

JOURNEY MENTAL HEALTH CENTER TO MOVE TO NEW LOCATION IN AUGUST

After 29 years of calling 625 W. Washington Ave. home, Journey will be moving to a new location. The move will provide expanded space, opportunity for pleasant surroundings and ample parking.

The new location is on Kessel Court on Madison's west side off of Schroeder Road. This is off the West Beltline using the Whitney Way exit and then just west of Vitense Golfland, Babe's Restaurant and Michael's Frozen Custard. Journey will occupy three buildings and SOS Support Group meetings will be held at 49 Kessel Ct. Signage will help in identifying each building.

As August approaches, updates will be available on the website www.journeymhc.org. The SOS confidential voicemail (608) 280-2435 and email address sos@journeymhc.org will remain the same.



We look forward to continuing all SOS Services at this new location.

NO ONE TOLD ME ABOUT VACATIONS

by Judy Kaplan.....An excerpt

"No one told me about vacation" is a statement frequently heard from the bereaved. "We thought getting away might make life easier for us, but it only made it clear how tough things really were."

...Family vacations have become an American ritual, laden with the symbolism of togetherness, fun, financial success and the reward for working hard. Vacations have come to represent a reaffirmation of family life; providing an opportunity to strengthen the family bond, creating a history of shared experiences, and sharing moments of closeness and intimacy... Most vacations are fun and rewarding experiences... That is

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A self-help group for people who are grieving the death of a loved one by suicide.

A QUARTERLY PUBLICATION OF JOURNEY MENTAL HEALTH CENTER.



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A Sincere Thank You To Our Donors

an idealized or uncommunicated expectation of what family vacations have come to mean to us and what we expect from them...

Where do bereaved families fit into this picture as they try to go on with their lives, to reestablish a sense of normalcy for their surviving children and a sense of hope for the future? ... What about those families where the family structure has changed in such a fundamental way that parents take a vacation without any children along, perhaps for the first time? ... Some bereaved families want to escape from the stress and pressure of intense grief. They need relief from trying to adjust to a familiar environment that no longer includes their child as well as a sense of normalcy for their surviving children...

There is a belief that vacations may provide an opportunity for relief from grief and escape from a painful home environment. For others, vacations can be potentially fearful experiences...

Many newly bereaved parents recall the fearful anticipation of leaving home for the first time after the death... Whether it is leaving memories or fearing another tragedy, leaving home seems to be a common dread...

There are no right or wrong ways. Here are some guidelines that may be helpful...

1. Previous vacations: Remember previous family vacations; not all of them were tension free or without periods of adjustment, but that did not mean they were not successful experiences.

2. Expectations: Share your expectations and your hopes about the vacation. If you need time to share your feelings, to remember the past, or to be alone, make sure these needs have been expressed.

3. Realistic planning: Plan a vacation that is neither totally relaxed without a schedule, nor totally hectic sightseeing... Discuss the pros and cons of going back to a familiar place or visiting a new area or having a new experience.

4. Coping with grief on vacation: You do not leave grief at home. It goes with you in your suitcase, on the airplane, and in your car. It is important to be realistic about what a vacation can accomplish.

5. Anticipation: Remember that the anxiety created by the anticipation of an event is often more intense than the actual event.

Whether you leave town or remain at home while on vacation, it is important that you take that time for yourself. Grief takes its toll; it is physically, mentally and emotionally exhausting. There are no quick fixes, easy answers, or perfect solutions. We do the best we can. That's true for vacations, just as it is true for every day life.

*Reprinted from Comforting Friends, June-July 2015,
www.friendsforsurvival.org*

ONE OF THESE DAYS

by Mary Lizzi Carlstedt

One of these days, you will realize you got through the day without crying.

One of these days, you will bite into a piece of fruit and actually taste the sweetness.

One of these days, you will find yourself smiling.

One of these days, you will recognize again that stranger in the mirror.

One of these days, you will notice that the season has changed.

One of these days, you will feel the sun on your face.

One of these days, you will laugh out loud.

One of these days, you will wake and not dread the day ahead.

One of these days, you will speak their name and smile.

One of these days, you will come to terms that for all your questions there are no answers.

One of these days, when you are ready, you will know you'll be okay...

Not whole ever again, but okay...One of these days.

