

**Press Release**  
**Suicide Prevention Grant Awarded to Family Counseling Center to  
Serve Eleven Counties in Missouri**

**March 15, 2009**

Contact: Shirleen Sando, Family Counseling Center

The Department of Mental Health recently awarded Family Counseling Center (FCC), Kennett, Missouri, a Suicide Prevention Services grant, to be coordinated by Shirleen Sando, Director of Training and Staff Development and Prevention I Specialists, with Jessica Howard, Director of Prevention Services and Jill Rickman, Prevention I Specialists, aiding with assimilation and distribution of Resource Center operations. The grant covering eleven counties of Missouri: Butler, Carter, Dunklin, Mississippi, New Madrid, Pemiscot, Reynolds, Ripley, Scott, Stoddard, and Wayne will offer free community-based education and awareness programs and presentations as appropriate for schools, juvenile offices, law enforcement officers, primary health care providers, mental health care providers, emergency health care personnel, assisted living facilities, senior centers, veterans, clergy, churches, Employee Assistance Programs, and others who reside with the eleven counties.

Services will include but are not limited to SOS: Signs of Suicide, QPR gatekeeper trainings as well as Town Hall Meetings and other community-based programs. SOS is a 2-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult (either with the person or on that person's behalf). The intervention attempts to prevent suicide attempts, increase knowledge about suicide and depression, develop desirable attitudes toward suicide and depression, and increase help-seeking behavior.

QPR training (Question, Persuade, and Refer), is 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans are saying "Yes" to save the life of a friend, colleague, sibling, or neighbor.

A Resource Center for distribution of articles focusing on suicide warning signs from the American Association of Suicidology will include screening and referral dates and an agency newsletter, provided on a quarterly basis.

FCC will provide monthly contact with media in each of the eleven counties to promote suicide prevention efforts and activities. This contact will include submitting letters to the

editor, press releases and/or interviews highlighting the availability of suicide prevention services, information about how to access our Resource Sheet as well as our Resource Center, information on upcoming events, information about the LIFELINE suicide hotline, MOCARS crisis hotline and all other local suicide prevention hotlines.

FCC will distribute a brochure to include a description of our Suicide Prevention Resource Center that explains all services. The brochure will include a select and mail portion which will include a list of suicide resources, fact sheets, signs and symptoms materials that can be sent to any individual or agency at no cost.

To provide additional easily accessible suicide prevention information to communities, FCC will develop a web page on the existing familycounselingcenter.org website and our prevention website prev.fccinc.org. These web pages will include the description of the Suicide Prevention Resource Center and programming available to individuals, schools and youth service providers as well as links to local, state, and national suicide prevention resources such as survivor support groups, screening tools, and hotlines.

For additional information of if you wish to have FCC host a suicide prevention program, please contact Shirleen Sando, Coordinator for Suicide Prevention services at 573-888-5925, ext 284 or email [shirleens@fccinc.org](mailto:shirleens@fccinc.org). Shirleen will get in touch with you.

FCC is a community mental healthcare center serving Southeast Missouri since 1976. The organization is a Missouri private non-profit 501c3 corporation providing a full array of psychiatric, substance abuse, co-occurring disorders, and prevention services.

FCC has a long and successful history of behavioral healthcare service delivery to Southeast Missouri. Driven by a commitment to serving unmet mental health and substance abuse needs of the area, the organization has collaborated with both public and private organizations to find effective solutions to “fill in gaps” that exist in the rural, southeastern part of the state. Though starting with limited resources and personnel, the organization did not let limited resources restrict service access to the underserved. Over the past 33 years, the Board of Directors and staff of FCC have been committed to meeting unmet mental health and substance abuse treatment needs. This commitment has allowed the organization to serve approximately 6,500 clients across 33 counties in Southeast Missouri each year. FCC’s mission has been to provide clients with quality behavioral healthcare services in a confidential, caring and respectful manner, without regard for a person’s ability to pay. Our goal is to ensure individualized assessment, quality treatment, and access to all levels of care.

The agency specifically has a long and successful history developing, implementing, and providing prevention and education services. In particular, our collaboration with the New Madrid school district has been uniquely successful, resulting in a positive and measurable impact to the students of the New Madrid County R-1 District. FCC also has a long and standing extensive collaboration with Poplar Bluff School District in Butler County and Caruthersville School District. This collaboration includes counseling services to children who have been identified as having behavioral needs. FCC also

provides psychotherapy sessions for children identified as having behavioral coping skills needs.

