

November 2017

Church Partnerships News

November Round Table Gathering Topic – Youth Suicide Prevention in Faith Communities

1 contact hour

WHAT: **FREE** event with education presented by The Center for Suicide Prevention and Research at Nationwide Children's Hospital, a light meal, and time to connect with others promoting health in their congregation; **RSVP** required by November 10, 2017 by contacting Kate or Marcia. Contact information on the bottom of the page.

WHEN: Monday November 13, 2017 5:30-7:30 p.m.

WHERE: Mount Carmel East Siegel Center, 5975 E. Broad St., building #3, 43213

We look forward to seeing you there! Remember to RSVP

Mount Carmel Health System is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91), (OH-007, 06/01/2020).

Talking to Your Kids about Depression and Suicide

Author: Amy Coleman, LISW and John Ackerman, PhD

PUBLISHED AUGUST 17, 2016 IN: BEHAVIORAL HEALTH, CHILD BEHAVIOR, CHILD DEVELOPMENT

As a parent, you want the best for your children. You work every day to protect them from harm. Sometimes that work means you have to have some difficult, often uncomfortable conversations – including ones about suicide.

Talking to your child about suicide may be the toughest conversation you ever have, but it may also be the most important.

Why it's important to talk about depression and suicide?

Suicide is the second leading cause of death in the United States for kids ages 10-19.

- Approximately 1 out of every 6 high school students has considered suicide in the past year
- Depression and suicide affect people of every race, religious background, and income level
- Kids need to know the warning signs of depression and suicide and how to get help if needed
- Most kids who attempt suicide have shown signs of depression

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Parents have an essential role in educating their children about the importance of taking care of their mental health just as they would their physical health. The earlier a mental health issue is identified, the sooner effective treatment and recovery can begin.

Research is very clear that talking about suicide does not give your child ideas about trying it or increase the risk of a suicide attempt in the future. Talking about suicide shows your child that you are concerned and want to help.

Even if your child is not depressed, it is important to have direct conversations about mental health and how friends may be dealing with these issues. Some of the following are good ways to start a conversation:

- Do you ever get sad or lonely? What do you do to make yourself feel better?
- Do you or your friends ever talk about hurting yourselves or not wanting to live anymore?
- How would you handle it if you knew someone who was talking about hurting themselves?

How to Start the Conversation

If your child makes a comment about hurting himself/herself or wanting to die, **always** take him/her seriously. Start with these phrases to better understand what he or she is feeling:

- “What’s wrong? How can I help?”
- “Sometimes kids feel so sad or upset that they feel like hurting themselves. Have you been feeling like that?” “Are you thinking about killing yourself?”
- “You can always talk to me about how you feel. We will get through this together.”

By talking about suicide, you let your child know you are there for support and are open to discussing any topic, no matter how uncomfortable it is.

If your child is having suicidal thoughts, take him or her to your local emergency room immediately or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). You can also contact the Crisis Text Line by texting “START” to 741-741. Trained crisis counselors are standing by to help 24 hours a day, 7 days a week. Do not leave your child alone until you see a mental health professional.

2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.



Suicide Warning Signs: What to Look for

The following warning signs indicate that a youth is severely depressed or at risk for suicide and should be responded to immediately:



- Talking to others or posting on social media about:
 - Suicide or wanting to die
 - Feeling hopeless, trapped or like they are “a burden” to others
- Looking for a way to kill themselves
 - Gathering medications, sharp objects, firearms
 - Searching online for ways to end their life
- Expressing unbearable emotional pain
- Visiting or calling people to say “goodbye”
- Giving away prized possessions
- Suddenly becoming calm or cheerful after a long period of depression

The following warning signs indicate that a youth may be struggling with depression, which requires further evaluation by a mental health professional:

- Feeling sad or irritable more often than not
- Sleeping or eating more or less than usual
- Showing little to no interest in pleasurable activities
- Withdrawing from others
- Participating in reckless behavior that is out of character
- Engaging in self-injurious behavior
- Having trouble concentrating or performing poorly in school
- Complaining frequently about physical symptoms (e.g., fatigue, stomachaches, headaches)
- Increasing use of alcohol or drugs

The Response: How to Communicate Concern and Get Support

When a youth shares thoughts of wanting to die by suicide or warning signs become obvious, use these strategies:

- Remain calm, take a deep breath and do not react emotionally. It’s OK to feel uncomfortable.
- Be patient and speak in a relaxed, reassuring tone.
- Tell them you care and acknowledge that they are hurting.
- Be direct about your concerns:
 - State the specific changes you see in the person’s mood and/or behavior.
 - Ask if they are thinking about suicide or have tried to kill themselves.



The Response: (continued)

- Get professional help.
- Never leave them alone if they are showing warning signs of suicide.

