

TUBA CITY COMMUNITY RESPONSE NEWSLETTER

Promoting a Coordinated Response to
Sexual and Domestic Violence in the
Tuba City Service Area

NOVEMBER / DECEMBER 2011

PROMOTING INDIVIDUAL, FAMILY, AND COMMUNITY CONNECTEDNESS TO PREVENT SUICIDAL BEHAVIOR

CENTERS FOR DISEASE CONTROL AND PREVENTION NATIONAL CENTER FOR INJURY
PREVENTION AND CONTROL WEB: WWW.CDC.GOV/INJURY

In 2005, 32,637 suicides occurred — the 11th leading cause of death.

In the United States and around the world, **self-directed violence is a serious public health problem**. Such violence includes acts of suicidal behavior (fatal and nonfatal attempts), suicidal ideation (thinking about, considering, or planning for suicide), and non-suicidal, intentional self-harm (behaviors with the intention not to kill oneself, as in self mutilation).

- ◆ **Victims of interpersonal violence (e.g., child maltreatment, youth violence, community violence, sexual assault, and intimate partner violence) have a higher risk of suicide than non-victims.**
- ◆ **Previous and current perpetrators of interpersonal violence are at increased risk for suicidal behavior.**

Thus by focusing on the dynamic interrelationships between self-directed and interpersonal violence, we can develop effective interventions that can simultaneously affect multiple forms of violence.

The promotion of connectedness may therefore prove a particularly effective strategy for the prevention of both suicidal behavior and interpersonal violence.

Suicidal behavior and interpersonal violence share many risk and protective factors. Connectedness is important to the prevention of both suicidal behavior and interpersonal violence. Therefore:

- ◆ **Interventions, programs, or policies effective in preventing interpersonal violence may also be effective in preventing suicidal behavior.**
- ◆ **Interventions, programs, and policies that seek to promote positive youth development through enhanced connectedness may, for example, influence both suicidal behavior and interpersonal violence.**

We define connectedness as the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups.

- ◆ **Connectedness between individuals;**
- ◆ **Connectedness of individuals and their families to community organizations; and**
- ◆ **Connectedness among community organizations and social institutions.**

SUICIDE INTERVENTION AND PREVENTION TRAINING AVAILABLE!

Tuba City Regional Health Care Corporation's Mental Health Department provides Suicide Prevention Training.

Mitze Lee, who holds a Master's in Educational Psychology, is the Meth and Suicide Prevention Initiative Coordinator and utilizes a grant to provide the **Applied Suicide Intervention Skills Training FREE** to community members and service providers within the Tuba City service area. She is available for 3 different types of suicide intervention and prevention workshops:

The **ASIST workshop** open to the community for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. This 2 day workshop provides tools to recognize signs of suicide. Many disciplines could benefit from this education, including law enforcement, probation and detention facilities.

safeTALK, about three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR is a simple 1 1/2 hour educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

MYTH

- ◆ People who talk about suicide are just trying to get attention.
- ◆ Suicide always occurs without any warning signs.
- ◆ Once people decide to die by suicide, there is nothing you can do to stop them.
- ◆ Suicide only strikes people of a certain gender, race, financial status, age, etc.
- ◆ People who talk about suicide are trying to manipulate others.

FACT

- ◆ People who die by suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously. Always
- ◆ There are almost always warning signs.
- ◆ Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.
- ◆ Suicide can strike anyone.
- ◆ No. People who talk about suicide are in pain and need help. And telling them that they "just want something" or "are trying to manipulate" is both insensitive and ignorant. People often talk about suicide before dying by suicide. Always

From: <http://www.suicide.org/suicide-myths.html>

EVENTS!

**WESTERN NAVAJO-HOPI
METH TASK FORCE** and

County Attorney David Rozema

Invite you to a
Special Holiday Luncheon

Thursday, December 22nd

12:00 ~ 1:30

Local Governance Service Center:

200 South Main St., Building # T015-070,

Tuba City

.For more information, please call:

Tami Suchowiejko by phone (928)679-8229

or email tuchowiejko@coconino.az.gov

HEALTHY NATIVE FOOD BOX

Is available through St. Jude Food bank.

