

**A MESSAGE FROM PRESIDENT, PAT DERER**

As we look back, 2009 was a very busy year since HOPES is presenting more and more QPR Trainings for suicide prevention. We have accomplished so much with your continued support. We have lost our loved ones, so when we go out into the community to present QPR, we do it in memory of them all. We teach other families what we wish we would have known to help our loved ones.

For any new subscribers, QPR stands for Question/Persuade/Refer—a program to teach people the warning signs of suicidal behavior and how to get help. HOPES did twenty-one QPR trainings this past year educating almost 1,000 more individuals. We also presented trainings last October in collaboration with Safe Community of Dane County at the Suicide Prevention Summit held at the American Family Insurance facility in Madison.

We owe County Board Supervisor Dave de Felice our gratitude as he nominated HOPES to receive funds from a Dane County grant for suicide prevention in an amount exceeding \$9,000. Dave lost his wife to suicide a few years ago and continues to advocate for suicide prevention and supported HOPES in so many fundraising efforts. In addition, I would like to thank Lori Mettel for helping to complete all the necessary forms for the Dane County funding—Lori did a great job! We are looking for 2010 to be a record year for the number of people reached with QPR training. Currently, we have 18 trainings scheduled through May with an estimate attendance of 800 participants.

We are making a difference thanks to the devotion of so many in our HOPES family!

**“Reflections” by Dawn Leikness –**

HOPES is helping others prevent and educate about suicide.  
We are on a mission.

HOPES is because of our loss.  
We will never forget what they taught us.

HOPES is for them.  
We remember and go forward with passion.

HOPES is for us.  
We heal through advocacy.

HOPES is for you.  
We believe that suicide is a loss no one should face.

HOPES is me.



**hopes**  
suicide education & prevention

**ARE YOU INTERESTED IN BEING A VOLUNTEER FOR HOPES?**

Visit [www.HOPES-wi.org](http://www.HOPES-wi.org) and click under “About Us”, then scroll down to What Can I do to help HOPES? and complete our Volunteer Form to become a vital participant for HOPES of Wisconsin!

## **2010 HOPES Walk for Awareness**

As the HOPES 12<sup>th</sup> Annual Walk for Awareness fast approaches we'd like to encourage you to put a team together this year! Every single walker is extremely important to the cause but why not invite some friends, family and co-workers? The more people, the more fun! Teams will be recognized on our website prior to the walk and the team who raises the most donations will receive special recognition on the website after the walk. We'll also have a special area set up this year for team pictures. So gather some friends and join us in beautiful downtown Madison for an unforgettable event!

Forming a team is easy, just decide on a team name and who your captain is and share that information with us when you register online or by mail. And don't forget we'll be looking for the team with the highest donations earned. So let the competition begin!

Of course individual walkers are always encouraged as well. We look forward to seeing each and every one of you on May 1st!

### **BOSTON BOUND!**

*By Dawn Leikness*

I've known about the American Foundation for Suicide Prevention's annual Out of Darkness Overnight walk for years and I've always wanted to participate. AFSP holds this annual walk in a different major city each year. The Out of Darkness Overnight is an 18 mile journey that is literally overnight, with the walk starting at dusk and ending at dawn. It's a huge, if not the largest, fundraiser for AFSP, and all the proceeds go towards suicide prevention efforts.

Suicide prevention isn't something I used to ever think about, or know anything about for that matter... until I lost my older brother, Dan, to his battle with depression in 1997. He was only 18 years old and had so much of his journey left ahead of him. As the years have gone by and I've grown up I've realized my passion for suicide prevention. I wish people were more educated about mental illness issues. I wish I could erase the stigma of the word suicide. I wish I could protect everyone from having to feel the pain my family felt on that cold November day 13 years ago. I wish I could openly talk about my brother without it making my audience uncomfortable. I wish people knew that every 17 minutes in this country someone chooses death over their life. And I wish people knew that suicide IS preventable!