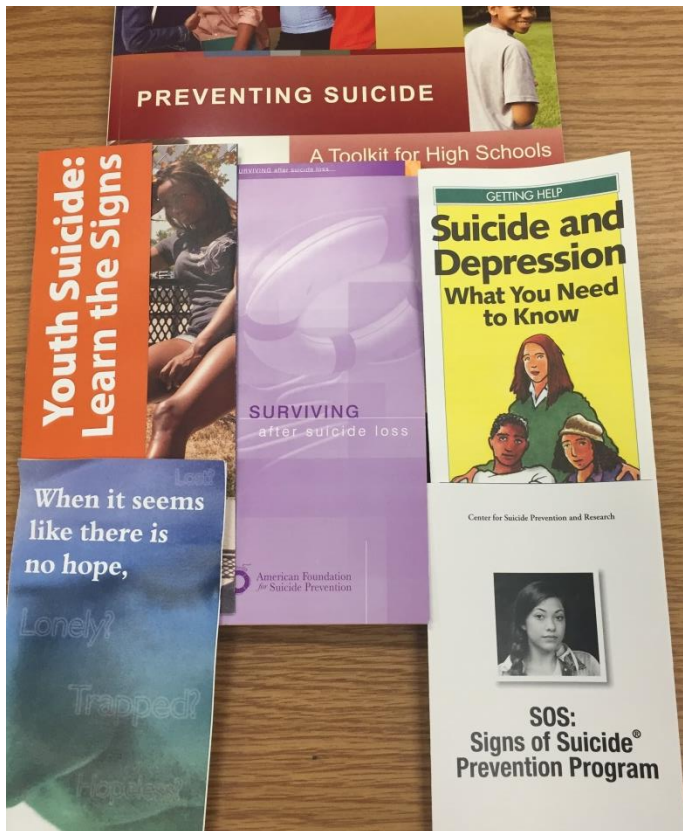
Some ways of responding to a person who is having suicidal thoughts are ineffective.

Please consider the following tips:

- Don't debate whether suicide is right or wrong.
- Don't lecture on the value of life or question why someone could feel this way.
- Don't be sworn to secrecy or promise confidentiality; indicate that safety and getting help are top priority.
- Convey the message that suicide is preventable and treatment is effective.

Resource: Nationwide Children's Center for Suicide Prevention and Research

- For more information, visit NationwideChildrens.org/Suicide-Prevention.



A sampling of educational resources
pertaining to suicide available from
Mount Carmel Church Partnerships

Contact Marcia at (614) 546-4974 for more
information

BECAUSE
OF YOU 
MOUNT CARMEL



Congregational Happenings



Laughter Yoga brought a smile to the faces of Mifflin Presbyterian participants. This class was done in partnership with the Breathing Association October 10, 2017.



Congratulations to the Foundations of Faith Community Nurse (FCN) participants upon completing the 38 contact hour course October 21, 2017:

Nancy Gallagher – Reynoldsburg UMC
Sister Maria Lukaszuk – Holy Family Catholic Church
Becca Morehouse – Episcopal Church of the Redeemer
Cindy Hamad – Episcopal Retirement Homes
Kelly Brown – St. Elizabeth Hospital, Youngstown
Lacey Stepleton – Covenant Life Fellowship

Art project designed by course participants



Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Briggs Road Baptist Church
Christ Memorial Missionary Baptist Church
Church of Christ of the Apostolic Faith
Come As You Are
Faith Lutheran Church
First Presbyterian Church
Grace Missionary Baptist Church
In His Presence
Love Zion Baptist Church
Mount Hermon Baptist Church
New Fellowship Baptist Church
Redeemer Lutheran Church
Rehoboth Temple Church
Reynoldsburg United Methodist Church
St. Andrew Episcopal Church
St. Paul AME
Second Community Church
Tabernacle Missionary Baptist Church
Unity Baptist Church
Wesley Church of Hope

Brookwood Presbyterian Church
Christ United Methodist Church
Clair United Methodist Church
Ephesus Seventh Day Adventist Church
First Church of God
Fruit of the Spirit Seventh Day Adventist
Harlem Road United Methodist Church
J. Jireh Ministries
Mifflin Presbyterian Church
Mount Olivet Missionary Baptist Church
New Mt. Sinai Church of God in Christ
Refuge Missionary Baptist Church
Resurrection Missionary Baptist Church
Sacred Heart Catholic Church
St. Augustine and Gabriel Catholic Church
St. Peter Catholic Church
Stonybrook United Methodist Church
United Methodist Church for All People
Vineyard Christian Fellowship – Grove City

Partnering Community Agencies

Catholic Social Services
The Martin de Porres Center
Westerville Area Resource Ministries (W.A.R.M.)
Ohio Living

