



From the Desk of President Pat Derer

Dear Friends of HOPES,
What a fantastic 2008 Walk for Awareness! You should be very proud of your accomplishments. I truly believe our loved ones can see what we are doing to help others in memory of them. You worked to collect the highest amount of funds for HOPES *ever* in the 10 years since our inception to aid in raising awareness for suicide prevention. We received almost \$30,000 to continue promoting the necessary education to understand depression and suicide. We owe it all to you who have been our strong supporters and companions throughout this journey. As stated more eloquently by Mother Teresa, I quote –

***We can accomplish something extraordinary
by doing something ordinary with love
one day at a time.***

We would also like to thank our past president, **Susan Conlin Opheim** for her work in continuing to train others around the State of Wisconsin with the QPR education program. Sue was recently honored with a national award by the American Association of Suicidology for her 20 years of dedication to suicide prevention. Congratulations Sue, we are very proud of you!!

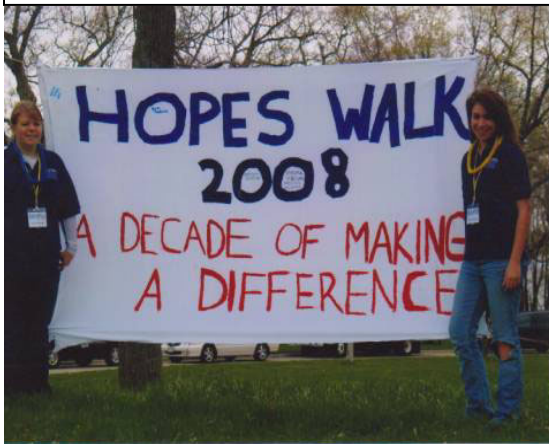
At this time, we would also like to thank our other dedicated leaders from around Wisconsin who volunteer their time and efforts to provide support for suicide prevention in their own communities. We extend our sincere thanks to **Mary Doemel** of Brown County, as well as **Amy and Brian King** in Trempealeau County. On behalf of HOPES, we commend your endless energy to assist in our worthwhile cause.

As you might already know, HOPES has been collaborating with Safe Community Coalition of Madison and Mental Health of America to offer additional opportunities to train groups and organizations in QPR (Question/Persuade/Refer) and learn about the signs and symptoms of depression and suicide. Please note the schedule of trainings and conferences being offered for continuing education at the end of this newsletter. You may also find additional updates on our HOPES website at www.hopes-wi.org.

Please note that you may now subscribe to the
HOPES Bi-Annual Newsletter by E-mail
Enter your email address on
“HOPES Home” page
OR
“HOPES Newsletter” page

2008 HOPES 10th Annual Walk for Awareness

To celebrate our 10th Annual HOPES Walk for Awareness held at Olin-Turville Park in Madison on Saturday, May 3rd, we were thrilled to have as our Honorary Chairman **Brock Bergey** from NBC Channel 15. Brock was our first choice to lead the walk for his courageous report presented in November of 2007 describing his past journey with depression. We remember his encouraging words from that report stating that he no longer suffers from depression, but is living with depression and continually finding ways to better cope with the illness. Thanks, Brock!



Our theme this year was
“A Decade of Making a Difference”
as demonstrated by our youth representatives
Katie Helming & Briana Wiegand.



As in years past, we were once again blessed with the presence of the folk singers, Casey Day and Greg Matysik, entertaining the crowd with a song by Kenny Chesney, well-suited for the occasion. We share those special lyrics with you now –

Who Would You Be Today

Sunny days seem to hurt the most
Wear the pain like a heavy coat
I feel you everywhere I go
I see your smile, I see your face
I hear you laughing in the rain
Still can't believe you're gone

Chorus:

It ain't fair you died too young
Like a story that had just begun
The death tore the pages all away
God knows how I miss you
All the hell that I've been through
Just knowing no one could take your place
Sometimes I wonder who you'd be today

Would you see the world?
Would you chase your dreams?
Settle down with a family?
I wonder, what would you name your babies?
Some days the sky's so blue
I feel like I can talk to you
And I know it might sound crazy

Chorus

Today, Today, Today
Today, Today, Today

Sunny days seem to hurt the most
I wear the pain like a heavy coat
The only thing that gives me hope
Is I know I'll see you again someday

Someday, Someday

Walk for Awareness
Trempealeau County, Wisconsin



Amy King (far right), Amy's Mom, Mary (left)
And Brian King, aka Horace, the Clown!

