



The Listening Ear's Quarterly Newsletter

I'm All Ears

Youth, Substance Abuse & Suicide

Issue Number 02-03

Summer 2002

ORIENTATIONS

SATURDAY 9/14/02

1:00PM-3:30PM

SPARROW PROFESSIONAL CENTER

MONDAY 9/16/02

7:00pm-9:30pm

WELLS HALL, MSU

WEDNESDAY 9/18/02

7:00PM-9:30PM

WELLS HALL, MSU

THURSDAY 9/19/02

7:00PM-9:30PM

WELLS HALL, MSU

Call 337-1728 for more information about any of the above events!

This past July, the National Household Survey on Drug Abuse (NHSDA) released the results of a survey given to youths aged 12-17. The youths were asked if they had thought seriously about killing themselves or if they had tried to kill themselves during the 12 months before the survey interview. The results reported that in the year 2000 approximately 3 million youths responded that they had thought about or attempted to kill themselves. These youths were considered to be "at risk for suicide" for purposes of the survey.

The survey asked about alcohol and any illicit drug use, which refers to marijuana/hashish, cocaine including crack, inhalants, hallucinogens, heroin, or prescription-type drugs used for non-medical purposes. The survey showed that youths who have used any of the above listed substances in the 12 months prior to the survey were more than twice as likely to be at risk for suicide than those who did not use any of the listed substances.

The NHSDA reports that, according to research, the most effective way to prevent suicide is through early identification and treatment of those at risk. Of the youths that responded to this survey, only 36 percent of those at risk for suicide during the past 12 months had received mental health treatment during this same time period. Of those youths who did receive mental health treatment, 38 percent said that suicidal thoughts or a suicide attempt was the reason for receiving mental health services.

What does all this mean? First of all, this survey is specific to substance use and the risk of suicide. It tells us that youths who use drugs and alcohol may have an increased risk of suicide, making substance abuse a symptom of suicide. It is important to note that, according to the American Association of Suicidology (AAS), while use of drugs and alcohol is a warning sign of someone who is suicidal it is usually in combination with another symptom such as depression, change in eating or sleeping pattern, loss of enjoyment in activities once found enjoyable, talking or joking about suicide, feeling worthless, or other risky behavior. Substance abuse should not be looked at exclusively as a warning sign of suicide but as a problem that should be addressed by parents and a reason to seek help, possibly from a substance abuse counselor. If it is discovered that

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*Volunteer
Crisis
Counselors
answered
nearly
10,000 calls
in 2001*

Number 1 in East Lansing

The results are in! The city of East Lansing surveyed over 500 MSU students about services that the city supports and found that the Listening Ear was the best-known program, with 50% of all those surveyed reporting they were familiar with the Listening Ear. Sixty-eight percent of students living off-campus were familiar with the Ear and 34 percent of students living in married housing were familiar with the Ear. Familiarity with the program increases with matriculation, as 33 percent of freshmen said they had heard of the Listening Ear while 78 percent of seniors said so. Women were more

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Nine Ways to Fight Rape in Your School

1. *Publicize Information and Resources.* Ask about putting brochures about rape in an easily accessible location. Check with the health teachers about putting rape awareness posters in their classrooms. Try to make sure that the phone numbers for local rape crisis centers are visible with these resources. (If you're not sure where to get information, you can start at <http://www.thelisteningear.net/SAC/Information.htm> for free brochures).
2. *Arrange for a Speaker.* The Listening Ear offers free community education services, as do many other rape crisis centers. Having one or two counselors speak about rape can be a powerful and eye-opening experience.
3. *Organize a Contest.* One idea at last year's Take Back the Night was to hold a contest to design the best rape-awareness poster. There's no reason the same thing couldn't be done at your school. Talk to the art teachers. See if the school would be willing to have winning designs made into posters and hung throughout the school.
4. *Write an Article.* Even if you don't work for your school paper, you can talk to the editor about doing a free-lance article on rape. You could interview SAC counselors, students, teachers, and/or police officers. Administer anonymous surveys to learn how other students feel about rape and sexual harassment.
5. *Talk to Individuals.* Sometimes the best way to fight rape is one person at a time. Speak out when you hear people belittling or objectifying women. Challenge rape myths and gender stereotypes. Remind people that rape affects everyone.
6. *Educate Yourself.* Read more about sexual assault. A fairly comprehensive reading list was posted at the Take Back the Night web page (<http://www.thelisteningear.net/TBTN/Reading.htm>). It's important to learn to separate myths and stereotypes from the realities of rape.
7. *Organize a Fundraiser.* Fundraisers are a good way to promote awareness of rape while at the same time supporting the organizations that help fight rape. The money you collect can go towards programs in your school, local rape centers, or national groups such as the Rape, Abuse, and Incest National Network (RAINN).
8. *Talk to Other Schools.* Find out what other schools are doing to end rape. Ask if they would be willing to help your school start similar programs. Alternately, if your school has some good anti-rape programs, offer to share your experiences with students and faculty in other schools.
9. *Lead a Discussion Group on Dating.* Talk about rights and responsibilities when out on a date. Draw up a list that emphasizes respect and communication regarding expectations. For example, "I will be responsible for stating my boundaries clearly; I will not assume my date is playing hard to get if s/he says, 'No'." Post an example list at school.

