

A MESSAGE FROM PRESIDENT, PAT DERER

Friends of Hopes,

The Hopes board has had a very exciting and busy year in 2010. We received funding from Dane County for Suicide Prevention to teach QPR (Question/Persuade/Refer). This simple technique we teach helps individuals in recognizing depression and/or a suicidal crisis in a one and half hour time period. We were able to do 33 trainings in the past year which educated over 1,096 participants.

Since we have only 8 members on the board, we have remained extremely busy. We often do many of our trainings at night and some weekends since we work full time outside of Hopes. We donate our time and travel expenses and find it very rewarding when we come away knowing what a real difference we can make in people's lives. We will be holding a Gatekeeper Training in the near future so we can recruit more individuals to be trained in order to reach more groups in the area. The Gatekeeper Training requires an 8-hour session to learn the QPR program to teach others. Let us know if you would like to join us in this worthwhile endeavor.

As in years past, we utilize opportunities to present informational displays at events where we circulate suicide prevention materials and discuss QPR training. We have been invited into many schools, Health Departments, Madison Police Department, and Madison Lawyers Association, just to name a few.

If you are interested in bringing the QPR Training to your work place, church, or civic organization, please let us know. There is no charge and can be given at your employer's convenience. You may contact us at 608-274-9686 or at www.hopes-wi.org. *We can also come to do a simple presentation about depression & suicide which has been highly successful in the past.*

NEW THIS YEAR AT OUR ANNUAL WALK FOR AWARENESS ~

We are building a "Memorial Garden!" We have 2 flowers (Choose one inside this newsletter) which you can fill in your loved one's name with their birth date and date of death. Send them back with your registration and the flowers will be attached to our garden scene at the walk on Saturday, May 7th, 2011.

In addition, please note that this year we are having everyone wear any of the T-shirts which you may have from our past walks. If you don't have any left, we will still have shirts available *in your size*

IF YOU PRE-REGISTER.

Hope to see you there!

PRE-REGISTER TO HAVE YOUR NAME PUT IN A LARGE PRIZE DRAWING AS WELL!

Book Review ~

Manic : A Memoir

Written by Terri Cheney

Reviewed by Tina M. Neupert

This life story is both eye-opening, shocking and touching. The life story of Terri is not told chronically but in terms of episodes of the bipolar depression she struggled with in her life.

Terri's story of the episodes she experiences throughout her life is heart breaking at times. Terri was a high powered attorney in Hollywood with famous clients trying to hide her condition for fear of the misconceptions and stigma associated with mental illness. As a reader, I experienced her pain and frustration with her condition and the efforts to find a combination of medicine that would minimize her symptoms. During her life journey, Terri attempts suicide and even has electric shock treatments to deal with her depression. The real message of her story is that mental illness can strike anyone and is a medical condition like any other. I thank Terri Cheney for finding the strength to share her struggles in this book. People who take the time to read her work will have a new understanding and awareness for the difficulties individuals with mental illness have in their lives.

My Story ~

By Alicia Lehman

Five years ago, my grandparents asked me to walk with them in the HOPES walk. They explained this walk as a way to show support to families whose loved ones have taken their own lives. Our family has always been very close to Sara Leikness and her son had taken his own life. This is the reason my grandparents were going to do the HOPE walk to be supportive of the Leikness family.

The first year that I chose to do the HOPES walk, I did not know what to expect. I didn't think the ceremony would be so meaningful and emotional. After our first time walking, we knew this would be a great organization for our family to support, while able to support our friends.

This last year I headed to the University of Wisconsin-Platteville for my freshman year in college. I joined the sorority called Gamma Phi Beta and found out that two years previous, one of our sisters took her own life. I talked with my sisters about the HOPES walk and they all thought it was a great organization and it would be a great way to support our sister who we lost. One of my sisters, Roxanne, knew how much this organization meant to me and joined me at the 2010 walk. Having Roxanne join me made this walk extremely meaningful. I was able to remember two lost friends with another new friend.

The HOPES organization will always be something close to my heart. I have watched this organization grow over the years and it is continuing to grow. I was talking to a few of my friends and they plan on joining me in 2011. Every year I walk, I learn about new people who have chosen to take their lives and it breaks my heart to see everyone they have left behind. I am a great supporter of HOPES and every year I try to bring new people to the walk to show them what this organization is truly about.

