



Maryland Suicide Prevention and Early Intervention Network Newsletter

WITH HELP COMES HOPE

Updated Commission Executive Order Signed by Governor Hogan

On Oct. 11, 2018, Governor Larry Hogan issued [Executive Order 01.01.2018.26](#), which modernizes the Governor's Commission for Suicide Prevention. The updated executive order was in response to rising national and state suicide rates and followed a request from the Commission that was supported by the Maryland Department of Health.

"Every day, thousands of Marylanders struggle with mental health challenges, and we must do everything we can to support them," said Governor Hogan. "Widespread outreach and public education efforts are integral to combating the all-too-frequent suicide and decreasing the stigma surrounding it." Originally established in 2009 by [Executive Order 01.01.2009.13](#), the Commission was created to strengthen and coordinate the state's suicide prevention, intervention, and postvention services.

Governor Hogan signed the amended executive order to better enable the Commission to respond to increased suicide rates. Specifically, these amendments expand the existing membership to be more representative in age, profession, and life experience as well as more clearly align the Commission's duties with changing times.

"Education, awareness, and expanded access are critical components to helping Marylanders suffering from depression, anxiety, or other behavioral health concerns," said Maryland Department of Health Secretary Robert Neall.

Learn more about the Governor's Commission on Suicide Prevention and about Suicide Prevention initiatives in Maryland at <https://health.maryland.gov/suicideprevention>.



MARYLAND
Department of Health
Maryland's Commitment to Veterans

Maryland's Commitment to Veterans (MCV) is a program devoted to total wellness for veterans and their families.

MCV provides training to the community about veteran-specific topics to improve awareness of available behavioral health resources. Regional resource coordinators provide assistance to veterans and their families to support a healthy transition to civilian life.

To connect to a regional resource coordinator, call the MCV referral line, **877-770-4801**.

Maryland Crisis Connect

Maryland Crisis Connect is available 24/7 to provide support, guidance, and assistance.

Please call 211 and select option 1, text your zip code to 898-211, or visit MDCrisisConnect.org.

Save a Shore Farmer – A New Rural Community Outreach Initiative

Farming is a tough career. According to a recent report examining suicide risk by occupation from the Centers for Disease Control and Prevention (CDC), people working in agriculture are 3.4 times more likely than the general population to die by suicide.

Historically, rural areas nationwide have dramatically higher suicide rates than urban and suburban areas. A few contributing factors include mental health stigma, less access to resources, and increased access to guns.

Rural counties in Maryland are not immune to the national trend of higher suicide rates in rural communities. There is a need for community programs to assist this special population with mental health and suicide related issues.

A consortium of nonprofits, counseling services, health departments, hospitals, school systems, and behavioral health professionals developed a local

Suicide Prevention Coalition for the Eastern Shore. With grant funding from the Maryland Agricultural Education and Rural Development Assistance fund, they launched “Save a Shore Farmer.”

“Save a Shore Farmer” is a new outreach program that utilizes billboards, a website, and informational pamphlets at places farmers are likely to frequent, such as agricultural events and county fairs. Farmers tend to be more private and they need to be reached at the individual and family level. The goal of the outreach campaign is to direct farm families to the coalition’s website, which contains information on risk factors, warning signs, and local resources.



FOR MORE INFORMATION

Visit www.saveashorefarmer.org.

Annual Suicide Prevention Conference

On Oct. 3, 2018, the Maryland Department of Health’s Behavioral Health Administration held its 30th Annual Maryland Suicide Prevention Conference. The theme of the conference was “Suicide Prevention is Everyone’s Business.” More than 500 attendees came to this year’s conference.

The day started off with the dynamic keynote speaker, Chief Warrant Officer 4 (CW4) Clifford W. Bauman, who shared his story of survival, resilience, and hope. CW4 Clifford Bauman survived an attempted suicide after dealing with symptoms of Post-Traumatic Stress Disorder (PTSD) for many years. He spoke

personally about his experience and provided advice on how to support those who may be suffering from mental illness.

The conference provided a wide array of sessions, including workshops addressing suicide across the lifespan, military and veterans, workforce development, LGBTQ+, American Indians, and persons with intellectual and/or developmental disabilities.

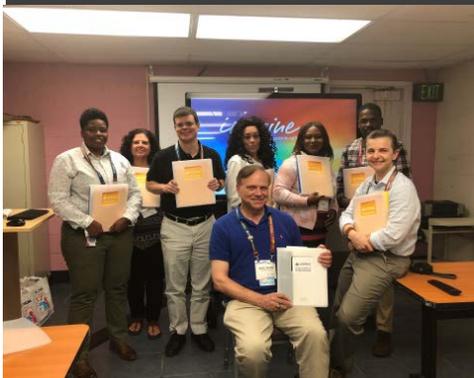
The day concluded with a call to action: “It Takes a Community” led by Brandon J. Johnson, MHS, Public Health Advisor at the Substance Abuse and Mental Health Services

Administration (SAMHSA). Brandon spoke about the importance of coming together, as a community, to make a difference in people’s lives and to make Maryland suicide-safer.