For only \$20 you receive \$45+ worth of food staples & 3 meats.

Cash or food stamps please.

No purchase restrictions.

St. Jude food Bank is open Monday - Friday

10:00am - 2:00pm.

283-6886

UPPER VILLAGE OF MOENKOPI

LAW AND ORDER DAY

MOENKOPI LEGACY INN

Registration 7:30-8:30

Presentations 8:30-5:00

A Healing Place

Northern AZ Center Against Sexual Assault is hosting a FREE

**SEXUAL ASSAULT SURVIVOR'S
SUPPORT GROUP**

Facilitated by: Carrie Hargrave, MS, LPC

December 21, 2011 6:30-8:00pm

The Learning Center @ North Country HealthCare: 2920 N. 4th St, Flagstaff

This group is for female sexual assault survivors who are 18 years of age & older. Together we will provide a safe & healing environment for survivors.

For more information: 928.213.6112

Snacks provided

TOYS FOR TOTS

*1ST Annual
Christmas Luncheon
And Toy Give-Away!*

Thursday December 15, 2011

Tuba City High School

Warrior Pavilion

Presented By:

Native American Toys For Tots

Office of The First Lady

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&
COCONINO COUNTY'S COORDINATED
COMMUNITY RESPONSE TEAM TO DOMESTIC
VIOLENCE & SEXUAL ASSAULT

2532 N. Fourth St #506
Flagstaff, AZ 86004

Phone: 928-707-2057
Fax: 923-527-4288

E-mail: bthayer@northlandfamily.org



LOCAL RESOURCES FOR DOMESTIC VIOLENCE AND SEXUAL ASSAULT ASSISTANCE:

Tuba City: Victim Advocate / Social Services: 928-283-3250
Mental Health: 928-283-2831
DNA Legal Services: 928-283-5265
Tuba City Police Dept: 928-283-3111

Flagstaff: Northland Family Help Center: 24-hour Crisis Line and
Women's Shelter: 928-527-1900 / 1-877-634-2723
No.AZ Center Against Sexual Assault: 928-213-6112
Flagstaff Police Dept: 928-774-1414
DNA Legal Services: 928-774-0653

Page: Page Regional Domestic Violence Services: 928-645-5300
Page Police Department: 928-645-2463

Coconino County: Victim/Witness Services: 928-679-7774
Federal Bureau of Investigation, Flagstaff Resident Agency,
Victim Specialist Regina Gorman 800-818-2332
Sheriff's Office: 928-226-5012

Arizona: Az Coalition Against Domestic Violence: 602-679-2900 /
1-800-782-6400
Az Sexual Assault Network: 480-831-1986

National: Mending the Sacred Hoop: <http://www.msh-ta.org/>
RAINN (Rape Abuse Incest National Network)
1.800.656.HOPE www.rainn.org

Welcome! to the ninth edition of your community newsletter compiled by Coconino County's Coordinated Community Response Team (CCRT) coordinator. It will be distributed bi-monthly by email to agencies, organizations, taskforces and individuals that are addressing the issues of violence in the Tuba City community and Coconino County.

In an effort to strengthen the lines of communication, and improve our partnership and collaboration with the domestic violence and sexual assault field, the hope is that this newsletter will promote prevention, partnership, and awareness surrounding domestic violence, sexual assault and related, relevant issues.

This newsletter belongs to the community and is here to be used as a means of communication with those of you in this field. Please use this as an opportunity to share articles, best practices, resources, events and news related to this topic.

With the mission of reducing domestic violence and sexual assault in Coconino County through a community wide collaborative effort, Coconino County's Coordinated Community Response Team to Domestic Violence and Sexual Assault looks forward to further collaboration with the Tuba City Service Area.
Sincerely, Beya Thayer, MSW, Coconino County's CCRT Coordinator