Trempealeau County Health Care Center had their Third Annual HOPES Walk for Awareness and Prevention on June 24th, 2008. The day was warm and sunny as Amy King, a staff member, once again organized many of the residents at the mental health care facility to help raise funds and walk endlessly around the track on the grounds in Whitehall, WI. (Grand Total=324 laps or 81 miles) Pat Derer, Mary Moldenhauer, and Sue Opheim, as board members of HOPES joined the festivities and experienced this heart-warming event. As Pat Derer so eloquently phrased the moment – “It was amazing to see how the residents were able to see through their own pain in order to make a difference for others. We felt so much love from these compassionate souls and their commitment was something you could almost put out your hand to embrace.” HOPES is honored to have Amy and Brian King on our suicide prevention team and we thank them for all their contributions. Amy recently presented the Board with \$2,000 in donations – 52 clients participated along with 24 staff, family, friends and volunteers. Thanks also to the 229 separate individual sponsors. We hold a special place in our hearts just by knowing all these wonderful and special caring people.

Let's Remember Our Veterans

By Helen Fitzgerald
Suicide Prevention Coordinator
(608 256-1901, Ext. 11394)

We started our suicide prevention program at Wm. S. Middleton's Memorial Veterans Hospital in March of 2007. The Veteran's Administration is handling the suicide prevention program in a public health approach. Raising awareness is the key to this approach. Our screening methods, in all areas of care, provide the opportunity for veterans to reach out for help anywhere and at any time they have contact with one of our health care providers, not just our “mental health” providers. The other key component of this approach is immediate access to good quality mental health care. If a veteran screens positive for suicide risk anywhere in the hospital or at our CBOCs, they have immediate access to mental health providers and movement into care. Several studies have now found that both male and female veterans are at twice the risk for suicide than the general population. We know that two-thirds of veterans who died by suicide used a firearm. The rate of firearm use in the civilian population that died by suicide is much lower. Restricting access to the most deadly means has been proven helpful. We encourage gunlocks on all guns, ammunition stored safely, and the gunlock key in the hands of someone other than the person at risk. We also encourage that this process continue for a minimum of 6 months to a year after the crisis, even if the person appears to be doing better. The national suicide hotline number is 1-800-273-TALK (8255) and now has a veteran option by pressing 1. The call is then transferred to Canandaigua, NY where VA staff will answer all calls.

National Survivor's Day
November 22, 2008

The National Survivor's of Suicide Day will once again be held at St. Mary's Hospital in Madison. Please consider joining the Dane County Mental Health Center and HOPES for a day of meaningful support and comfort. **Dr. Murray Kapell** shared his experience from last year's Survivor's Day in the following story --

“Just like always, it hit me out of the blue -- I was invited to share my story at the Survivors' Day meeting last winter. Over 20 years after my father's suicide, the memories and emotions have been tempered quite a lot. There are days when I don't think of him at all, something I never thought would happen. But it was good for me to dedicate some time thinking about him, and about the me of 20 years ago. At the time, I thought his death would never let me feel normal again. It changed me, but I did find a way to go on. I reflected at how his death led me to the work I do today as a psychiatrist, often dealing with the shadow of suicide hanging over many of my patients every day. Perhaps knowing it so well allows me to be less intimidated by it, and lets me share the moment more fully with them. There is something so unique about suicide, something about how it superimposes every emotion, until we don't know how to make sense of the simultaneous sorrow, anger, fear, and love. There's nothing else quite this chaotic. And nobody understands unless they've been there. That's what struck me at the Survivors' Day -- I looked around the room and realized everybody there understood. Around the room I saw so many nodding heads as I spoke. There was something incredible and unreal about that moment, something I can't get elsewhere in my life. I appreciated the opportunity to share in this strange

emotional chaos with people who have lived through it, too.”

