



# Centre County

## Out of the Darkness News

CENTRE COUNTY, PA

NOVEMBER 2009

### IMPORTANT DATES:

- Nov. 21—National Survivors of Suicide Day
- Dec. 10-13—Festival of Trees Holiday Event
- March 27—The Fourth Annual Out of the Darkness Community Walk 2010

### CHAPTER STATUS:

The Centre County Out of the Darkness Walk Advisory Committee is in the process of becoming an official chapter. The committee hopes to achieve official chapter status January 2010.

Officers elected October 28, 2009:

President: Tim Derstine, M.D.  
 Co-Chair: Brenda Fry  
 Co-Chair: Angela Kempf  
 Treasurer: Jayashree Sonti  
 Secretary: Tina Kephart, R.N.



## Our Accomplishments

The donations and support from our kind community members has provided us the opportunity to offer Centre County the following help and resources:

- Offered grants to community for prevention and survivor support.
- Sponsored research update and suicide prevention training for primary care physicians
- Conducted training for local law enforcement professionals, teachers, school counselors and clergy
- Offered support and resources to local survivors through "survivor baskets" beginning in 2009
- Funded and collaborated with a film project on suicide in Centre County currently being completed by the College of Communications faculty and students in Film and Video.
- Planned the first National Survivors of Suicide Day event 2009.

Thank you for your help and continued support. Without you, none of this would be possible.

## National Survivors of Suicide Day

Hundreds of local conference sites will simultaneously watch a 90-minute broadcast produced by the American Foundation for Suicide Prevention. On this broadcast, a diverse panel of survivors and mental health professionals

will address the questions that so many survivors face. "Why did this happen? How can I cope? Where can I find support?"

Please join us at the Mount Nittany Medical Center Saturday, Nov. 21 at 9:30 a.m. to remember those we have lost and gather in support and healing.

## The Festival of Trees

tree at the 15th Annual Festival of Trees featuring community-decorated trees, craft vendors, and entertainment.

-Dec.10-13 from 10 a.m.– 8 p.m. (Thurs-Sat) and 10 a.m.– 6 p.m. (Sun). Held at the Penn State Ag Arena.  
 -For more information, visit [www.ymcaofcentrecounty.org](http://www.ymcaofcentrecounty.org)

Look for Out of the Darkness'

## Your Involvement

Your efforts helped us raise total of \$24,797.18 last year. This was due in part to our 554 registered walkers. Our goal this year is to increase both of these numbers. You can help us achieve this in the following ways:

- Walk in the 2010 Out of the Darkness Community Walk.
- Join one of our committees:
  - ◆ Fundraising
  - ◆ Public Relations
  - ◆ Program Services (Education and Survivor Programming)
  - ◆ Volunteer Development

For more information about volunteering, contact Susan Kennedy at [susank81@gmail.com](mailto:susank81@gmail.com)



If you'd like to preregister, please contact Brenda Fry at (814) 364-2161, ext. 221, or [Brenda.fry@uhsinc.com](mailto:Brenda.fry@uhsinc.com).

The broadcast will also be available online from 1 to 2:30 p.m. on Nov. 21, and can be accessed at [www.afsp.org](http://www.afsp.org).

## Film Project

Barbara Bird, Associate Professor of Film and Video, and students in Penn State's College of Communications are developing a film depicting the impact suicide has on Centre County community members. Survivors of suicide will tell their stories, facts about depression and suicide will be shared, and local resources will be identified. Monies for this project are being provided through funds raised at Out of the Darkness Walks. A public screening will be announced at completion.