

B.C. SAFE

October 2016, Quarter 4—Volume 1, Issue 3



The mission of B.C. SAFE is to reduce the number of youth suicides and suicide attempts by increasing public awareness and providing educational and training resources to teens, parents, and educators of Broome County.

World Suicide Prevention Day Breakfast

B.C. SAFE's annual World Suicide Prevention Day Breakfast on September 14, 2016 was a great success. With 49 attendees, the program consisted of Stories of Hope from various speakers and networking opportunities to honor this day. This event is proudly supported and attended by both leaders and members of our local community. We look forward to next year's event. Please watch for more information.



QPR Training—Question, Persuade, Refer November 1st, 10:30-Noon or 1 to 2:30pm at Broome County Library, Hosted by B.C. SAFE

3 simple steps anyone can learn to help save a life from suicide. Please contact Casey Ward—777-9282 OR clward@binghamton.edu to register by October 14, 2016

Need Help?

If you or a loved one is in crisis, seek emergency help immediately by calling **911** or call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**.

Links: Suicide Prevention Lifeline:

www.preventsuicideny.org

Suicide Prevention Center of NY: suicidepreventionlifeline.org

Download the free HOPE—Broome County Mental Health App for more information and resources; available for iPhone or Android



Upcoming Events

Stamp Out the Stigma—Mental Health Community Event—

October 1, 2016 1:00—3:30

Tabernacle United Methodist Church—83 Main Street, Binghamton Contact Tabernacle UM Church: 723-8983

Opioid Overdose Prevention Training October 5

2-4 pm Lourdes Youth Services

Learn about overdose Prevention and how to correctly administer Naloxone

Contact Lourdes Youth Services: 584-3114

3rd Annual Broome-Tioga Out of the Darkness Community Walk through American Foundation for Suicide Prevention —AFSP

October 9, 2016

Check In: 8:30am Walk Begins: 10:00am Walk Ends: 12:00pm, Otsiningo Park 1 Bevier Street, Binghamton. Raising awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss. Contact Kristina Doi: (607) 759 8258

Rock Against Suicide

October 15, — 6:00pm to 12:30am

Choconut Inn, 10 Quaker Lake Road, Friendsville, PA.

Featuring live music and speakers. Admissions is \$10

All proceeds go to the Mental Health Association of the Southern Tier suicide prevention programs.

Contact: MHA ST (607) 771-8888



The Healing Power of Music, Taking Care June 2016

HAVE YOU EVER played a quiet song to relax? Or worked out while listening to high-energy music? Or hummed a happy tune and suddenly realized your bad mood had disappeared? Then you've experienced the healing power of music. In fact, music is used as a therapy for some health concerns.

Music therapy is typically led by a licensed professional. Part of the health care team, a music therapist uses all forms of music to work with clients to reach their goals. After performing an assessment, he or she may use singing, playing instruments, listening to music, moving to music, writing lyrics or music, or a combination.

Music therapy can benefit people at any age and with a number of health conditions.

Benefits of Music Therapy:

- Improve physical function
- Ease stress and anxiety
- Improve sleep
- Decrease all kinds of pain
- Boost memory and thinking
- Ease a person's ability to interact with others

Though evidence is mixed for some conditions, music therapy may be especially helpful for people with:

Chronic disease and pain. Music can help lower heart rate and blood pressure. It can also ease stress, a major risk factor for heart disease and diabetes

Autism. Music may help improve focus, as well as relieve anxiety and frustration

Parkinson's disease. Music, including drumming, dance and movement groups, can improve the side effects of Parkinson's disease.

Depression and mental health issues. Music can lighten a mood. It can also help people more easily talk about their feelings or make positive life changes.

Alzheimer's disease. With older people who have age-related memory challenges, including Alzheimer's disease, music may help improve agitation, depression and quality of life.

Sometimes, music is just what the doctor ordered.



Clinic Plus Program

It is natural to measure your child's height and weight, or to assess their hearing, vision or other health concerns. Emotional health issues can affect how children perform in school, how they relate to family members, and their ability to make friends. Family Enrichment Network and Broome County Mental Health, in cooperation with your school district, are pleased to make a ***free, voluntary, and confidential*** questionnaire available to help you assess your child's emotional health.

The Strengths and Difficulties Questionnaire will be distributed to parents of students in grades K-8 who attend Broome County Schools. Parents/guardians should take a moment to review the packet, complete the permission form and questionnaire, and return the survey to school or via postal mail in the envelope provided. The Clinic Plus Coordinator will score the assessments and return results ***only to the parent/guardian***, unless they have provided consent to share the results with school staff.

Questions about the assessment can be directed to 607-778-1111 or kdutcher@familyenrichment.org

For more information about B.C. SAFE, please contact:

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