

DESTINATION ZERO

Preventing Suicide in Fond du Lac County



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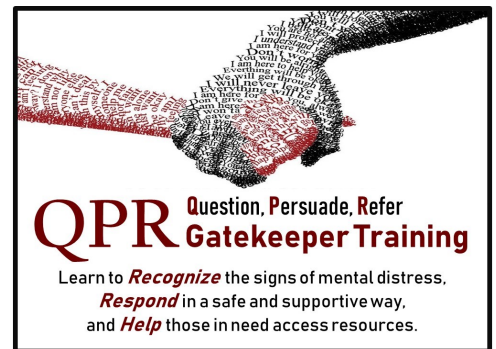
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CSI's New Website After several months of hard work, the new CSI website has been launched! The web address hasn't changed (www.csifdl.org), but the content has been completely revamped—and now includes extensive information about Destination Zero. New resources, events, and information will continue to be added, so check back frequently to learn about suicide prevention efforts in Fond du Lac County, as well as the other Mental Health Access initiatives (YScreen & Trauma-Informed Care), and those of CSI's three other community priorities: Alcohol, Opioids, and Other Drugs; Early Childhood Social & Emotional Support; and Safety.

QPR (Question, Persuade, Refer) Increasing access to gatekeeper trainings was one of the priorities identified by those who attended the Destination Zero kickoff training in June. Due to its concise format (60-90 minutes) and applicability to many different audiences, we are

promoting the wide-scale use of QPR (Question, Persuade, Refer) to educate those who live or work in Fond du Lac County about how to recognize the signs of mental distress in others and respond in a safe and supportive way. To accomplish this, we are hosting a **QPR Instructor Course on November 16th** where individuals will become certified to facilitate QPR within their organizations and also become part of our county-wide pool of trainers. A few spots are still available. Contact Tammi (kohlmant@fonddulac.k12.wi.us or 920.906.6571) to learn more! Registration deadline is October 31st.

Want to hold a QPR training for your agency or group? Simply fill out this form: www.csifdl.org/request-a-qpr-training/



Prevent Suicide Fond du Lac Update The Prevent Suicide Fond du Lac Committee, which part of CSI's Mental Health Access priority (www.csifdl.org/priorities/mental-health/) and is leading the implementation of many of the Destination Zero initiatives, is in the process of forming new subcommittees to address two of the priorities identified by attendees of the kickoff training in June. The **Safety Planning subcommittee** will examine the need for a more universal approach to safety planning across the county, with the goal of creating a document with a common language and format that can be used across populations and settings. The **Education & Awareness subcommittee** will focus on increasing county residents' understanding of the importance of suicide prevention efforts by developing materials and planning activities. If you'd like to be involved in either of these efforts, you are invited to attend the next meeting on **Tuesday, November 13th** at 8am at Marian University's Regina Hall, Room 222. For more information or to RSVP, please email kohlmant@fonddulac.k12.wi.us.

Organizational Self-Assessment We would like to extend a sincere **THANK YOU** to the agencies which completed the Organizational Self-Assessment that was sent out in late August. We appreciate the time you took to examine the suicide prevention-related policies and procedures currently in place at your agency.

Know of an upcoming mental health or suicide prevention focused training or event? Send us the information and we'll share it with the group!

Reach Out Have you or your organization taken any concrete steps aimed at promoting mental health or preventing suicide in Fond du Lac County? If so, we want to hear about it! Sharing ideas and celebrating successes is an important part of effective collaboration, so reach out and let us know what's been done, or what's in the works.

Help us spread the word! We want information about our efforts to reach as many people as possible. Do you know others who are interested in suicide prevention in Fond du Lac County? They can sign up to receive these newsletters at www.csifdl.org/destination-zero-updates/