



DELAWARE COUNTY
Suicide Prevention & Awareness
TASK FORCE NEWSLETTER

ISSUE # 10

SPRING 2011

****SPECIAL ISSUE****

PTSD, THE MILITARY & SUICIDE PREVENTION

SAVE THE DATES!!

**APRIL 21- STEERING COMMITTEE MTNG.
MAY 7TH - DCSPATF WALK/RUN**

SEE OUR EVENTS PAGE FOR MORE INFO!

*To submit future articles to our newsletter, please email drafts to Terri Erbacher at terbacher@dcu.org. Submissions for our **Summer** newsletter are due by July 1st.*

****Suicide rates are on the rise in Delaware County. In a typical year, we lose 60-65 community members to suicide. In 2007, we saw a shocking rise to 89 suicides....
Let's Talk About It!!**

Who we are: The Delaware County Suicide Prevention and Awareness Task Force (DCSPATF) was begun in 2002 by volunteers who care and who want to increase suicide awareness, decrease stigma and decrease suicide risk in the community. Our mission is to promote understanding that suicide is a preventable community-health problem in our county and to work together toward viable solutions.

Our Newsletter: Our newsletter continues to be a success! We are going 'green' and sending this out electronically to save paper! *Please forward* this to anyone who may be interested in reading this so that we can all work together to BUILD suicide AWARENESS, DECREASE STIGMA, and PREVENT future SUICIDES!

NOTE FROM THE EDITOR: I am pleased to announce that we have our first **Guest Editor** for this Newsletter Edition. The idea of focusing upon the Military, PTSD as they relate to Suicide Prevention was her idea and she ran with it! Special Thanks to *Caitlin Gilmartin* for editing this issue. Caitlin is a student of mine at Philadelphia College of Osteopathic Medicine (PCOM) and as you can see by this edition, she is dedicated to issues of mental health and will make a phenomenal School Psychologist! Thanks, Caitlin!

Terri Erbacher, Ph.D.

Today's Hot Topic

NOTE FROM THE GUEST EDITOR: I am happy to be working with the Delaware County Suicide Prevention and Task Force on this very special and important topic, the Military, Veterans, and PTSD. **25 to 30 percent of the Veterans of the Iraq and Afghanistan Conflicts have reported symptoms of a mental health or cognitive condition** (NSDUH Report, 2008). This issue became of special importance to me when teaching a class of undergraduates in Basic Psychology 101. After a lesson on PTSD, a veteran of the Iraq war was open enough to share with his classmates some of his struggles with PTSD and anxiety after his tour of duty. This made it very real to everyone and highlighted for me the importance of this topic. As such, this issue is full of links, resources, and places to go for information specific to Veterans, as well as information on recent research on this epidemic. This newsletter is dedicated War Veterans and their families, who fight these private battles daily. Please pass this along to anyone you think may benefit! -*Caitlin Gilmartin, MS*

Resources

[HTTP://WWW.IPETITIONS.COM/PETITION/AFSPWHITEHOUSE/](http://www.ipetitions.com/petition/afspwhitehouse/)

The White House is currently reviewing a policy that prevents President Obama from sending letters of condolences to the families of Military members who have died by suicide. Overturning this policy would allow President Obama to recognize these Veterans and express condolences to their families. Please sign this petition to help overturn this policy and recognize that the contributions of these Veterans are important and promote a culture of tolerance and awareness in the Military.

[HTTP://WWW.PTSD.VA.GOV/INDEX.ASP](http://www.ptsd.va.gov/index.asp)

The National Center for PTSD at the Department of Veterans Affairs publishes resources for professionals, Veterans, and Family Members!

[HTTP://WWW.SAMHSA.GOV/MILITARYFAMILIES/](http://www.samhsa.gov/militaryfamilies/)

SAMHSA features an entire section dedicated to Military families! Please visit this website for the Handbook for Veterans, Families, and Friends, Before, During, and After Deployment, as well as numerous videos, treatment guidelines, and resources for Military Families!

[HTTP://WWW.CO.DELAWARE.PA.US/DEPTS/VETERANS.HTML](http://www.co.delaware.pa.us/depts/veterans.html)

The Website for the Delaware County Veterans Office...please note a Veterans Suicide Prevention Hotline is Now Available!

