

**Community Grants Program
Grant Report**



1594 Esmeralda Avenue
Minden, Nevada 89423

www.douglascountynv.gov
775-782-9821

Agency Name: Suicide Prevention Network
Contact: Debbie Posnien / Donna Chizek Title: Ex. Director / Grants Coordinator
Phone: 775-783-1510 Email: debbie@spnawareness.org / donna@spnawareness.org
Project Name: DC Community Grant
Grant Funding Amount: \$12,498.00
Project Completion Date: June 30, 2023

Describe how the funds were used to serve Douglas County residents.

SPN has served the Douglas County community as both a facilitator of presentations and resource connection and as a participant/contributor during noteworthy local occasions.

This grant year focused on establishing and building connections throughout the community and working to spread awareness and education regarding Suicide Prevention Network’s programs, support groups, and area resources. This objective was achieved through presentations built around strengthening protective factors, recognizing and acting upon signs for mental distress and suicidal ideation, building a more resilient community, establishing healthy and sustainable coping skills, and maintaining a focus on mental wellness. During Mental Health Month in May, SPN invited four guest speakers from the community to present on different topics related to mental health. SPN also created a mental wellness series and offered it to the public in afternoon and evening time slots at the Douglas County Community and Senior Center. Topics of the series included self-compassion, positive mindset, self-care, and recognizing signs of a mental health challenge/suicidal ideation.

Efforts to advertise SPN programming included social media posts on Facebook and Instagram; newspaper advertisements in The Record-Courier newspaper weekend edition, which reached all Nevada Appeal subscribers; distribution of hard-copy fliers throughout the community; event announcements through partner agencies and other community coalitions; and posting regular updates to our website at spnawareness.org.

2022-23 activities:

9/23/22: Community Education Event at SPN office. SPN shared agency history and program development/offering with those in attendance. Northern NV Director of the Nevada Office of Suicide Prevention and Douglas County Sheriff Dan Coverley both spoke about the importance and significance of the resources and services available through the agency. Approximately 70 attendees.

9/29/22: To expand awareness about Suicide Prevention Awareness Month, SPN produced a Facebook video detailing men’s mental health and featured an interview about self-care with a



local first responder. Video reached 303 Facebook accounts, 129 views, 73 post engagements, and 3 shares.

10/7/22: Minden Elementary Mental Health Fair. SPN participated in the first school-wide health fair at Minden Elementary. SPN offered agency brochures; a list of free classes and programs; a flier detailing effective ways to manage life challenges; a booklet providing conversation openers across different scenarios as a way to establish new friendships; and a customizable, family-based worksheet about setting goals. Several visitors to the SPN table verbally acknowledged the agency's presence. One person said, "Thank you for all you do. It is so needed and appreciated." 79 students (and their families) attended.

10/13/22: Grief presentation at Carson Valley Methodist Church. SPN was invited by Carson Valley Methodist Women to provide a presentation on grief and the impacts of grief during their monthly luncheon. Discussion included an overview of the stages of grief, strategies to cope with grief, and resources in the community for support in dealing with grief (various support groups and local counselors). Participants commented that they found the presentation helpful and mentioned plans to share what they learned with others. 36 attendees.

10/22/22: Participated in the Carson Valley Medical Center Health Fair. Attendees visited the table, interacted with staff, and took informational fliers, brochures, and promotional materials with SPN contact information from the table. SPN made 10 personal connections with those looking for information regarding resources and support groups. Approximately 100 attendees.

11/8/22: Facilitated a group at The Chateau at Gardnerville focused on "Creative Self-Care Through the Ages." Attendees were provided a booklet explaining the importance of self-care and several examples of ways to increase the practice of self-care. These included mindfulness techniques and suggestions on how to incorporate healthy practices into one's schedule. During the presentation, one attendee commented, "This is good for us...it helps us in our daily life...(self-care) is important." The discussion also included an explanation of the National Suicide and Crisis Lifeline number 988 and the NAMI Western NV Warmline number, both of which are available 24/7 and printed on the inside cover of the booklet. 7 attendees.

11/9/22: SPN spoke during the Veterans Day luncheon celebration at the Douglas County Community Center. Event took place 11 a.m. – 1 p.m. and included lunch, a posting of the military flags, and six speakers. Approximately 250 people participated in the luncheon, and approximately 125 of those were US military veterans.

