

JUNE 2024



YOU MATTER SHASTA
SUICIDE PREVENTION

Grieving
Looks
Different
for Everyone

afsp.org/loss



**American
Foundation
for Suicide
Prevention**

The following story, [My Friend, My Grief](#), is by AmandaGrace Krier and can be found on the National Training & Technical Assistance Center (NTTAC) website.

September 5th, 2017 was a warm, sunny day in Bucks County, Pennsylvania. I got up that morning and went to classes at the local community college, had lunch with friends, and blared “Look what you made me do” by Taylor Swift with the top down, driving home. I had no clue as I pulled into the driveway that Grief was waiting for me.

My cousin Sean brought light and love into the lives of those who knew him. He had a passion for all things sports and an ability to bring laughter into every conversation. But Sean also struggled with his mental health, as a result of many sports-related concussions. In the early hours of September 5, 2017, he left our world and died by suicide at the age of eighteen. That was the day that I met Grief. We had crossed paths in the past; but on this day, Grief checked-in for an extended stay in my family's life. In the weeks that followed, Grief accompanied me to classes, to work, and to sporting events—In every aspect of my life, Grief tagged along. I began to believe that Grief had now become a permanent resident in my life.

In the midst of my daily battle with Grief, I stumbled upon a quote by Jamie Anderson that said “Grief is really just love. It’s all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.”

I sat and stared at my phone screen for what felt like hours. What if this was true? For four months I battled daily against Grief, because I thought that if I didn't, it would swallow me whole. I never realized, in the midst of all of that fighting, I was unable to leave space to cherish the eighteen beautiful years that I had with Sean. So, I decided to stop fighting Grief. And, in turn, I made Grief my friend.

In doing this, I found strength. I began to tell Sean's stories of how he was his high school class clown two years in a row and thought that non-refrigerated butter was disgusting. I started the Sean Flynn Foundation in his name, educating others on the importance of concussion education. I created a scholarship for high school students with the essay prompt: “tell us a story from your life that will make us laugh,” so that Sean can continue to bring laughter into the lives of others. And I sought help for my mental health because no one should feel that they need to struggle in silence like Sean did.

This process of befriending Grief has not come without its hardships. I have learned on this journey that being a suicide loss survivor means being a part of a club that no one wants to be in, yet we all know the same secret handshake. But, when we come together, we can make the hardest days a little less lonely.

There are good days, and there are bad days; and over time, the bad days have become fewer and farther in between. There is a common phrase that

says, “Time heals all wounds,” but there will always be a Sean-sized hole in our family.

Since becoming friends with Grief, it no longer holds the permanent residence in my life that I thought it would six years ago. Instead, Grief tends to stop by on holidays, birthdays, and special occasions. Sometimes Grief shows up unannounced on a random Tuesday. But now, instead of fighting it, Grief is welcomed with open arms, as it serves as a reminder of how much love Sean brought to us in the eighteen years we had the privilege of spending with him.

If you or your loved one are struggling, please know that you are not alone. For 24/7 crisis support text HELLO to [741-741](tel:741-741) or dial [988](tel:988). Because there is help, there is hope, and there is #NoShameInBrainPain.

**SOME REASONS TO
CALL, TEXT,
AND CHAT
988**

**988
SUICIDE
& CRISIS
LIFELINE**

- Trauma
- Thoughts of suicide
- Feeling depressed or anxious
- Drinking too much or drug use

Volunteers Needed!



Join the Out of the Darkness
Walk Planning Committee!

To volunteer, contact
ShastaWalks4Hope@gmail.com
or call 530-262-8161.

Volunteer support needed! Help plan Shasta County's *Out of The Darkness Walk* for September 2024 to support community members impacted by suicide!

These community walks offer connection and support to those who have been affected by suicide & raise awareness about suicide prevention efforts. The walks also help to raise funds for the vital work of the [AFSP program](#).

Email shastawalks4hope@gmail.com or call 530-262-8161 to learn more about joining the Planning Committee.

BIPOC MENTAL HEALTH MONTH

Every July we observe BIPOC (Black, Indigenous, and People of Color) Mental Health Month to highlight the unique mental health challenges and needs of historically oppressed racial and ethnic groups in the United States.

To learn more about BIPOC Mental Health Month and find resources, check out Mental Health America's [toolkit!](#)

For additional resources, check out the Mental Health Coalition's [BIPOC Mental Health Resource Guide](#).

Bebe Moore Campbell National Minority Mental Health Awareness Month

Protect BIPOC
mental health.



Explore Mental Health America's 2024 BIPOC Mental Health toolkit at mhanational.org/july

PIT RIVER HEALTH FAIR

"Healing Our Past, Nurturing Our Future"



Get connected with local resources at Pit River Health Services Annual Good Medicine Health Fair on July 12!

