



You are not alone:

Some Statistics on Suicide

- In Michigan, in 2007, 1,132 people died by suicide.

National Statistics

- A person dies by suicide about every 16 minutes in the United States. An attempt is estimated to be made every minute.
- In 2006 (latest available data), there were 33,300 reported suicide deaths.
- Currently, suicide is the 11th leading cause of death in the United States.
- Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death.
- There are four males suicides for every female suicide, but twice as many females as males attempt suicide.
- There are an estimated 89 persons who die by suicide each day.

There is help. There is hope.

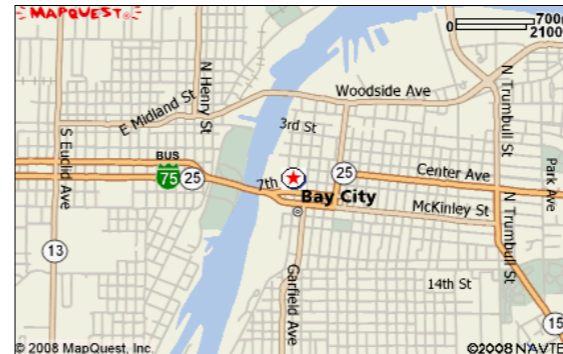


Survivors of Suicide
 Attn: Barb Smith
 P.O. Box 6712
 Saginaw, MI 48608-6712

Postage
Required

With Sincere Gratitude to Our Generous Sponsors:

- Bay Arenac Behavioral Health**
- Bay County Division on Aging**
- Catholic Family Services**
- LIST Psychological Services**
- Michigan Psychiatric Behavioral Associates**
- Survivors of Suicide**
- W.L. Case Funeral Home**



Doubletree Hotel and Conference Center
One Wenona Park Place
Bay City, MI 48708
(989) 891-6000

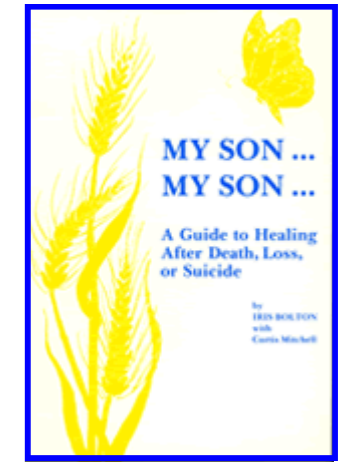
From Interstate I-75, Exit 162A East (M-25) for 2 miles. Hotel is just over the bridge on the left along the Saginaw River. After crossing the bridge, turn left at the first light which is Saginaw Street. Drive two blocks, turn left on 6th Street. Entry is straight ahead.

In the heart of downtown Bay City between 6th and 7th streets on the East bank of the Saginaw River.

A Survivors of Suicide
 Special Event
 Saturday, October 17, 2009

Healing Connections: Putting the Pieces Together

A day of remembering for
 family and friends left behind
 after a loss from suicide



*Featuring World Renowned
 Author and Speaker
 Iris Bolton*

Sponsored by:
 Garrett Lee Smith Memorial Act



Survivors of Suicide in conjunction with the Bay Arenac Suicide Prevention Coalition are honored to present a Special Event for survivors of suicide. This event will provide an opportunity for those who have lost someone to suicide to come together for support, healing, information, and empowerment. This event will help survivors express and understand the powerful emotions they experience, and connect with others who have survived the tragedy of losing someone to suicide.

The event will be FREE OF CHARGE and held at:

**Doubletree Hotel and Conference Center
One Wenona Park Place
Bay City, MI 48708
(989) 891-6000**

Your RSVP is cordially requested on or before October 7, 2009. Simply complete the attached response sheet and return by mail. This will reserve your meal and your seat for the event. Registrations will be accepted at the door on the day of the event.

A block of rooms has been reserved for those who would like to stay at the Doubletree. Simply call the Doubletree to make your room reservation.

For Additional Information contact:

Barb Smith
Survivors of Suicide
(989) 781-5260
sosbarb@aol.com

Featured Presenters



Iris Bolton

In 1977, her son, Mitchell Bolton, completed suicide. This tragic loss would forever alter her path. Her desire to make meaning from his death would crystallize her future. Iris returned to school at Emory University and received her master's degree in suicidology. Iris recognized the overwhelming need for assistance and support after a death by suicide. Requests for help from local ministers, therapists, and teachers were answered by the creation of SOS (Survivors of Suicide) support groups. These groups have become the model for similar programs throughout the nation. The founding of a local chapter of Compassionate Friends and a program to provide immediate support through home visits to bereaved families broadened the network of services to grieving families. In 1983, Iris Bolton published her book, My Son, My Son, establishing herself as a pioneer in the field of suicide prevention and aftercare.



David A. Litts, O.D.,F.A.A.O.

David Litts, O.D. is Director, Science and Policy at the national Suicide Prevention Resource Center (SPRC) and holds the position of Distinguished Scholar at Education Development Center, Inc. In this capacity, he leads a team of scholars and experts that guides the infusion of the best available science into all operational aspects of the SPRC and nation-wide dissemination of evidence-based suicide prevention policies and practices. Prior to this, he served for three years as Special Advisor to the Assistant Secretary for Health and the US Surgeon General, managing the completion and initial dissemination of the **National Strategy for Suicide Prevention.**

Event Agenda

- 8:00 AM—9:00 AM
REGISTRATION
RESOURCE EXHIBITS OPEN
- 9:00 AM—9:15 AM
OPENING REMARKS
Barb Smith,
Founder and Facilitator of
Survivors of Suicide
- 9:15 AM—10:00 AM
Hope for the Future:
A Suicide Prevention Update
Colonel David A. Litts
- 10:00 AM—10:30 AM
From a Male's Perspective: Father of
Mitch Bolton
Jack Bolton
- 10:45 AM—12:00 PM
From a Healing Heart: Sharing the
Personal Journey of Grief and Hope
Iris Bolton
- 12:00 PM—1:00 PM
LUNCHEON & SHARING
- 1:00 PM—1:30 PM
ART THERAPY: Connecting
with others in hope. Create a puzzle
piece in honor of your loved one.
- 1:30 PM—2:00 PM
CLOSING
HEALING CONNECTIONS: Join



Reservation Form

Please complete the following information and return via postal mail to Barb Smith before October 7, 2009 to reserve your spot for the event. Registration will also be accepted at the door.

Name _____

Address _____

Phone _____

Yes, I will attend this event

No, I cannot attend but please keep me on your mailing list

Special Diet Accommodations Needed
(ex: Vegetarian, Low Sodium)

Special Diet Request is as follows:

