

Special points of interest:

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Mental Health America of Jackson County

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Suicide

A suicide attempt is a clear indication that something is gravely wrong in a person's life. No matter the race or age of the person; how rich or poor they are, it is true that most people who die by suicide have a mental or emotional disorder. The most common underlying disorder is depression, 30% to 70% of suicide victims suffer from major depression or bipolar (manic-depressive) disorder.

Warning Signs of Someone Considering Suicide:

Any one of these signs dose not necessarily mean the person is considering suicide, but several of these symptoms may signal a need for help:

- Verbal suicide threats such as, "You'd better off without me", or "Maybe I won't be around"
- Expressions of hopelessness and helplessness
- Previous suicide attempts
- Daring or risking behavior
- Personality changes
- Depression
- Giving away prized possessions
- Lack of interest in future plans

Remember: Eight out of ten people considering suicide give some sign of their intentions. People who talk about suicide, threaten suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves.

Suicide is the eight leading cause of death in the United States, accounting for more than 1% of all deaths.. More years of life are lost to suicide than any other single cause except heart disease and cancer. 30,000 Americans die by suicide each year; an additional 500,000 Americans attempt suicide annually. Then actual ratio of attempts to completed suicides is probably at least 10 to 1. 30% to 40% of persons who complete suicide have made a previous attempt. The risk of completed suicide is more than 100 times greater than average in the first year after an attempt - 80 times greater for woman, 200 times greater fro men, 200 times greater for people over 45, and 300 times greater fro men over 65. Suicide rates are highest in old age: 20 % of the population and 40% of suicides victims are over 60. After age 75, the rate is three times higher than average, and among white over 80, it is six times higher than average.. Substance abuse is another great instigator of suicide, it may be involved in half of all cases. About 20% of suicides involve people with alcohol problems, an the lifetime rate of suicide among people

with alcohol problems is at least three or four times the average. Completed suicides are more likely to be men over 45 who are depressed or alcoholic.

Preventing Suicide

Although they may not call prevention center, people considering suicide usually do seek help; for example, 64% of people who attempt suicide visit a doctor in the month before their attempt, and 38% in the week before..

No single therapeutic approach is suitable for all people considering suicide or suicidal tendencies. The most common ways to treat underlying illnesses associated with suicide are with medication, talk therapy or the combination of the two.

Cognitive (talk therapy) and behavioral (changing behavior) therapies aim at relieving the despair or suicidal patients by showing them solutions to their problems and new ways to think about themselves and their world. Behavioral methods, such as training in assertiveness, problem solving, social skills, and muscle relaxation, may reduce depression, anxiety, and social ineptitude.

Cognitive and behavioral homework assignments are planned in collaboration with the patient and explained as experiments that will be educational even if they fail. The therapist emphasizes that the patient is doing most of the work, because it is especially important for a person thinking about suicide not to see the therapist as necessary for survival.

Recent research strongly support the use of medication to treat the underlying depression associated with suicide. Antidepressants medication acts on chemical pathways of the brain related to mood. There are many very effective antidepressants. The two most common types are selective serotonin reuptake inhibitors (SSRIs) and tricyclic antidepressants (TCAs). Other new types of antidepressants (e.g. alpha-2 antagonist, selective norepinephrine reuptake inhibitors (SNRIS) and aminoketones), and older class, monoamine oxidase inhibitors (MAOIs), are also prescribed by some doctors.

Antidepressant medication are not habit forming. Although some symptoms such as insomnia often improve within a week or two. It may take three or four weeks before you feel better, the full benefit of medication may require six to eight weeks of treatment. Sometimes changes need to be made in dosage or medication type before improvements are noticed. It is usually recommended that medications be taken for at least four to nine months after depressive symptoms have improved. People with chronic depression may need to stay on medication to prevent or less len further episodes.

People taking antidepressants should be monitored by a doctor who knows about treating clinical depression to ensure the best treatment with the fewest side effects. It is also very important that your doctor be informed about all other medications that are taken, including vitamins, and herbal supplements, in order to help avoid dangerous interactions. Alcohol or other drugs can interact negatively with antidepressant medication.

Resources in your Community

Local Mental Health Associations, community center, or United Way chapters, clergy, medical professionals, law-enforcement agencies

If someone you know is contemplating suicide call **1-800-784-2433** or **1-800-273-8255**

1-800-784-2433 - www.hopeline.com will connect you with a crisis center in your area
For more information go to www.mentalhealthamerica.net

Available for Speaking Engagements

Bob Dembek, Director, is available to come speak to any group on the agency or if they would like to learn more about mental health. Please contact him at 812-522-3480 or mhajc@cabjackson.org.

GriefShare Program

Schneck Medical Center Hospice is hosting a 13 week free program open to anyone who is coping with loss starting Thursday August 27th from 7:00PM - 8:30PM. There are two locations: The Point in Seymour led by Stephen Barrett and at Brownstown Christian Church led by Pam and Ron Evans. GriefShare seminars feature video sessions and discussion. You will gain access to valuable GriefShare resources to help you recover from your loss and look forward to finding joy again.

