

Medina County Common Pleas Court

PROBATE AND JUVENILE DIVISIONS

93 PUBLIC SQUARE, ROOM 104, MEDINA, OHIO 44256

Kevin W. Dunn

Judge

MEDIA RELEASE

October 11, 2013

Video Contest Aims to Raise Awareness about Suicide Prevention

Judge Kevin W. Dunn encourages Medina County youth to help the effort to lower suicide rates by creating their own Stomp Out Suicide videos

MEDINA – Judge Kevin W. Dunn decided to join Medina County Coalition for Suicide Prevention almost immediately after taking office this past August. Dunn said he joined the Coalition because in 2012, seven percent of Medina County Youth grades 6-12 attempted suicide, according to the Medina County Community Needs Assessment 2012—a statistic he doesn't think should be ignored.

A Medina High School student committed suicide this past September, the fifth suicide of a Medina County juvenile in the past 12 months, leaving many students stunned and grieving.

“There is always a grieving process,” Dunn said. “It can be very confusing for survivors to wonder what they could have done differently, but I hope that students can take this experience and be constructive to make others more aware.”

That is why Judge Dunn is supporting the Coalition by asking students residing in Medina County, grades 6–12, to participate in the 2013 Stomp Out Suicide video contest.

Students are asked to create a 60 to 120 second DVD educating others on suicide risk factors and what actions to take if you know someone who is suicidal.

“It takes a community to raise awareness about suicide prevention and to help our youth,” said Seth Kujat, Executive Director of United Way in Medina County. “Judge Dunn has been part of our community for 22 years and is a model of true collaboration.”

Kujat said Judge Dunn is proving that to be true once again by helping to raise awareness on this issue. Beginning October 15, Judge Dunn will include Medina County Coalition for Suicide Prevention information in all hearing notices sent in the mail to juvenile offenders and their families until November 15, 2013.

“We are sending out this information to make people aware that there is help and alternative ways to cope other than to take your own life,” Judge Dunn said.

The winner of the video contest will receive \$1,000, plus \$1,000 for their school. Contest information and forms can be found at www.AlternativePaths.org, also linked on www.MedinaJuvenile.org. Video submissions are due by November 30, 2013.

Dear Community Member,

From the United Way 2012 Community Assessment, twenty percent of Medina County youth, grades 9-12 consider attempting suicide. You can help! In a collaborative effort with Medina County Coalition for Suicide Prevention to *"Stomp Out Suicide,"* please see the enclosed resource wallet card on ***Suicide Prevention and Assistance.***

Please encourage your student to participate in a county-wide video contest to *"Stomp Out Suicide."* You student's video may save the life of a teen in Medina County. ***A \$1,000 award to the winning student/team, plus \$1,000 to your school.*** See attached information.

Sincerely,

Judge Kevin W. Dunn
Medina County Juvenile & Probate Courts

Medina County Coalition



**for Suicide
Prevention**

**Inviting all Medina County
grades 6-12 Students**

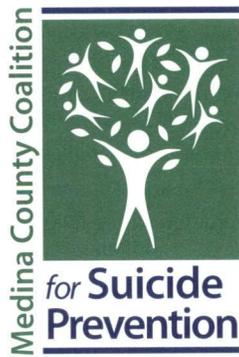
**Participate in our 2013
Stomp Out Suicide
Video Contest!**

**\$1,000 Award to
the winning student/team
plus \$1,000 to your school**

For more information go to

www.alternativepaths.org

Or contact **Christy Rickbrodt 330-725-9195**



If you are considering suicide, you need to know that there is help and you're not alone.

Some Important Facts to Share with You:

- Suicidal thinking is usually associated with problems that can be treated.
- Solutions other than suicide exist, but sometimes we cannot see them.
- Suicidal crises are almost always temporary.
- Problems are seldom as great as they appear at first glance.

Do not keep suicidal thoughts to yourself!

Help is available for you, whether through a friend, therapist, or by connecting with help through one of the numbers provided on this card. Getting help can be your first step on the road to healing and any concern is a valid concern.

When should I suspect that someone is considering suicide?

Seek help as soon as possible by contacting a mental health professional or by calling one of the phone numbers listed on this card if you or someone you know exhibits any of the following signs:

- Persistent discussions of death; statements of a desire to explore or complete suicide
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Previous attempts of suicide
- Giving away cherished items and saying goodbyes
- Sudden radical or dramatic changes in mood, particularly depression
- Increased use of alcohol or drugs; self destructive or high risk behavior
- Withdrawing from friends, family, society, and usual activities
- Feelings of helplessness and hopelessness
- Feeling trapped – like there's no way out
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Identification with someone who has committed suicide

Surviving the Suicide of a Loved One

If you have lost a loved one to suicide, don't try to cope with it alone. In Medina County, help is available through **The Robertson Bereavement Center**
330.725.1900 or 1.800.700.4771

Medina County Coalition for Suicide Prevention Information

Overview:

Suicide is the 11th leading cause of death in Ohio, with an average of three deaths each day. A reported 1,200 Ohioans die by suicide each year, nationally we estimate over 32,000. The Medina County Coalition for Suicide Prevention will work to prevent suicide and support survivors in the aftermath of a death by suicide.

Mission:

The Medina County Coalition for Suicide Prevention provides the opportunity for allied groups to pursue coordinated strategies to educate, increase public awareness that suicide is a public health problem, and empower people to seek help for themselves or others. The coalition is a catalyst to bring about change in attitudes and perceptions regarding the stigma attached to suicide.

For more information about the coalition and its work, you can contact Alternative Paths, Inc. at (330) 725-9195 or visit the website at: www.alternativepaths.org/Services/Suicide_Warning_Signs

How can you help someone?

If you know someone who you think may be suicidal, show that you care by:

- Listening to them with sincere concern for their feelings. Do not offer advice, but let them know that they are not alone.
- Telling them that you are concerned and care. If you feel that they may make a reckless decision.
- Inquiring if they have had suicidal thoughts or if they have made a suicide plan in a straightforward manner. If you feel you cannot ask the question, find someone who can.
- Calling one of the numbers listed on this card.



If you or someone you know is thinking about suicide, there are people to help you and provide:

- Crisis counseling
- Suicide intervention
- Mental health referral information

**Local 24 hour Crisis Services:
Alternative Paths, Inc.
Medina County
(330) 725-9195**

**National Suicide Prevention Lifeline
1-800-273-TALK (8255)**