

Ray of Hope

WESTMORELAND COUNTY SUICIDE AWARENESS & PREVENTION TASK FORCE

Our mission is to reduce the stigma associated with mental illness and suicide and to increase awareness that suicide is a national public health problem for individuals across a lifespan.



16TH ANNUAL WALK!



On Saturday, September 10, 2022, the Ray of Hope Task Force hosted the 16th Annual Suicide Awareness & Prevention Walk at Twin Lakes Park in Greensburg, PA to remember the lives lost to suicide.

The event included a survivors' event facilitated by Dr. Sam Lonich, reading of the names lost to suicide, a dove release, raffle baskets, and of course, the walk. This year, over 400 people participated in this special event!

We would like to thank our wonderful volunteers and our walk chairperson, Sherry Anderson. Their passion and dedication makes this event possible. The Greater Latrobe Aevidum Club helped stuff bags on Friday and the Seton Hill University students led our walk participants on Saturday. Our terrific DJ, Jeff Biddle from Perfection DJs Pittsburgh, provided awesome tunes, and Bob Polczynski from Memory Makers released the beautiful doves over Twin Lakes!

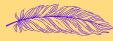
We would also like to thank our fantastic sponsors: Adelphoi, Beacon Health Options, Caregivers of Southwestern PA, Clarion Psychiatric Center, EMB Machining Services, Mental Health America of Southwestern PA, PHN Charitable Foundation, Southwood Psychiatric Hospital, St. Anthony's Club, Teamsters Local Union No. 30, The Marsili Family, The Tomko Family in Memory of Steve & Matt, Tony Angelo FOE #01188, Westmoreland Casemanagement and Supports, Westmoreland Community Action, and Westmoreland Drug & Alcohol Commission!

WHAT WE DO

- Offer presentations on suicide awareness and prevention, including QPR Training (Question, Persuade, Refer)
- Hold the Ray of Hope Annual Walk
- Host a biennial conference and educational seminars
- Support the L.O.S.S. Support Group (Loved Ones Stolen by Suicide)
- Hold quarterly Task Force meetings

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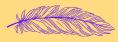
































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COMMUNITY EVENT PHOTOS



Mon Valley Night Out Event



JPO Family FunFest



Westmoreland County Human Services Resource Fair



ParentWISE Family Funday Sundae



Greensburg Salem Back to School Bash



Disability Awareness Day

Photos contributed by: Rod Agras, Nina D'Antonio, Lisa Goldberg, Heather McLean, and Sue Soltis

ASIST TRAINING BROUGHT TO OUR AREA!

On August 25 & 26, 2022, fourteen participants attended ASIST Training. ASIST stands for Applied Suicide Intervention Skills Training and is a two-day, intensive, interactive, and practice-dominated course designed to help caregivers recognize those in crisis and learn how to intervene and prevent the immediate risk of suicide.

With a value of \$2000 per attendee, participants were able to attend this impactful training at no cost thanks to the generous sponsorship of the Westmoreland County BH/DS/EI Office.

Conducted by Mary Brown and Govan Martin, founder of the <u>Suicide Prevention</u> <u>Alliance</u>, participants learned how to:

- identify people who have thoughts of suicide.
- understand how beliefs and attitudes can affect suicide interventions.
- ask the Person at Risk about their thoughts of suicide.
- connect with the Person at Risk, listen to their story, and connect them with community and national resources.

UPCOMING DATES FOR YOUTH MENTAL HEALTH FIRST AID TRAINING (\$170 VALUE)



Provided by the PCCD Grant, the Westmoreland Intermediate Unit (WIU) is offering 8-hour **Youth Mental Health First Aid** certification training at **NO COST** to participants 18 years and older. Training sessions include a participant manual and lunch.

Youth Mental Health First Aid is a comprehensive training specifically designed to equip educators, family members, and caregivers with the skills and knowledge to identify, understand, and respond to the signs or risk factors of mental health concerns in youth. Just as CPR helps you assist an individual having a heart attack, Youth Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

All training sessions are held from 8 AM - 4 PM at the Westmoreland Intermediate Unit, 102 Equity Drive, Greensburg, PA 15601.

- October 13, 2022
- November 17, 2022
- January 12, 2023
- February 16, 2023
- March 16, 2023
- April 13, 2023
- May 18, 2023
- July 13, 2023



To register for a session:

Go to

https://www.wiu7.org/apps/events/

and search for

Youth Mental Health First Aid.