It is for all these reasons, and more, that I'm headed to Boston in June for this year's Out of Darkness Overnight. My sister and I will be participating in this 18 mile journey for Dan, for our family, for survivors, for people who struggle with mental illness, for everyone

who supports the cause in anyway no matter how big or small! As Edward Everett Hale once said "I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

To support me or my sister in this journey to raise funds for suicide prevention please go to [theovernight.org](http://theovernight.org) and search for our team "Boston Bound!" We have big goals and every dollar makes a difference!

### **CALENDER OF EVENTS**

- American Association of Suicidology National Conference – Orlando, Florida **April 20-24, 2010**
- Safe Community Suicide Risk Assessment Symposium – Madison, Wisconsin -- **April 26, 2010**
- NAMI Wisconsin Annual Conference – Green Bay, Wisconsin – **April 30-May 1**
- HOPES Annual Walk for Awareness – Madison, Wisconsin with David Douglas as honorary chairman from Chanel 15 – **May 1, 2010**
- National Out of the Darkness Walk – Boston, Massachusetts–**June 26, 2010**
- Mental Health America 5<sup>th</sup> Annual Walk, Sheboygan County, Wisconsin featuring Olympian Suzy Favor Hamilton – **August 21, 2010**
- SUICIDE PREVENTION WEEK, HOPES Memory Quilt on display at the State Capitol Rotunda -- **Sept. 12-18, 2010**
- Charles F. Kubly Foundation celebrating their 7<sup>th</sup> year with "Beyond the Blues" at Discovery World, Pier Wisconsin – **September 18, 2010**

### **LATEST STATISTICS FOR WISCONSIN**

Wisconsin Suicides: 737

Motor Vehicles: 627

Prostate Cancer: 630

Homicides: 149

HIV: 50



## **Our Grief. . . How Others Can Help**

**By Barb Seth**

Here are a list of suggestions that could be used by anyone who is close to someone grieving--

- Grief is very tiring; we can do some things, but getting really involved in anything is too overwhelming.
- If we look and act fine, don't be fooled, we aren't. It's a façade and I think we try to maintain it to protect other people.
- Don't think talking about our loved one will upset us, we think about him/her all the time.

If you aren't particularly concerned or have forgotten we are grieving, it's okay. We can't all 'bleed' for everyone all the time or there would be no joy in this world. But when you do feel sorry for or think about us, let us know.

- Tell us of your hope and faith in God and heaven. When we have so many questions and doubts, it is good to hear someone else's beliefs.
- Be sensitive to the changes in our family. Members will adopt new behaviors and roles as we learn to live on. This can be a long, painful process. Don't expect us to remain the same.
- Pay attention to all the family members. It is easier to ask a father, "How's your wife doing?" or a sibling, "How is your mother?" rather than asking, "How are you doing?" However, we sometimes resent it when no one asks how we are doing, as if our grief or feelings aren't important.
- You don't have to carry on a long conversation. Sometimes just saying, "I'm sorry your (loved one) has died" and a hug are just what we need.
- Allow us to talk about our feelings and don't say, "You shouldn't feel guilty or angry," (or whatever feelings we are expressing). Some-day we will work through and let those feelings go, but we need to feel them, probably for a longer time than you think we should.
- If you are sending a holiday card, mention the name of the loved one who has died in the card.
- There is no time limit on how long we'll grieve. We have heard from other people, it will be the rest of our lives. We will learn to cope more, but it is never too late for any of the suggestions above to be followed.

## **The Grief Process & Handling GUILT**

**Grief Ministry Facilitator's Guide**

Grief is the emotional, physical, and spiritual reaction to the loss (or perceived loss) of someone in whom one has been deeply emotionally invested.

Grieving must happen. It is the natural healing process in emotional loss. If it is not facilitated at the appropriate time, it will be retained (repressed) within the person and will surface at some later stage, often as depression.

The sooner after the loss that grief work is done, the more effective will be the healing and re-adaptation to life.