December 2022 – Planning and scheduling for Spring 2023 Town Hall Series and Mental Health Month guest speaker series. Secured space at Douglas County Community Center for Town Hall events and initiated contact with potential guest speakers regarding topics, times, etc.

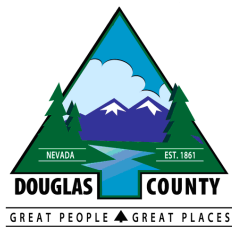


12/8/22: Led a session at The Chateau at Gardnerville called, “Holidays are a Mixed Bag!” that focused on healthy coping through the holiday season and included education around the National Suicide and Crisis Lifeline 988 and the NAMI Western NV Warmline; resources with those numbers printed were provided. Played Self-Care Bingo to explore creative ways and new ideas to try and assembled bags of potpourri as a craft/takeaway. Participants received a 2023 calendar from SPN that features a different inspirational word each month, and a December 2022 calendar listing a different self-care activity each day. Bingo winner received a reusable cup to encourage water intake/hydration. 8 attendees.

1/10/23: Afternoon presentation of “Building Resilience Through Self-Compassion,” the first in a series of the Be the Change workshops/town halls. PowerPoint presentation included definitions of key concepts, real-life examples, group sharing, walking participants through a self-compassion practice and meditation, exploration of resilience and self-compassion materials, and addressing common misconceptions about self-compassion. Attendees were given a copy of The Mindful Self-Compassion Workbook, resilience wheel, and a copy of the presentation on which to write personal notes. Post-presentation comment included, “...it was very stormy (today) but I came anyway and am sooo glad I did! What a beautiful ‘BE THE CHANGE’ presentation and workshop.” Participant also noted the value in learning the three elements of mindful self-compassion, which are: self-kindness, mindfulness, and common humanity. 1 attendee.

1/11/23: Crafting “Remember-lutions” jars and Taking in the Good practice; The Chateau at Gardnerville. Discussed healthy approaches to the New Year and recording “remember-lutions” (positive events, experiences, interactions, etc. that bring joy) as opposed to resolutions. Participants crafted their own glass jars with tissue paper decoupage to collect memories of positive events throughout the year, with a goal of reading through them at the end of 2023. Provided handout of the three steps to practice “Taking in the Good.” Participants expressed their joy at the creative process, saying the craft allowed them to use their brains in a new way. Several shared good experiences in their lives, including upcoming birthdays, lunch with family members, and being part of that day’s activity. Provided the NAMI WNV warmline information as a 24/7 resource and shared a January Happiness calendar from the Greater Good website (www.greatergood.berkeley.edu). 5 attendees.

1/24/23: Evening presentation of “Building Resilience Through Self-Compassion,” the first in a series of the Be the Change town halls. PowerPoint presentation included exploring and defining key concepts, sharing real-life examples, group sharing, walking participants through a self-compassion practice and meditation, exploring resilience and self-compassion materials, and addressing common misconceptions about self-compassion. Attendees were given a copy of The Mindful Self-Compassion Workbook, resilience wheel, and a copy of presentation slides on which to write personal notes. Participants verbally expressed gratitude and enthusiasm for the content



and indicated they'd be attending future sessions. One individual, who was not part of the session, asked what it was about as attendees were leaving. After listening to their comments, the person said they would try to come to the next one and expressed interest in other resources offered through SPN. 6 attendees.

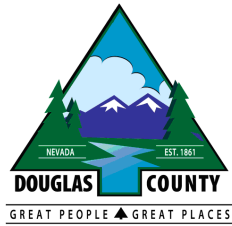
1/25/23: Know the Signs, Find the Words presentation at the Carson Valley Community Food Closet. Led presentation on the difference between sadness and depression, recognizing verbal and behavioral signs that someone may be experiencing a mental health condition or thinking about suicide, how to open and engage in a conversation with someone who may be experiencing these things, and a review of available resources (handouts provided included fliers for an upcoming safeTALK training; list of SPN support groups and programs; Emergency Referral Services Card from Partnership Douglas County; list of phone, text, and online resources; NAMI WNV Warmline number; and a calendar of events). Presentation also included a discussion on resilience and self-care practices with particular attention paid to several different domains of personal wellness including: physical, mental, social, and educational/occupational. A handout was provided for participants to write down their own forms of self-care and supports as a personal reference sheet.

