

Community Offerings by NKHS

September 2022



Suicide Awareness Community Discussion September 9, 2022



10:00 am

Come meet staff at NKHS that work in a variety of different roles to help support those with suicidal ideation. This meeting will give an overview of the different supports and offerings NKHS provides to the community followed by an opportunity for community members to ask questions and give input on the work being done to support the NEK in awareness and prevention.

<https://us06web.zoom.us/j/88662253323?pwd=d25SSmVnY2ErR1M4bGJ2bk1iQjIwZz09>

Meeting ID: 886 6225 3323

Passcode: 835095



QPR Gatekeeper Training September 23, 2022

12:00 –1:30 pm

Would you give 90 minutes to save a life? Learn the 3-step method during this suicide awareness and prevention virtual Gatekeeper Training. Anyone can make a difference. QPR is an emergency response to someone in a suicide crisis just as CPR is an emergency response to a physical health crisis.

When: September 23, 2022 12:00 pm - 1:30 pm

Register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZYqc-yvqTwqHdXa1TTBAnfBBY3TwRQtIcH1>

After registering, you will receive a confirmation email directly from @zoom.us with information about joining the meeting. Please be sure your email allows @zoom.us and @nkhs.net so you do not miss any important details.

**TRAUMA
101**

Trauma 101 Training September 28, 2022 10:00-11:30 am

This 90-minute informational session will provide a consistent understanding of trauma-informed systems, build a working understanding of trauma, establish a comfort level around the impact of trauma on an individual, and enhance understanding of trauma-informed practice in the workplace.

When: September 28, 2022 10:00-11:30 am

<https://us06web.zoom.us/j/83407789234?pwd=RGZSSmViNmE3d2hpVjZGZTczY0c0QT09>

Meeting ID: 834 0778 9234

Passcode: 261674

NKHS will be offering community outreach bags to organizations to hand out to community members with support information. If you are interested in having this resource on hand please contact Terri Lavelly at

tlavelly@nkhs.net



*September is Suicide Prevention
Awareness Month*

Statewide Offerings

The Vermont Suicide Prevention Symposium benefits anyone with an interest in learning more about resources, best practices, and ongoing conversations surrounding suicide and self-harm prevention. This includes but is not limited to those with lived experience, advocates, those working within education, healthcare, social services, substance misuse programs, mental health services, workforce development, youth and family engagement, and anyone who wants to get involved in this important work.

For more information visits: <https://vermontsuicidepreventionsymposium.org/>

The Vermont Department of Health and Department of Mental Health have partnered to create a *Suicide Prevention Outreach and Social Media Toolkit* to promote Suicide Prevention Awareness Month and the new FacingSuicideVT public health campaign on social media. The FacingSuicideVT campaign is being launched in September and focuses on raising awareness about suicide and promoting the idea that all Vermonters can play a role in preventing suicide and supporting those who have been affected by suicide. The campaign features the voices and images of Vermonters.

For a copy of the *Outreach and Social Media Toolkit*, please go to: <https://bit.ly/3QMSIxI>