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Nonprofit Organization
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Permit No. 618
Rapid City, SD

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How You Can Help

Charitable Contributions

To make a tax-deductible donation to the organization please forward it to: 915 Mountain View Road, Rapid City, SD 57702.

Or go to www.giveblackhills.org and search "Front Porch Coalition" to make a donation online.

Also make www.goodsearch.com your default browser and identify Front Porch Coalition as your favorite charity and every time you search the Internet or shop online at www.goodsearch.com/goodshop.aspx and a portion of your purchase goes towards the Front Porch Coalition.

Volunteer on the LOSS Team

If you have been impacted by losing someone to suicide and would like to become a volunteer member of the first response team, please call 605-348-6692 or go to www.frontporchcoalition.org/lossteam.html to learn more about the program.

Stay Informed!

Keep informed of what we are doing. Check us out online at www.frontporchcoalition.org.

E-newsletter To receive our newsletter via email, email us at: inquiries@frontporchcoalition.org.



Providing Support to Families and Friends Following a Loss to Suicide

Winter 2011

Expanding Services to Survivors of a LOSS to Suicide

Dedicated to helping those people who have tragically lost someone to suicide while working to reduce the incidence of suicide within our community, through available education, awareness, and prevention services.

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Providing support services to survivors of a loss to suicide remains our top priority. Thus the organization has taken steps over the past few months to provide ongoing support services while expanding those services to other communities in the Black Hills region. Thank you to the devoted members who volunteer their time to the LOSS Team, the first response service is now available in Meade County. The partnership with the Meade County Sheriff's Office, Coroner's Office, and Sturgis Police Department developed during this past summer and the team is on-call to respond to help survivors should they endure a tragic loss of someone close to them to suicide.

In keeping with the original LOSS Team and suicide survivors program first developed by Dr. Frank Campbell at the Baton Rouge Crisis Intervention Center, members of the LOSS Team will begin facilitating the suicide survivors support group which will begin in January 2012. Support groups will be available to adults as well as children and teens who have endured a loss to suicide. Please contact the Front Porch Coalition office at 605-348-6692 for more information and to register.

The organization's director and LOSS Team Coordinator was also trained by Dr. Frank Campbell this past year to provide his tailored active postvention training program to caregivers and first responders, "Sudden and Traumatic LOSS Training: What Every Caregiver and First Responder Should Know." Communities and providers interested in providing support services to suicide survivors, either through support groups and/or a first response LOSS Team should contact Stephanie Schweitzer Dixon at: 605-348-6692 or frontporch@midconetwork.com. The training can also be tailored to first responders and caregivers providing services after other traumatic deaths and events, however the focus is on suicide death and grief.

National Survivors of Suicide Day is held this year on Saturday, November 19th with a local program held in Rapid City at Rapid City Regional Hospital's West Auditorium from 9:00 am—3:00 pm. Participants can join other suicide survivors to watch the annual Survivor's Day Broadcast hosted by the American Foundation for Suicide Prevention, or view it online at: www.afsp.org. If you would like to attend the local event in Rapid City, participants are encouraged to register with Laura Boyd at: 605-721-7720 or edlaura@rushmore.com by November 14th as lunch will be served.

DONATE AT NO COST TO YOU!!

Make www.goodsearch.com your default browser and **Front Porch Coalition** your favorite charity and every time you do a **web search**, money is donated to the organization.

SHOP many online businesses using www.goodsearch.com/goodshop.aspx and a portion of your purchase is donated to the **Front Porch Coalition**.

Survivors of Suicide Support Group

The Front Porch Coalition and the L.O.S.S. (Local Outreach to Suicide Survivors) Team are pleased to introduce the newly revised support group that will be facilitated by members of the L.O.S.S. Team who will take participants through the grief process specific to suicide and provide educational materials on dealing with grief, loss, and healing. The emphasis of the support group will be on education and support as opposed to counseling. Interested participants are given referrals to other counseling and support resources in the community as appropriate. This bereavement support group is specific to people who have been impacted by a loss to suicide: a loved one, family member, friend, colleague, relative, or any significant other. The focus of the group is to:

- Understand suicide grief
- Learn the normal stages of grief specific to suicide
 - Work through the grief process
- Learn how to cope, heal, and recover from a loss to suicide
- Connect with and receive support from other survivors of a loss to suicide

Pre-registration is required. Please contact Stephanie Schweitzer Dixon at 348-6692 to register or for more information on specific start dates and times for the 12-week session to start in January 2012.