RAY OF HOPE SUMMER 2022 OUTREACH & TRAINING EVENTS

Pride Events

06/25/22: Scottdale

06/25/22: Greensburg Pride Prom **Disability Awareness Day** hosted by

Representative Jason Silvas 07/07/22: Keystone Park

Westmoreland County Human Services

Resource Fair 07/14/22: WCCC

ParentWISE Family Funday Sundae hosted by

Wesley Family Services

07/17/22: Lynch Field Park

QPR (Question, Persuade, Refer) Training

07/20/22: Seton Hill University 09/10/22: Beacon Health Options

CSAY Night Out

08/02/22: Mon Valley

08/03/22: Northmoreland

08/04/22: Hempfield

08/09/22: Mt. Pleasant

Transition Age Advisory Group (TAAG)
Picnics

06/28/22: Moraine State Park 07/26/22: Mingo Creek Park 08/09/22: Mammoth Park

CSP Picnic

07/21/22: New Stanton Park

4th Annual OVN Fallen Heroes Run & Military Appreciation Event

08/06/22: Z&M Harley Davidson

DNP Health Fair

08/16/22 & 08/17/2: RIDC Park

PFLAG Greensburg Pride in the Park Picnic

08/21/22: Hempfield Park

Back to School Bash

08/24/22: Greensburg Salem School District

Back to School Night

08/25/22: Derry Area Middle School

ASIST Training

08/25/22 & 08/26/22: WCCC

Overdose Awareness Day

08/31/22: Twin Lakes Park

16th Annual Ray of Hope Walk

09/10/22: Twin Lakes Park

Westmoreland County Juvenile Probation's Family Funfest

09/13/22: Twin Lakes Park

CHECK OUT OUR NEW LENDING LIBRARY

If you are interested in reading any of the books listed below, please contact the Ray of Hope Coordinator, Lisa Goldberg at 724-875-2415 or by email at egoldberg@mhaswpa.org. Books can be signed out for a period of 30 days and must be picked up and returned at 409 Coulter Ave., Greensburg, PA 15601.

Voices of Healing & Hope

Conversations on Grief after Suicide By Iris Bolton

Still With Us

Voices of Sibling Suicide Loss Survivors Edited by Lena M. Q. Heilmann

Do They Have Bad Days in Heaven By Michelle Linn-Gust, Ph.D.

Must Be the Witches in Heaven

An irreverent guide for knowing what to say after someone dies by suicide By Heidi Bryan

Diary of a Broken Mind

A Mother's Story, A Son's Suicide, and the Haunting Lyrics He Left Behind

By Anne Moss Rogers with Charles Rogers

Emotionally Naked

A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk

By Anne Moss Rogers and Kimberly H. McManama O'Brien, Ph.D, LICSW

Suicide The Forever Decision

By Paul G. Quinnett

UPCOMING EVENTS

LOSSteams Training

A LOSS Team is a group of suicide loss survivors, first responders, and community members who provide information about resources, as well as, offer comfort and hope to those impacted by the loss of a loved one to suicide as soon as possible following the death.

October 21st & 22nd, 2022

Location: Westmoreland County Community College, Youngwood Campus

This is a regional training offered at no cost to County Suicide
Prevention Task Forces, Suicide Loss Survivors, First Responders, Mental
Health Professionals, Suicide Prevention, Clergy, and Coroners.



Facilitated BY:

Frank Campbell, PhD, LCSW, CT

Dr. Frank Campbell is internationally recognized for his efforts in Suicide Prevention. He has served as the President of the American Association of Suicidology and was awarded Social Worker of the Year for the state of Louisiana. Dr. Campbell developed the LOSSteam model and his documentaries have been aired throughout the world.

Eventbrite Registration

https://www.eventbrite.com/e/lossteams-training-tickets-406847059507

Hosted by:



Ray of Hope

Westmoreland County Suicide Awareness & Prevention Task Force
For more information: egoldberg@mhaswpa.org

Sponsored By: Westmoreland County BH/DS/IE Office

Eventbrite Registration:

https://www.eventbrite.com/e/lossteams-training-tickets-406847059507

UPCOMING EVENTS

2022 Ray of Hope Annual Suicide Awareness & Prevention Conference

"From Darkness to Light,
Where Our Hope Takes Flight"

November 18, 2022

Location: WCCC, Youngwood Campus
Student Achievement Center

Hosted By:

Ray of Hope

Westmoreland County Suicide Awareness & Prevention Task Force

For complete Conference details click on the link below:

Eventbrite Registration

https://www.eventbrite.com/e/2022-ray-of-hopeannual-conference-tickets-422192859207