Coupon for Caring

Please return to: *The Listening Ear, 1017 E Grand River Ave, East Lansing MI 48823*

It is only through the financial support of people like you that the Listening Ear is able to provide help to thousands of people each year.

I would like to support The Listening Ear with a gift in the amount of :

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone # _____
E-Mail: _____
 Check
 Credit Card
(One time charge__ or Charge me monthly__)
Credit Card Number: _____
Exp. Date ___/___/___ VISA/MC
Signature: _____

___ \$25 ___ \$50 ___ \$75
___ \$100 ___ Other

Thank you
for your
support!

The Listening Ear

24 hour Crisis Intervention Center



- ☆ Make A Real Difference By Helping Others
- ☆ Learn Effective Communication Skills
- ☆ Be Part Of A Grassroots Organization That Has Been Helping The Greater Lansing Community For Over 30 Years

Volunteer Now!

Learn How You Can Become A Part Of The Listening Ear Staff!

New Volunteer Orientations: Attend One

Saturday, September 14, 1-3:30pm Sparrow Professional Center

Monday, September 16, 7-9:30pm, Wells Hall, MSU

Wednesday, September 18, 7-9:30pm, Wells Hall, MSU

Thursday, September 19, 7-9:30pm, Wells Hall, MSU

Call 337-1717 For More Information!

Bob's Run 2002

In the early morning hours of Sunday, June 23rd, a shot rang out over a misty Albert Street and over 300 runners and walkers set out to conquer their 5K stretch in support of the Listening Ear Crisis Intervention Center. The early-rising athletes were cheered on by the approximately 100 volunteers who lined the streets of the course, providing direction and moral support.

The race, affectionately termed Bob's Run, celebrated its fifth anniversary this year. The race was also one of ten featured races in the Playmaker's Greater Lansing Racing Series. Louise Forsythe, a current community board member at the Listening Ear, has given a special dedication to the run, serving as the coordinator of the immense project. The run is held in memory of her late husband Bob Forsythe, a former Board member and crisis volunteer at the Listening Ear. The event brings friends and community members to-

gether annually to reconnect and enjoy time with each other, while paying tribute to the time, energy, and dedication that Bob gave to our organization.

This year's run was a tremendous success, raising over \$9,000 for our crisis center. The overall finisher was Eric Graf of East Lansing with a time of 16:06. Michelle Kitzel of Kettering, Ohio, the top female finisher in 2001, came in first again with a time of 18:23. Top finishers in the Masters Division (over age 40) were Steve Arch, another back-to-back champ, of Okemos with a time of 16:31 and Kim Dickinson of Okemos with a time of 22:21. Last, but certainly not least, the unofficial award for the youngest finisher this year goes to six-year old Hannah Pettibone and eight-year old Kyle Pettibone of East Lansing.

Thank you again to all race participants, sponsors, and volunteers! We hope to see you again in 2003!

*Over 30,000
people committed
suicide in the
United States in
1998. Over 900
of those suicides
happened here in
Michigan.
Source: 2000
National Vital
Statistics Report*

*The
Listening
Ear would
like to
thank the
thousands
of volunteers
who have
dedicated
their time
and energy
to our cause
over the past
33 years.*

Thank You to the sponsors of Bob's Run 2002!

7-11—Grove Street
Alliance Obstetrics & Gynecology
APCapital
Barnes & Noble
Chesters Nuts
City of East Lansing
Marilyn Viera, D.O.
Dr. George Meluch, D.C.
Delta Sigma Theta Sorority, Inc., Lansing Alumnae Chapter
Evergreen Grill
Classic Wines
East Lansing Food Co-Op
Foster, Swift, Collins, & Smith, P.C.
Grand River Counseling Center
Foods for Living
Helen Schneiderman and Daniel Vivian
Ingham Regional Medical Center
Jackson National Life
Kilwin's Chocolates and Ice Cream
Kroger-Saginaw Highway
Law Office of Julie H Reincke
MSU Federal Credit Union
Mary C. Fairgrieve, A.C.S.W.
Michigan Athletic Club
Two Men and A Truck
Mary Ann Olsen,
Certified Financial Planner
Prudential Securities
Fifth Third Bank
Okemos Optometry, P.C.
Meridian Screen Printing & Design
Saper Galleries
Meridian Health & Wellness Center
Michigan Pain Management Specialists
Nena O. Bondarenko, Realtor
Okemos Osteopathic Center
Pacesetter Mortgage Company
Rehmann Robson, CPS's & Consultants
Richard Coelho, Ph. D
Spotted Dog Café
Starbucks Coffee
MSU School of Social Work
The State News
Warmel's & Comstock, PLLC
Knaggs, Harter, Brake, & Schneider, P.
C.

