

## October 2014

### Suicide Prevention Awareness Month

For the second year in a row, NRCI focused its efforts on creating dialogue on suicide and suicide prevention during the month of September, Suicide Prevention Awareness Month. At The Chicago School of Professional Psychology (TCSP), NRCI hosted four programs on various issues related to suicide and suicide prevention, which brought about insightful discussion led by experts and survivors:

- *Survivors of Military Suicide - A Candid Conversation*: This discussion was led by Andy and Julianne Weiss, who lost their son to suicide. The engaging couple shared their experiences with students.
- *The Aftermath of Suicide* - TCSP's Dr. Nancy Zarse discussed the impact of suicide on the loved ones who survive, focusing on complicated grief.
- *Working with Chronically Suicidal* - Dr. Abby Hurley conducted a presentation for future clinicians about the unique challenges and approaches in working with populations who are chronically suicidal.
- *The Importance of Suicide Prevention* - Steve Moore of the American Foundation for Suicide Prevention discussed his organization's efforts and shared statistics emphasizing why suicide prevention efforts and measures are clearly needed.

On September 20th, NRCI and TCSP's MACP Council joined forces to have a 44-member walk team that raised **over \$4,500** for suicide prevention awareness and research for the American Foundation for Suicide Prevention's annual Out of the Darkness Community Walk.



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## NRCI welcomes its new Director, LYNESSA RICO

Lynessa Rico has been appointed Director for the Naomi Ruth Cohen Institute (NRCI) at The Chicago School of Professional Psychology (TCSPP). She brings her talents from the world of marketing, community relations, and business development. Lynessa has been with the Chicago campus for the past four years, most recently she served as Executive Administrative Assistant to the campus president. She has also been on the NRCI Advisory Committee.

Originally from Kansas, Lynessa holds an MBA from Wichita State University and is in the last year of her doctoral program in Business Psychology.

Dr. Arredondo, President of the Chicago campus of TCSPP commented: "Lynessa is the best choice to be the Director of the NRCI. She has enthusiasm and a long-term vision for the NRCI that will lead to new programming, partnerships, and recognition of NRCI as the premier organization to address the stigma of mental illness."

Working alongside Lynessa is Jill Randell, Conference Coordinator for NRCI.

## World Mental Health Day

World Mental Health Day was on October 10, and social media played a prominent role in spreading the word! #worldmentalhealthday was used all over Facebook, Twitter, and Instagram by users who want to raise awareness for this special day.

This year's theme was schizophrenia and a number of media outlets have shared a variety of articles surrounding World Mental Health Day this year.



## Girls in the Game: Summer Squad

NRCI worked on two programs with our long-time partner, Girls in the Game, this past summer. Two student program developers led discussions on bullying and safe/healthy online relationships. The teens had engaged and lively conversation on topics that are very prevalent in their world today.



## St. Nicholas Workshops Evaluation

This past March, NRCI and TCSPP worked together on a qualitative evaluation on the effectiveness of the St. Nicholas Saturday morning workshops. The evaluation revealed that 100% of participants 1) will continue their involvement and 2) felt that the information they've learned is useful.

## Upcoming Events

October 18: *St. Nicolas Parish Presentation*  
Sergio Hernandez, MA, LPC will present a special program to help parents deal with issues at home and at school.

October 28: *Stigma of Domestic Violence*  
Diana Watkins will share her experiences of working with domestic abuse victims.

November 12: *Stigma of Being "Crazy"*  
Dr. Cheryl Magrini will discuss the impact of the word "crazy."

November 15: *St. Nicholas Parish Presentation*  
Co-presenters Dr. Gregory Benson-Florez and TCSPP Counseling student Conception Marin will present "Bullying: Preventing Abuse and Intimidation at Schools."



## Annual Conference June 7, 2015

Save the date for our 14th annual conference on Sunday June 7, 2015 titled, "*Understanding and Overcoming the Stigma of Mental Illness.*" Stay tuned for more information.



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