

## Board of Directors

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### Special Points of Interest

- 5K Walk/Run -Cover
- Suicide Risk/Prevention Page 2 and 4
- Teen Grief Support Pages 3
- Support Groups Page 5
- We will never forget you Page 6



# Oshkosh's 4th Annual Chester Marcol

## 5K Run/Walk for Suicide Awareness

When: April 26, 2014

Where: Oshkosh North High School Gym



### FEATURING

Chester Marcol, #13

Inducted into the Green Bay Hall of Fame in 1987

**7:30 am Registration**

**8:00 am Booths & Presentations**

**9:30 am Run/Walk Starts**



Register or Donate at  
OshkoshSuicideAwareness.com

(T-Shirt guaranteed if registered by 4/1/2014)

Same Day Registration is Available

(T-Shirt not guaranteed)

### SPECIAL GUEST

Chris Jacke

Jacke, played from 1989 to 1996, ranks third on the Packers' all-time scoring list with 820 points.



Thanks to our many sponsors who make this event possible!

**Held Rain, Shine or Snow Sorry, NO pets, skateboards or bikes.**

For more information contact:  
info@OshkoshSuicideAwareness.com

# Suicide Risk and Prevention in Youth

## The Prevalence of Youth Suicide

Suicide is a serious public health concern in the United States across all ages, particularly for youth, and for those aged 15 to 24 suicide is the third leading cause of death. The Centers for Disease Control and Prevention (CDC) reports that annually approximately 4,600 youth die as a result of suicide, and another 156,000 youth aged 10 to 24 are treated for self-inflicted injuries at emergency rooms. A January 2013 study published in *JAMA Psychiatry* assessed almost 6,500 teens and found that one in eight contemplated suicide and one in 25 had attempted suicide. A little over one-half of those individuals were receiving mental health treatment.

## Suicide Risk Factors

Suicide in youth is related to many complex risk factors. Research shows that the overwhelming majority of individuals, including teens, who attempt suicide have one or more psychiatric or mental health conditions. [Substance abuse disorders](#) may also increase suicide risk. Most youth who live with mental health conditions do not attempt suicide, which means additional stressors and factors often play a role in those who attempt suicide.

Common stressors include an important interpersonal loss, relationship break-ups, victimization and/or humiliation by peers and legal trouble. Some individuals that have an increased risk also have had a history of childhood trauma. The presence of impulsivity, hopelessness, isolation, exposure to someone who has committed suicide, a family history of suicide and prior suicide attempts can also increase risk. Teens that identify as gay, lesbian, bisexual or transgender (GLBT) may have increased risk of suicidal thinking due in part to isolation or criticism from peers.

Access to guns is also an important risk factor. Males aged 15 to 19 have a rate of dying by suicide five times higher than females due in large part to their use of guns during attempts. The CDC reports that firearms account for 46 percent of all youth suicides. Talking with families about gun safety in the home is a growing area of interest in medical and psychiatric settings.

## Protective Factors to Reduce Suicide Risk

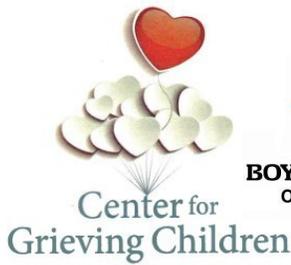
Protective factors can help to reduce the risk of suicide. These include connected and supportive relationships with family, adults and peers. They also include feeling safe at school and having access to good medical and mental health supports. Religion and faith communities can also offer protection. Teens who have good coping skills, are willing to seek help and can trust even one other person have key protective factors. Healthy strategies to deal with distressing feelings can be taught in [psychotherapy](#). Psychotherapy can also help youth understand what triggers feelings of desperation. Effectively treating an underlying psychiatric condition can also promote resiliency and reduce suicide risk. Getting help for substance abuse also reduces suicide risk because abuse increases poor decision making. In most instances, teens can learn how best to create ways to promote their health and mental health.

Suicidal thoughts and actions should always be taken seriously, and a professional assessment should be sought. Research shows that suicidal thoughts are more common than many adults might imagine. Talking about one's distress is usually helpful, and doing so with loved ones compliments professional support.

