

GLENDON ASSOCIATION

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Journey through a Suicidal Mind: *Local Non-Profit Group Works to Uncover the Mysteries of Suicide*

Young Man Shares his Story of Survival at Suicide Prevention Forum

Something went wrong the night of September 25th, 2000. Alone, 19-year-old Kevin Hines walked out onto the towering Golden Gate Bridge. He snapped a photograph for a couple of smiling tourists; then turned, leapt 220 feet to the jagged water below—and *survived*.

The magnificent Golden Gate Bridge—like Santa Barbara’s own Cold Spring Bridge—is known as a suicide magnet. Few are aware that, since its completion in 1937, it has attracted approximately 1,300 jumpers, making it the world’s number one site for suicide.ⁱ But then, few know that suicide takes more than 31,000 lives each year in the U.S.ⁱⁱ The people of The Glendon Association are working hard to change that. They recognize the anomaly of Kevin’s suicide attempt, not in his survival, but in the fact that so few preventative measures were taken by his society to protect him—and the other 5 million living Americans who have attempted to take their own lives.

In order to combat misconceptions and social stigma attached to suicide, as well as to reach out to those suffering in our own community, **The Glendon Association will present its 12th annual Suicide Prevention Forum**, a FREE event featuring Kevin Hines’s keynote speech about his own attempted suicide and recovery.

We are now facing an epidemic of the most tragic sort: a preventable one.

Did you know that:

- 60 to 90% of all suicidal behaviors are associated with some form of mental illness and/or substance use disorder.ⁱⁱⁱ
- Many people believe that abuse, addiction, and suicidal tendencies are moral failings and that individuals are fully capable of controlling these behaviors.^{iv}
- Historically, the stigma associated with mental illness, substance use disorders and suicide has contributed to the inadequate funding available for preventive services and to low insurance reimbursements for treatments.^v

When concerned that someone you know may be suicidal, look for these **Warning Signs:**

- Someone threatening to or looking for ways to hurt themselves: seeking access to pills, weapons
- Talking or writing about suicide; preoccupation with death or dying
- Anger, seeking revenge
- Recklessness
- Hopelessness or despair
- Increasing alcohol and/or drug use
- Withdrawing from friends, family, society
- Loss of interest in hobbies, work, school
- Dramatic changes in mood, behavior and/or personal appearance
- Anxiety, agitation, trouble eating or sleeping

Dates and Locations of the Suicide Prevention Forum:

Santa Maria	San Luis Obispo	Santa Barbara
Mon., Sep. 18 th , 2006 6:30 PM	Wed., Sep. 20 th , 2006 6:30 PM	Wed., Sep. 27 th , 2006 6:30 PM
Allan Hancock College Marian Theatre	The "New" Board of Supervisors Chambers	San Marcos H.S. Auditorium
Moderator: Patti Piburn	Moderator: Wendy Thies	Moderator: Paula Lopez

Lisa Firestone, PhD, a clinical psychologist and suicide specialist from The Glendon Association will be a speaker, along with a panel of professionals from agencies including : Cottage Hospital; SB County Alcohol, Drug & Mental Health; Hospice of SB; and Family Service Agency's 211 HelpLine.

For interviews with Lisa Firestone, PhD, suicide prevention information, or information on the Suicide Prevention Forum, please contact:

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ⁱ "Lethal Beauty" <www.sfgate.com>

ⁱⁱ "MDCH Department of Community Health"
<<http://www.mdch.state.mi.us/PHA/OSR/deaths/causrankcnty.asp>>

ⁱⁱⁱ Harris, E.D., & Barraclough, B. (1997). Suicide as an outcome for mental disorders. *British Journal of Psychiatry*, 170, 205-228.

^{iv} Murphy, G.E. (1992). *Suicide in alcoholism*. New York: Oxford University Press.

^v "National Strategy for Suicide Prevention: Goals and Objectives for Action." Rockville, MD: U.S. Dept. for Health and Human Services, Public Health Service, 2001.

<<http://www.mentalhealth.samhsa.gov/publications/allpubs/SMA01-3517/default.asp#toc>>