Tips for Surviving the Holidays Including Being Thankful

The holidays are difficult for most people who are grieving the loss of someone they love, to any type of death. For the newly bereaved it can be difficult to find something to be thankful for during the Thanksgiving season. Here are a few tips and metaphors some survivors have found helpful.

- It doesn't seem to get any better...But it doesn't seem to get any worse either. For that, I am thankful.
- There are no more pictures to be taken...But there are memories to be cherished. For that, I am thankful.
- There is a missing chair at the table...But the circle of family gathers close. For that, I am thankful.
- The turkey is smaller...But there is still stuffing. For that, I am thankful.
- The days are shorter...But the nights are softer. For that I am thankful.
- The pain is still there...But it lasts only moments. For that, I am thankful.
- The calendar still turns, the holidays still appear, And they still cost too much...but I am still here. For that, I am thankful.
- The room is still empty, the soul still aches...But the heart remembers. For that, I am thankful.
- The guests still come, the dishes pile up...But the dishwasher works. For that, I am thankful.
- The name is still missing, the words still unspoken...But the silence is shared. For that, I am thankful.
- The snow still falls, the sled still waits, and the spirit still wants to...For that, I am thankful.
- The stillness remains...But the sadness is smaller. For that, I am thankful.
- The moment is gone...But the love is forever. For that, I am blessed: for that, I am grateful...
- Love was once (and still is) a part of my being...for that, I am living. I am living...and for that, I am thankful.

*May your holidays be filled with reasons to be thankful.
Having loved and having been loved is perhaps the most wondrous reason of all.*

Darcie Sims – 1992

Mark Your Calendars—Upcoming Events and Trainings

- Local Program for National Survivors of Suicide Day on Saturday, November 19, 2011 will be held at Rapid City Regional Hospital's West Auditorium from 9:00am -3:00pm, RSVP with Laura Boyd at 605-721-7720 or edlaura@rushmore.com.
- November 21-22, 2011—ASIST Training, 8:30am-4:30pm, Canyon Lake United Methodist Church in the Christian Life Center, 3500 Canyon Lake Drive, Rapid City, RSVP to: fpcoffice@midconetwork.com.
- December 7-8 - ASIST Training, 8:00am-4:00 pm, Newell High School, Old High School Library, RSVP to Sabrina Harmon at Sabrina.Harmon@k12.sd.us or 456-2393.
- January 19-20, 2012 - ASIST Training, 8:00am-4:00pm, Wellspring, 3402 Cottonwood Street (Old Calvary Lutheran Church), Rapid City, RSVP to fpcoffice@midconetwork.com.
- Sudden and Traumatic LOSS and QPR Suicide Triage Trainings for First Responders and Caregivers - Dates and Locations Announced Soon for 2012. Contact Front Porch Coalition for information if interested.
- 10th Annual Suicide Awareness Walk—Saturday, May 5, 2012—Old Storybook Island Shelter, 8:00am, For more information email inquiries@frontporchcoalition.org.

If you or your organization would like to host a training, please contact Stephanie Schweitzer Dixon at (605) 348-6692. Please continue to check the website for class dates, registration and additional future classes for mental health providers, caregivers, and first responder opportunities. www.frontporchcoalition.org

Rapid City Suicide Prevention Taskforce Education, Training, and Awareness

Gatekeeper Training Workshops include:

Sudden and Traumatic Loss Training For First Responders and Caregivers: One day training for those who respond to and treat those affected by sudden and traumatic deaths, primarily to suicide and other traumatic events.

aLIVE! - A conversation that emphasizes the protective essentials of aware living. It is a life-affirming reminder of the incredible experience we all share as we live aware and alive to each of our moments. aLIVE! is appropriate and adaptable for all age groups from young teens through adults.

safeTALK Training: Training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aide resources. Alert helpers know how to use these opportunities to support that desire for safety and apply TALK steps to connect a person to intervention caregivers. Training lasts only 3 1/2 hours.

ASIST Training: (Applied Suicide Intervention Skills Training) Two day training designed to help caregivers become more willing, ready and able to help persons at risk. A skills-based training that teaches someone how to do a suicide intervention.

QPR:(Question, Persuade, Refer): 1-2 hour customized training for the general public to recognize the warning signs of a suicide crisis and refer someone to help.

QPR Suicide Triage Training: 4-8 hour training for first responders ,caregivers, and crisis workers to go beyond recognizing and referring at-risk individuals to assessing their level of suicide risk to ensure their safety.

Are you feeling desperate, alone, or hopeless? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in a suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you. Call for yourself or someone you care about.