Participants were mainly Carson Valley Community Food Closet volunteers. At the start of the training, attendees were asked how many people knew about the National Suicide and Crisis Lifeline, 988, and approximately 6 people raised their hands. Question was posed again after the training and all participants raised their hands. One college student who participated in the training expressed that they would be much more comfortable approaching a friend at school if they thought the friend might be having a tough time or otherwise struggling.

Other comments included, "...Slides were nice to look at and had easy to digest information. Handouts are great." (Something valuable I learned during this training was...) "What not to say when someone is opening up to me about the tragedies in his or her life." 20 attendees.

2/7/23: Afternoon presentation of "Positive Mindset and Why it Matters," the second in a series of Be the Change town halls. PowerPoint presentation included exploring and defining key concepts related to fixed/growth mindset, providing real-life examples, group sharing, strategies to craft personal positive affirmations, watching a science-based video about growth mindset by Trevor Ragan (thelearnerlab.com), and addressing positive thinking as opposed to toxic positivity. Attendees were given a lined journal to write down thoughts, personal affirmations, and growth plans; a copy of The Learner's Manifesto from thelearnerlab.com; a building affirmations worksheet; SPN's February event calendar; SPN pens and brochures. Also provided attendees with information about the National Suicide and Crisis Lifeline, 988. When initially asked, only 2 attendees knew about the number.

One person indicated it would be helpful to have time allotted for some mindset exercises for their own personal growth and for creating "powerful personal affirmations," (note was made to



afford time in the 2/28/23 session to allow for this). Another suggestion said, “Less emphasis on ‘embracing’ change – more on evaluation & new possibilities.” 7 attendees.

Comments/Feedback:

“Never too late to learn new ways of being (changing).” “XLNT PROGRAM!”

(Something valuable I learned during this training was):

“The power of yet/growth mindset” “The ‘growth mindset vs. fixed mindset’ I hadn’t [heard] that info stated like that.”

2/15/23: SPN attended Senior Lunch at the Douglas County Community and Senior Center to meet with attendees and inform them of the agency’s resources. Executive Director Debbie Posnien visited tables and made numerous personal connections, then spoke to the lunch crowd about the importance of prevention: reaching out to anyone you are concerned about, paying attention to changes in mood or behavior, connecting with others if you have concerns, and knowing you are not alone. Posnien shared services and resources provided through SPN and informed attendees about the 24/7 National Suicide and Crisis Lifeline (988). Nine personal contacts made, with three referrals to other services/groups/options for support. Distributed SPN brochures, fliers regarding PTSD and Suicide Loss Support Groups, Growth Through Change program, Grandparents as Parents program, and 101 Ways to Manage Stress bookmarks. Approximately 300 attendees.

2/15/23: Music to my Ears presentation at The Chateau at Gardnerville. Discussed the impact music can have on the environmental, physical, mental, and emotional aspects of self-care as well as scientific research indicating the link between music and personal memories. Participants listened to portions of different songs from a curated playlist, rated their responses (like, dislike, indifference) to each tune by holding up preference cards, and shared their memories or reactions with the larger group. Talked about how music can inspire different emotions, one being awe, and how research indicates the experience of awe can drive us to reach out to others, be inspired to do more things, make us more willing to volunteer our time, and search for the meaning in life. Ended the session with an instrumental tune by Marconi Union (deemed the most relaxing song in the world) to further experience and explore music’s impact on the human brain/body. 5 attendees.

2/21/23: Leadership Douglas County presentation at SPN office. SPN coordinator addressed the 2022-23 Leadership Douglas County class regarding the agency’s programs and support groups and informed them of the National Suicide & Crisis Lifeline number. When SPN inquired about how many people were familiar with 988, just 2 individuals raised their hand. Offered to provide customized trainings to attendee places of employment. One person signed up for an upcoming safeTALK training (scheduled for 3/30/23), and another took additional information about SPN’s Be the Change series. 22 attendees.



2/28/23: Be the Change Session 2: Positive Mindset and Why it Matters session was postponed due to inclement weather. Douglas County Community Center was closed to the public that day. Plans to reschedule a make-up session in Q4 were implemented on May 23, 2023.