## Mental Health Treatment and Support

A comprehensive approach to treatment planning that engages the youth is essential. There are several effective treatments that have shown promise in promoting coping strategies and therefore, the potential to reducing suicide. [Cognitive behavioral therapy \(CBT\)](#), a form of psychotherapy, helps to reduce automatic and intense negative thinking which can lead to suicidal thoughts. For youth who live with [borderline personality disorder](#), a psychotherapy called [dialectical behavior therapy \(DBT\)](#) has been shown to reduce the outcome of suicide. Connection with a mental health professional that the teen can trust makes all the difference.

*(Continued Page 4)*



## TEEN GRIEF GROUP

Join with other teens who have experienced loss. Helpful adult facilitators. Bring a friend if you like. ALL FREE. Dinner at 6 pm, group from 6:30 to 8 pm. Call Lori at 920-750-5839 or e-mail ldamerow@bgclubfoxvalley.org.

Center for the Grieving Children at the Boys & Girls Clubs of the Fox Valley, 160 S. Badger Avenue, Appleton, WI



### Did you know?

- Every 18 minutes, someone in the United States dies by suicide; it is estimated an attempt is made about once a minute.
- 656 People died by suicide in Wisconsin in 2004.
- In Wisconsin, suicide is the second most common cause of death among people of age 15-34. It is third nationally.
- People age 65 and older have a higher percentage of suicides than any other age group.
- Men complete suicide four times more often than women; however, at least twice as many women attempt suicide.
- The suicide rate for young black males (15-24) has risen by 66 percent over the past fifteen years.

### Why do people Commit suicide?

A suicide attempt is a clear indication that something is gravely wrong in a person's life. Most people who commit suicide have an underlying mental or emotional disorder. The most common cause of suicide is untreated depression. It has been reported that 90% of all

## Suicide: Facts and Warning Signs

suicides occur at the peak of a depressive episode. Depressive illnesses can distort thinking, so people can't reason clearly or rationally. They may not know they have a treatable illness or they may think they can't be helped.

### Risk Factors and Warning Signs

- Talking about suicide, death, and/or no reason to live
- Expressions of hopelessness, worthlessness and helplessness
- Previous suicide attempts
- Abrupt personality changes
- Excessive risk-taking behavior
- Depression
- Giving away prized possessions or settings one's affairs in order
- Lack of interest in the future
- Pre-occupation with death
- Withdrawal from family, friends or social groups.

### Know What to Do

- Know the warning signs of depression and suicide
- Always take thoughts or plans of suicide seriously
- Ask the person if they are thinking about suicide. Asking will not plant the ideas in someone's head.
- Ask the person if they have a

suicide plan, a weapon or some type of dangerous object.

- If the person is in immediate danger, they must see a doctor or psychiatrist immediately. Call 911 or take the person to the nearest hospital emergency room.
- Never keep a person's plan for suicide a secret.
- Do not minimize the person's problems. Be non-judgmental. Show interest, support and undivided attention. He or she is not just seeking attention.
- If the person is not in immediate danger, show empathy and do your best to help him or her find a doctor or a mental health professional.

### If you or someone you know is contemplating suicide, call

- **Milwaukee County Mental Health Crisis (414) 257-7222**
- **1-800-SUICIDE (1-800-784-2433) or 1-800-273-TALK (1-800-273-8255)**
- **911**

Resources: Mental Health America of Wisconsin ([www.mhawisconsin.org](http://www.mhawisconsin.org))

## Suicide Risk and Prevention in Youth (Continued from Page 2)

Medications may also prove effective in reducing the symptoms of mental illness and thereby in reducing suicide risk. For young adults with [bipolar disorder](#), lithium has shown some promise in reducing suicide. Medications are generally only one piece of a successful treatment plan. Some medicines require a careful risk and benefit assessment. Antidepressants can help to reduce symptoms of [depression](#) in youth, but do present some risk. The Food and Drug Administration (FDA) developed a “black box” warning for all antidepressant medications for the increased risk of suicidal thinking in a small percentage of children, youth and young adults. The risk typically exists in the first few months of treatment. In weighing this risk, it is important to remember that untreated depression is a major contributor to suicide. Active monitoring for suicidal thinking is essential in the early stages of treatment for any youth at risk for suicide.

Proactive crisis planning is also important in suicide prevention. For youth at risk of suicide, understanding how to access help during times of risk is essential. For individuals in need of immediate help, one resource is to contact the National Suicide Prevention Lifeline at (800) 273-TALK (8255), available 24 hours a day, seven days a week.

