When loved ones are addicted, parents feel everything

If you are a parent or grandparent of someone suffering from drug or alcohol addiction please join us for an evening of informal, confidential sharing of information and support.

Talk, or just listen, to discussion about local resources available to help your loved one begin a path toward recovery in our community.

Share fears, frustrations, and glimmers of hope, and discover ways to make positive steps to take care of your needs as a parent, grandparent, or caregiver.

Sharing Strength and Hope
When: 1st and 3rd Mondays at 6:00pm
Where: Voices Recovery Center
(of Fairview Recovery Services)
340 Prospect St (formerly St. Anne’s Convent) Johnson City, NY 13790

Parking and entrance located in the rear of the building (turn up Kostka St. and turn right on Adams St., which is a one way street — you will see a ramp to the entrance).

JOIN US ON FACEBOOK:
HELPING HOPEFUL HEARTS FOR PARENTS OF CHILDREN SUFFERING FROM ADDICTION
FREE food at the
Lee Barta Community Center
donated from:
BINGHAMTON
FOOD RESCUE

When: Every Saturday at 3:00pm –
until food is gone.
Where: Lee Barta Community Center
108 Liberty St. Binghamton

Cost: FREE!
Domestic Violence Counseling group

- Commonly meets requirements for Court Mandate
  *Safety Planning* *Power and Control Wheel*
  *Cycle of Violence* *Bill of Rights*
  *Impact of DV on Children*
  *Boundaries* *Danger Assessment*

Meeting Details Discussed Upon Enrollment

Call 607-748-7453
24-hour hotline 754-4340

Rise it the DBA of the SOS Shelter, Inc.
Rise serves people of all racial and cultural backgrounds, religions, sexual orientations (lesbian, heterosexual, gay, bisexual), gender identities, (men, women, transgender), abilities, citizenship statuses and ages.
The mission of B.C. SAFE is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources to teens, adults, and educators of Broome County.

Great Success at 4th Annual World Suicide Prevention Day Breakfast

On Friday, September 8th, B.C. SAFE hosted its 4th Annual World Suicide Prevention Day Breakfast at the Binghamton Club. Over 50 attendees were present to hear Dr. Clifford Ehmk speak about suicide, PTSD, and the struggles that Veterans experience during and after their time of service. Attendees were able to ask questions and engage in this very informational presentation. Following the keynote, over 10 agencies provided a more intimate, one-on-one tabling experience where attendees could learn more about the services offered in our community, especially related to suicide prevention and awareness. Thank you to all who helped to plan and support this important event in our community.

Everyone has a role to play in suicide prevention!

BE THERE: This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk. An important aspect of this step is to make sure you follow through with the ways in which you say you’ll be able to support the person – do not commit to anything you are not willing or able to accomplish. Listening is very important during this step – find out what and who they believe will be the most effective sources of help. Being there for someone with thoughts of suicide is life-saving. Increasing someone’s connectedness to others and limiting their isolation (both in the short and long-term) has shown to be a protective factor against suicide.

FOLLOW UP: After your initial contact with a person experiencing thoughts of suicide, and after you’ve connected them with the immediate support systems they need, make sure to follow-up with them to see how they’re doing. The follow-up step is a great time to check in with them to see if there is more you are capable of helping with. This type of contact can continue to increase their feelings of connectedness and share your ongoing support. There is evidence that even a simple form of reaching out, like sending a caring postcard, can potentially reduce their risk for suicide.

Find out how these steps can save a life at BeThe1To.com

For more information about B.C. SAFE, please contact: Heidi Mikeska Community Project Director, Broome County Promise Zone (607)778-1146 | hmikeska@co.broome.ny.us
Upcoming events
10/14/17—Out of Darkness Awareness Walk at Otisinoing Park: Registration starts at 9:00 AM, the walk begins at 10:00 AM. Walkers can pre-register for the event at https://afsponline.com/index.cfm?fuseaction=donordrive.event&eventID=4875. Money raised benefits the AFSP. (MHAST is a sponsor this event organized by students at BU and the American Foundation for Suicide Prevention.) 10/14/17—4th Annual Rock Against Suicide at the Choconut Inn in Friendsville, PA (right across the border on Route 26 South out of Vestal): 5:00 PM to 11:00 PM. Organizer Paul Tauterouff has lined up the bands and speakers. All proceeds from this event benefit MHAST. For more information: http://rockagainstsuicide.com/ 10/21/17—STEAMFest 2017 at the Oakdale Mall: 10:00 AM to 2:00 PM Hosted by the Expanded Learning Network, in support of expanding learning programs to promote the opportunity for all children and youth to experience high-quality learning and development opportunities that support success in school, college, work, and life. 11/3/17—11/11/17—9 D.A.Y.S. (Days of Appreciating Your Service): An effort to bring greater awareness to the challenges faced by our Veterans and their Families. For more information on the various events happening in our community, visit www.tricitiesopera.com/about/9days/ or https://www.facebook.com/9daysbinghamton. 11/14/17—Core Principles of Integrated MH & SUD Services Follow Up. Contact Carole Kuklis at kckuklis@co.broome.ny.us or 607-777-1162. 12/2/17—Binghamton University’s Men’s Basketball DIFD Power to the Purple Game against Colgate University: 2:00 PM. Students will turn the gym purple for mental health and suicide prevention awareness. For more information: http://www.bubearcats.com/schedule.aspx?path=mbball

The HOPE app is a free and easy to use resource that provides the user with information on warning signs, what to say, as well as information on local resources. Throughout the app the user can instantly call the national suicide prevention lifeline as well. The HOPE app is to be used in conjunction with mental health treatment and should not serve as a substitute for working with a mental health professional.

Logic’s Song 1-800-273-8255 “Spikes Calls to Suicide Prevention Lifeline”

From XXL Nick Mojica

Logic released his hit song “1-800-273-8255” in April as a way to help save lives, and now the rapper is actually doing that. Following a performance of the song at the 2017 MTV Video Music Awards, the National Suicide Prevention Lifeline says it saw a 50 percent increase in calls.

John Draper, director of the National Suicide Prevention Lifeline, praised the song, saying it’s not only about the phone calls but about increasing awareness. “The calls don’t even begin to count the number of people who, just by listening to the song and hearing the lyrics, feel more hopeful and less alone. There’s really no measuring that impact,” he told CNN.

It’s also not the first time Logic’s song, which features Khalid and Alessia Cara, made an impact on the Prevention Lifeline. Draper said the track also led to an increase in calls on the day it was released. “The impact has been pretty extraordinary. On the day the song was released, we had the second-highest call volume in the history of our service,” he said. “Logic is generating calls with a song about getting help and finding hope. It’s not focusing on tragedy or suicide. In fact, he’s starting conversations about suicide prevention, as opposed to suicide.”

Earlier this month, Logic released the music video for “1-800-273-8255.” The nearly seven-minute video follows a young male through his daily struggles as he comes to grips with his sexuality. Since its release on Aug. 17, the video has gained more than 17 million views.

Watch Logic, Alessia Cara and Khalid’s performance of “1-800-273-8255” here:
https://www.youtube.com/watch?v=BLle1dddgZrg

Need Help?
If you or a loved one is in crisis, seek emergency help immediately by calling 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Links: Suicide Prevention Lifeline: www.preventsuicideny.org Suicide Prevention Center of NY: https://suicidepreventionlifeline.org/ Download the free HOPE—Broome County Mental Health App for more information and resources; available for iPhone or Android.
Parenting Classes

Be a star in your child’s life!
• Effective discipline strategies
• Educational enrichment
• Fun activities to do with your family!

For dates, information and registration call Cindi at 607-584-5018