“In our fast-paced society, I believe it is imperative for us to tend to our losses” said Suzie McDonald. “Being with others that have similar experiences can be extremely healing. This program is designed to be a place of hope and healing for those whose lives have broken.” It will meet for 13 straight Thursdays 7:00PM - 8:30PM. It is free and there is no registration. You can attend any or all the sessions. It is open to adults and children over the age of 14.

If you are attending the Brownstown Christian Church, please park in Lot#1 and enter through entrance #1

For more information, please contact Suzie McDonald at 812-522-0508, or emails smcdonald@schneckmed.org

International Overdose Awareness Day

Jackson County Drug Free Council will host International Overdose Awareness Day on Monday August 31st at 7:00PM, One Chamber Square, next to the Seymour Chamber of Commerce Building. Come out and support those who have drug addictions. There will be a candle lighting ceremony. **For more information contact Brenda Turner Jackson County Drug Free Council at 812-216-2227 or drugfree@frontier.com**

Second Quarter Activities

Two “I’m Thumbody” classes at Head Start 58 students, (Anger and Being Happy) Two classes for Kids Club on Self-Esteem at Cortland and Redding, 35 students, Kid’s Fest, Social at Centerstone 25 clients, newsletter, Display at Seymour Library for Mental Health Month (B4Stage 4), Volunteer distributed brochures at doctors, dentist and laundromats, and drug stores. Table at Freetown Christian Church Fair, Latina 4H decorated Christmas Gift Lift Bags for Day of Caring, Membership Drive, Interviewed on WZZB Breakfast Club Program for Mental Health Month, Article on PTSD appeared in Jackson County Banner, Garage Sale, Submitted Grant application and Review to Jackson County United Way, Bowling Party, participated in 2 Vision 2025 Meetings, Mailed two military boxes. Submitted tax information, participated on Jackson County Drug Free Council Board of Directors,

Free Depression Screenings

Schneck Center for Mental Health & Wellness will offer Free Depression Screenings at the Schneck Medical Center “Live Well Expo” on Saturday October 24th from 7AM - 11AM at Seymour High School. Participants will have an opportunity to complete an questionnaire which screens for depression, bipolar disorder, generalized anxiety disorder, and post-traumatic stress disorder. They will be able to meet with a clinician in the mental health field to review their results. If, necessary , appropriate referrals can be made. Participants will be able to receive information on mental health issues.

New Board Members

Board members have been busy during the spring and early summer recruiting six new members to the Board. Joining us in August are Cassidy Hatton, Tom Judd, Becky Miller, Deborah Ralston, Karen Robertson, and Steve White. Thank you to members of the Board for their efforts to build our board with new ideas and energy.

Center for Woman's Ministries

Purpose is to create an environment where non-judgemental listening, sharing, encouragement and prayer support can take place. Is a non-profit ministry for women promoting emotional and spiritual healing. It provides one-on one caring partners, support groups, seminars and conference room. It is staffed by trained volunteers, it has a lounge , library, group room and counseling room and is always confidential. Located 104 1/2 E. 2nd Street, Seymour, 812-523-8086. Hours 1:30pm 4:00pm Monday , Tuesday and Wednesday.

Upcoming Events

September 1 - Jackson County United Way Kick-Off - Crothersville - 11AM - 1PM

September 2 - Jackson County United Way Kick-Off - Seymour - 11AM - 1PM

September 3 - Jackson County United Way Kick-Off - Medora 4PM - 6PM

September 4 - Jackson County United Way Kick-Off Brownstown 5PM - 7PM

September 8 - Jackson County Drug Free Council Meeting, Community Foundation Building, 4PM
ARC of Jackson County Annual Ice Cream Social, Cornerstone Church Pavilion, 5:30PM - 7:00PM

September 9 - Jackson County Service Council, Library, 12 Noon

September 14 - **MHAJC Board Meeting 4PM**

Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

September 16 - Mobile Pantry, Anchor House, First United Methodist Church Parking Lot, 10:00AM 12 Noon

September 21 - Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

September 28 - Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

October 5 - Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

October 8 - **MHAJC Halloween Social, Central Christian Church, 5PM**

October 12 - **MHAJC Board Meeting, 4PM**

Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

October 13 - Jackson Council Drug Free Council Meeting, Community foundation Building 4PM

October 14 - Jackson County Service Council , Library, 12 Noon

October 19 - Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

October 21 - Mobile Pantry, Anchor House, First United Methodist Church Parking Lot, 10:00AM 12 Noon

October 24 - Schneck Medical Center "Live Well Expo", Seymour High School , 7AM -11AM,
Free Depression Screenings will be available through Schneck Center for Mental Health & Wellness

October 26 - Free Meal, Community Diner, at First United Methodist Church, 4:30PM - 5:30PM

November 9 - **MHAJC Board Meeting 4PM**

November 10 - Jackson County Drug Free Council Meeting, Community Foundation Building, 4PM

November 11 - Jackson County Service Council , Library, 12 Noon

December 10 - **MHAJC Christmas Gift Lift Social, Central Christian Church, 5PM**