



East Helena Suicide Prevention: Start the new year out right

January 2018 Newsletter

Facebook.com/EHFightSuicide



Former EVMS student appears on Today show for #LetsTalk App

A new suicide prevention app is getting national media attention as well as support from two local teenagers, including one who calls East Helena home.

On Dec. 15th, 16-year-old Dmitri "Teddy" Jumps appeared on the Today Show to discuss the #LetsTalk app and his own struggle with mental health. Jumps, who graduated from EVMS in 2015, is also featured in a YouTube commercial for the new app.

"I think in the time we live in, with all that's going on politically, socially, and society wise, we all really need a resource that we can use one step at a time. #LetsTalk embodies all the resources we can get access to, and makes it really easy," he said, adding that that the show was a fun experience. Other students featured on the Today

There's nothing selfish about self-care

While the term may inspire images of bubble baths, pedicures and luxurious beach vacations, self-care is less about pampering and more about practicality.

"Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health," reports PsychCentral. "Although

it's a simple concept in theory, it's something we very often overlook."

Self-care refuels us, boosts our moods and leads to reduced anxiety. It also allows us to do a better job of taking care of ourselves in order to better help others. Try thinking of it this way: On commercial flights, flight

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Self-Care

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attendants instruct passengers to put oxygen masks on themselves before assisting those around them in the event of an emergency. This prevents the individual from losing consciousness and allows them to aid others once their own safety is assured. It's the same deal with self-care - you cannot pour water from an empty cup.

"Ironically, all of our efforts of sacrifice make us vulnerable to actually 'being selfish,'" Colorado Psychotherapist Sarah McKelvey told PsychCentral. "There is

nothing greater to offer the world than your inspired and well-nourished self."

Now that the concept is clear, what does self-care actually look like?

Appropriate for all people, self-care is made up by a whole gamut of activities, including getting a full night's sleep, eating nourishing meals, drinking plenty of water, exercising regularly and getting regular medical check-ups. It also includes taking time for yourself and doing the things that boost your mood, such as taking a long walk or participating in your favorite activity. That could mean going fishing, reading a good

book, baking, talking to a trusted friend, spending time with loved ones, tinkering with your car, building a birdhouse or meditating. It's also about creating healthy boundaries such as avoiding work emails on the weekend and not answering phone calls during dinner. It's really up to you how to self-care because it's unique to the individual. "I believe that self-care is really found in the small moments of life - when you choose to take a deep breath because you notice you're feeling stressed, or when you give yourself three minutes before bed to sit quietly and reflect on your day," Anna Guest-Jelley, a body empowerment educator, told PsychCentral.

#LetsTalk

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Show were Rylan Jeppesen and Fiona ODay of Great Falls and Kaytlin Newlun, a Helena High student who participated in the East Helena Heads Up Camp this past summer. She is a member of the East Helena Suicide Prevention & Awareness Coalition and runs HHS Together, the school's mental health awareness club.

Newlun, Jeppesen and Nicole Zimmerman of Alliance for Youth flew to New York City for their interview with host Megyn Kelly. A film crew interviewed Jumpp and ODay locally.

Intended to improve emotional and behavioral health for youth 12-18 years, the app provides adolescents, their friends, and families with info and resources such as suicide warning signs, local safe spaces for those struggling, trusted people to talk to, and how to help. It also provides parents with tips on how to approach this subject with their kids.

Developed by the Office of Public Instruction's Support, Outreach and Access for the Resiliency of Students

Project (MT SOARS) in partnership with the Alliance for Youth and marketing company Speaking Socially, the effort also includes a YouTube campaign on suicide and depression. So far, Great Falls, Kalispell, Butte, Browning and Miles City are using the app. Holly Mook, the state director for MT SOARS, said Montana teens helped shape the app and its content.

"The goal was to listen to what the youth wanted and develop it for them," said Mook, an East Helena alumna whose kids also attended EH schools.

Another highlight of the program is that it features approved sources so young people can get instant, reliable information about mental health challenges and suicide awareness.

"It's going to be life-changing," Jumpp said of the app. "If it saves even one life, it's a success."

The app can be downloaded for free from Google Play and the Apple apps store. To watch the Today Show video, visit Today.com and search for "New app helps stressed teens with mental health concerns."



Out of Darkness Walk already on the move



Event set for April 28

It seems like just a few months have passed since hundreds of people descended on East Helena to join the fight against suicide for our community's first Out of the Darkness Campus Walk.

With April practically around the corner, planning is in full swing for the second-annual event.

