Survivors of Suicide Newsletter

Stay Connected

S P R I N G  E D I T I O N  2 0 1 5

TEMPE SOS GROUP
1st and 3rd Thursday
7:00 pm - 9:00 pm
EMPACT-SPC
618 S. Madison Dr, Tempe

EAST MESA SOS GROUP
2nd and 4th Thursday
6:00 pm - 8:00 pm
Red Mountain Multigenerational Center
7550 E. Adobe Rd, Mesa

PARADISE VALLEY SOS GROUP - NEW TIME!
1st and 3rd Wednesday
6:30 pm - 8:30 pm
Paradise Valley Hospital
3929 E. Bell Rd, Phoenix

PHOENIX/SCOTTSDALE SOS GROUP
2nd and 4th Wednesday
7:00 pm - 9:00 pm
Prince of Peace Church
3641 N. 56th St, Phoenix

WEST VALLEY SOS GROUP
2nd and 4th Tuesday
7:30 pm - 9:30 pm
EMPACT-SPC
4425 W. Olive, Suite 194
Glendale

QUEEN CREEK SOS GROUP
1st and 3rd Wednesday
7pm—8:30pm
AMADEO Vineyard Church
21805 S. Ellsworth Rd,
Queen Creek

TUCSON SOS GROUP
2nd and 4th Monday
6pm—8pm
La Frontera Office
1101 E. Broadway, Suite
130 Tucson

PRESCOTT SOS GROUP
Last Monday
6pm—8pm
First Congregational Church
216 E. Gurley St. Prescott

16th Annual Arizona Survivors of Suicide Conference

Saturday, May 2, 2015, 8:30am—3:30pm

Black Canyon Conference Center—Phoenix

Our day will be focused on hope and healing, helping participants gain support and assistance in dealing with survivor grief.

Keynote Speaker: Frank Campbell, Ph.D., LCSW

Dr. Campbell is the Senior Consultant for Campbell and Associates, and is the past president of the American Association of Suicidology. He has worked with Survivors of Suicide for nearly 30 years; his work with survivors and victims of trauma has been featured in three Discovery Channel documentaries.

To register, please visit www.empact-spc.com and click on the link for Events. For more information, please contact Sandra McNally at Sandra.McNally@LaFrontera-EMPACT.org

Hosted by: EMPACT - SUICIDE PREVENTION CENTER

Sponsored by: Arizona Department of Health Services

ARIZONA SUICIDE PREVENTION COALITION
On Saturday, February 7th, EMPACT-SPC held its 9th Annual 5K Walk/Run to Support Survivors of Suicide. At this year’s event, which was held at Kiwanis Park in Tempe, close to 700 people were in attendance, up by 100 from last year’s event.

In addition to Survivors of Suicide attending this event, to remember their loved ones who have died by suicide, many community agencies formed walking/running teams to help support EMPACT’s mission - groups such as Cenpatico Behavioral Health, Crisis Response Network, and Arizona Department of Health Services. Also, EMPACT-SPC employees from the Maricopa Office, the Finance Department, the Children’s Department, and the Crisis/Trauma Healing Services Department formed teams and raised money for the cause. Local businesses, such as Starbucks, Subway, Einstein Bagels, and Water Mill Express, donated food, beverages, and their time to help support EMPACT-SPC.

The Memorial Walk/Run was started in 2007 by one of EMPACT’s volunteers, Chris Orsini, who lost his son Jeremyah to suicide. Chris and his wife Cathi, who presently live in Michigan, spoke at this year’s Walk, offering messages of hope and encouragement, particularly to new Survivors.

To view pictures of this year’s event, please visit us on Facebook: facebook.com/jeremyahmemorial
Message from a Father.........

By Randall Stepp

My name is Randall Stepp and on October 14th, 2010, my life was changed forever. That is the day that I lost my son and only child Brandon to suicide.

Brandon was 15 years old and he was not only my son but also my best friend. After losing him I began to write poetry to deal with the flood of emotions that comes with a loss to suicide. My collection of poems eventually turned into my self published book, "Losing a Son to Suicide, A poetic journey through grief."

I frequently share my poems at my local S.O.S. Group and they seem to provide comfort and reassurance to the newly bereaved that what they are feeling is completely normal.

The book is available online at Amazon.com for $5.99.

Randy Stepp, Elizabethtown, KY
Patience
(A Thought For The Day)

By Rose Moen

It is not easy returning to the world of normalcy when your world is so upside down. It is not easy to stop being a mother or father to your child who has died.

The thought for the day is a word. Patience—patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt, with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly.

PATIENCE!

Reprinted from Survivors of Suicide, “Mayday”, Volume 26, Issue 7, July 2009
As Long As

By Daniel Haughton

As long as I can dream,
As long as I can think,
As long as I have memory ...
I will love you.

As long as I have eyes to see,
And ears to hear
And lips to speak ...
I will love you.

As long as I have a heart to feel,
A soul stirring within me,
An imagination to hold you ...
I will love you.

As long as there is time,
As long as there is love
As long as I have a breath to speak your name ...
I will love you.
Because I loved you more than anything in all the world.

EMPACT-SPC has begun working on the 7th Memorial Quilt. If you are interested in having your loved one appear on this next quilt, please email the following information to

Sandra.McNally@empact-spc.com

• A picture or pictures of your loved one that you want to use on the quilt.

• Full name of your loved one.

• Dates of your loved one’s birth and death.

• A message you would like included – it can be anything but needs to fit on an 8” x 8” square with the picture(s).

Reprinted from Mayday, Survivors of Suicide, Batavia, IL Volume 31 Issue 4 April 2014
For more information, contact:

Sandra McNally, Prevention Manager
EMPACT SPC
618 S. Madison Drive
Tempe, AZ 85281
Phone: 480-784-1514, ext. 1219
E-mail: Sandra.McNally@LaFrontera-EMPACT.org

Your Partner for a Safe, Strong, and Healthy Community.

Resources:

Crisis/Suicide Hotlines:
● La Frontera Arizona/EMPACT-SPC:
  480-784-1500
● National Lifeline Network:
  800-273-TALK
● Mercy Maricopa Crisis Hotline
  800-631-1314

Internet Resources:
● American Association of Suicidology:
  www.suicidology.com
● American Foundation of Suicide Prevention:
  www.afsp.org

The Valley’s Premier Corporate Caterer
Open for Business!

Nibblers
(602) 266-8100
www.nibblerscatering.com