The Suicide Prevention Conference Planning Committee is now [accepting presentation proposals](#) for the 2019 Annual Maryland Suicide Prevention Conference.



TRAINING SNAPSHOT



New safeTALK Trainers

Congratulations to the seven new safeTALK trainers who completed the safeTALK Training for Trainers (T4T) Oct. 10-11. There will be another T4T March 13-14, 2019. Interested trainers should complete the application [here](#).



ASIST-Trained Caregivers

Congratulations to the 17 caregivers who completed the Applied Suicide Intervention Skills Training (ASIST) in September!

From July – September 2018, 1,395 Marylanders were trained in ASIST, safeTALK, Mental Health First Aid, QPR (Question Persuade Refer), and other suicide prevention trainings.

FAST FACTS

6.45%

From 2016 to 2017, there was a 6.45 percent increase in Maryland's suicide rate.

FOR MORE INFORMATION

Read the 2017 Maryland Vital Statistics Annual Report [here](#).

Poem Feature: I'm Fine

By: Jada Carrington

They ask me if I'm ok,

and I say yeah I'm fine and they
believe the lie, or is it even a lie?

See the truth is I'm not ok but I am
fine with that.

Sometimes I look at the darkness as
a comfort zone,

a place to go when I can't take the
stresses of the world.

The dark isn't bad,

it's what's in the dark that's scary.

So I guess that makes me scary,

a monster, a creature or whatever
else that isn't natural,

but hey at least I'm not afraid
anymore.

I rather be the intimidator than the
intimidated,

putting fear in what once put fear in
me,

finally for once being totally in
control,

or am I so far in the dark that I
have lost control?

Maybe I'm so far gone that I need
help, I need to be rescued.

Rescued from what you ask?

Rescued from myself.

It's hard to win the battle when the
war is against me, myself and I...
just can't take it anymore,

I'm stuck in the dark and all I want
to see is the light,

but maybe that's what I'm most
afraid of because once I see it I can
never go back.

My life will change forever because
the light means either I have left

or I have stayed too long,

and confusion is such a time
consuming place,

and I rather be free of it all.

So stop asking me what's wrong,

how can explain something that I
don't even understand myself?

Stop asking me am I ok because I
won't know how to answer you,

and please don't even think about
asking me if I'm fine

because if you do I will be forced to
tell you the truth ...

About Jada Carrington

Jada Carrington is a 22-year-old Poet and Mental Health Advocate, born and raised in Baltimore Maryland. Her goal in life is to become a Psychologist/ School Counselor and a Motivational Speaker. She has been writing poetry since high school and there she gained her love of performing and learning about poetry. After graduating high school and having gone through her own personal mental health challenges, Jada developed a passion for mental health and instantly knew that it was a part of her purpose to become an advocate. Since then she has been speaking and sharing her poetry on many different platforms to bring awareness to mental health. Her hope is that by combining both of her passions of poetry and mental health, she can make a difference in someone's life. For more information, or to request a performance, please contact Jada at jadacarrington61@yahoo.com.

Updates from the Field

Sexual or Gender Minority Status and Suicide Attempts Among Veterans Seeking Treatment for Military Sexual Trauma

Veterans who have experienced military sexual trauma and who identify as sexual or gender minorities are at increased risk for suicidal behaviors. Researchers suggest that veterans service organizations should address these health disparities through prevention efforts, culturally competent clinical practices, and trauma-informed care. [Read more.](#)

2017 NSDUH National Annual Report Release

SAMHSA has released its [2017 National Annual Report](#) from the National Survey on Drug Use and Health (NSDUH). The report summarizes key substance use and mental health indicators among people in the U.S. ages 12 and older.

Assisting the School in Responding to a Suicide Death: What Every Psychiatrist Should Know

Julie Goldstein Grumet, the Director of Health and Behavioral Health Initiatives at the Suicide Prevention Resource Center, has coauthored ["Assisting the School in Responding to a Suicide Death: What Every Psychiatrist Should Know."](#) The article appears in the October issue of *Child and Adolescent Psychiatric Clinics of North America*.

CDC's National Violent Death Reporting System Now Includes All 50 States

The CDC announced [new state grants](#) for the National Violent Death Reporting System (NVDRS). NVDRS will now receive data on violent deaths from all 50 states, Washington, D.C., and Puerto Rico.

