and Human Services Department. She also organized 3 community wide QPR presentations in two days. They have started a support group for survivors of suicide.

Waupaca County

Survivor Susan Woodliff has helped to organize 4 QPR training's in Waupaca. They have a large contingency of people that join us for the Walk for Awareness.

Vilas County

Vilas County has identified it as one of their priorities in their Community Health Improvement Plan. They are having Kick Off festivities in Minocqua and Eagle River on April 22, 2003. This is a part of the plan of the Vilas County Public Health Department

Dane County

The Safe Community Coalition of Madison and Dane County has identified suicide prevention as one of their priorities. They are working on funding for a staff person to direct these efforts.

Sheboygan County

The Mental Health Association of Sheboygan County received a grant to have a depression awareness campaign using billboards and presentations. They have an ongoing committee.

Florence County

Survivor Mary Doemel is collaborating with the Dept. of Health and Family Services and has done health fairs and a quilt display in the area. They are planning 7 QPR presentations in May for their community.

State Funded Projects

HOPES was awarded a one time contract for the following projects:

A Press Conference where the Department of Health and Family Services introduced the Wisconsin Strategy for Suicide Prevention to the people of Wisconsin. HOPES unveiled their Billboard Awareness Campaign:

"WI Deaths in 2000"

"Suicide 588 Homicide 175 HIV AIDS 62"

32 Billboards were displayed around the State.

"A Guide for Survivors of Suicide" is developed and introduced at the WI Funeral Directors Assn. Conference in Madison. It is available on our website also.

Awareness Display and QPR presentation at Farm Progress Days July 9, 10, and 11 in Richland Center.

The Awareness Display was at the State Fair in Milwaukee August 1-11. Special thanks to the volunteers that helped staff the booth from 9 am to 10 pm each day.

HOPES website updating.

Depression Awareness Campaign materials printed with the generous assistance of The Goltz Seering Agency of Green Bay. It includes billboards, posters, bookmarks, PSA's and Newspaper Ads. We will use them for a campaign we will be kicking off at the Walk for Awareness May 17, 2003.

Community Action Kit Development

We were able to do displays and presentations at 6 other conferences.

QPR: CPR for Suicide Prevention

QPR gatekeeper training takes just one hour and is taught in a format that is clear, concise and applicable for a wide variety of audiences. Gatekeepers are given information that is easy to understand, and reinforced by a QPR booklet and card complete with warning signs, and methods to encourage a person to get help and a list of resources available in your community.

QPR was created and developed by Paul Quinnett, Ph.D. of Spokane, Washington and is used in many communities throughout the country. HOPES received a grant from the State of WI Health Dept. and a gift from the Eli Lilly Company that was used to bring Dr. Quinnett to Madison for training of QPR instructors. 15 people were certified as QPR Instructors from throughout the state. We will use money from the Walk to purchase the QPR booklet and card for the trainers. We will be having QPR training's throughout the state listed on our website throughout the year.

I have been using this in different communities for training as well. This year we were able to offer 7 trainings on QPR at different events around the state.

"After Suicide" Conference Speaker

The Mental Health Center of Dane County hosted a conference for survivors of suicide in October. HOPES provided funding for the keynote speaker, Michelle Linn-Gust, the author of "Are there Bad Days in Heaven?" a book about sibling grief.

The following are SPONSORS that donated money and services to our Walk for Awareness in the last years. PLEASE make an effort to support them in their business and if you have the chance tell them that you are supporting them because they support us.

Don's Oak Furniture Paradise Printing Keva Sports Center
Consolidated Papers Foundation, Inc. Park Bank Cress Funeral Home
Name Badge Productions, LLC ABC Lettering Spartech Plastics
State Bank of Florence Woodliff Enterprises Copps-IGA Sto.
Smith Furniture & Funeral Home Bowling Team American TV
Methodist Church Members Arbeiter & Assoc. Kinkos
Pardeeville, WI Carousel Drive-In Scott's Bakery
Stoughton Garden Center Oscar Mayer Frito Lay
Hoffman Corp. Kohl's Monona Sentry Hilldale
Kitchens of Distinction Gold's Gym Lorie Line
Culver's of Darboy/Appleton St. Mark's Madison Caldwell Banker Sveum
Pleasant Valley Nursey Home Depot Phillip Morris
Mary Kay - Dawn Leikness The Hill Street Bed & Breakfast

TO DO LIST

1. Register Today!!!! Ask family & friends to join you.
2. Make copies of the poster at hopes-wi.org and post locally!
3. Collect from your sponsors
4. Make copies of Advocacy Letters, get them signed and return them to:

Ann Abel
N5229 Bell School Rd.
Ladysmith, WI 54848 ASAP

Walk Registration: Return to 1902 Tarragon Dr. Madison, WI 53716

NAME _____
HOME ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____ - ____
EVENING PHONE _____
MY \$30.00 REGISTRATION IS INCLUDED T-SHIRT SIZE S__ M__ L__ XL__ XXL__
OR I WILL BE GETTING SPONSORS OF AT LEAST \$30. S__ M__ L__ XL__ XXL__
KIDS T SHIRT SIZES S__ M__ L__

I have collected over \$100.00 and have mailed it in with my early registration by April 30th 2003 so I also can have a HOPES Tote _____ Only available with early registration.

My Company offers a Matching Gift Program Please contact _____

I would like to volunteer my time: Walk _____ Farmers Market _____ Board member _____
Advocacy letters _____ Next year's walk _____ County Fair Helper _____

I cannot attend the Walk. Please accept my tax deductible contribution of \$ _____
Please send more information on a quilt square for my loved one for the WI quilt _____

Early Registration Before April 30, 2003 \$25.00

WALKER SPONSOR LIST

Make all checks payable to HOPES. Their donation is tax deductible. Walkers will be eligible for prizes based on the donations they collect and turn in before or on the day of the walk Saturday May 17, 2003.

OVER 600 PEOPLE DIE BY SUICIDE IN WI EACH YEAR. THANK YOU FOR HELPING US TO BRING DEPRESSION & SUICIDE TO LIGHT!

NAME OF WALKER_____

SPONSOR'S NAME SPONSOR'S ADDRESS DONATION

Example: Barb Smith 111 Main St. Anytown, Anystate, 12345 \$25.00

- 1. _____
- 2. _____
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- 21. _____

For Company matching funds please include the necessary forms.
For additional sponsor forms go to hopes-wi.org. This form can be copied.
Prizes will be awarded at the luncheon May 17, 2003. Chances for each \$10.00.

To get the Advocacy Letter please go to our website at hopes-wi.org and download the Advocacy letter and before you copy it add the names of our Governor James Doyle, Senator Feingold, Senator Kohl and you can add your representative or leave the name blank but have everyone sign them and we will add the representatives names as they come into us. We will be taking them to Washington DC in July. If you are interested in joining us check out the www.spanusa.org website for information about that event. If you have any questions you can call me at 608-274-1838

POSTER:

HOPES

Helping Others Prevent and Educate about Suicide

**SPONSORS OF
THE 5th ANNUAL
2003 WALK FOR AWARENESS
"BRINGING DEPRESSION & SUICIDE TO LIGHT"**

EVERY YEAR OVER 600 PEOPLE FROM WI COMPLETE SUICIDE

**SATURDAY MAY 17, 2003
10:00 A.M.
ST. RAPHAEL'S CATHEDRAL
222 W. MAIN ST
MADISON, WI**

Memorial Quilt display at the Capitol

**For registration and information go to our website
www.hopes-wi.org or call 608-274-1838**