



Contact

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FOR IMMEDIATE RELEASE

LIVE ON SUICIDE PREVENTION CAMPAIGN BRINGS
RENOWN SPEAKERS, WORKSHOPS, FILM TO RESIDENTS OF WASATCH COUNTY FOR
MAY MENTAL HEALTH AWARENESS MONTH

Global Suicide Speaker Kevin Hines, Mental Health Advocate Pete Early
to Appear Virtually, Among Others

Heber City, Utah (April 7, 2021) –The Caring Community Coalition of Wasatch County has created an extensive mental health program in honor of May Mental Health Awareness Month to promote education and changing the culture around suicide and mental health through a grant made possible from the Live On Foundation, an organization dedicated to preventing suicide. The lineup includes advocate speakers who relay their personal stories, QPR (Question, Persuade, Refer) suicide prevention trainings, a documentary screening and panel discussion, as well as Yoga Night.

“We are excited to provide such valuable information and resources to our community members,” said Trudy Brereton, co-chair of the Wasatch Caring Community Coalition and prevention coordinator for Wasatch Behavioral Health. “The purpose of the variety of presentations and trainings is to give families a toolbox of resources to help them deal with the challenges they face right now. We are also working to destigmatize mental health and break down barriers for seeking help so that those who are struggling can get the help they need.”

In honor of May Mental Health Month, official Proclamations will be given from Midway City on April 20, 2021, Heber City on April 20, 2021, and Wasatch County on April 21, 2021 at each government's respective Council meetings.

All Mental Health Awareness events are free to the public. Most events are virtual with some in-person. Credentials and links to the virtual events can be found on the Caring Community Coalition Facebook page: <https://www.facebook.com/Caring-Community-Coalition-of-Wasatch-County-889655318062230> Yoga Night will ask for a \$5 donation to the Wasatch High School scholarship.

Events for May Mental Health Month include:

April 8, 15, 22 and 29, 2021 - 3:45 - 6 p.m. - In-Person

Mental Health First Aid

@ Wasatch High School, Room # 209 (To register, email Jen Roskelley:

JENNIFER.ROSKELLEY@wasatch.edu)

Jen Roskelley, Wasatch High School Counselor, and Holly Todd, School Counseling Program Specialist, talk about the signs and symptoms of mental health struggles and provide "Mental Health First Aid" that can be given to loved ones. Mental Health First Aid teaches individuals how to help someone who may be experiencing a mental health or substance use challenge. It takes the fear and hesitation out of starting conversations by improving understanding and giving an action plan that teaches how to safely and responsibly identify and address a potential mental illness or substance use disorder.

April 21, 2021 – 6:45 p.m. - Via Zoom

Kevin Hines: Hope Heals Presentation

Kevin Hines is a mental health advocate, global speaker, best-selling author, and documentary filmmaker who reaches audiences all over the world with his incredible story of unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. Kevin's discusses his process for wellness, resilience and recovery.

April 27, 2021 – 12 p.m. – 1 p.m. - Via Zoom

Javier Alegre: Increasing Equitable Access to Latinx Communities Presentation

To register email Wasatch Latino Coalition at wasatchlatinocoalition@gmail.com

Alegre from Latino Behavioral Health Service explores the impact of colonization, oppression, racism, and how anti-racism and cultural humility can help integrate minority groups into behavioral health practices.

April 28, 2021, 6:30 – 8:00 p.m. - Via Virtual Platform

The Upstanders Film with Panel Discussion

A documentary film about resilience and the power of connections to end bullying. It explores cyber-bullying, bullying among friends, families, co-workers and the brain science behind it all and how we can make a difference together to create systemic change. A panel discussion will follow with local experts who will discuss their experiences with youth mental health as a parent, therapist and school counselor.

May 4, 2021- 6:45 p.m. – Via Zoom

Pete Earley – Navigating the Healthcare System for Loved Ones with Mental Illness Presentation

Pete Earley will tell his personal story as a parent of a son with bipolar disorder and his ultimate journey. He will talk about his partnership with his son, Kevin, who today works as a peer-to-peer specialist after a rocky journey that included being hospitalized five times, being arrested and being shot twice with a Taser by police. Earley has penned 21 books, including 2007 Pulitzer Prize finalist *Crazy: A Father's Search Through America's Mental Health Madness*. He joined the National Alliance on Mental Illness (NAMI) to advocate for strong mental health reform on the public stage.