1-800-273-8255- Veterans Press 1 to Talk!!

[HTTP://WWW.SUICIDPREVENTIONLIFELINE.ORG/VETERANS/](http://www.suicidpreventionlifeline.org/veterans/)

Features a live chat section for Veterans in emotional distress and homeless Veterans!

[HTTP://WWW.PVMSEC.ORG/](http://www.pvmsec.org/)

Visit the Philadelphia Veterans Multi-service and Education Center for news, and local opportunities. The pvmsec is dedicated to helping veterans and their families in the tri-state area transition successfully to meaningful lives outside of the military. They provide outreach to homeless veterans and other services and have numerous fundraising and community opportunities across the year.

[HTTP://WWW.PHILADELPHIA.VA.GOV/](http://www.philadelphia.va.gov/)

Visit the Philadelphia Veteran's Administration for information on local opportunities. Numerous volunteer opportunities, as well as resources for local events are available through the local Veterans Administration.

[HTTP://WWW.POSTGRADUATECENTER.ORG/](http://www.postgraduatecenter.org/)

Widener University's Post Graduate Center offers a Post-Master's Certificate in **Military and Veteran Behavioral Health**. Transitioning home from conflict can be a grueling fight for some of our men and women in uniform, as these individuals often face numerous readjustment challenges, including behavioral health problems like posttraumatic stress disorder (PTSD), depression or traumatic brain injury (TBI).

News Blurbs

Suicide Prevention Alliance Focuses on Troops - CostalCourier

Summarized by Caitlin Gilmartin

The National Action Alliance for Suicide Prevention announced in early January that they were adding a specific task force to look at the high risk group of Military Troops and Veterans. This initiative hopes to partner with initiatives from the Department of Defense and the Department of Veterans affairs to look at the steadily increasing suicide rates in these groups across the past five years.

Currently, the military suicide rate is greater than that found in the general population. The task force will allow resources from all groups, including public and private sector researchers and initiatives, to pool in order to provide the best possible prevention services for these groups and determine additional factors. The NAASP also has tasks force to address other high-risk groups including GLBTQ, and ethnic minorities such as Native American and Alaskan Native.

Suicide Prevention Incorporated into Annual Training for Marines- YumaSun News

Junior enlisted Marines and Sailors are receiving new training in suicide prevention and recognition, titled "Never Leave a Marine Behind". The training focuses on "RACE", which stands for "Recognize, Ask, Care, and Escort", teaching about early recognition and action when Marines feel that a peer is showing signs of suicidality or depression. Although the Marines have seen a drop in suicides since 2009, the number of attempts has risen sharply, causing a call to action. The training emphasizes the strong bonds and interpersonal relationships that Marines have with their peers. The other emphasis of the program is that it is "Okay to get help" says Martin [Lt. Cmdr. Andrew Martin, the Marine Corps suicide prevention program manager]. "Getting help will not end a career".

Female Vets Especially Vulnerable to Suicide

Summary from NPR

The first large-scale study to look specifically at the issue of female veterans and suicide has just been published in the journal Psychiatric Services. Portland State University researcher Mark Kaplan compared the suicide rate among female veterans and female civilians and found that in general, female veterans were much more likely than female civilians to die by suicide. This was particularly true for young female veterans ages 18 to 34, who were three times as likely as their civilian peers to die by suicide. "When we think of suicide, and suicide completion, I don't think we often think of women enough," said Kaplan.

Army suicide prevention efforts raising privacy concerns

USA Today, Mar. 31, 2011, Summary from SPRC

In an effort to help prevent suicide, the U.S. Army is implementing new standards for release of soldiers' medical information to commanders. The new directive requires doctors to provide a list of soldiers' medical appointments to commanders, without disclosing the reason for the appointment or the clinic attended. When the new standard was implemented at Fort Stewart, Georgia, the no-show rate for behavioral health appointments dropped from 22 percent to less than 10 percent. However, the new rules may have an unintended effect, according to behavioral health records privacy specialist Mark Botts. "If the soldier knows (private information will be released), they're going to be worried," said Botts, who is an associate professor of public law at the University of North Carolina. The Health Insurance Portability and Accountability Act (HIPAA), which establishes national standards for protecting health information, allows unauthorized release of health information in certain circumstances, for example, if a patient might cause harm to him- or herself, or to someone else.

