Conference on Suicide Prevention for Seniors a Great Success!

July’s “Older Adults: Preventing Suicide and Building Resilience” conference was a great success. The one day event was sponsored by Alameda County Behavioral Healthcare Services and the Mental Health Services Act. Keynote speaker, Dr. Lanny Berman presented to 90 participants and 12 speakers. Dr. Berman is the Executive Director of the American Association of Suicidology and current President of the International Association of Suicide Prevention. As a national expert, he provided an overview of risk factors, preventative interventions, and best practice guidelines on suicide assessment and treatment for older adults.

The conference also highlighted local organizations who provided workshops. Bay Area Community Services led a training on “Reaching out to Older Adults”, and PEBRS (Peers Envisioning and Engaging in Recovery Services) offered “Wellness Recovery Action Plans for Older Adults.”

The day featured a panel discussion of older adults involved with various local mental health organizations. The panel included various experts in their fields, including 18 hours of golf at one of the areas premier private courses and take your shot at winning $25,000 cash or a 2013 Mini Cooper. Join us for the awards dinner and auctions at 6pm!

Many thanks to ACBHS and funding from the Mental Health Services Act for making this event possible!

Many thanks to our recent Donors!

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Suicide and Seniors

Death is a serious mental health challenge for our aging population. It goes unaddressed in our medical community. One in four older adults (65 and older) with symptoms of depression and/or severe anxiety will complete suicide during their lifetime. The lack of detection, diagnosis, and treatment of depression in older Americans, is unacceptable, and your deposits are available.

Depression, coupled with other risk factors, can be lethal. Older persons in the US and around the world have the highest suicide rates of any other age group. One person completes suicide every 14 minutes?

Loss of interest in activities you used to enjoy.

• Feelings of worthlessness.

• Guilt, even for small mistakes.

• Trouble concentrating.

• Persistent fatigue.

• Sleep disturbances.

• Changes in appetite.

• Physical complaints, such as chest pain or unexplained body aches.

• Severe headaches.

• Withdrawal from friends and family.

• Suicide, self-harm, or parasuicide behaviors.

• Sudden changes in energy levels.

• Recent increased use of alcohol or other substances.

• Escalation or worsening of any of the above signs or symptoms.

For more information contact Mercedes Coleman, Education Director at 510 420-2473, or Clinical Director Donna Cohen, PhD at 510 420-2371. Email: info@crisissupport.org.

final thoughts:

Don’t miss it! Sign up today!

Join us for the 9th Annual Bobby Babcock Memorial Golf Tournament

To register, call 510 420-2472 or register online at: http://goldfinchplanner.com/2313-9thAnnualBabcockMemorial

Depression isn't part of growing older

Donna Cohen, PhD, in a professor in the Department of Aging and Mental Health at the University of South Florida and also head of the National Institute on Aging’s National Institute on Aging’s Violence Prevention Project.

Psychological Autopsy

Crisa Riba, MA

We are pleased to announce a new service that may help families and friends understand the life, fate and diagnosis of individuals who have died by suicide. 3

The process usually involves interviews with family members, friends, doctors, or other people who are deemed close to the decedent as indicated by the kit. The interviews are then transcribed and reviewed by the investigator in place by The American Association of Suicidology.

It can also be used in case control research studies to control for both individual and proximal causes of suicide. It helps to answer questions of causation in both individual cases of suicide and in comparisons between cases (such as in clusters of suicides). 4

Crisis Support Services’ Clinical Director

Chryss Brewer, LMT and Community Education Coordinator

Crisa Riba, MA are trained to provide this service.

If you or anyone you may know is interested in finding out more about services please contact Chris Brewer at 510-420-2471 email: chryss@crisissupport.org.

Don’t miss it! Sign up now!

Teens and the Risk of Suicide

Breaking the teen suicide silence:

It’s estimated the more than 5 million people in the United States have lived through the suicide of a family member or friend. The lack of information, or places to turn for help can be frightening.

CSS Teens for Life, Text Counseling and School Counseling Programs offer support for youth in crisis. For more information contact Devah DeFusco, MFT at 510 420-2473 to learn more about this program.

Don’t you know that, in the United States, one person completes suicide every 14 minutes?

It’s estimated the more than 5 million people in the United States have lived through the suicide of a family member or friend. The lack of information, or places to turn for help can be frightening. CSS offers immediate crisis intervention services and can help identify services available in our community for issues related to mental health, suicide prevention and the underlying causes.

They also offer grief counseling for those who have suffered the tragedy of a suicide loss.