May 6, 2021 – 6 – 7 p.m. - Via Zoom

QPR Training - Question, Persuade and Refer

To register email trudyb@wasatch.org or call (435) 657-3230

Question, Persuade and Refer, three steps anyone can learn to save a life. The QPR mission is to reduce suicidal behaviors and save lives by providing practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people to make a positive difference in the life of someone they know. Please join us via Zoom for this one-hour training, given by Trudy Brereton from Wasatch Behavioral Health and Kristin Anderson from Wasatch County Health Department.

May 12, 2021 – 6:30 p.m. - Via Zoom

Distress: What Is It and How Can I Manage It More Effectively?

Amy Henderson, EMDR Certified Clinician with Inter Journey Counseling, talks about Distress: what it is and how you can manage it more effectively. Participants will learn how distress impacts us physically, mentally and emotionally and how increasing understanding can make a difference. Individuals will discover through experiential exercises three skills to utilize, to tolerate, and decrease distress more effectively.

Tuesdays in April – In Person

Let's Taco 'Bout Mental Health

Each Tuesday, Mexican restaurants in Wasatch County will offer food discounts and hand out important Mental Health information in English and Spanish to customers. Packets will include mental health resources, self-assessment tests, and a special “goodie.”

Locations/dates:

- Armando's Restaurant – Receive a 20% discount 11 a.m. – 5 p.m. (4-27, 5-11, 5-18)
- Beto's Mexican Food – Receive 1 free item from the .99 cent menu (4-27, 5-5)
- Don Pedro's Family Mexican Restaurant – Receive a 15% discount all day (4-27, 5-11, 5-18)
- Lola's – Receive a 10% discount all day (4-27, 5-5, 5-11, 5-18)
- One Stop - 99 cent tacos all day (4-27, 5-5, 5-11, 5-18)

May 13, 2021 - 7 - 8 p.m. – In Person

Yoga Night & Stress Management

Wasatch High School – The Nest

WHS yoga teacher DeEtte Englebright will host a Community Yoga Night where individuals learn tools to help manage life stress. Yoga is meditation with movement that links mind to body through intentional breath. According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep. All levels/ages are welcome for students, parents, and families. The cost is \$5/person, and all proceeds go toward WHS scholarships! Please bring your own mat.

May 13, 2021 – 6 – 8 p.m. – In Person

QPR Training - Prevencion de Suicidio in Spanish

Wasatch County Library

Question, Persuade and Refer, three steps anyone can learn to save a life. The QPR mission is to reduce suicidal behaviors and save lives by providing practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people to make a positive difference in the life of someone they know. Please join us for this very important training.

Individuals and families looking for mental health resources may contact:

- NAMI (National Alliance on Mental Illness): Phone (801) 323-9900 or (877) 230-6264 Mentor Help Line (801) 323-9900; mentors are available Monday through Friday, 9 a.m. to 4:15 p.m. or go to <https://www.namiut.org>
- Wasatch Behavioral Health: (435) 654-3003 or go to <https://www.wasatch.org>
- Wasatch County Health Department: (435) 654-2700 or go to <https://www.wasatch.utah.gov>
- Wasatch High School Counseling Page: (435) 654-0640 or go to <https://www.wasatch.edu/Page/3124>

The Caring Community Coalition unites key leaders and community members of Wasatch County in an effort to provide opportunities, increase knowledge, and affect positive change. Community partners who have come together to help the coalition for May Mental Health Month include Heber City Council, Midway City Council, People's Health Clinic, Wasatch Behavioral Health, Wasatch Community Foundation, Wasatch County Council, Wasatch County Health Department, Wasatch County School District, and the Wasatch Latino Coalition. For more information about the Caring Community Coalition, please visit <https://www.facebook.com/Caring-Community-Coalition-of-Wasatch-County-889655318062230>

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