



PLEASE JOIN US

2008 Annual Meeting and Awards Luncheon Tuesday, December 9, 2008

Featuring Eric Hipple, Former NFL Quarterback for the Detroit Lions and Author of Real Men Do Cry



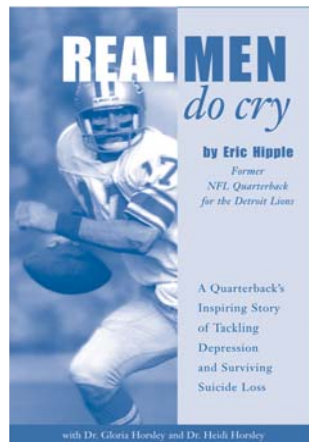
Eric Hipple,
Former NFL Quarterback
for the Detroit Lions
and Author of *Real Men
Do Cry*

MHA would like to invite you to join us for our 2008 Annual Meeting and Awards Luncheon on Tuesday, December 9, 2008, from 11:30 a.m. to 1:30 p.m. The meeting will be held at the Wisconsin Club, 900 West Wisconsin Avenue, Milwaukee.

We are pleased to announce that MHA’s keynote speaker will be Eric Hipple, a former NFL Quarterback who was selected by the Detroit Lions in the fourth round of the 1980 NFL draft. A quarterback from Utah State, Hipple played in 9 NFL seasons for the Lions from 1980-1986 and 1988-1989.

In 2000, Eric Hipple’s son completed suicide. As a result of that loss, Hipple is involved in educating people about the dangers of depression. He is currently the Outreach Coordinator of the Depression Center at the University of Michigan in Ann Arbor. Mr. Hipple recently published his first book, *Real Men do Cry, A Quarterback’s Inspiring Story of Tackling Depression and Surviving Suicide Loss*.

Autographed copies of Mr. Hipple’s book can be purchased after his keynote address on the day of the luncheon.



This year, awards will be given to the following individuals and organizations for their outstanding dedication, commitment and service in the field of mental health:

- Media Partner: Entercom Milwaukee
- Volunteer Partner: Dr. Jonathan Kanter
- Community Partner: Saint Matthias Catholic Parish

Tickets to the Annual Meeting are \$50 each. Corporate Tables of 8 are \$500 (includes name recognition). RSVP by Tuesday, November 25 with payment and a list of attendees to: MHA, 734 N. 4th Street, Suite 200, Milwaukee, WI 53203. You may also register online at www.mhawisconsin.org.

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MANAGING STRESS IN A TOUGH ECONOMY



By simply turning on the news or opening a newspaper, it's easy to see that money, work and the economy are worrying many Americans. As talk of falling housing prices, recent declines in the stock market, rising consumer debt, and bring up worries about the nation's economic health, more Americans feel additional stress and anxiety about their financial future.

An annual survey conducted by the American Psychological Association, which was released in early October, polled 3,760 adults and found that money (72%), the economy (69%) and work (68%) are the most frequently cited causes of stress by Americans. Housing costs are a source of stress for almost half (47%) of Americans and job insecurity causes stress for more than one-third of employees (34%). In fact, a later nationwide poll conducted in September found that stress about the economy has increased further with 80% of Americans citing it as a significant cause of stress, a jump from the 66% in April.

Nationally, stress is having an increased physical impact on Americans, with 53% reporting fatigue (51% in 2007) and 61% reporting irritability or anger (50% in 2007). Other symptoms include lack of interest or motivation, feeling depressed or sad, headaches and muscular tension.

Overall, we know that people are experiencing pronounced levels of stress. The question then becomes, how can people manage the stress? Here are some tips for reducing or controlling stress.