Learn more about this event [here](#). The You Matter Shasta booth will be sharing out mental health and suicide prevention resources. We hope to see you there!

FREE SUICIDE PREVENTION TRAININGS!



2024-2025 SUICIDE PREVENTION EVIDENCE-BASED TRAININGS

- Free for Behavioral Health & Medical Professionals
- CEUs when available

Recognize & support those with suicide risk

ASSESSING AND MANAGING SUICIDE RISK TRAINING (AMSR)

Medical and behavioral health providers and support staff working in inpatient/outpatient settings can develop skills to provide confident and empathetic assessment, treatment and care to patients at risk of suicide.

ADVANCING SUICIDE PREVENTION & MANAGEMENT FOR DIVERSE CLIENTELE (SUICIDE PREVENTION 201 & 202)

Behavioral health clinicians will learn to manage suicide risk, incorporate the latest suicide prevention standards, and address the management of suicide in diverse populations. (SP 201 is required for registration into SP 202.)

COUNSELING ON ACCESS TO LETHAL MEANS (CALM TRAINING)

Help keep at-risk clients safe by learning how to collaborate with them to implement safe storage of firearms and medications, helping to prevent suicide.



TO RECEIVE MORE INFORMATION, CONTACT:

Katy Dill
Shasta County HHSA
Suicide Prevention Program
530-229-8094
youmattershasta@co.shasta.ca.us

Or scan to be connected to email updates.



Funding for this training was made possible by the California Department of Public Health (CDPH), supported by the Centers for Disease Control and Prevention (CDC). The views expressed in written materials or publications and by speakers do not necessarily reflect the official views of the Centers of Disease Control and Prevention, the Department of Health and Human Services, the CDPH or the Shasta County Health and Human Services Agency (HHSA). Funding for some of these trainings is also provided through the Mental Health Services Act.

Shasta County Health & Human Services Agency's Suicide Prevention Program will be offering **FREE** suicide prevention trainings **designed for medical and behavioral health care providers** during 2024 and 2025.

These **FREE trainings** expand awareness of suicidal risk behaviors, broaden intervention skills, and strengthen knowledge of local suicide prevention resources. **CEU's** will be available for some trainings.

Upcoming Training Dates:

- *Assessing & Managing Suicide Risk (AMSR)*
 - *Self-Study Courses:* [Click here for details.](#)
 - [Register for AMSR here!](#)
- *Suicide Prevention 201*

- Live Zoom August 26-27, 2024 OR Self-Study options: [Click here for details.](#)
- [Register for SP 201 here!](#)
- *Counseling on Access to Lethal Means (CALM)*
 - In-person September 6, 2024 (8:30a.m. - 12p.m.): [Click here for details.](#)
 - [Register for CALM here!](#)

These trainings are only available until May 2025, so sign up before they're gone!

For questions, contact YouMatterShasta@shastacounty.gov or call 530-229-8094.

2024 NATIONAL STRATEGY FOR SUICIDE PREVENTION

National Strategy *for*
Suicide Prevention

Care. Connect. Collaborate.

www.hhs.gov/nssp

2024

The [2024 National Strategy for Suicide Prevention](#) is a commitment to care, connect, and collaborate.

Visit www.hhs.gov/nssp to check out the plan and learn how you can collaborate to achieve meaningful, equitable, and measurable advancement in suicide prevention:

- Caring about suicide prevention requires the intersection of prevention, intervention, and postvention supports.
- Connecting to community and culture are key protective factors for health and well-being and reducing suicide risk.
- Suicide prevention relies on the collaboration between public and private sector partners, people with suicide-centered lived experience, and people in populations disproportionately affected by suicide and suicide attempts.

FREE BUS RIDES!

Need to get around Shasta County?
RABA bus and Shasta Connect are

offering **FREE rides** all summer long until September 30, 2024!

This includes free rides to Burney and Whiskeytown!

For general information, visit rabaride.com or call (530) 241-2877.



Ride Free All Summer
MAY 23 - SEPT 30 · 7 DAYS A WEEK

RABA

Let's Go! **Ride FREE on all RABA + ShastaConnect Services**

530.241.2877
RABARIDE.COM

Funding thanks to Caltrans Low Carbon Transit Operations Program. Rides are free while funding lasts.