AGING VETERANS AND PTSD

From the Veterans Administration

At present, about 40% of US Veterans are 65 years of age or older. While much attention is being paid to the newly returning Veterans, **older Veterans are still the largest group seen at VA**. Research suggests that prior exposure to military trauma can affect Veterans in their later years. For example, upon retirement, when Veterans have more available time to reflect on their service experiences, symptoms of PTSD may begin to appear or resurface. Learn more about late onset stress symptoms, Aging Veterans <<http://www.ptsd.va.gov/public/pages/ptsd-older-vets.asp>>, and tips for coping with these difficulties.

SmartPhone Apps to Aid in Troop Mental Health

The Pentagon has recently released two SmartPhone apps to aid in troop mental health. MOODTRACKER allows Military members to track their emotional health following deployment, including stress and happiness levels. The TACTICAL BREATHING TRAINER aids in gaining control over Physiological and Psychological responses to stress. These applications are the first and more applications, including those specific to PTSD, are expected for release.

Simulations Train Veterans Families to Recognize, Respond to PTSD Symptoms

From US Medicine December 2010

A simulation program called "At-Risk" is currently being used in colleges and universities across the country to aid in teaching college staff how to recognize symptoms of mental health concerns within their students. It allows the participant to take the role of a concerned individual trying to engage someone who is "At-Risk" in a conversation about getting help. This technology will soon be utilized in teaching family members and loved ones of Veterans how to talk to them about issues. This may aid in overcoming the fear of "saying the wrong thing" and teach more openness, tolerance, and early recognition of signs and symptoms.

Practical Tips

Recognizing signs of PTSD: The Mayo Clinic Guidelines

Post-traumatic stress disorder symptoms typically start within three months of a traumatic event. In a small number of cases, though, PTSD symptoms may not appear until years after the event.

Post-traumatic stress disorder symptoms are generally grouped into three types: intrusive memories, avoidance and numbing, and increased anxiety or emotional arousal (hyperarousal).

Symptoms of intrusive memories may include: Flashbacks, or reliving the traumatic event for minutes or even days at a time, or upsetting dreams about the traumatic event.

Symptoms of avoidance and emotional numbing may include: Trying to avoid thinking or talking about the traumatic event, feeling emotionally numb, avoiding activities you once enjoyed, hopelessness about the future, memory problems, trouble concentrating, and difficulty maintaining close relationships

Symptoms of anxiety and increased emotional arousal may include: Irritability or anger, overwhelming guilt or shame, self-destructive behavior, such as drinking too much, trouble sleeping, being easily startled or frightened, or hearing or seeing things that aren't there.

Post-traumatic stress disorder symptoms can come and go. You may have more post-traumatic stress disorder symptoms when things are stressful in general, or when you run into reminders of what you went through. You may hear a car backfire and relive combat experiences, for instance. **WHEN IN DOUBT, SEEK HELP! UNTREATED SYMPTOMS LEAD TO INCREASED RISK FOR SUICIDE!**

How to Help a Veteran:

From PPA Newsletter (Michael Crabtree, Ph.D. and Lt. Col. John Dowling, USAR)

DO:

