

September – 2011

A MESSAGE FROM PRESIDENT, PAT DERER

Dear Supporters and Friends:

As we look back at the 2011 year, we are extremely grateful to all of you in your efforts to support our organization. Without all of you, we wouldn't exist. We had 287 walkers who raised \$13,425.00. After expenses for the walk were paid, we had a profit of \$10,842.77. Please save the date of Saturday May 5, 2012 for next year's walk.

We also had our first raffle this year which was a great success and we raised \$3,800.00. We want to express our appreciation to our donors for the fantastic prizes. Some of the donors are already offering items for future raffles which may occur. We hope to sell raffle tickets at the 2012 walk.

We believe that the first step to preventing suicide is to educate people on the signs of depression and symptoms of a potential suicide crisis. We offered a number of people training scholarships so they could attend the master trainer session. The cost of the site and trainings was \$4275.00 which included all the required materials. This year 8 individuals were trained and now have the knowledge to go out into their communities and train others. So far 5 training sessions have resulted from the master training session. The HOPES board has continued their training events also resulting in 433 people being trained. We have also distributed information to over 1000 people.

HOPES launched an ad campaign with many local radio stations for "National Suicide Prevention Week" which was September 4 through the 10th. The ads were done to reach out to the public and raise awareness and encourage at risk people to seek help. One ad was for a teen. This ad aired on Mid-West Family Broadcasting stations targeting teens and young adults. Another ad was recorded by a father who had lost his son to depression and suicide. This ad aired on Mid-West Family Broadcasting stations targeting adult listeners. We also sent e-mail blasts on the Mid-West Broadcasting website. A special thank you to Peggy Lenz Gunderson from Strategic Brand Marketing for donating her time and services.

HOPES quilts and information will be on display in the Wisconsin capital building September 12-17.

Again, thanks for your support. We are making a difference in Wisconsin.

HOPES RAFFLE

Our HOPES raffle was a great success. 1137 tickets were sold. Thanks to everyone who bought and/or sold tickets.

Congratulations to the prize winners:

Moped:	Nick Bakunowicz
Get Away Package:	Tom Bjerke
Stoughton Country Club Pkg:	Sonny Stout
Golf Gift Basket:	Casey Clark
Dewalt Drill:	Les Noble
DiMaggios Certificate:	Alyssa Miller
\$100:	Nicole Booth
\$100:	Judy Neitzel
\$50:	Blaine Neupert
\$50:	Taralyn Sugden
\$50:	Nick Bakunowicz
\$50:	Nellane Garland
\$50:	Pat Derer
\$50:	Howard Schoenfeld

Also, a special thank you to the following sponsors:

Midwest Engine Service, Inc.
Diane Blake, Arbonne Independent Consultant
Restaino & Associates
The North Central Group
Fastenal
Stoughton Country Club
Betty McCarthy
National Mutual Benefit



Nick Bakunowicz/Grand Prize Winner

Donated by Midwest Engine Services, Inc.

MEMORY QUILTS /LOVED ONES LOST MEMORY BOOK

If you or someone you know is interested in making a block for the HOPES memory quilts, please contact Donna Bichanich @ 608-644-9019 or bichanch@chorus.net. The block and instructions will be sent to the person requesting the block.

If you are interested in sending a picture for the Loved Ones Lost Memory Book, please send them to Donna at 409 Lueders Road, Sauk City, WI 53583. The pictures will be put into our book and will be on display at yearly HOPES gatherings. You may also send a picture via e-mail to the HOPES website and include a picture and information for posting on the website.

**THE 13TH ANNUAL INTERNATIONAL
SURVIVORS OF SUICIDE DAY
CONFERENCE**

Mark your calendar and plan to attend the 13th Annual international Survivors of Suicide Day Conference.

The Mental Health Center of Dane County/Survivors of Suicide and HOPES of Wisconsin joining together in providing a gathering in Madison for those who have lost someone to suicide and those who care about survivors

This half day conference, open to the community, is an opportunity for the survivor community to gather for support, information and empowerment!