NATURE INSPIRATION GUIDE



Children & Family
NATURE INSPIRATION GUIDE

Check out our guide filled with *free* resources this summer!!

screen time action network
at fairplay

Benefits of Nature:

- Mental Health
- Academic Success
- Strong Bodies
- Improved Behavior

Nature and exercise are not only good for kids' physical health, but are great for their mental health too! To help kids and their families get inspired, the Action Network's Nature & Play Work Group has created the [Children & Family Nature Inspiration Guide!](#)

The online resources will jumpstart your children's creative outdoor play! This guide was created to help foster family time outside as well as your child's exploration of nature in a neighborhood or the great outdoors.

BREATHE IN

TAKE IT SLOW



TAKE IT SLOW

BREATHE OUT

988 Suicide and Crisis Lifeline



The 988 Suicide & Crisis Lifeline offers free, confidential support 24/7 to people experiencing mental health-related distress such as:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

People can call or text [988](tel:988) or chat 988lifeline.org for themselves or if they are worried about a loved one.

No matter what challenges you're experiencing, [988](tel:988) can offer support.

SPEAKING OF SUICIDE (SOS) SUPPORT GROUP



SOS is a peer-led, non-therapeutic, support group for anyone who has lost someone to suicide, struggled with thoughts of suicide themselves, or survived a suicide attempt.

This group provides a safe place where you can openly share your experiences, hear from others with similar struggles, and have the opportunity to support others.

This is an open meeting for anyone **16 years of age or older**.

For more information about SOS, contact Nick Zepponi at NZepponi@hillcountryclinic.org or call 530-691-4446.

GET INVOLVED

Save the dates for the 2024 Shasta Suicide Prevention Collaborative meeting schedule!

The next Collaborative meeting will be held on Tuesday, July 9th, 2024, from 2:30-4PM at Dignity Health Connected Living on 100 Mercy Oaks Dr. in Redding, CA. An online option is available for those who cannot attend in-person.

SAVE THE DATES



SHASTA SUICIDE PREVENTION COLLABORATIVE 2024 MEETING CALENDAR

TUESDAY; 2:30 PM - 4 PM

📅 JANUARY 9TH 📅 MAY 14TH 📅 SEPTEMBER 10TH
📅 MARCH 12TH 📅 JULY 9TH 📅 NOVEMBER 12TH

*PLEASE RSVP AS SPACE IS LIMITED
CONTACT SSTINGER@CO.SHASTA.CA.US TO JOIN

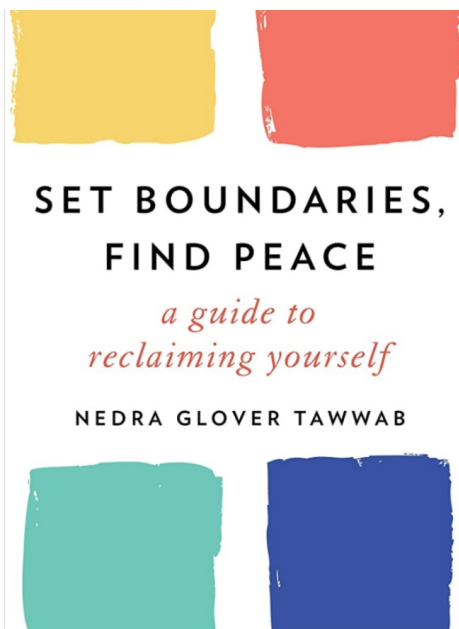
[RSVP here to attend in-person or online!](#)

If you would like to receive updates about Collaborative meetings and activities, please email

YouMatterShasta@shastacounty.gov. Add your voice to the discussion on suicide prevention in Shasta County. We look forward to seeing you soon!

Don't forget to like the [You Matter Shasta Facebook page](#) for updates and inspirational posts!

WORTH THE READ



SET BOUNDARIES, FIND PEACE

*a guide to
reclaiming yourself*

NEDRA GLOVER TAWWAB

Healthy boundaries are important and necessary to our wellbeing. Boundaries help us achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do “healthy boundaries” really mean—and how can we successfully express our needs, say “no,” and be assertive without offending others?

In the book, *Set Boundaries, Find Peace*, licensed counselor Nedra Tawwab provides tips and tools for setting health boundaries.

Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology.

ADDITIONAL RESOURCES

Want to learn how to care for your mental wellbeing?

Subscribe to the Community Mental
Wellbeing Newsletter!



Newsletter Topics Include

Seasonal Wellness, Brain Health Tips,
Mindfulness Tools, Teen Wellbeing Resources
and more!



Shasta County
Health & Human
Services Agency

OUR SPONSOR:

The Shasta Suicide Prevention Collaborative is sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.



Shasta County
Health & Human
Services Agency

Don't forget to like us on [Facebook!](#)



YOU MATTER SHASTA
SUICIDE PREVENTION

Visit our website

Shasta County Health and Human Services Agency | 2660 Breslauer Way | Redding, CA
96001-4246 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!