- * Thank the service member and their family for their service. A simple "thank you," handshake or appreciative hug sends a heartfelt signal of appreciation.
- * Ask them open-ended, general questions about their military service. Some veterans will tell you every aspect of their deployment while others will say very little. Don't press for details, but be prepared to hear all of the unpleasant details if you do ask.
- * Listen non-judgmentally with empathy and acceptance. Combat and deployments are traumatic and the veteran can still be struggling with the horrors of what they may have seen and even done.
- * Learn about the signs and symptoms of combat stress disorders. Symptoms manifest in many ways such as trouble sleeping, difficulty concentrating, aggressive driving, sudden joy, sadness, anxiety, drinking too heavily and strains in personal relationships, to name a few.
- * Help them understand that emotional difficulties are expected and "normal" as they reintegrate, but can become more problematic if they do not talk to someone, usually a knowledgeable professional. Tell them to ask about the credentials of the provider and to keep searching until s/he finds one that is a "good fit." It may take two or three tries.
- * Become knowledgeable about the effects of exposure to a combat environment and the various types of trauma that impact body, mind, and spirit.
- * Understand that sometimes even the very young have had substantial responsibility in matters of life and death and that adjusting to work with little responsibility may feel frustrating and meaningless. Some may see the world and humanity very differently.
- * Get support for yourself if you are close to a veteran having adjustment issues. Understand that the entire family will go through an adjustment phase and may need assistance as a group or couple.

DON'T:

- * Say that you understand what they have been through-unless you are a combat veteran.
- * Ask "Did you see any action?" or "Did you kill anyone?" These comments can be upsetting and alienating, sometimes causing the veteran to avoid friends and family, or to isolate themselves completely as they struggle with what they have experienced or done.

- * Push them to talk to you when they get home, even if you are a spouse or parent.
- * On the other hand, DON'T wait until the person becomes deeply depressed or agitated to seek assistance. You may have to insist that the person get help. Go with them.
- * Insist that someone is a "hero." Many veterans are uncomfortable with this label. Most feel they were doing their job. Some may have angry feelings about the politics of who gets awarded medals and who does not; who is called a hero and who is not.
- * Assume all veterans were/are in favor of the war. They may personally oppose the war but again, are serving their country and fellow human beings. Some hate what they had to do and feel they will never be the same.
- * Give up on the person ever getting better. Most veterans adjust within a one to two year period, especially if they are talking to someone. Others take longer and may need help for years to come.
- * Forget that women are veterans too. This recent war has resulted in exposure to danger in non-combat designated positions (see the PBS film *Lioness*). Moreover, some of the most horrible trauma is experienced by medical personnel, many of whom are women. Women also experience sexual assault and harassment in alarming numbers and are eligible for care at the Veterans Centers and clinics if they experienced military sexual trauma (MST) of any kind. Both men and women in this situation are seen by MST specialists.
- * DON'T address everyone as a "soldier"-- a term for Army personnel. There are also Navy, Air Force, Marines, Coast Guard, and National Guard personnel

NEW Research

AFSP-Supported Study Identifies Genetic Link to Attempted Suicide Findings Could Lead to New Avenues of Treatment Research

Virginia Willour, Ph.D., and colleagues at Johns Hopkins, reporting in the journal [*Molecular Psychiatry*](#), have identified a small chromosome region that is associated with increased risk for attempted suicide. This region on chromosome 2 contains four genes, including the ACP1 gene, where researchers found higher levels of the ACP1 protein in the brains of people who have attempted suicide. This protein is thought to influence the same biological pathway as lithium, a medication known to reduce the rate of suicidal behavior.

The researchers say the findings could lead to better suicide prevention efforts by providing new directions for research and drug development. The study was funded by grants from AFSP and the National Institute of Mental Health. "We have long believed that genes play a role in what makes the difference between thinking about suicide and actually doing it," said Dr. Willour, an assistant professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine. "What's promising are the implications of this work for learning more about the biology of suicide and the medications used to treat patients who may be at risk."

Willour and her colleagues studied DNA samples from nearly 2,700 adults with bipolar disorder, 1,201 of them with a history of suicide attempts and 1,497 without. They found that those with one copy of a genetic variant in the region of chromosome 2 where ACP1 is located were 1.4 times more likely to have attempted suicide, and those with two copies were almost three times as likely. The researchers were able to replicate their findings in another group of samples: This one comprised DNA from more than 3,000 people with bipolar disorder. By using only DNA from people with bipolar disorder, they were able to control for mental illness and narrow in on what may cause one group to attempt suicide and another to control those urges.

"By studying the frequencies of genetic variation in bipolar patients who attempted suicide and those who did not, the team has located a genetic difference, which when replicated and controlled for by gender, severity of suicide attempt and drug use in the two populations, may help us to further understand the biologic mechanisms through which genetic factors increase the risk for suicide," said AFSP Medical Director Dr. Paula Clayton.