### Community Support for Families and Youth

It is important that youth and families know that they are not alone. Resources in high schools, colleges and communities can take many forms. One national resource is

NAMI, which has a community of support for youth and families. Youth and young adults seeking support and connection with peers are invited to visit [www.strengthofus.org](http://www.strengthofus.org), an online community developed by NAMI and young adults. [NAMI Basics](#) is a family educational and support program for parents and caregivers of children and youth who live with mental illness which has been studied and shown to be effective. [NAMI Family-to-Family](#) is a 12-week peer led education program which provides support and education to family members of people living with mental illness. Family-to-Family has demonstrated effectiveness in a randomized controlled trial to improve coping strategies for families

### Preventing Suicide

Prevention and reducing the risk of youth suicide are important public health concerns. The U.S. Preventive Services Task Force (USPSTF), a federally sponsored organization that works to assess the benefits and risks of preventive screenings, recommends screening for depressive disorders in youth aged 12 to 18. The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening children aged 7 to 11 for depressive disorders at this time. The research based on screening for a number of mental health conditions continues to evolve and should help to drive policy decisions in identifying youth at risk of suicide and emerging mental illness.

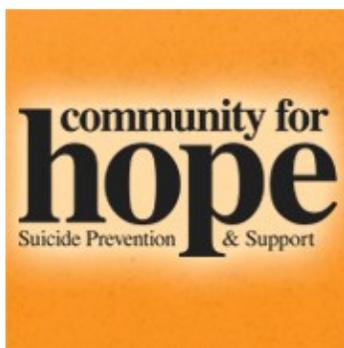
There are also media guidelines for reporting on suicide. These guidelines help inform media on how best to provide information in a non-sensationalized way. For media guidelines, please visit [www.reporting-suicide.org](http://www.reporting-suicide.org).

Resources: NAMI, 3803 N. Fairfax Dr., Suite 100, Arlington, Va 22203



## Online Crisis Chatline. Hope starts here.

HopeNet 360's **online crisis chatline** is powered by **Groundwire**. Live Coaches are online around the clock to chat whenever you need to talk. If this is an emergency, or if you are worried that you or someone you know may be at risk for suicide, harming themselves or others, please call your local authorities (911), contact a mental health professional, or call and talk to a crisis counselor at [1-800-273-TALK](tel:1-800-273-TALK). To report child abuse or exploitation, please go to [NCMEC CyberTipline](#).



## Area Support Groups in Northeast Wisconsin

### Survivors of Suicide (S.O.S.) Oshkosh & Neighbors

Service: **once a month no cost** support groups for those who have survived the death of a family member, friend or special person by suicide. Minimum age to attend is 14 years.



#### S.O.S Oshkosh

Every **3rd Thursday**,  
6:30-8:30 p.m.

500 S. Oakwood Rd., Oshkosh, WI at Affinity/MMC is as follows: Enter through main entrance, take elevator to lower level, turn right outside elevator and proceed down the hallway to Classroom #2. (920-230-4840 )

#### Appleton

2nd Monday.

Fox Valley Unitarian Universalist Fellowship,  
2600 E. Phillip Ln.  
6:30-8:30 p.m. 920-731-0849

For more info email Barb:  
bbigalke2@new.rr.com



Every **2nd Thursday**  
6:30—8:30 p.m.

**\*First Presbyterian Church**  
200 Church St., Neenah, WI  
(Please enter through the **W. Doty doors**)

#### A Time to Mourn Group

A six-week grief group offering support for adults who have

experienced the death of an adult loved one. Co-led by professionals trained in grief support.

Offered three times per year. This is a **closed group** which means adult members must make a **6 week commitment** to this course and the group does not allow new members in the duration of the 6 weeks. You **must call to sign up** prior to the first session.

**Held:** Lutheran Homes of Oshkosh, 225 N. Eagle St. Oshkosh, WI 54902

**Contact:** Lutheran Homes of Oshkosh Chaplain Cathie VanderVelden: 920 232-5274

**Cost:** Free

### General Bereavement Support Group—Oshkosh

General grief support group where attendees are accepted at any time regardless of age or religious denomination. Grief discussions focus on events of the death, related feelings, coping skills, validation, and support for group members.

