



## **Ray of Hope – Westmoreland County Suicide Awareness & Prevention Task Force**

### **Committee & Meeting Information**

Here is information about all our committees, task force meetings, and the newly formed L.O.S.S. Team. The L.O.S.S. Team will not have an opening for a while. If you are interested, I will make a note of that for when we offer the training again.

#### **Walk Committee**

Meets virtually every 4<sup>th</sup> Wednesday of the month January thru September at 1:00 PM

The 19<sup>th</sup> Annual walk is September 6<sup>th</sup>, 2025 at Twin Lakes Park in Latrobe

Last year we had over 400 people attend the walk. It is a beautiful, emotional, and healing event.

#### **Marketing/Outreach/Education Committee**

Meets virtually every 4<sup>th</sup> Wednesday of the month after the Walk Committee Meeting starting between approx. 1:30-2:00 PM from April-September and at 1:00 PM October and November

This committee works on various events/trainings/projects. In April we will begin planning for our Annual Conference which takes place in November of every year.

#### **Tabling Committee**

This group does not have regular meetings to attend. They are volunteers that go out to events, usually in pairs, setup the Ray of Hope Table/Tent and talk to people who stop by the table. Committee members are required to come to MHA or an event to learn about all the different marketing materials/brochures we display on our table.

#### **Veteran Committee**

Meets in person every first Monday of the month at 10:00 AM at Mental Health America.

On June 21<sup>st</sup>, 2025, we are hosting our 2<sup>nd</sup> Annual Veteran Corn Hole Tournament at the Jeannette American Legion. It was very successful last year! You DO NOT have to be a veteran to participate in this committee.

#### **Scholarship Committee**

This committee meets on an as needed basis. The work is primarily done via email during March – May.

We award \$1,000 Scholarship to a Westmoreland County graduating senior.

#### **Loss Survivor / Celebration of Life Committees**

The Celebration of Life event is for those who have lost someone to suicide to celebrate their lives and to offer help and hope during the holidays. We meet July - December. We typically meet around 4:30 PM at Panera at Westmoreland Mall once a month. This committee also

plans a Candlelight Vigil to be held in November outside of the Westmoreland County Courthouse.

### **Spring Spectacular Committee**

This committee meets October through April, usually a hybrid of in-person and virtually during the work day. We usually meet at the JPO office in Greensburg. This is a HUGE event held at the Westmoreland County Fairgrounds the first weekend in April for families with food trucks, the Easter bunny, a huge egg hunt, prizes, tons of resource tables, a DJ, etc.

### **Lethal Means Safety Committee**

This committee was started in April of 2025. The meetings are a hybrid of in-person and virtual on the 1<sup>st</sup> Wednesday of the month at 9:30. The in-person portion is held at Mental Health America. Most suicide crises are brief (less than an hour). When a firearm is used in a suicide attempt it is 85-90% fatal. Some of this committee's goals are to:

- Educate the public and providers on Lethal Means Safety by providing trainings
- Reach out to gun shop owners in Westmoreland County to start a dialog and host a networking event
- Provide free gun locks
- Design promo item/s that can be distributed to the public, veterans, and gun shops to promote the WC crisis line, 988, and Ray of Hope
- And More

### **General Task Force Meeting**

The Task Force has a general meeting for the entire membership quarterly in March, June, September, & December on the 3rd Thursday of the month at 12:00. We are experimenting with bringing back a few in-person meetings. The June Meeting (6:00 PM) and December Holiday Luncheon are in person.

### **L.O.S.S. Team**

This not a committee. This is a trained team made up of caring community members and suicide loss survivors trained to reach out to newly bereaved suicide loss survivors. LOSS stands for Local Outreach to Suicide Survivors. A LOSS Team is an active model of postvention that involves two or more trained volunteers who go to the scene of a suicide to provide immediate support to those left behind. Having a LOSS Team at the scene of a suicide provides loss survivors with practical support, a connection to resources, and most importantly, an instillation of hope.

If you are interested in joining the Task Force, please fill out the attached form and email it back to me.

I know this is a lot to digest, let me know if you have any questions,

Lisa Goldberg

Ray of Hope Coordinator

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724-875-2415



**WESTMORELAND COUNTY SUICIDE AWARENESS  
AND PREVENTION TASK FORCE  
MEMBERSHIP APPLICATION**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**WORK PHONE:** \_\_\_\_\_ **CELL PHONE:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_ **BIRTHDAY (Month & Day):** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**Which of the following sub-committees would you be interested in joining:**

\_\_\_\_\_ **Walk Committee (Event in September)**

\_\_\_\_\_ **Marketing/Outreach/Education Committee (Conference Planning)**

\_\_\_\_\_ **Tabling Events Committee**

\_\_\_\_\_ **Veteran Committee**

\_\_\_\_\_ **Lethal Means Safety Committee**

\_\_\_\_\_ **Scholarship Committee**

\_\_\_\_\_ **Celebration of Life Committee (Event in December)**

\_\_\_\_\_ **Spring Spectacular Committee (Event in April)**

**Please list any special interests or skills that you would be willing to share with the Task Force:**

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**Please email this completed form to Lisa Goldberg, Task Force Coordinator, at [egoldberg@mhaswpa.org](mailto:egoldberg@mhaswpa.org) or mail to 409 Coulter Ave., Greensburg, PA 15601**