Coloradoan: Suicide numbers drop

Trevor Hughes

January 19, 2011

A year after the CSU community saw nine student deaths by suicide, 2010 ended without any after university administrators launched a flurry of initiatives aimed at improving students' mental health. Among the initiatives that are being expanded is a pilot program where 100 professors will be taught to recognize depression warning signs and will be given clear instructions about how to react... The university has now fully deployed a screening system that ensures every student who comes into the health network's offices is checked for signs of depression, regardless of the ailment that prompted them to seek help. Those who are considered at risk are immediately given access to counseling, Hudgens said.

<http://www.coloradoan.com/article/20110119/NEWS01/101190360/Suicide-numbers-drop>

Survivor's Corner...

A survivor is a term used to describe someone who has lost a loved one to suicide.

Suicide is real.

Survivor's corner is new! It has been created as a place to share **YOUR** stories, poems, thoughts. Help other survivors relate and help those who have never experienced this loss begin to understand...Simply submit material to Terri at terbacher@dciu.org.

[HTTP://WWW.FLASHBACKHOME.COM/ABOUT.HTML](http://www.flashbackhome.com/about.html)

As a young woman, Penny Coleman married a veteran of the Vietnam War. After a long struggle with mental health issues and readjustment, she lost her husband to suicide. Penny reports she "for years" carried around guilt and shame as a survivor of suicide. She began to understand and research the topic more and found similarities between herself and other Military survivors of suicide, and in 2006 published the book "Flashback", chronicling her experience as well as the experiences of other women who lost a

loved Veteran to suicide. Visit the website above for information on the book or the play based on the book.

Survivors of Military Suicide

Like many survivors of suicide, survivors of Military suicide often wish that their loved ones would be remembered for their contributions to their country, the lives they led, and their accomplishments, rather than the way they died. In the 2010 article "Perspectives: Survivors Struggle After Military Suicides", Brigid Brett outlined the experiences of one Military suicide survivor and patterns of grief that survivors face. There was a great deal of stigma surrounding Military suicide for many years; this is finally coming to light as a real, important issue across all branches of the military. Military survivors are susceptible to the same feelings and experiences as civilian survivors of suicide, with the often added difficulty of feeling that their Loved One faced danger on a daily basis, and then returned home from combat and took their own life. Many support groups, including Tragedy Assistance Program for Survivors, currently exist to aid these families in overcoming guilt about not seeing the "hidden injuries of war".

GIFTS WITH MEANING: REMEMBRANCE JEWELRY



Celebrations like Mother's Day, Father's Day, and graduations may be tinged with sadness and memories for anyone who's experienced a suicide loss. AFSP's hand-crafted Remembrance Jewelry is a gift that can bring comfort at these times. There are both women's and men's lines of jewelry that incorporate AFSP's lifesaver logo - a symbol of hope and endurance. *(A portion of proceeds go directly to AFSP programs like Survivors of Suicide Day and the Survivor Outreach Program.)*

Local News

DCSPATF POSTER CONTEST WINNERS!

The Delaware County Suicide Prevention and Awareness Task Force is excited to announce the winners of it's 4th Annual "Make A Difference!" Art with a Message Contest. The Task Force's purpose is to promote understanding that suicide is a *preventable* community health problem in our county. The goal of this contest is to encourage emotional well-being by promoting the concepts of communication, hope, community and friendship, in an effort to prevent suicide. This was a county-wide effort to encourage youth to value emotional health, communication and community as well as to express through art what they think and feel. Congratulations to our first place winner!

1st place: Amanda Borrelli

Marple Newtown H.S.



On February 9-10 this year, 33 Law Enforcement Chaplains of Delaware County (LECDC) and others certified in Applied Suicide Intervention Skills Training (ASIST) at the Holcomb Behavioral Health Systems facility in Media. Rev. Dr. Wylie W. Johnson, Pastor of the Springfield Baptist Church, and Mrs. Chintay R. Elliott, a senior Non-Commissioned Officer in the US Army Reserve were the certified trainers for the 16 hours of instruction. Johnson and Elliott, in the course of their military work, have conducted workshops in four different

states in the past year. Together they have certified over 100 Suicide Interveners.