**Held:** St. Jude Parish, 1025 W. 5th Ave, Oshkosh, WI 54902 (enter through parish office doors)

**Contact:** Linda Hillary, MS 920 233-8044

**Cost:** Free

**How often:** First and Third Thursdays of each month from 7:00—8:30 p.m.

### Affinity Visiting Nurses Hospice Programs

Hospice offers grief support services for adults grieving the loss of a loved one. Groups are facilitated by hospice staff and trained volunteers. All groups are **free of charge** and open to all, regardless of their previous involvement with hospice.

**Contact:** Affinity Visiting Nurses **866 236-8500** or at **920-727-2000**.

**Oshkosh:** 3rd Thursday of each month at the Oshkosh Senior Center, 200 N. Campbell Rd. 6 p.m.

**Appleton:** 1st Tuesday of each month at Thompson Community Center 820 W. College Ave, Appleton. Groups at 2:30 p.m.

#### Peace through Grief

This is 6-week program provides information and support, looking at all aspects of the grief experience, including emotional, physical, spiritual and social. The series is offered periodically throughout the year at Neenah office—please call for upcoming dates. Pre-registration is required, to allow for ample curriculum and supplies for each participant.

#### MenJourneying through Grief *A unique support opportunity for men only*

Though the experience of grief is not limited to men alone, there are sometimes differences in the way men and women express and process their grief. Please join for the group for a home cooked meal followed by sharing of grief information and support resources.

**1st Wednesday** of every month,  
6:00-8:00 pm  
Affinity Visiting Nurses office,  
816 W. Winneconne Ave.,

Neenah. Pre-registration is not required, but appreciated for meal planning purposes. Call toll free 1.866.236.8500

#### Greenville S.O.S

First Thursday of the Month,  
6:00-8:00 p.m.

Shepherd of the Hills Church  
N1615 Meadowview Drive,  
Greenville, WI 54942

#### Contact:

[jen@preventsuicidefoxcities.org](mailto:jen@preventsuicidefoxcities.org)  
or  
[impotts@preventsuicidefoxcities.org](mailto:impotts@preventsuicidefoxcities.org)

## Survivor Phone List

Patti Ahrens	920-688-2678
Darla & Jim Barker	920-585-5588
Jeff Berger	920-527-8986
Melissa Blank	920-460-1056
Julie Bixby-Wendt	920-864-2873
Curtis Boettcher	920-739-2250
Alvina Chambers	920-707-0303
Bonnie Coonen	920-766-5020
Nancy Freimuth	920-731-9832
Virginia Foster	920-739-3547
Richard Gear	920-734-0807
Mike & Joann	
Hopfensperger	920-733-1095
Richard & Debbie	
Logan	920-205-6809
Kim & Steve Nissen	920-739-7483
Susan Marjenka	920-470-8055
Donna Michalkiewicz	920-731-1766
Tim & Sandy Page	920-229-6432
Tina Peck	920-636-5079
John & Pam Reilly	920-757-7191
Melissa Reilly	920-757-7191
Julie Reiser	920-268-8318
Linda Schabloski	920-205-7589
Ingeborg Silbaugh	815-608-7313
Dan & Sally	
Smithback	920-735-9277
Tom Somenske	920-788-9002
Pam Tonagel-Hendricks	920-722-6833
Alan Toney	920-376-6692
Linda Van Stralen	920-788-5293
Jenny & Andy Wesner	920-379-7966
Warren & Wendy	
Zimmer	920-725-5159
Liz Zimmerman	920-231-5643

## Grief Support Groups for Children, Young Adults and Men

### Grieving Children Center, Appleton

Meets from 6:45 - 8 PM at the Boys and Girls Club of the Fox Valley, 160 S. Badger Ave. **Appleton**. Contact is the Center for Grieving Children Director Loris Damerow, coordinator of this group. Teens may call anytime to join [920-750-5839](tel:920-750-5839) or email at [ldamerow@bgclubfoxvalley.org](mailto:ldamerow@bgclubfoxvalley.org)

### S.O.S. Grief Support Group Valley Adolescents 14-24 years

**Where:** Fox Valley Unitarian Universalist Fellowship, 2600 E. Phillip Ln. Appleton on the **third Monday** of the month, 6:30—8:30 p.m. Free. Contact Barb Bigalke by email: [bbigalke2@new.rr.com](mailto:bbigalke2@new.rr.com)

### S.O.S. Grief Support Group Oshkosh Teens

**Where:** Meets as needed at the Hooper Community Center 36 Broad St Suite 140 Oshkosh, 6:30-8:30pm. More info: 920-230-4840

### Grief Relief

Offers ongoing peer support groups for children and teens ages 5 to 17 in the **Fond du Lac** area. Groups are ongoing, meeting once a month. Also offered are groups for adult caregivers. No cost; contact Terri at 920 926-4960.

