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Prevention and Training Branch
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PEACE

www.peaceguam.org

“FOCUS ON LIFE” SUICIDE PREVENTION NEWSLETTER

ABOUT FOCUS ON LIFE

In 2008, the Guam DMHSA successfully applied for a Garrett Lee Smith Memorial youth suicide prevention grant offered by the Substance Abuse and Mental Health Services Administration (SAMHSA). The three-year grant, entitled Focus on Life is for the period of September 2008 to September 2011 and is funded at 1.5 million dollars.

Guam's Youth Suicide Prevention Grant will focus on individuals between the ages of 10–24 years.

The goals of the grant include:

- * Data collection, surveillance and analysis
- * Workforce capacity building
- * Comprehensive intervention plan
- * Evidence based policies, programs and practices
- * Evaluation and monitoring

Guam endures a disturbingly high rate of suicide among its youth and adult population. Suicide was reported as the fifth leading cause of all deaths on Guam (Death Certificates, Office of Vital Statistics, Guam DPHSS, 2005) and the fourth leading cause of all deaths during the period of 1998–2003 (BSP, 2006). Data exists within various public and private entities, however a centralized data collection, surveillance and reporting system is lacking.

This newsletter was developed under the Garrett Lee Smith Memorial Act Grant #1U79SM058391-01, from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health & Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS ; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST- Suicide Intervention Workshop)

- * ASIST is a two day intensive participation course designed to help caregivers recognize, assess and respond to persons at risk of suicide.
- * Participation clarifies participant's values and beliefs about suicide, enhances their understanding of suicidal behavior and develops the working knowledge and skills needed to intervene effectively.
- * The workshop involves active participation, open and direct talk about suicide, and cooperative support for group learning.



Survivors of Suicide Support Group

Who: Open to survivors of suicide (youth and adults who have experienced a suicide loss)

Where: Department of Mental Health & Substance Abuse, Prevention & Training Branch, PEACE office in Hagatna, J&G Ada's Commercial Center, Bldg. F, 2nd Floor.

When: Every Thursday; 5:30 p.m. to 7:30 p.m.
For more info.: Contact 477-9079-83

For those needing immediate assistance, please call the 24 hour Crisis Hotline at (671) 647-8863.

Suicide Facts

Warning Signs for Suicide

- * Feelings of extreme sadness and depression
- * Loss of interest in family, friends, work, school
- * Giving away personal belongings
- * Significant weight gain or weight loss
- * Difficulty sleeping or sleeping a lot
- * Talking or writing about death
- * Alcohol or other drug abuse
- * Misuse of Over-the-Counter and/or Prescriptions
- * Chronic Fatigue
- * Isolation

Comforting a Suicide Survivor



HELP



HOPE



HEALING

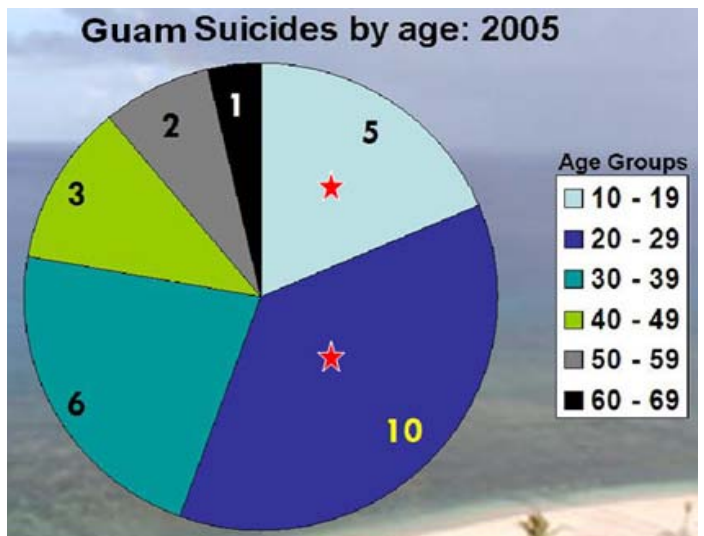
"Do List"

- * Give them time, love and understanding.
- * Encourage them to talk about what they are feeling or thinking, and to express their grief.
- * Offer ideas and not advice. Guide them as they decide what they want to do and when.
- * Remember that everyone grieves in their own way, in their own time frame. Give them the space they need to grieve, and don't try to rush them.
- * Encourage them to find a support

"Don't List"

- * Don't assume you know best, or how they feel.
- * Don't change the subject, if they want to talk about their loved one.
- * Don't alter their loved ones room or belongings.
- * Don't point out the fact that they have other children, if they lost a child. Each individual and relationship are unique.
- * Don't make comparisons to your own losses.

- * Suicide is the 5th leading cause of death on Guam
- * Guam's suicide death rate is higher for men
- * 1 in 5 suicide deaths occurs in those under 20 years of age
- * 2 in 5 suicide deaths occur among those 20-29 years of age
- * About 60% of all suicide deaths occur in those under 30 years



Sources:
A Profile of Suicide on Guam January 2009
Department of Mental Health & Substance Abuse

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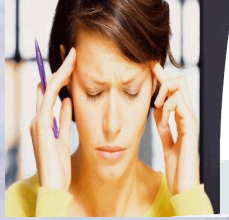
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What Causes Stress???