If you or a family member are in need of assistance for emotional problems or substance abuse, call us at 573-888-5924 or call the 24-hour crisis hotline: 1-800-356-5395.

For additional information, you can also email - [info@fccinc.org](mailto:info@fccinc.org)

## Know the Warning Signs

How do you Remember the Warning Signs of Suicide?

Here's an Easy-to-Remember Mnemonic:

### Is Path Warm?

<b>I</b>	<b>Ideation</b>
<b>S</b>	<b>Substance Abuse</b>
<b>P</b>	<b>Purposelessness</b>
<b>A</b>	<b>Anxiety</b>
<b>T</b>	<b>Trapped</b>
<b>H</b>	<b>Hopelessness</b>
<b>W</b>	<b>Withdrawal</b>
<b>A</b>	<b>Anger</b>
<b>R</b>	<b>Recklessness</b>
<b>M</b>	<b>Mood Changes</b>

A person in acute risk for suicidal behavior most often will show:

Warning Signs of Acute Risk:

Threatening to hurt or kill him or herself, or talking of wanting to hurt or kill him/herself; and/or, Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; and/or,

Talking or writing about death, dying or suicide, when these actions are out of the ordinary. These might be remembered as expressed or communicated ideation. If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

Additional Warning Signs:

- Increased substance (alcohol or drug) use
- No reason for living; no sense of purpose in life
- Anxiety, agitation, unable to sleep or sleeping all the time

- Feeling trapped - like there's no way out
- Hopelessness
- Withdrawal from friends, family and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Dramatic mood changes.

If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

These warning signs were compiled by a task force of expert clinical-researchers and 'translated' for the general public.

## **Suicide Prevention Services**

### **Resource Information on Suicide and Suicide Prevention**

#### **Local**

Family Counseling Center  
573-888-5925  
Crisis hotline: 1-800-356-5395

Twin Rivers Regional Medical Center  
573-888-4522

#### **State**

Friendship Line: The Center for Elderly Suicide Prevention and Grief Counseling  
1-800-971-0016  
[www.ioaging.org](http://www.ioaging.org)

Boys Town  
1-800-448-3000  
[www.boystown.org](http://www.boystown.org)

Boys and Girls Town of Missouri  
[www.bgtm.org](http://www.bgtm.org)  
Life Crisis Services

1-314-647-HELP  
[providentstl.org](http://providentstl.org)

Rainbow Youth Hotline  
1-877-LGBT-YTH (542-8984)

The Trevor Helpline  
1-866-4U-TREVOR  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

## **National Resources**

Suicide Prevention Resource Center  
1-877-GET-SPRC  
[www.sprc.org](http://www.sprc.org)

U.S. Army Center for Health Promotion and Preventive Medicine  
1-800-222-9698  
[chppm-www.apgea.army.mil](http://chppm-www.apgea.army.mil)

National Suicide Prevention Lifeline  
1-800-273-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

SAMHSA  
1-877-SAMHSA7  
[www.samhsa.gov](http://www.samhsa.gov)

NIMH  
1-866-615-6464  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

American Association of Suicidology  
1-202-237-2280  
[www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention  
1-888-333-AFSP  
[www.afsp.org](http://www.afsp.org)

Suicide Awareness Voices of Education  
1-952-946-7998  
[www.save.org](http://www.save.org)

Suicide Prevention Awareness Network  
1-202-449-3600

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

Kristin Brooks Hope Center/Hopeline

1-202-536-3200

1-800-SUICIDE

[www.hopeline.com](http://www.hopeline.com)

National Organization For People Of Color Against Suicide

1-866-899-5317 [www.nopcas.org](http://www.nopcas.org)

National Center of Suicide Prevention Training

[www.training.sprc.org](http://www.training.sprc.org)

National Council for Suicide Prevention

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

The Jason Foundation

[www.jasonfoundation.com](http://www.jasonfoundation.com)

Yellow Ribbon Suicide Prevention Program

1-303-429-3530

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

Organization for Attempters and Survivors of Suicide in Interfaith Services

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

Screening for Mental Health, Inc.

1-781-239-0071

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

National Alliance for the Mentally Ill

1-800-950-NAMI

1-703-524-7600

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

Network for Good

1-888-284-7978

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

State and Territorial Injury Prevention Directors Association

1-770-690-9000

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