- **Be Realistic.** If you feel overwhelmed by some activities (yours or your family's) learn to say NO. Eliminate activities that are not absolutely necessary. You may be taking on more responsibility than you can or should handle.
- **Learn your own stress signals.** People experience stress in different ways. You may have a hard time concentrating or making decisions; feel angry, irritable or out of control; or experience headaches, muscle tension or a lack of energy. Gauge your stress signals.
- **Recognize how you deal with stress.** Determine if you are using unhealthy behaviors (such as smoking, drinking alcohol over eating or under eating) to cope. Is this a routine behavior, or is it specific to certain events or situations? Do you make unhealthy choices as a result of feeling overwhelmed?
- **Find healthy ways to manage stress.** Consider healthy, stress-reducing activities such as meditation, exercising or talking things out with friends or family. Don't take on too much at once. Focus on changing only one behavior at a time.
- **Take care of yourself.** Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, taking a short walk, going to the gym or playing sports that will enhance both your physical and mental health. Take regular vacations or other breaks from work. No matter how hectic life gets, make time for yourself – even if it's just simple things like reading a good book or listening to your favorite music.
- **Reach out for support.** Accepting help from supportive friends and family can improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist or therapist, who can help you better manage stress and change unhealthy behaviors.

Source: American Psychological Association

REPORT HIGHLIGHTS NEED FOR MORE SUICIDE PREVENTION EFFORTS

The Department of Health Services, Mental Health America of Wisconsin, and the Medical College of Wisconsin released the Burden of Suicide in Wisconsin report in early September. The report provides detailed information on suicide deaths and attempts.

“Communities can use this information to help them develop and implement prevention strategies,” said Department of Health Services Secretary Karen Timberlake. “We encourage our partners at both the state and local levels to create coalitions that can work together to focus efforts on increasing recognition, screening, and treatment for mental illnesses and substance abuse disorders, especially for depression.”

“We felt it was critical for the citizens of Wisconsin to understand the magnitude of this issue – it is truly a call to action,” said Shel Gross, Mental Health America of Wisconsin. “I think people are surprised when they learn there are three times as many suicides as there are homicides in Wisconsin. Suicide is a silent killer. It most often occurs behind closed doors with no one else around, but it results in a huge societal burden, including the medical costs for those who attempt suicide and require care. Perhaps the highest cost though is the mothers, fathers and children that are lost.”
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According to Dr. Stephen W. Hargarten, M.D., MPH, professor and chairman of emergency medicine and director of the National Injury Research Center at the Medical College of Wisconsin, "Suicide and suicide attempts are a significant health care and public health burden in Wisconsin. This report, a collaboration between mental health, health care, and public health leadership, is an important first step towards improving our understanding of this challenging problem and developing comprehensive strategies to reduce it. The public health approach to reduce suicides in our state requires evidence-based programs and policies aimed at high-risk individuals and their families, high risk environments, and access to lethal means. This report is a major first step towards informing our efforts in Wisconsin."

The Burden of Suicide report uses a variety of data sources on suicide deaths and attempts from 2001-2006. It breaks down the information by county, age, sex and circumstances associated with the deaths, such as mental health status, presence of alcohol or drugs, and methods utilized. Key findings from the report include:

- Wisconsin experiences an average of 650 deaths by suicide per year.
- Suicide deaths account for 20,000 years of potential life lost per year (YPLL). This is only slightly less than the YPLL from motor vehicle crashes and is more than twice the YPLL lost from homicides.
- In addition to those who died by suicide, more than 9,000 people are treated in hospitals or emergency departments each year for self-inflicted injuries at a total cost of more than \$64 million in 2006 alone.
- The greatest number of suicide deaths was among 35-54 year old males. Men account for about 80% of all suicide deaths in Wisconsin, although women are twice as likely to make attempts. Youth age 15-24 had the highest rates of inpatient hospital and emergency department visits for self-inflicted injuries.

- Veterans (persons who have ever served in the armed forces, including the National Guard) account for 20% of all completed suicides. For persons age 55 and older, veterans account for almost half of completed suicides.
- Almost two-thirds of those who died by suicide had a current depressed mood; one-third of individuals who died by suicide were noted as having an alcohol problem.
- Firearms were the most frequently used method of completing suicide, accounting for almost half of all suicide deaths. This was followed by hanging/strangulation/suffocation methods and then by poisoning.

The Burden of Suicide report was developed as part of the Garrett Lee Smith Youth Suicide Prevention Grant with funding from the U.S. Substance Abuse and Mental Health Services Administration, the Department of Health Services, and the U.S. Center for Disease Control and Prevention.

To view of a copy of the report, visit our web site at www.mhawisconsin.org. Click on the Education tab on the home page and choose Suicide Prevention.

Did you find this topic interesting?