Reprinted from The Compassionate Friends of Los Angeles, Vol. 31, No. 3, March, 2015



BOOK REVIEW: _____
NIGHT FALLS FAST: UNDERSTANDING SUICIDE by Kay Redfield Jamison

For me, this was an amazing book! Dr. Jamison writes from a place of personal experience with her own mental illness of bipolar disorder. Her struggles give her both empathy and insight into the minds of those who are vulnerable to suicide. As a psychiatrist, she wanted to explore the science that would help us to understand the “why” behind suicide. She explored suicide from several different angles and her conclusions reflected a myriad of factors that can contribute to suicide.

Dr. Jamison acknowledges how difficult it is to penetrate the privacy of another’s thoughts, yet many that contemplated or have died by suicide spoke of their ambivalence, that is, their desire to both live and die. For many “it is suffering to live.” People that are left to puzzle why their loved one took their life may try to identify a single event or cause. The common thread is usually an underlying diagnosed or undiagnosed mental illness. Those with mental illness react differently to stress. Stress can accelerate one’s illness by causing chemical changes in the brain. Conditions which increase the danger of suicide are previous attempts and mood disorders like depression and manic depression, especially when combined with alcohol and drugs. Depression can impair the capacity for rational thought and it may induce suicidal impulses.

The physiological components being researched reveal that there are certain biochemical levels in the brain that contribute to impulsivity and aggressiveness. One’s genes can affect and subsequently influence the choices one makes about the environment they seek or avoid. Similarly, serotonin (a neurotransmitter that contributes to feelings of well-being and happiness) levels may be

affected by one’s social environment.

Biological factors that may contribute to one’s mental health include quality and quantity of sleep, diet, age, and gender. Regarding gender, women are more prone to depression and more likely to attempt suicide but less likely to die by suicide; men are less likely to recognize and seek treatment for depression, but are more likely to drink and to use highly lethal means when attempting suicide.

Dr. Jamison’s chapter on “Those Left Behind” stated that suicide isn’t necessarily selfish, but rather it can be the final outcome of a bad disease. She acknowledged that up to a third of surviving family members felt stigmatized by suicide. Many survivors are plagued by guilt, wondering “Why?” and “What could I have done differently?” Prevention can be challenging for many reasons, including stigma associated with mental illness, thus reluctance to seek treatment as well as the under-diagnosis of depression.

There are medications that are known to be beneficial for suicide prevention, however selecting the proper drugs or combinations for each individual’s situation can be difficult. Compliance can often become an issue due to side effects.

There have been some programs in schools that have been helpful especially if they utilize screening tools and then follow up with professional resources. Decreasing access to lethal methods has also decreased suicide rates. The author concludes that continued studies to understand mental illness are necessary along with improved access to care for those who are affected.

Reviewed by Amy Schulz, SOS Volunteer Facilitator

REMEMBERING OUR LOVED ONES — continued _____



The following Remembrance was received after the April REMEMBRANCE ISSUE was published.



Steven Larson

2/8/77 – 4/4/14

*I wish we could have saved you. I wish you were still here.
You are loved and missed more than you’ll ever know.
I love you big brother!*

Remembered by-Christina Schwartzlow

RECENT EVENTS INVOLVING SOS TEAM AND JOURNEY PROFESSIONALS



SUICIDE-LOSS SURVIVOR SUPPORT GROUPS— HOW TO START ONE AND BE THE FACILITATOR

Rachel Knecht, Volunteer SOS Facilitator

On Thursday, April 28, 2016 I had the opportunity to attend a six-hour training in Fond du Lac, WI which was a part of the Edwin S. Shneidman Lecture Series held at Marian University. The presenter was Barbara Rubel, MA, CBS, BCETS. Rubel, a speaker and author, has a background in Thanatology, and she herself is a survivor.

The training began by examining the role of a group facilitator. Using quick assessment tools provided within the materials, trainees looked at individual readiness to take on the important role in addition to exploring what it means to facilitate a group around loss.

We learned how to plan and design a suicide-loss survivor support group and explored Rubel's 10 Golden Rules of how to structure and start a support group. Five phases of a support groups allowed the trainees to get a feel for a meeting from beginning to end.

Rubel provided us the resources to better understand and deal effectively with possible challenging behaviors of group participants and suggestions for handling each one as well as how to communicate effectively with the group as a whole. The remaining topics included understanding grief, the mourning processes and methods to help combat compassion fatigue and burnout.

