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Suicide Prevention Newsletter

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Suicide Prevention Newsletter

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Transition to 988 and Crisis Lifeline



The 988 Suicide & Crisis Lifeline is coming to Minnesota. And there is a tremendous need, given that:

- 758 Minnesotans died by suicide in 2020.
• Suicide was the second leading cause of death for Minnesotans ages 10 – 34 in 2020.
• Over 39,000 Minnesotans contacted the National Suicide Prevention Lifeline in 2021.

Behind each of these data points, there are people, families, and communities who have been impacted. Yet, in the face of these urgent realities, there is hope.

On July 16, 2022, the United States will transition to begin using the 988 dialing code. 988 will be the new three-digit number for call (multiple languages), text, or chat (English only) that connects people to the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support are available for anyone experiencing mental health-related distress.

Since the Lifeline began in 2005, it has served as an invaluable resource, helping thousands of people overcome suicidal crisis or mental health-related distress every day. With the transition to 988, these life-saving services will be even easier to reach.

To prepare for the transition to 988, MDH has been actively working with state agencies, federal government partners, and community organizations across the state to provide guidance and resources.

While this is an exciting time to reimagine how we provide crisis services in Minnesota and the U.S., the full vision of a transformed crisis care system with 988 at its core will not be built overnight. Transformation of this scale will take time, and we must all work together to make it happen.

Event and resources

Eight Dimensions of Wellness Series

This series is held every other Tuesday through July 26, 2022, as a lunch and learn format from 12 p.m. – 1 p.m. Each session features a discussion on the wellness dimension

and opportunity to connect with panel members of various experiences and expertise on how to approach the specific area of wellness and its connection to overall health and well-being.

Join us for the following FINAL sessions in July!

Tuesday, July 12, 2022 – 12 - 1 p.m. Spiritual Wellness

Guest Panelists: Dr. Bill Geary, mindfulness coach, Dr. Toluope Monisola Ola, MPH – founder and executive director, Restoration for All, Inc., and Toni Napier, holistic health practitioner, Healing Bridge Energy Based Services.

The Spiritual Wellness Dimension is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes, recognizing our search for meaning and purpose in human existence; and developing an appreciation for life and the natural forces that exist in the universe.

Tuesday, July 26, 2022 – 12 - 1 p.m. Financial Wellness

Guest Panelists: Kyle Duclos, financial planner and Suzanne Jaochico, billing manager

There are many definitions of what constitutes being financially well, but overall, the Financial Wellness Dimension involves things such as income, debt, and savings, as well as a person's understanding of financial processes and resources. A person's satisfaction with their current financial situation and prospects also comes into play.

Registration for the Wellness Series: [Eight Dimensions of Wellness Series Registration](#)

If you have any question or would like more information on the Wellness Series, please contact Kelly Felton at Kelly.Felton@state.mn.us or Jenilee Telander at Jenilee.Telander@state.mn.us.

Mental Health and Suicide Awareness Event-Thief River Falls

The NW8 Adult Mental Health Initiative, Local Advisory Council and the HOPE Coalition are hosting the Mental Health and Suicide Awareness Speaker Event and Expo in Thief River Falls on August 23 at the Ralph Engelstad Arena. The event begin with an Awareness Expo from 4:30 -6 p.m. with resource and information sharing followed by a BE THE VOICE presentation with Kevin Hines from 6 -7:30 p.m. Kevin Hines is an award-winning brain/mental health and suicide prevention activist, entrepreneur, filmmaker, author, and speaker. Register to attend the free presentation by Kevin Hines on the [NW8 Adult Mental Health Initiative](#) website

Nurture yourself with nature

Summer is finally here in Minnesota, and it is time to get outside and soak in all nature has to offer. Numerous research studies support that by engaging with nature and the outdoors we can improve many aspects of our physical and mental health. There are many ways to enjoy the outdoors, simply taking a walk outside is a good place to start! Check out your local city parks and recreation departments for local activities and events over the summer. Our Minnesota State Parks have something for everyone, hiking, biking, camping, fishing, swimming, bird watching and exploring. Check out the [Minnesota Department of Natural Resources \(DNR\) Summer Activities Guide](#) for more ideas. Take a minute to search the [DNR Events Calendar](#) for activities in a State Park near you.

Updates from MDH



Congratulations to Minnesota's 10 new safeTALK trainers

The Minnesota Department of Health in collaboration with the Minnesota Department of Agriculture hosted a two-day safeTALK training for trainers (safeTALK T4T). Participants were taught life-saving suicide alertness skills that they are now able to teach to others.

Participants included: Monica McConkey, Ray Stenglein, Amy Brownell, Keith Bennet, Krisit Charles, Arlene Selander, Sarah Lefabvre, Tammy Diehn and Emily Krekelberg and Glen Bloomstrom, Livingworks safeTALK instructor.

This training was supported by supported by funds with the Farm and Ranch Stress Assistance Program award no. 2021-70035-35461 from the USDA National Institute of Food and Agriculture.

If you are interested in hosting a safeTALK T4T, please reach out to health.suicideprev.MDH@state.mn.us to be connected to a trainer in your area.

Minnesota Kognito School Mental Health Training Initiative Update

The Minnesota Departments of Health and Education collaborated to launch the Kognito School Training Initiative in May of 2020 and we are still going strong and seeing positive results. Staff and students from schools have free access to a virtual training experience that helps them learn to identify, approach and refer students and peers for needed supports.

- Participants completing follow up surveys report increases in measures of readiness and competence to intervene with a student after completing the training that was sustained three months after completing the training.
- 96% of participants share they would recommend the training to other educators and school staff.
- 96% of participants share they felt the training scenarios were relevant to their school experiences.

If you would like to learn more about how to bring these trainings to your school or district, please join us this summer for one of our informational webinars. We will share

how easy it is to bring these free trainings to your school for staff and students.

Kognito Program Informational Webinars: Register for the date of your choosing with the following links.

- [Kognito Info Session Thursday, July 21, 2022 Registration](#)
- [Kognito Info Session Thursday, August 11, 2022 Registration](#)

Kognito Administrative Data Portal Training: We will host a training for all school/district leaders implementing the Kognito training to learn to navigate the data portal system.

[Kognito Data Portal Training, Thursday, August 25, 2022 Registration](#)

Counseling on Access to Lethal Means (CALM) Training

Counseling on Access to Lethal Means (CALM) is a training on reducing access to lethal means, such as firearms and medication, and is a proven response in suicide prevention and mental health crisis intervention. The training will cover having conversations around lethal means and working with people and their families to reduce access to them. Certifications of participation will be provided.

Providers, therapists, and community members can join to learn more about this important intervention strategy.

When: Thursday, July 28, 2022, from 9 a.m. – Noon

Register: [Counseling on Access to Lethal Means \(CALM\) Training Tickets, Thursday, July 28, 2022 at 9 a.m.](#) or contact Jenilee Telander at Jenilee.Telander@state.mn.us.

Email Stephanie Anderson at Stephanie.J.Anderson@state.mn.us to contribute to the suicide prevention newsletter.



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