SPRC State Planning: Public Perception Data Released

A new survey has found that 94 percent of Americans agree that suicide can be prevented and that they would take action to help someone close to them who was thinking about suicide. The online survey was conducted in August

2018 by the Harris Poll on behalf of the National Action Alliance for Suicide Prevention (Action Alliance), the public-private partnership working to advance the National Strategy for Suicide Prevention, and the American Foundation for Suicide Prevention (AFSP), the nation's largest suicide prevention organization. [Read more.](#)

Gun Storage Practices Among U.S. Veterans

A national study found that one in three U.S. veteran gun owners stores at least one gun loaded and unlocked in their home. Gun storage practices differ based on individual and household sociodemographic factors, gun ownership characteristics, and risk perceptions. This research offers insight into gun storage practices that can help inform suicide prevention efforts among veteran gun owners. [Read more.](#)

Ensuring an Effective Response to All Patients in Psychiatric Emergency Equal to Medical Care

The National Health Service Clinical Commissioners (NHSCC) and RI International have released a [report](#) on urgent and emergency psychiatric health care. It includes 10 recommendations for ensuring an effective response to psychiatric emergencies that is equal to medical care.

Differences Between Inmates Who Attempt and Die by Suicide

Suicide deaths among inmates are less likely to occur when correctional facility mental health staff are aware of their past and current psychological and treatment-related risk factors, such as mental health diagnoses and receiving mental health care. [Read more.](#)

Announcements

Suicide Prevention Toolkit for Senior Centers Now Available in Spanish

[SAMHSA](#) has released a [Spanish version](#) of its suicide prevention toolkit for senior centers. The toolkit helps senior centers integrate suicide prevention into activities that support well-being.

Call for Presentations for the 2019 Annual Maryland Suicide Prevention Conference

The Maryland Suicide Prevention Conference Planning Committee is [accepting presentation proposals](#) for the 2019 Annual Maryland Suicide Prevention Conference.

MSRC-STARRS Postdoctoral Fellowship Focusing on Suicide Research

The Military Suicide Research Consortium (MSRC) is seeking a postdoctoral fellow to research suicidal behavior. The fellow will be located at Harvard University, but will work with a network of researchers from MSRC and the Army Study to Assess Risk and Resilience in Service members (Army STARRS). The application deadline is Saturday, Dec. 15.

New Suicide Prevention Coordinator

We are pleased to announce that Beth Haynes, MPPA has joined the Behavioral Health Administration as a Suicide Prevention Coordinator. Beth's email is: beth.haynes@maryland.gov.

Events

December

Dec. 1	December Motivational Interviewing for Wellness Training	Register
Dec. 5	Connected Care Information Session	Register
Dec. 5	Engaging Families in the Mental Health Process	Register
Dec. 6	Preventing Burn-Out: Self Care for Counselors	Register
Dec. 8	World of Possibilities disABILITIES Expo	Register
Dec. 8	Faith Over Fear: Faith-Based Tools for Managing Anxiety and Stress	Register
Dec. 12	Opioid Overdose Reversal Class	Register
Dec. 13	Webinar: Suicide Prevention in the Holiday Season	Register
Dec. 13	What are the Differences Between Attachment Theory and Family Systems Theory	Register
Dec. 13	Vicarious Trauma and Building Resiliency	Register
Dec. 20	Interactive Screening Program	Register

January

Jan. 3	CarePro Family Caregiver Wellness Group	Register
Jan. 8	TOGETHER Program Workshop	Register
Jan. 9	Governor's Commission on Suicide Prevention	Information
Jan. 12	EMDR Training/Certification	Register
Jan. 17	Gambling With Your Life	Register
Jan. 24	Save A Life — Narcan Training at Glen Burnie Library	Register

Keep Up With Us

[Join](#) our email distribution list | Visit our [website](#) | [Follow](#) us on Twitter @MDSuicidePrev

About MD-SPIN

Maryland's Suicide Prevention and Early Intervention Network (MD-SPIN) provides a continuum of suicide prevention training, resources, and technical assistance to advance the development of a comprehensive suicide prevention and early intervention service system for youth and young adults. MD-SPIN will increase the number of youth, ages 10-24, identified, referred, and receiving quality behavioral health services, with a focus on serving high risk youth populations (LGBTQ, transition age, veterans and military families, youth with emotional and behavioral concerns) and in target settings (schools, colleges/universities, juvenile services facilities, primary care, and emergency departments).

Behavioral Health Administration Mission

The Maryland Department of Health's Behavioral Health Administration (BHA) will develop an integrated process for planning, policy, and services to ensure a coordinated quality system of care is available to individuals with behavioral health conditions. The BHA will, through publicly-funded services and support, promote recovery, resiliency, health, and wellness for individuals who have or are at risk for emotional, substance related, addictive, and/or psychiatric disorders.