Most of us are grieving, most of the time, for some implication of our life. The acknowledgment of that reality is part of healthy maturity. Grief takes longer than we expect. A major loss, such as the death of a family member, will likely take three to five years.

### ***Suggestions for handling GUILT. . .***

#### ***(Hope For Bereaved, Inc/Syracuse, NY)***

- If you feel guilty, it is helpful to admit it to yourself. It is important to be truthful about why you feel guilty.
- Ask yourself what things specifically are bothering you the most. Talk over your feelings of guilt with a trusted friend or professional who will listen, care and not judge. Guilt should not be glossed over nor pushed down. TALK about your guilt until YOU can let it go.
- Remember that you are human. No one is perfect. There is so much we tried to do, there are things we did not do. Accepting our imperfections aids us in working out our guilt. Realize that living is a balance of good and bad. Try not to blame yourself for things you did not know.
- Remember there is not always an answer to "why" and you do not have to find somebody (yourself) or something to blame. Ask yourself if you want to live with guilt for the rest of your life. Realize that sometimes you are powerless and that you can't control everything that happens.
- Forgive yourself; ask for the forgiveness of your loved one and of God. If your faith is shaken, try to put your religious beliefs back together and find comfort in your religion.
- If appropriate use the "empty chair" dialogue. This technique offers you the opportunity to focus on your guilt, to admit it, to understand it and deal with it.

## **NEWS FROM – WESTERN WISCONSIN**

**By Amy King**

- If guilt is hindering your recovery, seek professional counseling. Don't be afraid or embarrassed to talk about your feelings of guilt with those who have been trained to help.
- You can learn from your guilt for the other people in your life. If appropriate, adopt a new lifestyle for the future. From past mistakes you may be able to change for the better.
- Consider that your loved one would not want to continue to suffer from guilt and grief. Try to concentrate on the special times that you have with your loved one.
- Try writing about your thoughts and feelings of guilt.
- Become determined to live life to the best of your ability. When you are able, find some purpose or meaning in your life by helping others. Volunteer – in helping others you help yourself.
- Some things are beyond our handling, coping or correcting. Perfect parenting/partnership/

Friendship is a role beyond realistic capability. It is helpful to realize you did the best you were able to do under the circumstances. You had no training and by trial and error you did the best you could. A person's best may vary from day to day depending on life's other pressures and involvements.

Remember many bereaved people initially feel guilty, but their guilt does lessen with effort on their part and with the perspective of time.

I would like to extend gratitude to the Jim Falls, WI Lions Club. They recognize that suicide is a public and mental health issue and allowed me the opportunity to speak to their community organization about suicide prevention and awareness. Stigma associated with suicide tends to be more intense in rural areas, such as Jim Falls, WI. As a culture, we need to honor and support responsible help-seeking behaviors for mental health problems. Research suggests that 90% of suicidal behaviors are associated with some form of mental illness and/or substance use disorder. Despite the fact that effective treatment exists for these disorders, stigma prevents many persons from seeking assistance due to fear of prejudice and discrimination. We greatly decrease the instances of suicide by treating depression. Therefore, educating yourself and others on the symptoms of depression, warning signs of suicide, and understanding what you can do to help those who are suffering with mental health symptoms, all plays a role in helping to halt a potential suicide from occurring. However, remember when giving the beautiful gift of help and hope to those who are struggling, it is important to get support from others, including professionals. Suicide prevention is most effective when it's a collaborative TEAM effort. I take great pride in being a part of the passionate and caring TEAM of HOPES, and am grateful for the generous donation from the Jim Falls Lions Club in helping HOPES in our goal to make a difference. Your support is demonstrated not only in dollar contribution, but also in allowing me to support the HOPES mission of "helping others through education."

