



Guam Hosts Regional ASIST Training: 15 Certified as Trainer of Trainers



LivingWorks Trainers Patty Rives, Dave Biblow, and Gaynor Hicks at the Westin Resort Guam



The Guam Department of Mental Health and Substance Abuse (DMHSA) Prevention and Training Branch and the Guam Army National Guard Family Programs hosted a Training for Trainers (T4T) in Applied Suicide Intervention Skills Training (ASIST) to strengthen the capacity of certified trainers within the Pacific Region. The training was held on January 11-15, 2010 at the Westin Resort Guam. Fifteen (15) participants completed this five-day ASIST T4T to become registered trainers in suicide first aid and to build their competence to conduct ASIST workshops for the people on Guam and the neighboring islands. The ASIST training teaches gatekeepers how to help someone with suicidal thoughts or may be attempting suicide. The training is the most widely used, acclaimed and researched suicide intervention skills training in the world. The benefits of the ASIST T4T, is that the Pacific Islands have additional local trainers who can train additional caregivers on how to respond to crisis situations.

CONGRATULATIONS to the new ASIST Trainers!

24 Trained for Youth Crisis Helpline



The Department of Mental Health & Substance Abuse (DMHSA), Prevention & Training Branch hosted a 'Train the Trainer' workshop for Guam's Youth Crisis Helpline volunteers. Elizabeth Makulec, Executive Director of the Kids Under Twenty One (KUTO) program trained youth between the ages of 15-24 years old, as well as DMHSA Prevention & Training Branch staff on February 19th-21st. The training was held at the Guam Marriott Resort & Spa, Lobby Conference Room in Tumon. A

total of 24 participants completed a twenty-hour (20) training to prepare them to respond effectively to crisis calls. Topics included values clarification, active listening, stress and depression, caller management, suicide and grief. Volunteers have committed to working at least four hours a week when the Youth Crisis Helpline component of DMHSA's Crisis Hotline (647-8833) is implemented. KUTO has committed to help Guam build its capacity for strengthening telephone hotline procedures, increasing youth crisis worker recruitment and training, as well as coaching and supporting youth crisis workers. KUTO was founded in 1987 in St. Louis, MO. and trains youth with the skills, confidence and courage to help a friend or peer by implementing the 'teens helping teens help themselves' philosophy.

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WEEKLY VILLAGE MEETINGS



UPCOMING VILLAGE MEETINGS:

The Department of Mental Health and Substance Abuse - Prevention and Training Branch staff has been working with Guam's mayors and vice-mayors in the conduct of village meetings to discuss suicide prevention. The Focus on Life team is scheduled to be present in all 19 villages; meetings begin at 6:00 p.m. to 7:30 p.m.

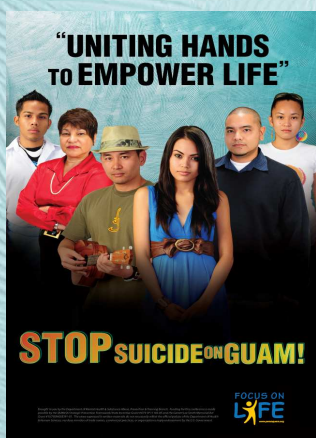
Feb. 27: Ordot/Chalan Pago @ the OCP Community Center

Mar. 5: Sinajana @ the Sinajana Community Center

Mar. 12: Mangilao @ the Mangilao Community Center

Mar. 19: Barrigada @ the San Vicente/San Roke Social Hall

Mar. 26: Mongmong, Toto, Maite @ the MTM Community Center



Focus on Life Campaign to be presented in Las Vegas, NV

Guam's Focus on Life team will be conducting a presentation at the Garrett Lee Smith Memorial (GLSM) Grantees' Meeting in Las Vegas, Nevada scheduled for March 15 to 18, 2010. This meeting with all GLSM Grantees will facilitate the exchange of ideas and lessons learned. Guam will be showcasing the Focus on Life Suicide Prevention Campaign and presenting how the campaign came about and the steps taken to ensure that the campaign was culturally relevant and data driven. Barbara S. N. Benavente, Prevention and Training Supervisor and Christine Camacho, Public Information Officer will be presenting at the meeting. They will also be joined by Dr. Annette David (FOL Data Consultant) and Dr. Patrick Leddy (FOL Program Evaluator).