This interactive training encouraged participation using activities and scenarios. I feel that this training will help me to become a better facilitator. Although I do not see myself following the training manual word for word, that's ok – Rubel encouraged us to use what we thought was helpful and disregard the things with which we didn't agree. She realizes that every support group is different. I would encourage others interested in group facilitation to attend this type of training.

JOURNEY MENTAL HEALTH CENTER'S "DREAMS" FUNDRAISING EVENT

Nancy Pierce, Clinical Coordinator SOS Support Services, Emergency Services Unit

On Thursday, May 5, 2016 at the Wisconsin Institutes for Discovery, Survivors of Suicide Team and Jeanne Moren's family joined the many in attendance in a standing ovation honoring Jeanne.

Newly appointed CEO and President of Journey Mental Health Center, Ron Lampert, presented Jeanne with a plaque recognizing her 30+ years of service volunteering as a survivor support group facilitator and provider of SOS support services.

SOS team members had a chance to show their support at the "Dreams" gala event celebrating Journey Mental Health Center's vision of "Sharing the Path from Hope to Recovery."



SUICIDE: PREVENTION, POSTVENTION, AND RESPONSE — PROMOTING WELL BEING

On Wednesday, May 11, 2016, a morning event sponsored by Safe Communities which was open to all, was held at Unity Point Health Meriter-Bolz Auditorium. Those in attendance included clinicians, clergy, educators, hospice and hospital staff along with others interested in the topic.

Nancy Pierce, SOS Services Coordinator, presented on *Postvention as Prevention*, emphasizing the importance of providing an organized response after a suicide death to reduce the risk of suicide and

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psychiatric complications for survivors. A panel of survivors, which included some who had participated

in our SOS Support Group after their person losses, shared the role their faith played in moving past their loss.

SOS PRESENTATION TO CRISIS INTERVENTION STAFF AND MADISON POLICE

On Wednesday, May 11, 2016 at Journey Mental Health Center, professional and volunteer SOS Support Group Facilitators met with the Crisis Intervention Staff and Madison Police Department Captain Kristen Roman and Mental Health Officers. We presented on the importance of early intervention after a suicide death as well as ongoing services

including the support group. The full range of postvention services sponsored by Journey Mental Health Center demonstrates enduring commitment to provide the “best practice” resources to those involved in the aftermath of a suicide.

A SINCERE THANK YOU TO OUR DONORS

Amy Schulz
Linda Sielaff

Marcia Solkoff Eskin
Tina Neupert

Rodney Waldmann



Tax deductible donations can be made:

By mail until Aug. 5, 2016 to **Survivor Services, JMHC, 625 W. Washington Ave., Madison WI 53703**

By mail after Aug. 6, 2016 to **Survivor Services, JMHC, 25 Kessel Court, Ste. 105, Madison WI 53711**

Online at <https://www.journeymhc.org/how-to-help/donate>
Select SOS Services, then click “donate.” Use credit card or PayPal.

SURVIVORS OF SUICIDE SUPPORT GROUP SCHEDULE

2nd and 4th Tuesday of each month, 7:00 – 9:00 pm

July meetings: Journey Mental Health Center, 625 W. Washington Ave (Kennedy Building), Madison WI.

Free parking in the lot. Enter at parking lot entrance. You will be greeted by one of the SOS team.

Beginning with the August 9 meeting, the meetings will be held at 49 Kessel Court, Madison WI.

(See page 1.)

Information: (608) 280-2435 SOS confidential voicemail



JULY						
	12	625 W Wash.				
	26	625 W Wash.				

AUGUST						
	9	at 49 Kessel Ct.				
	23	at 49 Kessel Ct.				

SEPTEMBER						
	13	at 49 Kessel Ct.				
	27	at 49 Kessel Ct.				

OCTOBER						
	11	at 49 Kessel Ct.				
	25	at 49 Kessel Ct.				

MARK YOUR CALENDAR:

Friday, Aug. 5: Journey Mental Health Center moves to our new meeting location at 49 Kessel Court, Madison.

Saturday, Nov. 19: International Survivors of Suicide Loss Day



JMHC
625 W. WASHINGTON AVE.
MADISON, WI 53703

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