Wish List for The Ear

- Office Supplies
- Volunteers
- Automatic Letter Folder
- Art—posters and pictures
- Laminator
- Filing Cabinets
- Conference Tables
- Desks
- Laptop Computer

Items need to be in good condition. We are a 501(c)3 agency. Any and all donations are tax-deductible as allowed by law. Receipts are willingly provided. To make a donation, please contact our Office Manager, Sean, at 337-1728.

Interested in supporting “I’m All Ears”?

Your small advertisement could do just that! Contact the Listening Ear’s business office at (517)337-1728 for information regarding sponsorship and advertising. You can reach out to the community, over 2, 500 Listening Ear supporters and enable the Ear to continue reaching out as well.

suicidal feelings are an issue alongside the substance abuse it is important to get help. At the Listening Ear we can talk to anyone who is feeling suicidal and we can also provide referrals for individuals who are seeking long-term counseling.

This survey also addresses only individuals who have tried to kill themselves or have thought seriously about killing themselves. An obstacle that many suicidal people encounter is asking for help. At the Listening Ear we believe that any time one thinks of killing themselves it is a serious thought. Parents or other people close to somebody who has thought of killing themselves should not have to wonder whether or not the thought is actually serious. Since one of the most effective ways to prevent suicide is early identification and treatment of those at risk, it is reasonable to take any thoughts of suicide seriously.

The survey also shows us the low number of at risk youths that actually receive counseling. It is important to take time and talk to someone who is feeling suicidal. Many people are embarrassed to talk about it, but by talking with someone who is feeling suicidal you can validate their feelings and encourage them to get professional help if that is what they want.

This article was written using materials from the American Association of Suicidology and the NHSDA Report which is published by the Office of Applied Studies, Substance Abuse and Mental Health Services Administration. Copies of the report may be downloaded from <http://www.samhsa.gov/oas/nhsda/htm>.

familiar than men, with 60 percent of women saying they were familiar with the Listening Ear compared to 41 percent of men.

The services provided by the Listening Ear were rated as extremely valuable by 67 percent while only three percent rated the services provided as neutral or no value. Seventy-nine percent of off-campus students saw the services as extremely valuable and 59 percent of students living in married housing believed the services to be of extreme value as well. While only 47 percent of Asian respondents said these services were extremely valuable, 80 percent of African American and 81 percent of Hispanic respondents did so. Again, gender plays a role in the rated value of our services with 79 percent of women saying that the Listening Ear’s services were extremely valuable while 55 percent of men agreed.

Thank you to all who support East Lansing’s best-known program; you help keep our services extremely valuable to those in need.



In Memory

We recently learned of a loss to our extended Ear family. Ron Tuttle, known as Ron T. by crisis staff, passed away as a result of a motorcycle accident. Ron dedicated a great deal of time and energy to our organization. He was an active crisis counseling volunteer from 1991-2001. During this time Ron served as a trainer for new volunteers, did many role plays for trainings, ran in Bob’s Run each year, and held the position of the Ear’s official archivist for years. Many of us can’t remember a time when Ron was at an Ear event without his camera.

Ron once said that his favorite part of volunteering at the Ear was working with the callers. That statement is very telling of Ron’s desire to help and support people going through times of crisis. In addition to volunteering at the Ear, he also gave his time to Ele’s Place, an organization that offers support to children experiencing grief and loss. Ron touched the lives and hearts of many people in our community. He will be remembered and missed. Ele’s Place will be planning a memorial service for Ron in September. If you would like more information please call us at 337-1728.



The Listening Ear
1017 East Grand River Ave
East Lansing, MI 48823

Crisis Line: 517-337-1717
Business Line: 517-337-1728
E-mail: theear@msu.edu

Non-Profit Org.
U.S. Postage
PAID
East Lansing, MI
Permit No. 106

We're on the Web!
www.theear.org

Board Members

Community Members

- Amy Cairns
- Louise Forsythe (Treasurer)
- Lou Hekhuis
- Cynthia Alderson
- Sarah Shaw
- Eduardo Olivo

Staff Members

- Alyssa Baumann (Chair)
- Fred Jaecklein
- Shauna Matlen

Staff:

- Sean Kennedy (Office Manager)
- Over 75 volunteer crisis counselors.

If you are interested in joining The Listening Ear, Please call (517)337-1717!

“SOMETIMES THE MOST IMPORTANT THINGS ARE THE HARDEST TO SAY. SOMETIMES IT HURTS TOO MUCH NOT TO TALK. THAT’S THE WORST, WHEN THE SECRET STAYS LOCKED UP FOR WANT OF AN UNDERSTANDING EAR.”
–LISTENING EAR STAFF MEMBER

From time to time the Listening Ear may share addresses of supporters with other community service organizations. If you do not want your address to be given to another organization please call us at 337-1728.

The Listening Ear Crisis Intervention Center extends our thanks to the community, individuals, and businesses that allow us to continue to serve as a helpful, supportive presence to those in need.