3/7/23: Be the Change Session 3: Establishing a Solid Self-Care Practice afternoon presentation. PowerPoint presentation included exploring and defining key concepts related to self-care, mindfulness, stress, and building healthy habits; providing real-life examples; group sharing; strategies to craft personal self-care strategies across seven different domains; establishing a list of who, what, where resources to turn to in times of stress; and taking a playful approach to self-care. Attendees were given a presentation note-taking packet, self-care booklet of ideas to try, personal worksheet to enter self-care domain ideas and resources, a purple heart squeeze ball, and their choice of essential oils. 4 attendees.

Comments/Feedback:

(Something valuable I learned during this training was):

“creative self-care, domains of wellness, how to enjoy adding healthy habits!”

“Awareness of mindset and self-care”

(Suggestions on how this presentation might be improved):

“Amazing presentation!! Wow”

“None – Absolutely love the class and the handouts for home study.”

Verbal Feedback:

One attendee stayed after the presentation and said how much they appreciated the class, that the information was so useful and presented in a way that makes it easy for them to grab onto and retain.

3/8/23: Know the Signs/general agency presentation to CIT (Critical Incident Training) attendees, Douglas County Sheriff’s Office, Minden. Spoke to participants about SPN’s programs, services, support groups, resources, and focus on prevention and making our community more suicide safe. Explained how the agency complements other community/social service agencies and can be called upon during and after a critical incident. 20 attendees.

3/21/23: Be the Change Session 3: Establishing a Solid Self-Care Practice evening presentation. PowerPoint presentation included exploring and defining key concepts related to self-care, mindfulness, stress, and building healthy habits; providing real-life examples; group sharing, strategies to craft personal self-care strategies across seven different domains; establishing a list of who, what, where resources to turn to in times of stress; and taking a playful approach to self-care. Attendees were given a presentation note-taking packet, self-care booklet of ideas to try, personal worksheet to enter self-care domain ideas and resources, and their choice of essential oils. 3 attendees.



Comments/Feedback:

(Something valuable I learned was): “Have to vs. Get to” (reframing activities in our lives), and “How much acceptance (of circumstances) IS self-care...that there are many ways to learn Life skills.”

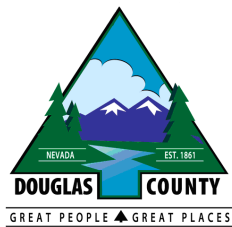
4/4/23: Be the Change Session 4: Recognize the Signs for Suicide and Depression. Presentation included the difference between sadness and depression, recognizing verbal and behavioral indications that someone may be experiencing a mental health condition or possibly thinking about suicide, how to open and engage in a conversation with someone who may be having thoughts of suicide, and a review of available resources. Take-away materials included SPN brochures; list of SPN support groups and programs; flier of signs/indicators of mental health condition or possible thoughts of suicide; Emergency Referral Services Card from Partnership Douglas County; list of phone, text, and online resources; Mobile Outreach Safety Team (MOST) contact information magnet; NAMI WNV Warmline number; and a calendar of events. Presentation tied in the mental wellness conversation connecting the importance of the first three presentations in the series (Resilience Through Self-Compassion, Positive Mindset and Why it Matters, and Establishing a Solid Self-Care practice) as preventative measures/protective factors against suicide. 5 attendees.

Comments/Feedback:

(Something valuable I learned was): “Empowerment, Resources.” “...there is Hope! All-ways!” “Signs of suicide and what to say, what not to say, how to think about things, using the right words.”

Session went 15 minutes beyond the scheduled time, and attendees continued the discussion post-session for another 20 minutes.

4/11/23: Be the Change Session 4: Recognize the Signs for Suicide and Depression (evening session). Presentation included the difference between sadness and depression, recognizing verbal and behavioral indications that someone may be experiencing a mental health condition or possibly thinking about suicide, how to open and engage in a conversation with someone who may be having thoughts of suicide, and a review of available resources. Take-away materials included SPN brochures; list of SPN support groups and programs; flier of signs/indicators of mental health condition or possible thoughts of suicide; Emergency Referral Services Card from Partnership Douglas County; list of phone, text, and online resources; Mobile Outreach Safety Team (MOST) contact information magnet; NAMI WNV Warmline number; and a calendar of events. Presentation tied in the mental wellness conversation connecting the importance of the first three presentations in the series (Resilience Through Self-Compassion, Positive Mindset and Why it Matters, and Establishing a Solid Self-Care practice) as preventative measures/protective factors against suicide. 4 attendees.



