



*Hinds Hospice*  
Fresno Survivors  
of Suicide Loss

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# Hinds Hospice Survivors of Suicide Loss and The Local Outreach to Survivors of Suicide (LOSS) Team: Suicide Prevention and Postvention

- History of Survivors of Suicide Loss, Fresno
- A discussion about suicide prevention, grief support, and postvention
- Support groups, individual counseling, and the LOSS team
- Circle of Friends
- Teen Support Group
- How do I refer a family for services?



## Dick & Sandy Gallagher: Co -founding members, 1985



Fresno Survivors of Suicide Loss began in February 1985, shortly after the suicide death of their son David John Gallagher . David was 17 years old when he died.



# Suicide is a Leading Cause of Death in the United States

According to the Centers for Disease Control and Prevention (CDC) WISQUARS Leading Causes of Death Reports, in 2018:

- Suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 48,000 people.
- Suicide was the **second** leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.
- There were more than two and a half times as many suicides (48,344) in the United States as there were homicides (18,830).



“Even before COVID -19, grief in the classroom was an all-too-common occurrence.

93% of educators agree that childhood grief is a serious problem that deserves more attention from schools, and 87% agree with the statement that ‘over the past five years, it has become more common for students at my school to seek out emotional support from their teachers.’

When asked how many students each school year typically need their support due to the loss of a loved one, 87% of educators said at least one, and 25% said six or more.”

– The New York Life Foundation



# Prevention

What does it mean to be “at risk”? Who is considered to be “at risk”?

**5 Action Steps for Helping Someone in Emotional Pain**

 <b>ASK</b> “Are you thinking about killing yourself?”	 <b>KEEP THEM SAFE</b> Reduce access to lethal items or places.	 <b>BE THERE</b> Listen carefully and acknowledge their feelings.	 <b>HELP THEM CONNECT</b> Save the National Suicide Prevention Lifeline number 1-800-273-8255.	 <b>STAY CONNECTED</b> Follow up and stay in touch after a crisis.
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 **NIH** National Institute of Mental Health

[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)



# What is “Postvention”?

Postvention is a term often used in the suicide prevention field. The definition below is from the U.S. national guidelines developed by the Survivors of Suicide Loss Task Force.

“Postvention is an organized response in the aftermath of a suicide to accomplish any one or more of the following:

- To facilitate the healing of individuals from the grief and distress of suicide loss
- To mitigate other negative effects of exposure to suicide
- To prevent suicide among people who are at high risk after exposure to suicide”



# Local Outreach to Survivors of Suicide (LOSS) Team

The LOSS Team is a unique program that provides support to family and friends whose loved ones have died by suicide. This service is available 24 hours per day, 7 days per week, 365 days per year.

**How does this program work?** Any law enforcement personnel will reach out to our on-call clinician and a survivor volunteer with information about a death. Our clinician and volunteer will arrive to a death within 1 hour of notification and provide support to families and friends.

We provide support and resources for follow-up support.



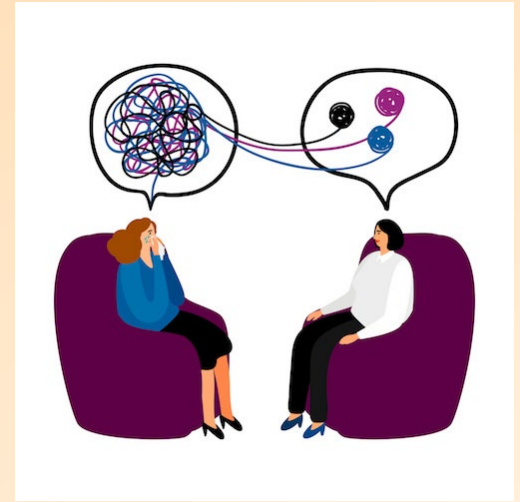


# Survivors of Suicide Loss Services

The Survivors of Suicide Loss (SOSL) program facilitates community education on suicide prevention and the dynamics of grief associated with suicide.

The program offers support for those who have experienced the death of a loved one from suicide.

We provide support groups and individual counseling. **What might be the benefit of each?**





# Circle of Friends

**Circle of Friends** is a grief support group for children that began in 1989, founded by Nancy Hinds, Kathy Phillips, and Janice Melton.

It was modeled after a program that invites children to instinctively gravitate towards activities they need to work through their grief. Each child, ages 3 - 12, is paired with a “special friend,” age 14 - 24, who has received training in grief support.



# Teen Support Group

“Teens are cognitively able to understand and process abstract concepts about life and death. They begin to see themselves as unique individuals, separate from their role in the family and may wrestle with identity and who they want to be in the world. There can be significant changes in their priorities, spirituality/faith, sexuality, and physical appearance. Teens often rely on peers and others outside the family for support.”

– The Dougy Center



Source: Schuurman, “Developmental Grief Responses”



# Peer Support

“Assist teens to connect with support systems, including other adults (family, family friends, teachers, coaches).”

– The Dougy Center



# How to Refer Students and Families

- Referral form
- Call Survivors of Suicide Loss: (559) 322 -5877
- Email: [centerforgriefandhealing@hindshospice.org](mailto:centerforgriefandhealing@hindshospice.org)
- Fax: (559) 320 -0058



Thank  
you

# Hinds Hospice Center for Grief and Healing

Show video: <https://www.hindshospice.org/fresno-survivors-of-suicide-loss.html>



# Resources

National Institute of Mental Health. *Suicide* . Accessed February 9, 2021, from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

National Institute of Mental Health. *Suicide Prevention* . Accessed February 9, 2021, from <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

New York Life Foundation. (2020). *Educators say COVID -19 has greatly exacerbated the grief support crisis in schools, according to new survey from the New York Life Foundation and the American Federation of Teachers* . Accessed February 19, 2021, from <https://www.newyorklife.com/newsroom/2020/covid19-educators-grief-support-crisis-in-schools>

Schuurman, D. *Developmental Grief Responses* . The Dougy Center –The National Center for Grieving Children and Families. Accessed February 19, 2021, from <https://elunanetwork.org/resources/developmental-grief-responses>

Suicide Prevention Resource Center. *Provide for Immediate and Long - Term Postvention* . Accessed February 9, 2021, from <https://www.sprc.org/comprehensive-approach/postvention>

