

## New Mexico Suicide Prevention Coalition Events and Updates

### Greetings To all NMSPC Members and Supporters,

The NMSPC recently enlisted a new service that will allow us to inform everyone more often about trainings and other important information.

Our first test of the service was last week. And yes, you got less than 24 hours notice of a great event. Sorry! But for now on, this service will allow us to get to you more often with more advance notice.

Remember to go to our website when you need suicide prevention information. Check it out at

[www.nmsuicideprevention.org](http://www.nmsuicideprevention.org)

### Suicide Prevention Training and Community Action/Coalition Building Event

Las Vegas, NM  
May, 24 and 25, 2007

At New Mexico Highlands University  
Leveo Sanchez Lecture Hall  
Ground floor of Donnelly Library

Free to all interested in Suicide Prevention.  
Free CEU's for Social Workers and Counselors  
Free information and handouts  
Free refreshments and giveaways

#### Sponsored by:

Department of Health, Office of Injury Prevention and Office of Aging  
The New Mexico Public Health Association  
The New Mexico Suicide Prevention Coalition  
New Mexico Solutions  
The VA Department  
and NM Highlands University

## Coming Together To Prevent Suicide

May 24, 9am-4pm: Suicide prevention training with 6 CEU's

May 24, 4pm-6pm: Community Action Meeting

Have your voice be heard.

Refreshments and giveaways.

May 25, 10am-2pm: Community Action/Coalition Building Lunch

Please register for these events so we can save your place at the table.

However, no news is good news. We'll only contact you in the event we cannot accommodate you! No registration needed for the Community Action Meeting on May 24, 4-6pm.

To register email the following information to:

[Suzanne@nmsuicideprevention.org](mailto:Suzanne@nmsuicideprevention.org)

Or mail to:

PO Box 3631

Albuquerque, NM 87190

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email \_\_\_\_\_

Organization \_\_\_\_\_

CEU's \_\_\_\_\_ yes \_\_\_\_\_ no

May 24, 9 am-4 pm \_\_\_\_\_

May 25, 10am-2 pm \_\_\_\_\_

(lunch provided on May 25, 2007)

Be a part of the movement to spread suicide prevention throughout  
New Mexico.

### Schedule

#### **May 24, 2007**

**8:00 am-9:00 am** registration-sign in/ continental breakfast

**9:00 am -9:45 am** Welcome, New Mexico Suicide Prevention

Coalition

**Coalition**

NMSPC will lay some foundation for need for Suicide Prevention in NM and Especially. Adult Suicide Prevention

**10:00 am-11:30 am** The Office Of Aging, Department of Health  
Adult Suicide Prevention awareness and intervention

**11:30-12:45** Lunch break- on your own

**1:00-2:00 pm** NMSPC and Partners

Adult needs, some best practices in suicide prevention for adults, needs for support with Vets. Lots of resource information.

Discussion of survivor issues and give out information. I know that many schools are dealing with death of parent of students.

**2:00 pm-2:15 pm** afternoon break-refreshments served

Allow additional community members to join us for QPR and later community action meeting.

**2:15 pm-3:45 pm** QPR with Dr. Ley of NM Solutions.

This is a training is geared to all to learn warning signs and ways to ask the question and then respond. This awareness is meant for everyone. Everyone can be a gatekeeper of this issue and assist with solutions.

**3:45 pm -4:00pm** Closing remarks for CEU training, CEU allocation

**Same day 4-6 pm we have set up a community action meeting:**

We will have a panel of key players from the community and if any of you can be present to answer specific questions we would appreciate it but understand if you are unable. I have invited the Mayor and local Representatives, and Local Behavioral Health Collaborative and Health Council members. Listen and share your thoughts and concerns about suicide issues in your community. Help direct some change and awareness.

**May 25, 10am - 2 pm Community Action/Coalition Building Lunch**

We will provide a lunch setting to gather together and help create some goals and actions for creating more suicide prevention and awareness in the area. Please come and help be part of creating positive solutions and supports for the area.

## **Upcoming Community Action And Training Opportunities**

We will also hold this same event in the following areas, so mark you calendars and we'll sent out notices soon on locations:

**Santa Rosa June 4-5:**

Santa Rosa June 7-9,  
Las Cruces June 13-14;  
Farmington June 21-22.

### **News from a former leader of NMSPC:**

Michelle Linn-Gust, one of the founders and early leaders of the NMSPC, is working hard on a national level to spread suicide prevention and awareness. She remains as an Advisory Member and supporter of NMSPC. She is finishing her PhD at UNM and completing her new book on family grief after a suicide called "Rocky Roads."

Michelle is looking for individuals who wish to help her complete her dissertation study by completing a survey. Please call if you are willing to participate in the study.

### **Participants Needed**

#### **Dissertation Research Study Examining Peoples' Relationships With Their Dogs After The Death Of A Loved One**

**As dogs increasingly have been identified as members of families and household composition has changed, their roles in the family have become more valued. This study aims to examine the owner's relationship with his or her dog after the death of a loved one.**

**We are seeking individuals between the ages of 25 and 60 who lost a loved one to death in the past two years while owning a dog. You will be asked to fill out three surveys that will take approximately 60 minutes total to complete.**

**If you have questions about the study and would like to learn if you qualify for the study, please call 266-3134 and leave your name, address, and phone number with a convenient time to call. If you decide to participate, a**

**packet with the surveys, directions, and a self-addressed stamped envelope will be mailed to you.**

**This study satisfies a requirement for a doctorate in the Family Studies Program of the College of Education at the University of New Mexico.**

**Suicide Prevention Warning Sign Cards**

If you are interested in purchasing suicide prevention warning sign cards to support suicide survivors, please contact [michelle@chellehead.com](mailto:michelle@chellehead.com)

## **Coalition Meeting Reminder**

The Next Full Coalition Meeting is Wednesday, May 23rd, in Santa Fe at the NCGR Building

This meeting is from 9:30 am - 12:30pm - directions are on the website at [www.nmsuicideprevention.org](http://www.nmsuicideprevention.org)

We'll have some presentations from community partners and spend time on the newly developed NMSPC 5 year strategic plan. We hope many can attend and help us discuss this and continued development of the committees. We are really moving and growing by leaps and bounds thanks to all of us.

Your input and support is how we will accomplish the goals of the NMSPC. Thank you for being a part of saving lives. See you Wednesday!

## **A Fond Farewell and a Welcome**

The NMSPC would like to extend our best wishes to Michelle Lujan-Grisham on her departure from the Department of Health. We thank her for her support for statewide suicide prevention efforts.

We welcome Dr. Vigil as the new Secretary for the Department of Health and look forward to working together on suicide prevention efforts.

We hope you like it that we'll be in touch more often. Offer us feedback. The website is a good way to stay in touch.  
[www.nmsuicideprevention.org](http://www.nmsuicideprevention.org) Thank each of you for being part of suicide prevention throughout our state. Next year will see continued growth for the NMSPC. We need all of you! Thank you for your support and work throughout the state. We are so much stronger together.

Together we will save lives!

Thank you,  
Suzanne Udall  
NMSPC Executive Director

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