President of the LECD, Rev. Dr. Wm. Rocky Brown, worked with Mrs. Beth Mingy of Holcomb to receive a COPE grant which underwrote the entire expense for the event. The LECD is an organization of certified Law Enforcement Chaplains who voluntarily serve in the various Police Departments in Delaware County. The LECD is in its second year of existence and is working diligently to provide certification, training, and support for the county's Police Chaplains. Membership is comprised of experienced clergy who have been invited by local Law Enforcement departments to be their chaplain. The LECD represent a wide cross section of the county's religious faiths.

ASIST workshops train interested individuals in a very simple but effective procedure for suicide prevention. An intervener need not have any qualifications beyond being dedicated to helping another person through a life-threatening crisis. ASIST is taught around the entire world. More than one million caregivers have participated in this two-day, interactive, practical, practice-oriented workshop.

Rev. Dr. Wylie W. Johnson

Pastor, The Springfield Baptist Church

Teens grieve peers lost to train suicide

Terri Erbacher, Ph.D.

Delaware County Intermediate Unit

After suffering the tragic loss of two friends one year ago, seven Interboro High School Seniors created a 'Battle of the Sexes' event as a part of their senior project to raise money for suicide prevention. These teens were thrown into traumatic grief after two 15 year old girls took their lives by jumping in front of a train in February of 2010. These teens could not grieve in silence as this became a very public event and media frenzy, particularly as there was also a third girl who contemplated taking her life with her two friends. A year later, as students at Interboro High School try to heal from this loss, these seven students had the courage to run an event with the proceeds going to the Delaware County Suicide Prevention Task Force. They raised \$460 for this cause and as a School Psychologist, Suicide Prevention Specialist, and consultant to schools in Delaware County in the aftermath of these crises, I was honored to accept this check on behalf of the Task Force.



Photograph taken by Eric Hartline/Delaware County Daily Times

Left to Right: Matt Francis, Al Murphy, Danielle Owen, Dustin Snell, Leigh Brown, Dr. Terri Erbacher, Christina Hall and (not pictured) Joe King.

AFSP's Third Annual Party with a Purpose

Party With A Purpose is the annual spring recognition event and fundraiser to support the work of the American Foundation for Suicide Prevention (AFSP), Greater Philadelphia Chapter. This event honors our loved ones and those making a difference in the fight against suicide. This year's event will be held on Friday, May 6th at the home of Dr. Dwight and Mrs. Jan Evans (170 Golf House Road, Haverford, PA 19041). For more information, visit www.afsp.org.

Party With A Purpose recognizes LifeSavers from our area who have gone well above the call of service to raise awareness about suicide prevention and mood disorders. LifeSavers are also honored for their ongoing support for survivors of suicide, or people who have lost a loved one to suicide. Honorees include:

- **Jan Evans, Lifesaver of the Year.** A Philadelphia board member for over 10 years, Evans exemplifies excellence for her commitment to reducing the stigma about suicide and mood disorders and to promoting the mission of ASFP.
- **Francesca Pileggi, Survivor of the Year.** Founder of the ME Project, named in honor and memory of her cousin Michael Edward, Pileggi is being honored for her work educating teens about suicide and depression and inspiring young people to take action.
- **Catherine Siciliano, Fundraiser of the Year.** Siciliano is our 2010 Out of the Darkness Walk highest individual fundraiser and highest team fundraiser for Anthony's Angels.

AFSP-Philadelphia now has a local Speaker's Bureau!

Are you in the 5 county area? Would you like to increase your knowledge of suicidal warning signs? Would you like to train your staff or teachers on what to look for or how to help a potentially suicidal individual? Pat Gainey, Susan Kelleher, Tony Salvatore and Dr. Terri Erbacher have trained a staff of speakers who are ready to come to you! Email Pat Gainey at pgainey@afsp.org to schedule a presentation!

Philadelphia Mural Arts Program does a Suicide Mural!