The conference will be held:

Saturday, November 19, 2011

8:30 a.m. to 12:30 p.m.

Promega Corporation

5445 Cheryl Parkway

Madison, Wisconsin 53711

The cost is:

\$20.00 per adult—registrations will be available on the MHC website and in the SOS October/November newsletter.

Website:

www.mhcdc.org/Resources/SOS/sos.html

Contact: Vicki.westrich@mhcdc.org

608-280-2435

RESOURCES

Dane County Survivors of Suicide Support Group;

Open to adults who have experienced a loss from a suicide death. The meetings are the 2nd and 4th Tuesday of each month from 7-9 p.m. The location for the meetings is the Mental Health Center of Dane County (Kennedy Building), 625 W. Washington Avenue, Madison, WI . You can obtain further information at www.mhcdc.org or Survivor Services voice mail at 608-280-2435.

SUICIDE PREVENTION CONFERENCE

Prevent Suicide Wisconsin (PSW) held a Communities in Action to Prevent Suicide Conference on May 4th in Stevens Point. HOPES is involved with PSW and helped support the conference. The focus was building community coalitions through the state. Over 130 people from all over Wisconsin attended this event. The key note speaker was Jerry Reed, director of SPRC (Suicide Prevention Resource Center), a national organization. His remarks were an over view of how suicide prevention has grown and where it is headed. There were a wide range of breakout sessions that included suicide prevention information for schools, veterans and elderly. Other sessions focused on coalition building and means restriction. There was also QPR training available. The feedback from the conference was very positive and plans are now underway for the 2nd Communities in Action to Prevent Suicide Conference which will be held in late April 26, 2012 .

PREVENT SUICIDE 2011

Eagle's Prevent Suicide 2011 – Music Festival

Saturday, September 17, 2011

Noon to 8:30 p.m.

Eagle Village Park (401 Markham Road),
Eagle, WI

There will be 12 bands playing throughout the day. Food and Community support.

Contact: Trista Wolter –
www.WOLTT1734@students.uwc.edu

POEM

If we could have a lifetime wish

A dream that would come true.

We'd pray to God with all our hearts

For yesterday and you.

A thousand words can't bring you back

We know because we've tried...

Neither will a thousand tears

We know because we've cried...

You left behind our broken hearts

And happy memories too...

But we never wanted memories

We only wanted you. (unknown)

AFSP COMMUNITY WALK

SAVE THE DATE

Vilas Park Shelter House

Sunday, September 18, 2011

Registration: 8:30 a.m.

Walk/Program: 9:30 a.m. to noon

All funds raised are for the American Foundation for Suicide Prevention

Information: www.afsp.org

or

dennisg-ootd@charter.net

THANK YOU

HOPES would like to thank the Mad Rollin' Dolls for their support. Some of their roller derby games raise money for local non-profit organizations. They have included HOPES as one of the non-profits.

A representative from the HoChunk nation was at the meeting where HOPES was discussed. She contacted HOPES and asked if we could provide the QPR information to their youth services group. Thank you to the Mad Rollin' Dolls for their support and for providing us with an opportunity to reach out to another group.

Their derby league is Mad Rollin' Dolls and their website is www.madrollindolls.com.

RESOURCES

RECOMMENDED READING

After the Suicide of a Loved One

My Son, My Son by Iris Bolton

Night Falls Fast by Kay Redfield Jamison

No Time To Say Good Bye by Carla Fine

Suicide: Survivors by Adina Wroblewski

Dead Reckoning by David Treadway

Suicide Survivors Handbook by Trudy Carlson

Ben's Story by Trudy Carlson

Do They Have Bad Days in Heaven? by Michelle Linn-Gust

Suicide: The Forever Decision by Paul G. Quinnett

Male Grief

Swallowed by a Snake by Thomas R. Golden

Depression

Conquering the Best Within by Cait Irwin

A Mood Apart by Peter C. Whybrow

Overcoming Depression by Papolos and Papolos

Depression In The Young by Trudy Carlson

Manic Depression

An Unquiet Mind by Kay Redfield Jamison

The Bipolar Child by Papolos & Papolos

**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**