



DISTRICT 5810 Mental Health Initiatives and Opportunites

Shirley Weddle, District Mental Health Chairperson

Wi Fi Code: PETS24

Components of 2023 – 2024 RI Mental Health Focus per RIPE Gordon McInally Presentation



- ▶ Mental / Brain Health
- ▶ Suicide Prevention
- ▶ Elimination of Stigma
- ▶ Create Hope in the World



Suicide Prevention and Brain Health Rotary eClub

www.spbhrotary.org /spbhrotary@gmail.com

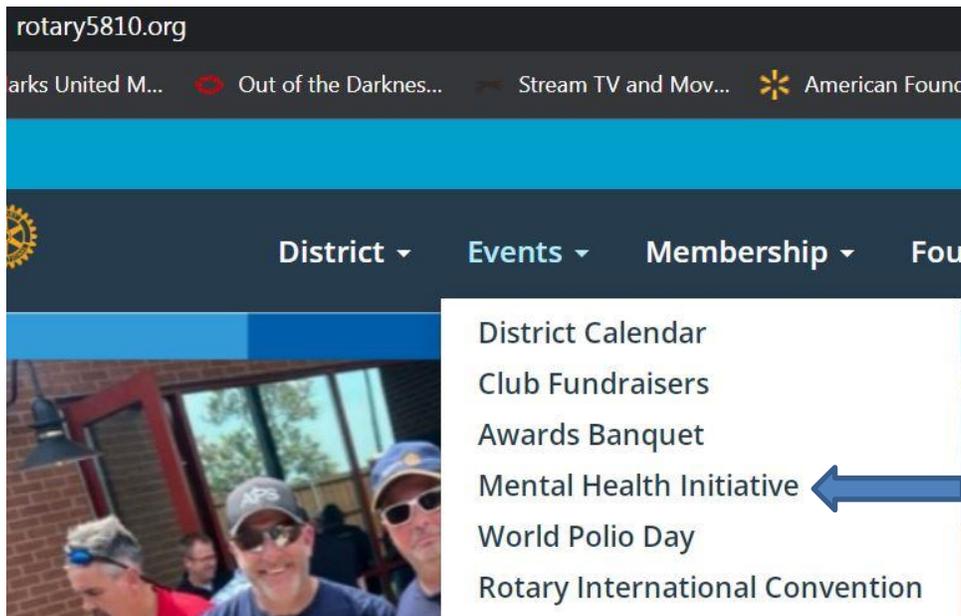
- Diverse membership meets 2nd, 4th and 5th Mondays at 7pm CST via Zoom
 - Our purpose or “CAUSE” aligns with 2023-24 RI objectives: to promote
 - Collaboration,
 - Advocacy and Awareness,
 - Understanding,
 - Support,
 - Education, Encouragement, and Elimination of Stigma
- Surrounding suicide prevention, postvention,
brain/mental health and wellness in all forms across the world,
starting with our local clubs and communities.
- Identify needs and collaborate to offer free education and resources to schools, faith organizations, businesses, groups, First Responders, Veterans, other Rotary clubs, parents, communities, individuals who struggle, etc.
 - Provide updated resource information every month



New Mental Health Initiative Web Page

Go to www.rotary5810.org .

Select Mental Health Initiative under “Events”



- Subpages
 - Welcome
 - Mental Health
 - Speakers/Presentations from the Rotary E-Club Brain Health & Suicide Prevention
 - Service Project Ideas
 - 988 Suicide & Crisis Lifeline
 - 988 Texting Poster - English
 - 988 Texting Poster - Spanish
 - There is Hope Poster
 - 988 Partner Tool Kit
 - Graphics
 - Mental Health Initiative Graphics
 - Resources
 - R.I. Mental Health & Wellbeing Brochure
 - Rotary Action Group on Mental Health Initiative

Mental Health Initiative



It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



Rotary has long been involved in mental health and wellness initiatives. Our culture of Service Above Self builds community and promotes acts of kindness, two proven methods to build and maintain mental wellness. Rotary International President R. Gordon R. McNally is asking clubs to expand on our culture of care by erasing the stigma associated with emotional well-being, raising awareness of mental health needs, and improving access to quality preventive care and interventions.