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## **SAFE COMMUNITIES SUICIDE PREVENTION TASK FORCE UPDATE**

**By Eric Garland**

The Safe Communities Suicide Prevention Task Force is hosting a suicide prevention symposium designed primarily for clinicians on April 26th, 2010 at the American Family Insurance Training Center. The symposium will run from 9:00 am until 4:00 pm with Dr. David Mays as the keynote speaker and facilitator for the day. If you are interested in attending this symposium or would like additional information, please contact Cheryl Wittke at Safe Communities.

(608) 256-6713 or [www.safercommunity.net](http://www.safercommunity.net)



Cassie Iverson at our 3<sup>rd</sup> annual Spaghetti Dinner in October 2009!

# hopes

suicide education & prevention

## Thank you to our Sponsors:



*Adam's Outdoor Advertising*

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*Midwest Family Broadcasting*

*Steve/Linda Tumilty of the Medicine Shop of McFarland*





2010 Annual
"Walk for Awareness"
Registration Form
Registration Fee-\$30

(T-shirt & Light Lunch Included)

Name: Phone:

Address: City: State:

Help us go Green and provide your email address. Addresses will be for HOPES use only.

Email:

T-shirt size: Adult: S M L XL XXL

Team Name (if applicable):

Team Captain (if applicable):

My Company, offers a Matching Gift Program

(Please include the necessary paperwork for matching funds)

I would like to volunteer my time to HOPES/Please call me at # above

I cannot attend the Walk/please accept my tax deductible contribution of \$

MAY 1st, 2010 at OLIN PARK

1156 Olin-Turville Court, Madison, Wisconsin

Registration - 8:30 a.m. / Walk - 10:00 a.m.

PRE-Register to ensure your desired T-shirt size

Each walker is required to complete a Registration form.

Please read and sign the release as noted below:

Waiver of Release and Liability/Photo Release - I hereby waive all claims again HOPES, sponsors, or any personnel for any injury that I might suffer in this event.

Signature: Parent/Guardian: (If walker is less than 18 years of age)

Mail registration forms, fees and/or contributions to:

HOPES of Wisconsin, 1902 Tarragon Drive, Madison, Wisconsin 53716

\$30 registration fee entitles walkers to a ticket for prize drawings. All contributions collected are tax deductible. Walkers are eligible to earn additional tickets for prize drawings based upon collected contributions, which may be turned in prior to or on the day of the walk.

View and bid on Silent Auction items during registration day of the walk



**2010 Annual**  
**"Walk for Awareness"**

**May 1<sup>st</sup>, 2010**

**HOPES Walk for Awareness Contribution Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Team Name (if applicable): \_\_\_\_\_

Team Captain (if applicable): \_\_\_\_\_

Affiliate Name (if Applicable): \_\_\_\_\_

Walkers – please include the name of your Team, Team Captain, and Affiliate (if applicable), to ensure that money raised is properly credited.

Contributor's Name	Address/City/State/Zip	Email	Phone	Amount
<b>TOTAL:</b>				<b>\$</b>

Thank you for helping us to continue educating people about the signs and symptoms of depression for the prevention of suicide. ([www.HOPES-wi.org](http://www.HOPES-wi.org))

**HOPES ANNUAL WALK FOR AWARENESS**  
***"Look Closer. Listen Harder. Save a Life"***

**Saturday, May 1, 2010**

**Olin-Turville Park**

**MADISON, WISCONSIN**

**Registration begins at 8:30 a.m.**

**Walk commences at 10:00 a.m.**

**(Light lunch and short program to follow)**

**REGISTRATION FORM INSIDE or REGISTER ONLINE**

This year we have added online registration for the **HOPES** Walk. Registration is available at [www.HOPES-wi.org](http://www.HOPES-wi.org). You can register and pay online or you can register and pay at the park on the day of the walk. It's quick and easy. Online registration ends Saturday April 24.

**HOPES of Wisconsin**  
**1902 Tarragon Drive**  
**Madison, WI 53716**  
**[www.HOPES-wi.org](http://www.HOPES-wi.org)**

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." --Margaret Meade