HOPES Quilts & Memory Book
(A bit of history)

The project began at a national level which HOPES adopted with just one quilt and it was named “The Many Faces of Suicide”. Now there are six completed HOPES quilts and many blocks ready and planned to be included in the seventh quilt. Additional quilt blocks have been sent out and are awaiting their own unique design for other loved ones who lost their lives to suicide. I have the honor of sewing the quilts together, and every time they are displayed, I always look for my loved one's picture. If you wish to have a block included in a quilt, please provide your name and address to me at the location below. I will send you a block along with the instructions. It is your square, and you design it in whatever way feels best to you. The block should be returned to me when finished.

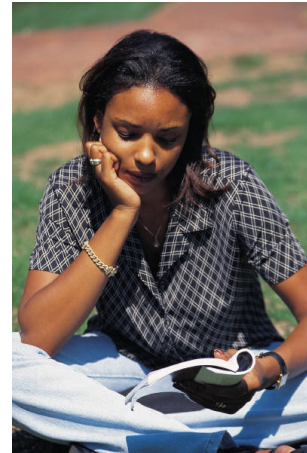
Donna Bichanich
409 Leuders Road, Sauk City, WI 53583
608-644-9019 or bichanich@chorus.net

The Memory Book was just started recently. If you provide HOPES with an 8x10 **non-returnable** photo of your loved one and information you wish to share, we will then add it to our Memory Book. You can also have your picture included on the HOPES website. The Memory Book is made available at our Annual Walk for Awareness and the National Survivor's Day in November each year. With these opportunities, we offer survivors additional ways to be assured that our loved ones will never be forgotten. We can make a difference and the memory book and quilts are just one more part of that process.

Just How Effective Is QPR Training?
A Success Story to Remember

In the fall of 2006, a teacher in Wisconsin was participating in an after school staff training to learn about suicide prevention. The training called QPR - stands for question, persuade, and refer - emphasized identification of risk factors, warning signs, and protective factors of suicide. The teacher received hands on skills on how to ask the question about suicide and how to persuade someone to get help.

That afternoon was priceless to this certain teacher. After getting the information, the teacher felt she should talk to her own daughter because she recognized some of the warning signs. When they had a conversation, the daughter disclosed that she was thinking about killing herself. In fact, she had gone so far as to make a farewell video for family and friends and stockpiled pills. Her suicide attempt was imminent.



The teacher's intervention prevented the attempt. The family and student got help and they are in the process of working on the issues at hand. Recently, when the school district was struck by another tragedy, school staff checked in on this young woman to make sure she was okay. She indicated that she was and that she now understood that suicide was not a good solution to her problems. The intervention has had a long-term impact.

Suicide prevention works – as illustrated above, it can save a life!

<p>SUICIDE PREVENTION Upcoming Events and Conferences</p>

- August 14 - Northern Wisconsin Suicide Prevention Training for County and Tribal Teams
Rhineland, 8 a.m. to 4:30 p.m. / The Claridge Motor Inn
Contact: Judilarsen@charter.net or 715-362-0303

- August 15 - Assessing and Managing Suicide Risk Training
Rhineland, 8 a.m. to 5 p.m. / The Claridge Motor Inn
Contact: Judilarsen@charter.net or 715-362-0303

- September 4 - Preparation by HOPES for Suicide Prevention Week at the Wisconsin State Capitol
Madison, 10:00 a.m. / Presentation by Lieutenant Governor Barbara Lawton
Displaying the “Many Faces of Suicide” Memory Quilts in the Capitol Rotunda

- September 6 - Beyond the Blues fundraising event by the Charles E. Kubly Foundation
Harley-Davidson Museum, Milwaukee / 6:00 p.m./ Tickets \$60 per person
Contact: www.beyondtheblues.org or 414-477-9959

- September 8 - Dane County Summit / QPR Training with breakout sessions
Madison, 8:30 a.m. to 3:30 p.m. / American Family Insurance Training Center
Contact: shelgross@tds.net

- September 8-15 **SUICIDE PREVENTION WEEK**

- September 18 - QPR Gatekeeper Training of Trainers Session
Brown County, 8 a.m. to 5 p.m. / Bellin Health Center, 301 E St. Joseph, Green Bay
Registration Deadline: 9/6/08 -- Contact: www.hopes-wi.org or
Call: Mary Doemel at 920-339-8952