### Men Journeying through Grief

A gathering of men who have experienced the death of a loved one, recent or past. Gatherings include supper, discussion, grief information and resources. There is no cost, contact Affinity Visiting Nurses at 866-236-8500 for more information. Now meets at 816 W. Winneconne Ave. **Neenah**. First Wed of ea. month 6 p.m.—8 p.m.

For more info on grief support groups please email the Fox Valley Grief Network at: [info@wichmannfuneralhomes.com](mailto:info@wichmannfuneralhomes.com)



## We Will Never Forget You



Nick Ahrens \* May 15, 2001 \* 14  
Cody Barker \* Sept. 13, 2010 \* 17  
*Son of Darla & Jim Barker 920-585-5588*  
*Barker86@juno.com*  
Cheryl Berger \* Sept. 17, 2011 45  
*Wife of Jeff Berger 920-527-8986,*  
*jdbergz72@new.rr.com*  
Rick Biesterveld \* Jan. 28, 2010 \* 48  
Jeff Blank \* Feb. 21, 2012 \* 52  
“Skippy” Bixby \* Sept. 17, 2006 \* 44  
*Brother of Julie Bixby-Wendt 920-864-2873*  
*jwendt@mzluth.org*  
Mark Boettcher \* March 14, 2011 \* 43  
Mike Boos \* Sept. 20, 2011 \* 24  
*Brother of Alan Toney 920-376-6692*  
*Gr8alt@hotmail.com*  
Gaylord Christians \* Sept. 12, 2011 \* 27  
*Brother of Rhonda Christians, ap-*  
*plet@centurytel.net*  
Alex Cornelius \* Sept. 2, 2011 \* 15  
*Son of Erik Cornelius, ecornelius@new.rr.com*  
**Debra Lee Disbrow \* Apr. 27, 2011 \* 59**  
Devon Finger \* Nov. 13, 2011 \* 50  
Matt Foster \* Nov. 8, 2011 \* 45  
Jo Gear \* Nov. 27, 2006 \* 58  
Mark Galloway \* Jan. 3, 1973  
Matt Galloway \* Dec. 16, 2003  
Shane Hopfensperger \* Feb. 28, 2004 \* 25

***To softness and friendship,  
Kindness and blessings and we  
are able to overcome that  
feeling that ‘life doesn’t seem  
so important without our loved  
one’. We are human and life  
must go on.***

***Meaning is not gone from this  
life because the one who meant  
so much is no longer  
present. Someday it won’t hurt  
as bad and we can smile again,  
just as someday the tears won’t  
flow as freely whenever we  
think of what might have been.  
And someday, maybe one day,  
we will learn to accept the  
things we cannot change.***

Steven Keppler \* May 8, 2007 \* 48  
Grant Laib \* June 29, 2011 \* 27  
Tanner Logan \* Sept. 14, 2004 \* 17  
*Son of Richard & Debbie Logan*  
*920-205-6809*  
*alternate-ego@new.rr.com*  
Ted Marjenka \* July 21, 2010 \* 62  
Jeremy McKendry \* Oct. 10, 2011 \* 21  
**Bonnie Michalkiewicz \* Apr. 5, 1999 \* 14**  
James Page \* Dec. 4, 2004 \* 16  
Jodi Rank \* July 20, 1996  
**Ron Rank \* April 22, 2007**  
Amanda Reilly \* Oct. 15, 2007 \* 26  
John Reiser \* Oct 13, 2010 \* 51  
Andrea Schabloski \* Aug. 31, 1999 \* 16  
*Daughter of Linda Schabloski 920-205-7589*  
Dolores Schroeder - June 26, 2013 \* 85  
Erik Smithback \* Feb. 28, 2010 \* 22  
Grace Somenske \* Nov. 7, 2008 \* 59  
Craig Edward Tonagel \* Dec. 3, 2002 \* 33  
**Mark F. Vermeern \* Apr. 25, 2006 \* 19**  
Salvatore Vitale \* Sept. 14, 1999 \* 27  
*Son of Stephina Vitale*  
Alex Wesner \* July 31, 2007 \* 18  
Justin Zimmer \* Jan. 15, 2006 \* 15