- Death: of spouse, family, friend
- Health: injury, illness, pregnancy
- Crime: Sexual molestation, mugging, burglary,
- Family change: marriage, divorce, new baby,
- Argument: with spouse, family, friends, co-workers, boss
- Physical changes: lack of sleep, new work hours
- Money: lack of it, being in debt
- Responsibility increase: new dependent, new job
- Environment change: in school, job, house, jail



STRESS SURVIVAL TIPS

Exercise * Set priorities in your life. * **Avoid negative people.** * **Laugh at something** * View problems as challenges * Look at challenges as opportunities * Say something nice to someone * Take a long shower or bubble bath * **Walk in the rain** * Look at the stars. * Ask a friend for a hug * Listen to some music * Do something new * **Develop a support system** * **Eat nutritiously** * Stand up and stretch * Have a "plan B" * Watch a movie * **Take a walk** * Get enough sleep * **Keep a journal** * **Draw a picture** * Look for the silver lining and... **"Believe in yourself"** .

FOCUS ON LIFE SUB-GRANTEES

- * Life Works Guam
Contact: Marie Halloran
Prevention/Intervention & Post-vention Services for Children and Families
Phone: (671) 477-3574/ 632-0257/ 483-0257
Fax: (671) 637-0004/ E-mail: rainbows@yahoo.com
- * Sanctuary Inc.
Youth Services Including Outreach Crisis Intervention
24 Hour Crisis Hotline: (671) 475-7100
- * Inafa'Maolek, Inc.
Peer Mediation & Conflict Resolution
Phone: (671) 475-1977
- * Youth for Youth LIVE, Guam
Youth helping youth through empowerment & leadership
Phone: (671) 477-8861
MySpace URL: www.myspace.com/yfyguam

Sanctuary, Inc.- "YES" Group



ASIST Training



Youth-Youth Live! Guam



Inafa'Maolek



Sanctuary Training



PEACE COUNCIL

PEACE is a community-based prevention effort established by the Prevention and Training Branch of the Department of Mental Health and Substance Abuse, with guidance from the Governor's PEACE Council and the State Epidemiological Work group.

PEACE strives to:

- * Raise awareness about the effects of alcohol, tobacco, and other substance abuse on Guam;
- * Prevent/reduce alcohol, tobacco and other drug use, including underage drinking;
- * Promote alcohol-free, tobacco-free and other drug-free lifestyles;
- * Reduce the harmful outcomes associated with alcohol, tobacco and other drug use;
- * Build Guam's capacity and infrastructure for establishing and sustaining evidence based substance abuse prevention and early intervention programs that are effective.

2009 COMMUNITY ACTIVITIES

September

Suicide Prevention Awareness Month

Too Cool To Do Drugs (Sept. 7)

PEACE Conference (Sept 11-12)

Recovery Month

Systems of Care Children's Mental Health

October

Red Ribbon Week

Domestic Violence Month

Breast Cancer Awareness Month

November

Great American Smoke Out

December

3D (Drugged, Drunk Driving) Month

World AIDS Day

For more information and updates on the Calendar of Events, contact the Department of Mental Health and Substance Abuse Prevention and Training Branch at (671) 477- 9079 thru 9083 www.peaceguam.org

Department of Youth Affairs

Guam Seventh Day Adventist Wellness Center

Dr. Keith Horinouchi, DrPH, MPH, CNS
Co-Chairperson

Department of Mental Health and Substance Abuse

Dr. David L.G. Shimizu

I Liheslaturan Guahan (Guam Legislature)

Senator Frank Blas, Jr.

Guam Police Department

Captain Paul Suba

Department of Public Health and Social Services

J. Peter Roberto

Regional Drug Enforcement Administration

Agent Antonio Marquez

Guam National Guard

Lieutenant Gerard Baleto

Guam Public School System

Paul Nededog

GPSS Head Start Program

Doris LG Tolentino

Mayor's Council of Guam

Louise Rivera

Guam Memorial Hospital

Vincent Quichocho

University of Guam

Peter Barcinas

Superior Court of Guam

Judge Elizabeth Barrett-Anderson

US Probation Office

US District Court of Guam

Rossanna Villagomez-Aguon

Health Partners, L.L.C.

Annette M. David, MD, MPH, FACOEM

Guam Community College

William Melendez, Jr.

Inafa'Maolek Mediation Center

Atty. Patrick Wolff

Catholic Social Services

Josephine Rosario

Youth for Youth Live! Guam Organization

Bureau of Statistics and Plans

Lola E. Leon Guerrero

Sanctuary, Inc.

Sarah Thomas-Nededog

Mothers Against Drunk Driving

Guam Youth Congress

Anthony Quenga

Community Representative

Lou Leon Guerrero

Pohnpeian Family Organization

Kasma Aldis

Project Officer- Center for Substance Abuse

Demaris Richardson