Comments/Feedback:

(Something valuable I learned was):_“Resources.” “About M.O.S.T” “My takeaway is learning where to find the resources not that I need to have an answer myself.”

Session went over by 30 minutes and a post-presentation discussion lasted another 30 minutes. Attendees were very engaged and asked multiple questions following the session.

5/4/23: May Mental Health Month Guest Speaker Series, *Session 1: Out of the Darkness, Into the Light*. Presentation by Kim DesRoches, Professor of History and Academic Support Specialist for the Higher Education in Prison Program at Western Nevada College in Carson City; certified safeTALK and ASIST trainer. Discussion focused on opening and sustaining caring conversations around mental wellness and suicide and ways to best support ourself and others. Lots of discussion and questions woven throughout the presentation; participants were all very engaged. Provided resources and information to community members, including the 988 National Suicide and Crisis Lifeline, “Helpers in the Community” reference sheet, Partnership Douglas County’s 2023 Emergency Referral Services card, and information related to the Douglas County MOST team. Session went past the allotted time and participants indicated they would have liked the session to be even longer. 12 attendees.

Comments/Feedback: “I think Kim did an amazing job, she kept us involved and talking the whole time.” “I just really enjoyed the open dialogue. I’m pretty well trained in [mental health] & crisis & suicide prevention.” “Any one can have a part in suicide prevention – one just has to be willing to help.” “It is okay to talk about suicide.” “Call 988...shatter the secrecy of suicide. “There are more resources that are out there that people may not be aware of. This helped add more tools to our tool belts. I think it was great! More of these for the community!”

5/11/23: May Mental Health Month Guest Speaker Series, *Session 2: Your Brain...Stress...And How to Cope*. Presentation by Frank Jacobelli, Licensed Clinical Social Worker, educator, author, clinician, and group leader. Frank led participants through a deep-dive exploration of wellness from a brain-based perspective and included techniques and practices that people could take with them, such as Box Breathing and exercises to build mindfulness. Q+A session at end of presentation included lots of solid conversation. Attendees lingered following presentation (even though it exceeded the allotted time by 15 minutes) to further discuss the topic and to visit. Attendees were provided stress pocket pals, May calendars and bookmarks that both provided ideas to manage stress, information about the May Wellness Walk and other SPN programs and services, and a takeaway with information regarding the Douglas County MOST team. 18 attendees.



Comments/Feedback:

(Something valuable I learned during this training was...) "Learning to be still/noticing the good; 4-square breathing" "Importance of water, sleep, and training our brain." "How needy the brain is and much care is needed to keep it healthy. Need to get back to yoga!"

(Ways this presentation might be improved...) "Handouts would be helpful – excellent presentation." "Maybe a summary page with highlights to take home." "Thank you, well done, easy to follow, solid wisdom."

5/18/23: May Mental Health Month Guest Speaker Series, *Session 3: Trauma In and Around Us*. Presented by Gail Jacobs, LCSW. Presentation focused on the ways past trauma can influence present-day functioning and included an exploration of how addressing trauma can help build personal resilience and increase our capacity to meet life challenges from a place of strength, resilience, and centeredness. Explored variations in individual responses to traumatic experiences, immediate and lasting impacts of traumatic experiences, how the brain and body respond to trauma, defense mechanisms and tolerance levels we build in response to trauma, how trauma can relate to the mental health condition of depression, and several treatment approaches to address trauma. Attendees were offered information related to 988; the Hike for Hope awareness event; SPN resources and brochures; and a takeaway guide titled, "Take Control of Stress." 18 attendees.

Comments/Feedback:

(Something valuable I learned during this training was...) "Trauma comes back as a reaction." "Window of tolerance" "Examples of 'If feelings could talk'" "Grounding activity." "It is ok to accept the parts of you, you thought were a flaw in you." "5,4,3,2,1 All the senses" "Be more compassionate."

(Ways this presentation might be improved...) "Room a little cooler." "Give presenter a means of vocal amplification." "...attendees in the back might not have been able to hear."