- September 22 - Chippewa Valley Suicide Prevention Summit
Eau Claire, 9 a.m. to 3 p.m. / The Florian Gardens
Contact: Fred Heffling at Frederick.Heffling@dhfs.wisconsin.gov or 715-836-5724
- September 24 - QPR Gatekeeper Training of Trainers Session
Kenosha, 8 a.m. to 5 p.m.
Contact: Debbie Rueber at DRueber@co.kenosha.wi.us or 262-605-6722
- Sept. 25 & 26 - Dept. of Health and Family Services 12th Annual Crisis Intervention Conference
Wisconsin Dells / Registration at 7:30 to 9 a.m. / Chula Vista Resort
Visit: www.uwsp.edu/conted/conferences/crisis for details and registration
- October 8 - Jefferson County Summit
UW Extension, Jefferson / 8 a.m. to 4 p.m.
Contact: Monica Wagner at mwagner@oppinc.com or 920-675-4630
- October 15 - Dane County QPR Training of Trainers
Middleton / 8:30 a.m. to 5 p.m. / Registration Deadline: 9/30/08
Contact: Cheryl Wittke at 608 256-6713 or Visit: www.safercommunity.net
Or www.hopes-wi.org
- October 22-23 - Bureau of Prevention, Treatment and Recovery Conference,
“Promoting Dreams Through Evidence Based Practice” / Kalahari Resort
Wisconsin Dells
Contact: www.uwsp.edu/conted/conferences/substancabuse/default.aspx
- October 28-30 - Department Of Health and Family Services & American Indians Against Abuse
Tribal Conference / Ho-Chunk Hotel & Convention Center, Baraboo
- November 22 - AFSP National Survivors of Suicide Day at St. Mary Hospital
Madison / 9 a.m. to 2 p.m. / Registration at 8:30 a.m. / Sponsored by Dane County
Mental Health Center and HOPES organization
Contact: Vicki Westrich at vicki.westrich@mchdc.org
- March 3-5, 2009- Shawano County Yellow Ribbon Program, Oshkosh
Contact: Ginger Swedberg at gingerswedberg@yahoo.com or 715-526-2631

Questions

By Dawn Leikness

How could it have been four years already?
Just the other night you were fast asleep in the room next to me, weren't you?
Or was I dreaming again of before?
Four years, next year is five, then six, and ten and twenty.
How will I reflect on you being gone twenty years from now?
Will I be able to remember how important you were to me?
Or will I lose it all, along with my mind?
It's easier with time, because you forget to remember.
But then when you do, it hurts all the more for having forgotten.
And yet, you plaque my mind everyday.
Everyday without question you are the subject of thought.
What would you be doing right now?
How would you be living life?
I never thought you wouldn't be here.

“THANK YOU” to our most recent donors. . .

The following are LOVE GIFTS received as Memorials:

*We remember **Mark Mulholland** –*

Debra McDaniel
Diane Berg
Tom and Cathy Mulholland
Midwest Tops
Lucille McDaniel
Mike and Lynn Mulholland
Mr. and Mrs. Daniel Mulholland

*We remember **Daryl Derer** –*

George Arbeiter
Phylis Taft
Jerry Neupert
Blaine and Tina Neupert
Terry (Triple H)
Fritz Jenkins

*We remember **David Moldenhauer** –*

Micki Sumpter
Lauri Fernald
Warren Moldenhauer
Ed and Darlene Duklas

*We remember **Tim Doemel** –*

Debbie Gibson
Lynn Vondracek
Bill and Laura Bougie

*We remember **Jeremy Rogers** –*

Greg Rodgers
Janna Rose

We remember –

Theresa Dean from Kathleen Bach
Scott Peterson from Cheri Peterson
Marsha Bishop from Ed and Darlene Duklas
Arthur Gray from Dawn Gaffney
Derek Bourdeau from Ray and Lavonne Klapatauskas
Peter Hess from Monica Brust
Brandon Garland from Nellane Garland
James D. Guzzetta from Jill Larson
Gary Mayer from Ione Mayer
Mark Kautzky from Kellen Kautzky and Kelly Dell
Richard Chrisman from Diane Chrisman
Dennis McCarthy from Stephanie McCarthy
Scott Strang from Cheri Janssen