Gordon encourages Rotary members to make mental health a priority. Rotary has the ability to create the kind of world where we all feel supported as part of a community and where we help expand access to quality care. Everyone in Rotary has a role in this effort.

We can and will create the kind of world we want to live in: one where we all have the chance to help and to seek help. We can do this by:

- Erasing the stigma associated with caring about emotional well-being
- Raising awareness about mental health needs
- Working to improve access to mental health services

Contact District Mental Health Chair, Shirley Weddle or Cell: 972-890-7227 to schedule a presentation.

Action Steps to Make an Impact

1. **Take Action:** Participate in an *American Foundation for Suicide Prevention* **Out of the Darkness Walks** to raise awareness and to protect mental health and lives. **Form a team to walk and raise money to support AFSP efforts.** There are two walks in North Texas this fall.

- 10/21/2023 - DFW Metro Walk Levitt Pavilion, Arlington, Texas ****The Brain Health & Suicide Prevention E-Club has a team set-up! Sign-up here.**
- 11/4/2023 - Denton & Collin County Walk Wingsong Ranch, Prosper, Texas

*** **Create your own walk to raise awareness!** Ask your fellow Rotarians and family to walk with! Take a picture and post it to your club's social media page with the hash tags **#RotaryStands4MentalHealth** **#SuicidePrevention**



Training, Presentations, Service Opportunities Available via our Members

Many of these resources and classes/training can be scheduled specifically for your organization / group at a preferred date/time plus they are offered at regular intervals.

For more information or to request speaker, please contact us at spbhrotary@gmail.com, use QR code or link above to complete request form or call/text Shirley Weddle at 972-890-7227

(Train the Trainer & Spanish language options are available for some programs)

Category	BTS A R *	Audience	Title Training – Presentation – Support Groups - Service Opportunity	Duration	Virtual In-Person Recording	Related Costs
Presentation	BTS A R	Customizable	“Let’s Talk Suicide Prevention and Brain Health” (Introductory Presentation). Created by SPBH Member to include Rotary references ***GREAT INTRODUCTON FOR ROTARY CLUBS***	Customizable 25min or more	V - IP	0
Presentation / Service Opportunity	BTS A R	Customizable. Service Opportunity for All Ages	“Let’s Talk Suicide Prevention and Brain Health – Rotarians in Action Creating Hope in the World” (follow up to introductory presentation demonstrating “action” – conversation, safety steps, stress reduction, resources, community action). Created by SPBH Member. Community Action Service Opportunities based upon local needs	Customizable 25min or more	V - IP	0
Training / Presentation/ Service Opportunity	BTS A R	Adult	“QPR (Question, Persuade, Refer)” Gatekeeper Training – Certification option ***SHIRLEY’S FAVORITE GATEKEEPER TRAINING for the time used***	Customizable 60 – 90 minutes	V - IP	0 if from SPBH
Presentation/ Service Opportunity	BTS A R	Adult	AFSP “Talk Saves Lives” Suicide Prevention Introduction. Multiple modules available for specific groups. Train the trainer options available so that can present locally	Customizable 25-60 min	V- IP	0
Presentation/ Service Opportunity	BTS A R	Adult ranges	***TREMENDOUS NEED*** “What is 988 and How can We Support Spreading Awareness?” (Can present to clubs and to communities)	Customizable 20 min or more if needed	IP – V - ?R	0
Service Opportunity	BTS A R	All Ages	***TREMENDOUS NEED*** Distribute “988” Crisis Line information in Community (GREAT for All SIZE Clubs with minimal or no cost- especially needed in rural communities) Contact SPBH for access to free resources.	Variable	V - IP	Free resources avail. Can choose to print also.

