

ND Suicide Prevention Coalition NEWSLETTER

Fall 2024



Our mission is to provide hope to all generations through advocacy, communication, collaboration, and education

www.ndspc.org

Zero Suicide

Zero Suicide is a transformational framework for health and behavioral health care systems. The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable. For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.



Aspire to Zero
©2024 Education Development Center

“Aspire to Zero” is a short animated video that introduces key aspects of Zero Suicide to a wide audience, primarily in healthcare. Click to view the video.

ND Suicide Prevention Coalition partner organization, ND HOPES, is engaging health and behavioral health care providers to implement Zero Suicide across various settings, including but limited to primary care, emergency departments, critical access hospitals, inpatient and outpatient psychiatric care, substance use disorder treatment, school-based health centers, and more.

ND HOPES

ND HOPES invites you to join the 2024-2025 North Dakota Zero Suicide Community of Practice (CoP)! The CoP will consist of monthly virtual sessions – a mix of group and individual meetings – with our experienced staff to help you successfully implement the Zero Suicide model in your health or behavioral health care clinic or system. Click [here](#) for more information!

Annual Conference Wrap Up

Almost 200 people joined in person and online for the 2024 “With Help There is Hope - Providing Hope Across Generations” Conference. Feedback received included:

- 100% would be likely or very likely to recommend the event to a friend or colleague.
- “Amazing speakers!”
- “Favorite conference so far.”
- “I attended virtually and felt this was the smoothest virtual webinar/conference experience I have ever had!”

Full wrap up (with pictures) and most recorded sessions posted online soon!



International Survivors of Suicide Loss Day

November 23, 2024

Each year, AFSP supports hundreds of large and small Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience and connection.

Questions?

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[Bismarck](#)

[Fargo](#)

[Minot](#)

[Wahpeton](#)

[Williston](#)

[Dickinson](#)

[Virtual \(11/24/24\)](#)



Local Event Information

Location:

Varies by city,
see below

Registration:

There is not a cost to attend this event, but we encourage you to register using the QR Code or by going to:
[Fargo-North-Dakota.isosld.afsp.org](https://fargo-north-dakota.isosld.afsp.org)

Other Details:

This event is open to all adult survivors of suicide loss.

A complimentary lunch will be provided.

Suicide Loss and The Holidays: Tips From a Suicide Researcher and Grief Clinician

In the aftermath of a suicide loss, the holiday season can often go from being a time of joy to a time when the loss and its repercussions are felt more keenly, whether the loss is recent or something you've experienced longer ago. That feeling of what the holidays would, could or should be like, can be very painful for many suicide loss survivors. Even for those who have received support and generally gotten back to regular life, the holidays can sometimes have a way of bringing out old memories, to the point where it might feel like Day One of grieving all over again.

As a psychologist who works with suicide loss survivors in both my private practice and research studies, I have focused on the idea of unconscious grief processes. Unconscious grief processes refer to the way that the brain continues to subconsciously process and work on a suicide loss, even when the person is consciously thinking about something else. The existence of unconscious grieving allows people to adopt a more accepting attitude towards their grief and healing. For instance, you might feel guilty that you're not thinking of your lost loved one more, that you're not feeling their loss as keenly as you might expect, or not getting back to things as quickly as you'd like to. Please know, even when you don't realize it, your brain continues to do the hard work of processing your grief.

This concept can be particularly helpful during the holidays, which often bring in so many difficult expectations. Here are a few ideas that might help you approach this time in a more self-caring and accepting way:

- **Expectations.** The loss of a loved one to suicide is a life-changing event. While healing is possible, and survivors of suicide loss can reclaim a full and vibrant life after loss, there is no fully going back to your exact pre-suicide reality. Expectations about what holidays should be like, that are based in the pre-suicide reality, may simply not apply anymore. Holiday memories that once carried warmth and joy may, at the moment, feel painful and overwhelming. The feelings of family, connection, and contentedness that characterize this season may be inaccessible for you. That does not mean your life can't be fulfilling, meaningful and beautiful – but it might not be in the same way as before your loss. For some, it might mean the holiday season doesn't feel like a time of joy (at least not this year), or not the same type of joy.
- **Forgiveness and the spirit of the holidays.** In modern times, joy, family, gift-giving and togetherness have arisen as the primary themes of the holiday season. However, most holidays are rooted in themes of forgiveness, thankfulness and salvation. Forgiveness, in particular, is a very difficult concept for many suicide loss survivors. Some may feel they cannot forgive themselves for the things they feel guilty about. Others may feel anger toward the person they've lost and struggle with forgiving them.

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- Forgiveness does not mean you have to let go of guilt you may feel, or emotions you hold toward the person you've lost. Forgiveness and guilt are not opposites: they go hand in hand. You can feel guilty, and also forgive yourself, at the same time. You can also simultaneously hold contrasting emotions toward the person you've lost. Allowing the holidays to be a time of self- and other forgiveness may allow you to stay true to the holiday season while still validating your grief.
- **Caring for the Body and Healing.** Healing is the body's natural response to being wounded. From the minute we receive a wound, our body begins the process of healing. Healing also forms a nexus where our emotional and physical selves meet. Amazing studies have shown that healing from physical wounds can be impacted by love – such that people in more supportive, loving relationships may heal more quickly from physical wounds. Research also suggests that tending to our physical selves can heal our emotional wounds. Just as love and attachment can help the body heal when it is wounded, caring for your physical self can aid the process of healing emotional wounds as we grieve. My suggestion for suicide loss survivors is to try caring for your body during the holiday season, through good sleep, healthy food, relaxation and exercise, and avoiding unhealthy things like alcohol and people who feel toxic; it may help boost your own healing from loss.