About FOCUS ON LIFE

In 2008, the Guam DMHSA successfully applied for a Garrett Lee Smith Memorial youth suicide prevention grant offered by the Substance Abuse and Mental Health Services Administration (SAMHSA). The three-year grant, entitled Focus on Life is for the period of September 2008 to September 2011..

Guam's Youth Suicide Prevention Grant focuses on individuals between the ages of 10-24 years. The goals of the grant are:

- ★ To strengthen data collection and analysis;
- ★ To build workforce capacity and strengthen community ownership;
- ★ To strengthen an effective prevention and early intervention plan;
- ★ To implement programs that work.

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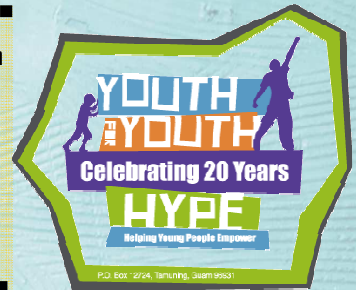
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SUBGRANTEE UPDATES



Sanctuary, Incorporated of Guam created educational and awareness brochures and factsheets in three different languages: English, Chamorro, and Chuukese focused on four specific topics generated during focus group meetings. Brochure topics include: "We Are No Different"—Suicide warning signs, and how to help someone suicidal. "You Are Not Alone... Finding Strength and Courage to Live"—surviving suicide: how to cope with suicide. Factsheet topics included "Facts for Youth"—Communication Skills and Gay, Lesbian, Bisexual, and Transgender—GLBT Community and suicide. For more information on the services provided by Sanctuary contact 475-7101 or visit www.sanctuaryguam.org.

The Youth Crisis Helpline will be manned by youth volunteers trained in crisis intervention beginning mid March. The Youth Helpline will run from 6:00pm to 10:00pm on Fridays, Saturdays, and Sundays. In addition to launching the Youth Helpline, Youth for Youth Live! Guam has been planning their 20th Annual conference scheduled for April 30, May 1, and 2, 2010. The theme for the conference is HYPE (Helping Young People Empower). Each day will focus on a specific theme: Underage drinking prevention, Suicide prevention and Substance abuse prevention. Registration forms are now being accepted and can be downloaded at www.peaceguam.org. For more information about Youth for Youth LIVE! Guam or the conference, call Gayle Osborn at 477-8861/63.



"Teens Helping Teens Help Themselves" - Youth Crisis Hotline Training Highlights



Inafa' Maolek continues to conduct workshops and skits in the middle and high schools as well as for community-based organizations. To date suicide prevention and intervention workshops were conducted at J. P. Torres Alternative School, Southern High School, Sanctuary, Incorporated of Guam's Rural Host Home training and at the Guahan Project. In addition to their suicide prevention workshops and skits, Inafa' Maolek continues to do conduct workshops on Bullying, Gossip and Rumors, and Peer Pressure just to name a few. For more information about Inafa' Maolek's services contact 475-1977.

Life Works Guam continues to train community members and leaders in ASIST (Applied Suicide Intervention Skills Training) Training in the community. Life Works Guam has had over 60 participants in their trainings. This year, there was a training of new candidates from different schools for Rainbows for All Children to become volunteer Rainbows Facilitators/Coordinators at the schools that they have chosen to serve. The training was held at the Guam Marriott Resort and Spa on January 23, 2010. The Rainbows annual 3.5 mi. Run Walk Race is scheduled for Saturday, March 6, 2010 at the Micronesia Mall. Pre-registration is ongoing at Marks Sporting Goods. For more information, call Marie Halloran at 632-0257.

"Saving Lives, It Begins With You"



Life Works Guam

2010 CALENDAR OF EVENTS

MARCH

National Nutrition Month
National Inhalant & Poisons Awareness Week
Chamorro Month (Launch One Nation Campaign)
Focus on Life - Sinajana Village Meeting (5)
Focus on Life - Mangilao Village Meeting (12)
Focus on Life - Barrigada Village Meeting (19)
American Diabetes Alert Day (25)
Focus on Life - Mong Mong/Toto/Maite Village Mtg. (26)
Alcohol Awareness Month Proclamation Signing (31)