If you did, here are some additional articles on suicide prevention that may interest you:

- Physicians urged to broaden suicide prevention, Addressing access to guns and other lethal means focus of patient's mental health: Go to: <http://www.hsph.harvard.edu/news/press-releases/2008-releases/physicians-urged-to-broaden-suicide-prevention-by-addressing-access-to-guns.html>
- Milwaukee police among few offering suicide prevention training. The Milwaukee Police Department has started something few departments in the nation are doing: suicide prevention training. They have trained nearly all of their 2,700 members since early this year. Experts estimate that only 2% to 10% of the 18,000 police departments nationwide actively work to prevent suicides within their ranks. Go to: www.wkowntv.com/Global/story.asp?S=8716910

HOUSEHOLD SUPPLIES NEEDED FOR STRONG FAMILIES HEALTHY HOMES FAMILIES

The Strong Families Healthy Homes Program is putting together 30 baskets of household supplies for its families this holiday season – and we would really like your help! The list of items for each basket may include:

- 1 bottle of cleaning spray
- 3 packs of paper towels
- 1 bottle of laundry detergent
- 12 pack of toilet paper
- 1 bottle of dish soap
- 3 bar pack of soap
- 1 can of toilet bowl cleaner
- 1 bottle of floor cleaner
- 2 sticks of deodorant
- 2 bottles of shampoo
- 2 bottles of conditioner
- 3 wash clothes
- 3 cleaning sponges
- A laundry basket

As always, monetary donations are welcome. Program staff can purchase the items with any monetary donations it receives.

For information about making a secure, online contribution, visit our web site at www.mhawisconsin.org

MHA WELCOMES NEW EMPLOYEES

MHA would like to welcome two new employees!

Sarah Dechambre, a Social Work major from the University of Wisconsin-Milwaukee and who has recently volunteered for both the Strong Families Healthy Homes Program and the Invisible Children's Program, has officially joined MHA as Family Center Support Specialist. Ms. Dechambre will support Family Center staff, organize program flyers, conduct database work and maintain the Family Center area.

Debi Traeder joined MHA as a Youth Suicide Prevention Coordinator in September. Ms. Traeder comes to MHA from Aspirus Behavioral Health in Wausau, WI, where she served as the Community Education Coordinator.

At Aspirus, her duties expanded to include suicide prevention as she became a trainer

in QPR (Question, Persuade, Refer), a national suicide prevention program. In her new position, Ms. Traeder will be working primarily in the northern half of the state and will be focusing on youth suicide prevention.

FOUNDATION CONTRIBUTIONS AND BEQUESTS

Ruth A. Hitzig-Batcha Estate
Children's Trust Fund
AstraZeneca
Faye McBeath Foundation

All MHA programs and services are supported through contributions such as these. To learn more about how you can help support MHA, visit us online at www.mhawisconsin.org, or call (414) 276-3122.

We truly appreciate the support!

MENTAL HEALTH SUPPORT GROUPS

A support group is a safe place where people gather to share their feelings and concerns with one another. Typically, mental health professionals and peer facilitators who volunteer their services lead these groups.

Mental Health America has nearly 100 different mental health related support groups listed on its web site: www.mhawisconsin.org. There are support groups ranging from Depression and Anxiety, to Grief and Post-Traumatic Stress.

MHA also offers a support group for people who have suffered the loss of a loved one to suicide called Survivors Helping Survivors.

For a complete listing of support groups, visit our web site at www.mhawisconsin.org.

FOR THE LATEST INFORMATION ABOUT MHA PLEASE VISIT OUR WEB SITE AT WWW.MHAWISCONSIN.ORG

The Bell

The Bell is a quarterly publication that provides resources and information related to mental health issues. *The Bell* furthers our mission to promote mental health, prevent mental disorders, and achieve victory over mental illness through advocacy, education, information and support.

Comments and suggestions are always welcome. Contact Danielle Lennie at Mental Health America of Wisconsin (MHA) at (414) 276-3122.

Phone (414) 276-3122

Fax (414) 276-3124

Address 734 North 4th Street, Ste. 200
Milwaukee, WI 53203-2121

For more information on mental health issues, visit our web site at www.mhawisconsin.org

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MHA is a United Way agency.