

GLENDON ASSOCIATION

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Be a Link in the Lifeline...Help Us Save Lives How Suicide Impacts Our Community

Forum to Focus on Youth Suicide Prevention

Did you know that:

- Suicide is **the 2nd** leading cause of all injury deaths in Santa Barbara County
- Over **31,500 people** die by suicide each year in the U.S.
- In the U.S., one person dies by suicide every **17 minutes**
- **5 million** living Americans have attempted to kill themselves
- An estimated **4.4 million** people are survivors of the suicide of a loved one, family member or friend
- More people die by suicide annually than by homicide and war **COMBINED**

Reports of suicide shock our communities and leave us feeling helpless about what to do. The stigma associated with suicide prevents many at-risk individuals from openly discussing it, and many of us are unaware of the warning signs. Suicide is a public health issue and suicide prevention is the responsibility of all healthy communities. In order to provide a safe haven to discuss this very important topic, Santa Barbara community leaders will come together to present a FREE Suicide Prevention Forum in Santa Barbara, Santa Maria, and San Luis Obispo.

Santa Maria: **Monday, September 18th, 2006 at 6:30 pm**
Allan Hancock College, Marian Theatre
Moderated by Patti Piburn, Co-Author, KCOY CBS 12/Fox 11 News

San Luis Obispo: **Wednesday, September 20th, 2006 at 6:30pm**
The "New" Board of Supervisors Chambers, 1055 Monterey Street
Moderated by Wendy Thies, Co-Author, 'Action News', KSBY TV 6

Santa Barbara: **Wednesday, September 27th, 2006 at 6:30 pm**
San Marcos High School Auditorium, 4750 Hollister Avenue
Moderated by Paula Lopez, Anchor, KEYT TV 3

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In an ongoing outreach effort to build awareness in Santa Barbara and San Luis Obispo Counties throughout the year, The Glendon Association will present its annual Suicide Prevention Forum. Youth suicide will be a special focus of this year's Forum in response to recent tragedies in our community. As part of this effort, the Forum will feature John Kevin Hines, a young man who survived a suicide attempt by jumping from the Golden Gate Bridge at the age of 19. He shares his poignant story of triumph over adversity.

In addition, the Forum will screen the documentary *Faces of Suicide: The Making of the Central Coast Suicide Survivors Quilt*. This film serves as a reminder that suicide is everybody's business and that suicide can touch anyone.

Lisa Firestone, PhD, a clinical psychologist and suicide specialist from The Glendon Association, will be a speaker, along with a panel of professionals from agencies including: Cottage Hospital, SB County Alcohol, Drug & Mental Health, Hospice of SB, Family Service Agency's 211 HelpLine, Pacific Pride Foundation, Santa Ynez Valley Union H.S., and Area Agency on Aging. Also on the program, suicide survivors who lost family members to suicide will share their touching stories. Among topics to be discussed are ways to identify an individual's risk for suicide, effective treatment options, and how the issue of suicide affects specific populations such as seniors and youths. The forum will conclude with a Town Hall Q&A session and the documentary film.

CONTACT:

For suicide prevention information or information on the Suicide Prevention Forum, please contact Joni Kelly of The Glendon Association at 805-681-0415, extension 31; email: jkelly@glendon.org or visit us on the web at www.glendon.org.

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