Set for Sat., April 28, the walk is expected to be bigger and better than last year, with a larger resource fair, a closing ceremony with a

special guest singer and a **free meal** at the end of the event for the first 500 walkers and volunteers who'd like a hamburger or hot dog. Smith's Place is supporting the walk by grilling up the meal at City Hall – the walk's hub.

"Our walk committee is excited to outdo each prior year and make every one better and better," said Walk Chairwoman Tova Reddick-Starkel. "Last year's event exceeded our goals and the response, interest and passion that came from the community and businesses was overwhelming."

In 2017, the American Foundation for Suicide Prevention event drew nearly 800 walkers, more than 20 sponsors and innumerable volunteers. Organized by the East Helena Suicide Prevention & Awareness Coalition, it managed to increase local

awareness about suicide, while raising more than \$31,000 for education, outreach, advocacy and national research.

Planning for the next Walk began in earnest in October when the East Helena City Council approved the use of City Hall as the event's center. Ron Whitmoyer, EHPS Superintendent, also agreed to work with the Coalition again to host the walk, which will pass through Radley and East Valley Middle schools.

2nd Annual East Helena
OUT OF THE DARKNESS
Campus Walk

SATURDAY
APRIL 28, 2018

American Foundation for Suicide Prevention

Out of the DARKNESS
American Foundation for Suicide Prevention

CAMPUS WALKS

Save the Date

Follow us on Facebook:
@OOTDEastHelena



For more info on how to get involved, visit www.facebook.com/OOTDEastHelena/ or contact Reddick-Starkel at (406) 465-4471 or email outofthedarknesseh@yahoo.com.



Photos courtesy of Jen Preble

Capitol event gathers loss survivors for day of healing ❄️

The sounds of Brook Price's baritone voice echoed off the walls of the Montana Capitol's Rotunda as she sang the words to "Follow the Sun" by Xavier Rudd to a crowd of loss survivors for Helena's first annual Survivors of Suicide Loss Day on Nov. 18.

"Follow, follow the sun. And which way the wind blows when this day is done," she sang as she stood before a staircase emblazoned with paper luminaries representing loved ones lost to suicide. "Tomorrow is a new day for everyone. Brand new moon, brand new sun."

The event, which drew more than 50 survivors, gave the opportunity to better understand the grief process surrounding suicide, to develop relationships with fellow survivors, and to gain resources to help with their healing.

"Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope," notes the website for the American Foundation for Suicide Prevention (AFSP), which helps oversee the locally organized events nationally. Hundreds of

Above: MT First Lady Lisa Bullock poses in of the rotunda staircase in the Capitol on Survivor of Suicide Loss Day, Nov. 18. Below: Members of the Survivor Day planning group and volunteers take a moment for a group shot (L-R, front row) Tova Reddick-Starkel, Maggi Navarro and Abbie Colussi. (Back row, L-R) Jess Hegstrom, Heather Ireland, and Margaret Kauska.

Survivor Days are held in 18 countries around the world. Helena's event was hosted by the East Helena Suicide Prevention & Awareness Coalition in collaboration with Breathe, Let's Start a Conversation, the Montana VA Healthcare System, the Awareness Network, Montana Joining Community Forces and Helena High School's mental health awareness club, HHS Together.

Amy Lynne Peck, who attended Survivor Day, said she felt a bit reluctant about attending because she feared she would be overwhelmed by her emotions. However, "I walked out of there with hope that with so many working together, it is possible to slow this heartbreaking trend," she said.

Survivor Day included speeches from Rep. Mary Ann Dunwell, East Helena Mayor James Schell, former Helena Mayor Jim Smith, and Montana First Lady Lisa Bullock, among others. It also featured a resource fair, and the screening of an AFSP-produced documentary. "The Journey: A Story of Healing and Hope," and the featurette "The Journey Revisited," along with a Q&A panel of local experts. The films share several survivors' experiences and what they did to cope with the loss.





• EVMS STUDENT COUNCIL &
EH PTO PRESENT •

WATCH & LEARN



Free pizza!

Performance by EVMS Jazz
Band

"Night at the Museum" for all
4th-8th graders

While the kids watch, learn about
topics facing our youth today!

* Parents must attend for students to participate

Thursday, Jan. 18

5:30 PM

EVMS Cafeteria

See reverse for details



RSVP
on Facebook
@EVMSTigers



• A NIGHT OF PARENT
EDUCATION •

WATCH & LEARN

In this complicated world, how do we keep our kids safe online and in real life?

LEARN WHAT THEY LEARN
FROM OUR TALENTED STAFF!

- Digital Citizenship
- Signs of Suicide Program

This event is supported by the Montana
Board of Crime Control

Thursday, Jan. 18

5:30 PM

EVMS Cafeteria

See reverse for details