5/23/23: Be the Change Session Evening presentation of "Positive Mindset and Why it Matters," the second in the Be the Change town hall series (makeup session from 2/28/23). PowerPoint presentation included exploring and defining key concepts related to fixed/growth mindset, providing real-life examples, group sharing, strategies to craft personal positive affirmations, watching a science-based video about growth mindset by Trevor Ragan (thelearnerlab.com), and addressing positive thinking as opposed to toxic positivity. Attendees were given a lined journal to write down thoughts, personal affirmations, and growth plans; a copy of The Learner's Manifesto from thelearnerlab.com; a building affirmations worksheet; SPN pens and brochures, and information about the National Suicide and Crisis Lifeline, 988. 1 attendee.

5/25/23: May Mental Health Month Guest Speaker Series, *Session 4: Mental Health Impacts of Substances and Alcohol*. Licensed Advanced Alcohol and Drug Counselor and Internationally Certified

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Advanced Alcohol and Drug Counselor Misty Dee led a discussion about impacts that substance and alcohol misuse can have on personal relationships and overall wellness. Dee drew upon her personal experiences and how they related to her chosen line of work. Presentation included a segment on finding balance and choosing more healthy and sustainable coping skills utilizing the self-care wheel. 8 attendees.

Comments/Feedback:

(Something valuable I learned during this training was...) "Other available programs out there" "Need to keep life in balance" "988" "Substance abuse is a symptom not a cause...self-care wheel" "Importance of self-care" "Having an attitude of gratitude helps to create balance in life" "How to take the first step"

(Ways this presentation might be improved...) "Misty did a great job!" "I love this series of speakers. These events truly build community Thank you." "None"

Describe how the organization measured the success of the program/project. Provide qualitative and quantitative measures.

Through programs, presentations, and sharing resource information, SPN established in-person contact with approximately 1,300 people:

- 9/23/22:** Community Education Event, approx. 70 attendees
- 9/29/22:** Facebook video; 303 reached, 129 views, 73 post engagements, and 3 shares
- 10/7/22:** Minden Elementary Mental Health Fair; 79 students attended along with their families
- 10/13/22:** Grief presentation; 36 attendees
- 10/22/22:** Carson Valley Medical Center Health Fair; approximately 100 attendees
- 11/8/22:** "Creative Self-Care Through the Ages;" 7 attendees
- 12/8/22:** "Holidays are a Mixed Bag!" 8 attendees
- 1/10/23:** "Building Resilience Through Self-Compassion" afternoon presentation; 1 attendee
- 1/11/23:** "Remember-lutions" jars and Taking in the Good practice; 5 attendees
- 1/24/23:** "Building Resilience Through Self-Compassion" evening presentation; 6 attendees
- 1/25/23:** Know the Signs, Find the Words; 20 attendees
- 2/7/23:** "Positive Mindset and Why it Matters" afternoon presentation; 7 attendees
- 2/15/23:** Senior Lunch at Douglas County Community and Senior Center; approx. 300 attendees
- 2/21/23:** Leadership Douglas County presentation; 22 attendees
- 3/7/23:** "Establishing a Solid Self-Care Practice" afternoon presentation; 4 attendees
- 3/8/23:** Know the Signs/general agency presentation to CIT; 20 attendees
- 3/21/23:** "Establishing a Solid Self-Care Practice" evening presentation; 3 attendees
- 4/4/23:** "Recognize the Signs for Suicide and Depression" afternoon presentation; 5 attendees
- 4/11/23:** "Recognize the Signs for Suicide and Depression" evening session; 4 attendees
- 5/4/23:** Guest Speaker Series, "Out of the Darkness, Into the Light;" 12 attendees
- 5/11/23:** Guest Speaker Series, "Your Brain...Stress...And How to Cope;" 18 attendees
- 5/18/23:** Guest Speaker Series, "Trauma In and Around Us;" 18 attendees

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5/23/23: “Positive Mindset and Why it Matters” evening presentation; 1 attendee

5/25/23: Guest Speaker Series, “Mental Health Impacts of Substances and Alcohol;” 8 attendees

Participants were asked to complete a pre-and post- evaluations. Through verbal and written commentary noted in the project narrative, participants shared program impacts along with insights and suggestions for future program planning. SPN has received numerous requests (via phone and in-person) for additional sessions of the mental health series and the guest speaker series.

Provide any changes or challenges to the original project plan and how it affected the project.

Salary allotment funding for the Douglas County grant was depleted as of March 2023. SPN continued with plans and programming through the end of the grant year. Extensive winter weather patterns impacted program scheduling and possibly attendance.