AFSP - (The American Foundation for Suicide Prevention) has partnered with the Philadelphia Department of Behavioral Health and Intellectual Disabilities Services and the Mural Arts Program to install a mural entitled "Finding the Light Within". We are extremely excited about this event and are seeking community involvement. If you would like to get involved, email Dr. Terri at terbacher@dcui.org. We had our kickoff event on April 6th where Mural Arts shared previous mural exhibitions, our artist, James Burns, shared his drawings, and we brainstormed ideas for the mural! It was an exciting event and thank you to all who came and participated!

Upcoming Local Events

OUR OWN DELCO TASK FORCE EVENTS CAN BE FOUND BELOW IN PURPLE...

April 21, 2011: **DCSPATF Steering Committee Meeting** from 9-11AM at St. Mark's United Methodist Church (2220 S. Sproul Road, Broomall, PA 19008). For more information, call 610-356-1199.

April 29, 2011: **Evidence-Based Treatment of PTSD: Prolonged Exposure Therapy** at Widener University. Go to <http://www.postgraduatecenter.org> for more information.

April 29-May 1, 2011: A healing retreat for women who have lost a loved one to a violent or sudden death. There are few resources like this offered for women survivors of a violent death. The retreat will take place in Cape May, New Jersey, by the ocean. For more info, please visit www.kathleenohara.com.

May 4, 2011: **THE SPIRITUAL DIMENSIONS OF ADOLESCENT SUICIDE Conference** at Neumann University (One Neumann Drive, Aston, PA 19014) from 8:30AM - 4PM. For info, contact Len DiPaull, Ed.D at 610-361-5225 or dipaull@neumann.edu. Cost: \$60 Registration Deadline: April 20, 2011. 6 CEUs.

May 6, 2011: **AFSP's Third Annual Party with a Purpose** at 6:30 PM. 170 Golf House Road, Haverford, PA 19041. All are Welcome! See the previous page for details!

May 7, 2011: DCSPATF 5K Walk/Run at Ridley Creek State Park (Picnic Area #17)! Registration begins at 8AM. Race starts at 9:30AM. Register now at www.runtheday.com for \$25 now or register on race day for \$30! Children under 12 are FREE! For more info, go to www.delcosuicideprevention.org.

June 10, 2011: DCSPATF Steering Committee Meeting from 9-11AM at Northwestern Human Services (800 Chester Pike, Sharon Hill, PA 19079). For more information, call 610-534-3636.

August 18, 2011: DCSPATF Steering Committee Meeting from 9-11AM at Holcomb Behavioral Health (126 E. Baltimore Avenue, Media, PA 19063). For more information, call 484-444-0412.

September 10, 2011: Candlelight Memorial "Remembering those lost to suicide." Sponsored by DCSPATF & Survivor's of Suicide (SOS), Inc. Time TBA. For more info, contact Linda at 484-571-8010.

October 2, 2011: AFSP Out of the Darkness Community Walk at the Philadelphia Art Museum. Save the Date! For more information, visit www.afsp.org or contact Pat Gainey at pgainey@afsp.org.

October 13, 2011: DCSPATF Steering Committee Meeting from 9-11AM at Main Line Health Center - Lawrence Park Shopping Center (1991 Sproul Road, Broomall, PA 19008). For info, call 484-476-3700.

November 9, 2011: DCSPATF's 8th Annual Suicide Prevention Conference! SAVE THE DATE!

December 15, 2011: DCSPATF Steering Committee Meeting from 9-11AM at Child Guidance Resource Centers (2000 Old West Chester Pike, Havertown, PA 19083). For info, call 484-454-8700.

~ Let us know of your upcoming events - email them to terbacher@dciu.org ~

We continue to seek your articles to make this newsletter interesting and informative! So, please forward any research, local events, info about your organization, or your own personal stories to us. Simply email them to me at terbacher@dciu.org.

Special thanks to this quarter's contributors: Caitlin Gilmartin & Colleen Healy.

Front page masthead created by Steve Lingle.

Newsletter created and edited by:
Terri Erbacher, Ph.D.
Delaware County Intermediate Unit

For more information or to get involved, visit
www.delcosuicideprevention.org
Mailing Address: DCSPATF, Box 175, 4 State Road,
Media, PA 19063-1413