For further info, Contact Lisa Goldberg <u>egoldberg@mhaswpa.org</u>or 724 834 6351 Ex. 122

Sponsored By Westmoreland County BH/DS/EI
Office in partnership with Ray of Hope



Eventbrite Registration:

https://www.eventbrite.com/e/2022-ray-of-hope-annual-conference-tickets-422192859207

MENTAL HEALTH RESOURCES

CRISIS RESOURCES

Westmoreland County Crisis Hotline

Crisis Text Line

National Suicide Prevention Lifeline

Trevor Lifeline (LGBTQ)

Trevor Project Text Line (LGBTQ)

Veteran's Crisis Line

Veteran's Crisis Line Chat/Text

1-800-836-6010

Text HOME to 741741

988 or 1-800-273-8255

1-866-488-7386

Text START to 678678

1-800-273-8255 Press 1

Text 838255



LOCAL SUPPORT GROUPS

Mental Health America of Southwestern PA (MHA-SWPA) <u>Virtual Support Groups</u>

Contact Heather McLean at 724-433-1359 or hmclean@mhaswpa.org for more info.

- Aging Up Support Group (transitional ages 18-26): Meets 2nd Monday, 4-5 pm
- LGBTQIA+ Support Group: Meets 2nd Tuesday, 6-7 pm
- Mental Health Support Group: Meets 2nd Tuesday, 1-2 pm
- The "Anyone" Support Group (for anyone wanting to talk): Meets 1st Wed., 6-7 pm

In-Person Support Groups

PLEASE NOTE: Please call first to see if the group is meeting in person or has been cancelled.

- MHA-SWPA Caring Ones Support Group: For those supporting a loved one with a mental health illness. Meets 2nd Monday, 6-7:30 pm, Contact Heather McLean: 724-433-1359
- MHA-SWPA Hope & Healing Support Group: For those recovering from a past suicide attempt. Meets 1st & 3rd Monday, 6-7:30 pm, Contact Heather McLean: 724-433-1359
- MHA-SWPA L.O.S.S. (Loved Ones Stolen by Suicide): Informal open support group for those who have lost a loved one to suicide. Meets 1st Tuesday, 6:30-8:30 pm, Contact Beth Crofutt: 724-834-6351
- NAMI Family Support Meetings: Meets 2nd Tuesday, 7-8:30 pm, West Hempfield Presbyterian Church, 8 W. Hempfield Dr., Irwin, PA 15642, Contact Harriett Hetrick: 724-596-5071

Additional Resources

Come, Talk Inc.: Resource center for anyone affected by suicide. 321 Main Street, Irwin, PA 15642, Contact Amanda Morrison: Call/Text: 724-978-1330, come.talk15642@gmail.com

HOLDHOPE-Parents Supporting Parents: Helping parents to support their teen or young adult child through a mental health challenge, Contact Deana Cline: Call 724-268-0094, support@holdhope.info. Website: https://holdhope.info/

TASK FORCE MEMBERSHIP LIST

STEERING COMMITTEE

Heather McLean - Chair

Laurie Barnett Levine - Vice Chair

Beth Crofutt - Treasurer

Nina D'Antonio - Secretary

Lisa Goldberg - Task Force Coordinator

Sherry Anderson - Walk Chair

Carla Colello

Jessica Carns

John Herrmann

Samantha Kindelberger

Gayle Pamerleau

Sue Soltis

Bobby Tanyer

Clare Vaill

MEMBERS AT LARGE

Tony Aubrey Sam Lonich Sarah Saucier Ronel Baccus Julie Lovis Katie Sheridan Mike Blahovec Rita McWilliams Patrick Showman Brandi Brukner Joni Michalski Sara Stenger **Shanea Clancy** Monica Minyon Celeste Tempo Rachel Cunningham **Barb Tomko** Amanda Morrison Beth Deni Stefany Munsch Stephanie Turin Linda Parker Karen Egler Lee Wagner Cassie Ellson Karen Peconi Michele Wentzel Nicole Gallagher **Bree Piper Carol Winters Ariel James** Richard Yaksic Jackie Rider Bill Kemerer Maria Rock Susan Yaksic

CONTACT US

409 Coulter Avenue, Greensburg, PA 15601

Phone: 724-834-6351

Website: www.rayofhopewestmoreland.org

Membership Questions: Email Lisa Goldberg at egoldberg@mhaswpa.org

Newsletter Suggestions: Email Sue Soltis at ssoltis@wiu7.org