

## **Four County L.O.S.S. Team: Notes from June 12, 2017 meeting**

### **General Notes:**

- The team gathered at the Four County ADAMhs Board. There were 16 Loss volunteers present.
- Tonie reminded everyone that the LOSS Team Volunteer replacement training would held on August 25, from 11:00am to 4:00pm. At this point there was only one application that had been submitted. Jeff Mayer noted that the Chaplain from Defiance City PD was also interested in participating in the training. Anyone interested in joining LOSS would need to complete a volunteer application found on the Four County Suicide Prevention Coalition website, and submit it to Tonie for consideration. We are especially looking for survivors and others who can respond in Defiance and Williams counties.
- Tonie informed Team members that the Suicide Prevention Coalition website and all forms had been updated. Future meeting notes would be posted to the website. In addition LOSS Team members should inform Tonie of events or articles related to LOSS or suicide prevention. If appropriate, they could be posted to the site.
- New materials from the American Foundation for Suicide Prevention were distributed, including Spanish language materials. It was noted that the materials contained some of the same information that the SOS Handbook did, but the information was easier to access in the moment of crisis. Sandra Manon reported that she was the local representative for the Memory Quilt project featured in the brochure. She suggested that LOSS Survivors may want to consider making a quilt square. Anyone interested in this project can contact Sandra.
- Tonie also requested that any team member that had the “old red mints” should exchange them for the individually wrapped Lifesaver peppermints. These mints will last longer, and tolerate temperatures changes without becoming sticky.
- LOSS Volunteer Appreciation Cookout will be held on Monday, July 10, 2017 at 5:30pm in place of our normal meeting. All are encouraged to attend. There will be grilled food provided by Brookview Farms, cake and music provided by Bridge County Bluegrass band <http://www.bridgecountyband.com/>

### **Activity:**

There were 2 LOSS Activations since our last meeting on May 10, 2017, (Both Defiance County). The team reviewed activations as a whole group. Important notes for the group included:

- ✓ Recognizing the need for the family to share about their loved one. Don't be afraid to ask them to share who their loved one was a person. This is important.
- ✓ Being asked how a LOSS volunteer lost their loved one by a new survivor is different than being asked by someone who has not a loved one to suicide. Still, each volunteer survivor must decide for themselves if they are willing to do so. In the recent responses, the sharing created a healing moment.
- ✓ It may be appropriate to suggest that survivor(s) avoid the news and social media immediately following a LOSS. The important thing is giving them permission to practice good self-care.
- Tonie closed the meeting with the following quote:

*“When your fear touches someone’s pain, it becomes pity. When your love touches someone’s pain, it becomes compassion.” ~Stephen Levine*

### **Reminders:**

**The next meeting scheduled for 07/10/2017 at 5:30pm. We will meet at the ADAMh’s Board for our Volunteer Appreciation Cookout. Watch your email for details!**