Suicide and Crisis Lifeline

[Available 24/7]

If you or someone you know is in Crisis

Call or Text “988”

Press “1” for [Veterans]

Press “2” for [Spanish]

Press “3” for [LGBTQ]

Additional Options

1-800-799-4889 [TTY]

www.988lifeline.org

----- *International Numbers Found at* -----
https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines



U.S. Suicide Statistics



- In 2021, **48,183 individuals** died by suicide.*
2020: **45,979**
2019: **47,511** 2018: **48,344**
- LGBTQ, Native American, Minority groups, Retirees, Attempt Survivors at increased risk of suicide
- In 2017, the suicide rate for Veterans was 1.5 x rate for non-Veteran adults
- Rural counties generally have higher rates of suicide than urban areas.**
- 2nd leading cause death ages 10-34
- For every death by suicide, it is estimated that at least 25 others attempt.

*Source CDC Feb 2023 Report
**Rosen, L.M. 2018, County-level trends in suicide rates in the U.S., 2005–2015, Am Journal of Preventive Medicine, 55(1), 72-79

Training & Presentations Available from SPBH Rotary eClub Members and Network (Summary)

- ▶ Training
 - Introductory, Intermediate and Advanced
- ▶ Presentations for your clubs
 - Introductory Suicide Prevention and Brain Health
 - Specific to topics: All ages plus Specific Groups, Veterans, Retirees, Alzheimers, Conflict Resolution, Native American Mental Health, Addiction, Neurodiversity, Self Care, Resiliency, etc
- ▶ Survivors of Suicide Loss Grief Support groups
- ▶ Monthly Opportunities

Opportunities Within and Outside Our District

What We Can Do

- 988 Awareness in Communities
- Training (ASIST, MHFA, QPR, etc)
- April 2 –UT Dallas Campus Walk with SPBH Rotary and AFSP
- Club Presentations
- UT Dallas Research presentations
- Self Care and Brain Healthy Service Projects (You may already be doing this)
 - Exercise Bike Rides/Walks Providing Food and Toiletries
 - Diet Recommendations Cooking classes Addressing Food Insecurity
 - Social Activities UTD BrainHealth Project

Opportunities Within and Outside Our District

What We Can Do

- Jan 31 North Texas Mental Health Forum for counties Denton, Collin, Grayson, Wise, Cooke, Parker, Tarrant. 145 registrants from 95 organizations
- April 23 Battlefield Home in Mesquite, TX
- May 2 NE Texas Mental Health Forum 2.0 in Greenville as follow up to March 2023 inaugural forum for counties Rockwall, Hunt, Delta, Hopkins, Lamar, Red River, Fannin, Grayson, Collin, Van Zandt. SPBH Rotary partnering with Greenville Rotary, Commerce Rotary, Royse City Rotary clubs, TAMUC
- May 7 North Central Texas Mental Health Forum in Burleson to include counties Johnson, Tarrant, Parker, Hill, Bosque, Hood, Somervell. SPBH Rotary partnering with both Burleson Rotary clubs and Cleburne Rotary Club
- Fall – Date TBD North Texas Dallas and SE counties (Ellis, Navarro, Kaufman, Henderson, Rockwall)
- Sept 18-19 Texas State Suicide Prevention and L.O.S.S. Conference in Mesquite

Let's Talk...

Suicide Prevention
and Brain Health

Rotary
eClub



[www.Facebook.com/SuicidePreventionandBrainHealth](https://www.facebook.com/SuicidePreventionandBrainHealth)

www.spbhrotary.org

spbhrotary@gmail.com

www.suicidepreventionbrainhealthrotary.org



Club Request
Form

Shirley Weddle

srweddle@tx.rr.com or swbrainhealth@gmail.com

972-890-7227

Rotary International Magazine November 2023 article about our club at

<https://www.rotary.org/en/hope-grief>



www.Facebook.com/SuicidePreventionandBrainHealth

www.spbhrotary.org

spbhrotary@gmail.com

www.suicidepreventionbrainhealthrotary.org



Website Link

**Please be our guest at our meetings via Zoom
2nd, 4th and 5th Mondays at 7pm CST
To sign up for the Zoom link, go to**