The theme of self-acceptance underlies all of these suggestions. Relaxing one's expectations, focusing on forgiveness, and caring for the body are all ways to accept yourself, wherever you are in your grieving. My own research findings, which identify unconscious processes of grief recovery, suggest that – just like learning to walk, eat or fall asleep – learning to grieve is a process that relies heavily on the unconscious mind. With this in mind, consider whether you can make this holiday season a time of self-acceptance, focused on granting yourself permission to be where you are right now, as you let your unconscious mind continue its work of grieving... and healing.

Support is available if you've lost someone to suicide. Learn more [here](#).

"It is during our darkest moments that we must focus to see the light." – Aristotle

Need help finding a resource or someone to talk to?

FirstLink, NDSPC Member and Partner, provides 24/7 listening and support, crisis intervention, and a comprehensive database of local and community resources. FirstLink answers both 2-1-1 and 9-8-8 hotlines. For more information, visit myfirstlink.org

For listening and support and resources, call 2-1-1.

For crisis and suicide intervention, call 9-8-8.



North Dakota Suicide Prevention Coalition *presents*

♥ Hope Café

Bi-Monthly
Virtual Educational Series

December 2024 TBD

DECEMBER 10, 2024
12 PM TO 1 PM
ZOOM



CLICK OR SCAN TO
REGISTER FOR
HOPE CAFÉ

A very special thank you to Kate Simonet (August) and Jeremy Brown and Tammy Monsebroten (October) for sharing their time and talents for Hope Café!

 **North Dakota**


FAMILY SUPPORT GROUP
VOLUNTEERS NEEDED

 **GRAND FORKS, ND**

Visit our website for more information
www.naminorthdakota.org/volunteer

We are looking for volunteers to help us with NAMI Family Support Groups, which are peer-led groups of families helping other families who live with mental health challenges by utilizing their collective lived experiences and learned group wisdom.



 **North Dakota**

Volunteers Needed Connection Support Group Facilitators

We are looking for volunteers to help us with NAMI Connection Support Group, which are free, peer-led support groups for adults living with mental health condition(s).

 **Fargo, North Dakota**

GIVE HOPE

VISIT OUR WEBSITE FOR MORE INFORMATION
www.naminorthdakota.org/volunteer





Mental Health **FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**MENTAL HEALTH
FIRST AID**

Join the more than
2.6 million

First Aiders who have
chosen to be the difference
in their community.

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) is a virtual training hosted via Zoom that teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

You'll build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.

REGISTER TODAY!

Register at <https://qualityhealthnd.org/mhfa> or scan the QR code. **You must register 2 weeks in advance of your selected date.**

**Virtual training courses are held three times per month!*



NOTE: Training requires 2 hours of pre-work + a post-test and evaluation.



Quality Health Associates
of North Dakota

In-person training is also available through FirstLink. To view the schedule, visit: <https://myfirstlink.org/events/>.

For more information, visit qualityhealthnd.org.

Continuing Education Approval

This event has been approved for **8.75** continuing education credits as follows:

- Contact hours for nurses (North Dakota Board of Nursing)
- LCCRI/LCCI hours for EMS personnel (ND EMS Unit)
- CEUs for Nursing Home Administrators (QHA is an approved provider by the North Dakota Board of Examiners for Nursing Home Administrators)
- Contact hours for Peace Officers (Peace Officers Standards and Training Board)
- CEUs for Licensed Social Workers (ND Board of Social Work Examiners)
- CEUs for Licensed Counselors (ND Board of Counselor Examiners)
- CEUs for Licensed Addiction Counselors (ND Board of Addiction Counseling Examiners)
- CEUs for North Dakota Certified Peer Support Specialists (ND Behavioral Health)

This training has been approved for **8.5 continuing education credits by the North Dakota Board of Massage Therapy.*

This course is valued at \$170. Thanks to a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), learners may attend at no charge.

Upcoming Meetings, Events, and Educational Opportunities:

October 22, 2024

Applied Suicide Intervention Skills Training (ASIST)
(Williston)

November 15, 2024

Suicide Risk Assessment
(Virtual)

November 23, 2024

International Survivors of Suicide Loss Day
(In person, various ND locations)

November 24, 2024

International Survivors of Suicide Loss Day
(Virtual)

December 12, 2024

Mental Health First Aid Training
(Virtual)

December 13, 2024

Suicide Risk Assessment
(Virtual)

December 19, 2024

Mental Health First Aid Training
(Virtual)

January 8, 2025

NDSPC Quarterly Meeting
(Virtual)

January 21, 2025

Suicide Risk Assessment
(Virtual)

Need connection? 988 is here.

Get help dealing with substance use or a mental health crisis.

Talk to trained professionals 24/7 who can offer support and connect you with local help for mental health issues, suicidal thoughts or substance use.

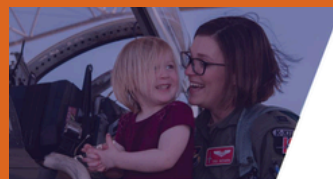


Suicide &
Crisis Lifeline

988

CALL, TEXT OR CHAT

988Lifeline.org



**STAR BEHAVIORAL
HEALTH PROVIDERS®**

TRAINING OPPORTUNITY!

Understanding the military experience

Providing care to service members, veterans and their families

Service members, veterans and their families make sacrifices for all of us. SBHP offers training to help you better understand their experiences and an online registry to help them find you. **Trainings & CEs are FREE.**

REGISTER NOW at www.starproviders.org/trainings

This newsletter is an opportunity for the ND Suicide Prevention Coalition to share the work of the Coalition and its Partners. If you have a question about this newsletter or have a program, training, or other opportunity you would like shared in this newsletter, please email ndsuiidepreventioncoalition@gmail.com