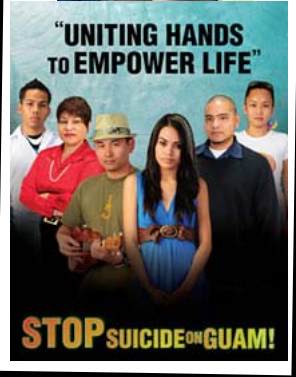




Volume 2
 October 2009
 Quarterly Newsletter



The Department of Mental Health and Substance Abuse (DMHSA) - Focus On Life Team is going out to the villages to discuss suicide prevention.

Schedule of Village Meetings

*Meeting times are all from 6:00 p.m. to 7:30 p.m.

Date	Village	Location of Meeting
October 23	Yigo	Senior Citizens Center
November 6	Dededo	Senior Citizens Center
November 12	Tamuning-Tumon-Harmon	Senior Citizens Center
November 20	Hagatna	Community Center
December 4	Merizo	Senior Citizens Center
December 11	Umatac	Community Center
December 18	Agat	Community Center

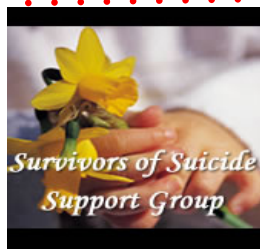
COMMUNITY EVENTS

- ◆ **RED RIBBON WEEK** is October 23-31, 2009
- ◆ **Oct. 30th: "Say Boo to Drugs"** Agana Shopping Center, 5 p.m.
- ◆ **National Depression Screening Day: November 4, 2009.** IPinangon Suicide Prevention Program will be conducting depression screening tests at the University of Guam. For more information, call 735-2888/9.



Special Points of Interest

- Community Happenings (p.1)
- 4th Annual Peace Conference a Success! (p.2)
- The latest with the Focus On Life Sub-Grantees (p.3)
- Contact Us (p.4)



For survivors of suicide, support groups are held every Thursday, from 5:30 p.m. - 7:30 p.m. at the PEACE office, DMHSA, located at the J&G Ada's Commercial Center, 2nd Floor, Bldg. F in Hagatna. For directions, please call (671) 477-9079.

Whether you're a teacher, counselor, first-responder or parent, we are all important gatekeepers in preventing suicide in our community. We can make a difference and inspire hope, so others can Focus On Life and Stop Suicide on Guam.

This newsletter was developed under the Garrett Lee Smith Memorial Act Grant #1U795M058391-01. 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.

4th Annual PEACE Conference “Uniting Hands to Empower Life”

Over two hundred people registered for this year's 4th Annual Peace Conference, held over a two-day period at the Holiday Resort & Spa on September 11th and 12th, 2009. The conference was a melding of local community efforts to bring awareness of issues that have impacted our island.

This was an opportunity for parents and youth to come together to speak with members of the community, who have been affected by substance abuse and suicide.

Each day of the conference was focused on a particular topic—the first day on substance abuse prevention and the second day on suicide prevention. More than twelve workshops were held by various community members, community-based prevention coalitions, with topics ranging from empowering youth, to media decoding and community advocacy.

This year's campaign and theme for the PEACE Conference was unprecedented, using locally recognized members of the community to put a face and a name on the realities of suicide on Guam. Spokespeople included Honorable Speaker Judith Won Pat, local actress Aleta Borja, cultural dancer Rico Sablan, and owner of JB's Ukulele Hut, Jeff “JB” Borja—among others.



The Latest with ... Life Works, Guam



LifeWorks Guam is an organization focused on suicide awareness, intervention, prevention and post-vention education. LifeWorks Guam is affiliated with LivingWorks International Education.

An important program offered is the Applied Suicide Intervention Skills Training (ASIST) Program. ASIST is a two-day intensive participatory course designed to help caregivers recognize, assess and respond to persons at risk of suicide.

The workshop involves active participation, open and direct talk about suicide, and cooperative support for group learning.

LifeWorks Guam networks with different agencies such as the University of Guam, IPinangon Campus Suicide Prevention Program, DMHSA-Prevention & Training Branch, Archdiocese of Agana, Department of Youth Affairs, Rainbows For All Children, among others.



I Pinangon University of Guam Campus Suicide Prevention ASIST Trainees participate in the Memory Tree activity: September 5-6, 2009, University of Guam Humanities and Social Science Building



Americorps University of Guam students attending a workshop on Applied Suicide Intervention Skills Training (ASIST) at the Guam Marriott Hotel Resort & Spa on September 12-13, 2009.



YFYLG empowers their peers with knowledge and skills to promote healthy and drug-free lifestyles. Volunteers (ages 17-24) are being recruited for the Youth Crisis Hotline. Contact Gayle Osborn at 477-8863.

Inafa' Maolek

Inafa' Maolek, Inc. is conducting suicide prevention awareness workshops in Guam's middle and high schools.

Drama/Skits have been incorporated in the workshops to help youth recognize warning signs and encourage them to seek help. They have also recruited and trained youth members in the area of suicide prevention.

Did You Know?

Inafa' Maolek means to make PEACE!

Have You Heard?

SANCTUARY, INC.

"Helping Youth and Families Help Themselves" since 1971



Sanctuary, Inc. has created new suicide prevention local resources and fact sheets for youth, families and survivors of suicide.

The fact sheets gives information on some of the common factors that trigger suicide, techniques for good and healthy communication, and a listing of local agencies and support groups that are available to help.

For more information, call 475-7101.



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We're on the WEB!
Check us out at
www.peaceguam.org

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 are:

- * To strengthen data collection and analysis
- * To build workforce capacity and strengthen community ownership
- * To strengthen an effective prevention and early intervention plan
- * To implement programs that work



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
Email: rainbows@yahoo.com
- **Sanctuary, Inc.**
Youth Services—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 and leadership"
Phone (671) 477- 8863
Myspace: www.myspace.com/yfyguam

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