APRIL

Alcohol Awareness Month- Full launch of One Nation Campaign
Youth Month
Kick Butts Day
Underage Drinking Prevention Town Hall Meetings
Reach Out Now Teach In — Middle & High Schools
Alcohol Screening Day UOG
Sexual Assault Awareness Month
I'Famagu-on'ta Art of Healing- (displays at malls)
Cancer Control Month
National Public Health Week
Youth For Youth Live Guam 5K Run/Walk (3)
ASIST Training (10-11)
DPHSS- National Infant Immunization Week (19-26)
Child Abuse & Neglect Month
Youth For Youth 20th Annual Conference (30, May 1-2)

MAY

Prom/Graduations
Mental Health Awareness Month
American Stroke Month
Children's Mental Health Week
World No Tobacco Day
National Drug Court. Month
I'Famagu-on'ta Art of Healing-(displays at malls)
National High Blood Pressure Education Month
National Women's Health Week (11-17)
Youth For Youth Gala (15)
ASIST Training (20-21)

JUNE

Summer Youth Swimming & Water Safety Program
ASIST Training (8-11 & 26-27)

JULY

Guam Liberation
Summer Youth Swimming & Water Safety Program
ASIST Training (10-11 & 24-25)

AUGUST

BACK TO SCHOOL
ASIST Training (12-13, 19-20, 26-27)

SEPTEMBER

National Alcohol & Drug Addiction Recovery Month
Suicide Prevention Awareness Month
Focus on Life/PEACE Conference (11-12)
Child Support Enforcement Month
Homeland Security National Preparedness Month
ASIST Training (23-24 & 29-30)

OCTOBER

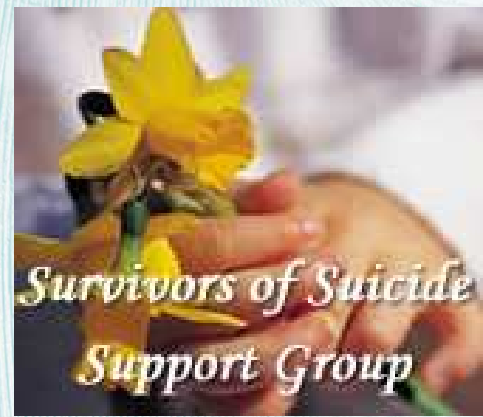
Red Ribbon Week
Family Violence Awareness Month
Domestic Violence Month
Breast Cancer Awareness Month

NOVEMBER

Thanksgiving
Great American Smoke out

DECEMBER

Christmas
National Drunk and Drugged Driving (3D) Prevention Month
DMHSA Holiday Crisis Hotline
World AIDS Day



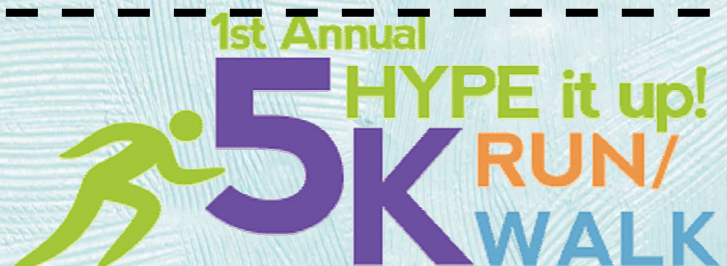
SURVIVORS OF SUICIDE SUPPORT GROUP

WHO: Open to youth, adults and families who has experienced a loss to suicide.

WHERE: Dept. of Mental Health & Substance Abuse, Prevention & Training Branch, PEACE Office in Hagåtña, J&G Ada's Commercial Center, Bldg. F. 2nd Floor.

WHEN: Every Thursday; 5:30 p.m. to 7:30 p.m.

For more information, contact
477-9079-83



Youth for Youth Live! Guam is hosting it's 1st Annual HYPE It Up! 5K Run/Walk on Saturday, April 3rd, 2010 at the Hyatt Regency Guam, Tumon. Showtime is at 5:00AM and Go time is at 6:00AM.

Race fees are as follows:

\$5 Student, \$7 Adults, \$10 on race day, \$20 Group (up to 4)

Register @ HORNET SPORTING GOODS

For more information, call 477-9079

FOCUS ON LIFE: "Uniting Hands To Empower Life"
DVDS AVAILABLE SOON!
CALL CHRISTINE CAMACHO @
477-2301