Notes of Appreciation ~

The following wishes were extended to the HOPES organization as we thank everyone for their support and kindness in our mission to aid those suffering from mental illness and the tragedy of suicide.

Dear Hopes,

Thank you for all the good work that you are doing. As a sufferer of bipolar disorder and depression, it is really nice to see people who care. Thanks so much. – Kurt

Dear HOPES,

This year for Christmas, my family decided to spend half of our costs by giving it to charity. I am donating my portion to HOPES because I have a loved one who attempted suicide.

Thank you for giving me hope. – Mary

P.S. He is doing just fine after 2 years!

Dear Hopes Board,

Every year when I attend the walk, I am struck by what wonderful hard-working people you have on your board who work so well together! I can imagine that sometimes after the walk is over and you're finally able to relax, there's a very faint voice wondering if you should do it again. I realize it's a lot of work, but never doubt the healing value of the walk. I see it with the hugs and hear it with the conversations during the event. You are doing more good than you'll ever know for so many people. Thank you, and keep up the great work at HOPES! – Barb

In Loving Memory ~

By Vicki Kutz



Saturday, October 16th, 2010 was a beautiful fall day on which over 80 people embarked on a 10 mile run/bike/walk through the splendidly colorful Lodi countryside in memory of Frank W. Kutz III. The proceeds from the benefit were given to HOPES of Wisconsin.

Frank was a husband, father, son, grandfather and brother when he completed suicide on January 17th, 2009 at the age of 53. Before this occurred, our family had not dealt with any tragedies and it never occurred to us that something like this could happen to “our” family. But, we were not immune and neither is anyone else. Suicide is a devastating loss and it can affect any family, as it did ours, which is the reason why HOPES was selected to benefit from this event.

Marshall Jameson, from Lodi, was the key initiator of this event. Frank was a very competitive man and many years ago, he made a bet with Marshall and a few other friends that he would beat them in a race of 7 miles in the Lodi countryside. Of course, Frank won. Marshall picked up running again years later and after Frank passed, he would remember that race with Frank and that would push him to run faster and further. And that started the planning of this benefit.



The first annual “Jamathon” was a huge success thanks to the many people who helped and participated, approximately \$2,000 was given to HOPES. Whether it was manning a water station along the route, hauling bikes from Lodi to Arlington, donating food, or another job, this event could not have succeeded without the numerous people who came out to help.

Many who knew Frank would say that he was a very competitive person and always fought hard to win. He loved his children dearly. Our family would never have thought he would “give up”. But he did.

Our lives will never be the same and they changed in an instant. I believe Frank felt that he was sparing his family pain by taking this route. If only he had known how wrong he was and how missed he is by so many. The pain our family has felt over the past 2 years has been immeasurable. But, we are survivors and we keep pushing on.

Words of Hope ~

Your Smile

*Though your smile
is gone forever,
and your hand I
cannot touch, I still have
many memories of the
one I loved so much.
Your memory is my
keepsake, with which
I'll never part.
God has you in His
keeping, I have you
in my heart.
Sadly missed, but
never forgotten.*

Excerpt from “The Seven T’s” By Judy Collins

*My light is shining and I am learning,
healing, and going forward.*

*I have something to share with another,
as I proceed on the path before me.*

*Part of my healing will be to tell others where
I have been and what I have learned.*

*Therapy has begun to help me
find my own way, and tell my own story.*

*I can heal from this loss, for myself, and
for my family, and my lost beloved one.*

LATEST STATISTICS FOR WISCONSIN

2009

Breast Cancer: 765
Wisconsin Suicides: 724
Motor Vehicle Accidents: 591
Prostate Cancer: 587
Homicides: 164
HIV: 51

