



# Break the Silence

The Fairfield County Suicide Prevention Coalition E-Newsletter

March 2022 • Issue 1

## SAVE THE DATE:

### Coalition Meeting

3/24/2022  
2 p.m. - 3 p.m.  
(Virtual)

### Prevention Science and the Historical Progression of the Field Training

3/25/2022  
9 a.m. - 12:15 p.m.  
(Virtual)

### Prevention Ethics Training

4/29/2022  
8:30 a.m. - 4 p.m.

### Peer Recovery Supporter Training

Weekdays 6/6/2022 - 6/17/2022  
9 a.m. - 2 p.m.  
(Virtual)

### Youth Mental Health First Aid

4/5/2022  
8:30 a.m. - 4:30 p.m.  
(Virtual)

### Special Coalition Meeting - QPR Training

5/26/2022  
2 p.m. - 3 p.m.

### Youth Mental Health First Aid

6/3/2022  
8:30 a.m. - 4:30 p.m.  
(Virtual)

### Mental Health First Aid

6/17/2022

## New Horizons: Signs of Suicide

Signs of Suicide (SOS) is a school-based depression awareness and suicide prevention program. It is designed for middle and high school students. SOS has shown a reduction in self-reported suicide attempts by 40-64% in studies. The goals of the program are to increase student knowledge and attitudes about depression, encourage students to seek help for themselves or a friend, reduce the stigma of mental health, and engage parents and school staff in prevention education. Suicide prevention in schools is so important because suicide is the second leading cause of death for youth ages 10-19 in the United States.

One in six teens has seriously contemplated suicide in the past year. Currently, New Horizons Mental Health works with 14 Fairfield County schools from grades 5 through 12. This program will touch over 3,500 students in Fairfield County this school year.



## Bring Change to Mind: Creating a Positive Atmosphere at PHSC

By: Zion Walker + Disha Hoque (Pickerington High School Central)

At Pickerington High School Central, members of the Bring Change to Mind (BC2M) club are determined to make an impact on students' mental health. The club's advisor, school counselor Julie Brunner explains, "[the club] works hard to make sure students in our school know that they have classmates who care and inform them of who they can turn to when they are going through a hard time. Unfortunately, a lot of students are experiencing more anxiety than ever before, so seeing and hearing that their peers care about them helps them get through rough times."

The club organizes events like "Turkey grams" - an opportunity for the students to send messages of gratitude to one another - BC2M week, and school supply drives for Pickerington's refugee population. These events encourage students to uplift their classmates and remind them that they are never alone. The current club leaders, Disha Hoque (11th grade) and Zion Walker (10th grade) are hoping to further expand the club's outreach through sponsoring sports events and connecting with adults in the community on having open conversations about mental health with their children.



## Jenna's Kindness Hearts

The grief of losing a loved one to suicide is life-changing. The family and friends of Jenna P. are working to keep her memory alive and help others through Jenna's Kindness Hearts. Each heart is crocheted by hand with a message of kindness and encouragement attached. They have been handing out hearts at various events in Ohio as well as placing them throughout the community. The hearts are meant to "share kindness to hopefully give someone what they need to hold on for another day." Above all, the hearts serve as a reminder that you are not alone.



The Suicide Prevention Coalition is hoping to share that kindness and message with survivors of suicide in our county. Our coalition works with the Fairfield County Coroner's Office to offer Local Outreach to Suicide Survivors (L.O.S.S.) Kits. These kits include information on grief support groups, planning documents, and other resources for those who recently lost a loved one to suicide. Thanks to Jenna's Kindness Hearts, a handmade crocheted heart will now be included in each L.O.S.S. Kit as well.

## Mental Health Crisis Resources

Free, 24/7 for people in crisis

**CRISIS TEXT LINE |**

**Call**  
740.687.8255 (TALK)

**Text**  
4HOPE to 741741

## PARTICIPATING ORGANIZATIONS:

- Big Brothers Big Sisters of Fairfield County
- Fairfield County 2-1-1 (Information & Referral)
- Fairfield County ADAMH Board
- Fairfield County Coroner's Office
- Fairfield County District Library
- Fairfield County Job and Family Services
- Fairfield County Sheriff's Office
- FAIRHOPE Hospice
- Lancaster City School District
- Lancaster-Fairfield Community Action Agency
- Mental Health America of Ohio
- New Horizons Mental Health Services
- OhioGuidestone
- Ohio University-Lancaster
- Pickerington Local School District
- The Recovery Center
- United Way of Fairfield County
- Community Members



## YOU MATTER. WE CARE.

*Our mission is to work as a community to increase awareness of the risks of depression and suicide and enhance the ability to seek help by linking people to resources.*

[www.fairfieldadamh.org/Suicide-Prevention-Coalition.html](http://www.fairfieldadamh.org/Suicide-Prevention-Coalition.html)



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