

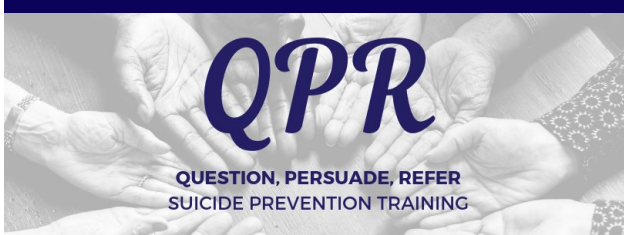
DESTINATION ZERO

Preventing Suicide in Fond du lac County

Summer 2019 Newsletter

Destination Zero is an initiative that aims to reduce the number of suicides in Fond du Lac County to ZERO by promoting collaboration across sectors (clinical providers, area employers, veteran service groups, education, and service agencies) to ensure that policies and procedures are in place across the county which lead to better care for those at risk of suicide.

CSI's **Prevent Suicide Fond du Lac County** committee is playing a lead role in implementing several components of the Destination Zero initiative. If you are interested in becoming involved in this committee, contact Tammi at kohlmant@fonddulac.k12.wi.us or (920)906-6527.



QPR
QUESTION, PERSUADE, REFER
SUICIDE PREVENTION TRAINING

THREE SIMPLE STEPS THAT COULD SAVE A LIFE

In the last 7 months over 600 people have attended a QPR training in Fond du Lac County! QPR is a suicide prevention training in which participants learn how to recognize the signs of mental distress, ask simple and direct questions, and help those in need to access local resources. Thanks to the generous donation of time by local Certified QPR Instructors and Destination Zero grant funds, this training is offered **at no cost** – both by request for any agency or group in Fond du Lac County, and at monthly sessions held at the Fond du Lac Family YMCA. Go to www.csifdl.org/qpr to request a training or register for an upcoming session. Another QPR Instructor Course is being planned for later this fall or early 2020. Contact Tammi (kohlmant@fonddulac.k12.wi.us or (920)906-6527) if you are interested in either becoming a certified QPR instructor or having an individual from your organization trained.

UPCOMING TRAININGS

MOTIVATIONAL INTERVIEWING FOR SUICIDE PREVENTION
AND
DBT FOR CRISIS INTERVENTION

Dates and times TBD. Additional information to come!

**Souls of Service:
Healing the
Warrior Spirit**

Fond du Lac Warrior Summit
MARIAN UNIVERSITY'S STAYER CENTER
FOND DU LAC, WI

Friday, October 18, 2019

www.csifdl.org/warriorsummit



Volunteer Spotlight

Chaplain Doug Hedman attended the DZ kickoff training last June, and has been highly involved in our efforts ever since. He is an active member of Prevent Suicide FdL, became a certified QPR instructor, is part of the Warrior Summit planning team, and is also a member of the county's Suicide Death Review Team. Due to his connection to both the military population and the faith community, Chaplain Hedman is able to offer insights into suicide prevention and mental health promotion efforts within these groups. We sincerely thank him for his generous donation of time and his dedication to suicide prevention efforts here in Fond du Lac County!

SAVE THE DATE! The **2019 Fond du Lac Warrior Summit** will be held on Friday, October 18th at Marian University's Stayer Center. This full-day event will focus on improving the emotional and spiritual well-being of veterans and their families. With keynote presentations on **Soul Injury** (opuspeace.org) and **Reintegration**, and breakout sessions featuring the lived experiences of veterans and those who support them, the Warrior Summit aims to inform clinical professionals, social service organizations, faith communities, and the general public about the unique needs and strengths of veterans and their families, as well as provide information about the various programs, treatments, and services that exist to support them.

Go to www.csifdl.org/warriorsummit to learn more, see how your organization can support this event, and fill out a form to be notified when registration opens.

Check out the Facebook event, click that you're INTERESTED so you receive updates, and then quickly & easily assist our promotion efforts by sharing it with your friends or on your organization's page! <https://www.facebook.com/events/326513374969579/>

Sign up to receive DZ newsletters, training opportunities, and updates about suicide prevention efforts at:
www.csifdl.org/destination-zero-updates