CALENDAR OF UPCOMING EVENTS

- **Out of the Shadows: Children's Mental Health ,** *A Day of Film & Reflection: Conference for Professionals*, The Florian Gardens, Eau Claire, 9am-4pm, April 8, 2011
- **NAMI Wisconsin Annual Conference** Theme: *"Recovering Together: Growing Our Grassroots"* Hilton Milwaukee City Center, Milwaukee, April 15-16, 2011
- **CRAZY: A Father's Search through America's Mental Health Madness**, Fine Arts Center Main Theatre, La Crosse, April 18, 2011
- **44th American Association of Suicidology Annual Conference, *Changing the Legacy of Suicide***, Portland, OR, April 13-16, 2011
- **Prevent Suicide Wisconsin** Statewide Conference in Stevens Point, May 3-4, 2011
- **HOPES Annual Walk for Awareness**, Olin-Turville Park, Madison, May 7, 2011
- **National Out of the Darkness Walk**, New York City, June 4-5, 2011

LOCAL OUT OF THE DARKNESS COMMUNITY WALKS FOR SUICIDE AWARENESS AND PREVENTION –

Register today for **2011 Out of the Darkness Community Walks** for suicide awareness and prevention in Wisconsin. Walks will be held in **Brown County (Sept. 18)**, **Fond du Lac (Sept. 18)**, **Madison (Sept. 19)**, **Elkhorn (Sept. 19)** & **Milwaukee (Oct. 2)**.

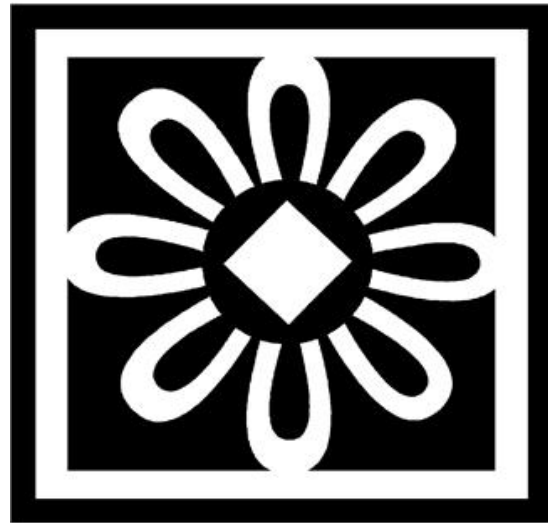
The Out of the Darkness Walks are 3-5 mile scenic walks in which 220 communities around the country will be participating this fall. Thousands of people will walk to raise awareness and funds for The American Foundation for Suicide prevention's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide and assist survivors of suicide loss.

HELPING THE HEALING PROCESS THROUGH HOPES

As you can see through the previous notes, letters, and stories in this issue, HOPES tries to be helpful in the healing process to so many. Our upcoming Annual Walk for Awareness means a lot to all of our survivors—those dealing with the loss of their loved one to suicide.

With our 13th year of the HOPES Annual Walk for Awareness, we have decided to extend the opportunity to remember your loved one in our *new* **"Memorial Garden"**.

Here's how you can take part and help us. Select a flower pattern below (or you may create your own pattern) and label it with your loved one's name, birth and death dates. Be sure to use a dark pen or marker so it is easy to read. Send your flower back along with your registration—Remember that early registration helps us prepare before the walk. We will put the flowers in a display garden for all to view.



hopes

suicide education & prevention

Thank you to our Sponsors:



Send your donation today and help HOPES to create more awareness and educate others about the signs and symptoms of depression and suicide. Let's work together to reduce this serious public health problem. Mail your donation today to: HOPES, 1902 Tarragon Drive, Madison, Wisconsin 53716.

Name: _____

Address: _____

Phone: _____ E-mail: _____

(Please note that all information will be for **HOPES** use only)

Please accept my contribution ~ *In Memory of:* _____



2011 Annual
'Walk for Awareness'
Registration Form
Registration Fee-\$30
(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: _____

If you have a shirt from previous years, you may wear that OR request the size you will need for this year's walk ~ ~ 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 7th, 2011 at OLIN PARK

1156 Olin-Turville Court, Madison, Wisconsin

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

PRE-Registration is required 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. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of 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



2011 Annual
 "Walk for Awareness"
 May 7th, 2011

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
TOTAL:				\$

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)

HOPES ANNUAL WALK FOR AWARENESS

"Look Closer. Listen Harder. Save a Life"

Saturday, May 7, 2011

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

Online registration is available for the HOPES Walk at 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, May 1st.

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