

# HOPE'S PROGRAM

## NEWSLETTER



### UPCOMING EVENTS:

- **AFSP Teen Suicide Loss Survivor Support Group Facilitator Training**
  - October 23 & 24 in Piscataway
  - E-mail [brett.peppe@rutgers.edu](mailto:brett.peppe@rutgers.edu) if interested in attending
- **Youth QPR for Parents (TLC)**
  - Suicide Prevention Gatekeeper Training
  - August 6, 2024 at 6:00 PM
    - Register [here](#)
- **TLC Annual Conference**
  - Save the date: December 5, 2024 at 8:30 AM in Piscataway
  - More information to come
  - Learn more about the Traumatic Loss Coalition [here](#)



### WHAT IS THE HOPES PROGRAM?

#### **Helping Others Process the Experience of a Suicide LOSS**

The Traumatic Loss Coalition's HOPES Program exists to provide immediate encouragement and support to families bereaved by the suicide loss of a child (21 and under), empowering survivors to begin their healing journey and eventually thrive despite such an overwhelming loss.

The HOPES Team is a group of first responders with lived and professional suicide loss experience who go to the scene of a suicide and provide encouragement, support and resources to those newly bereaved by a suicide loss. If the team was not invited on-scene at the time of the loss, a referral can be made anytime thereafter for family support. The goal is to shorten the elapsed time between the death and survivors finding support and resources to help them cope with this devastating loss.

### NEW SUPPORT GROUP: SURVIVING & BEYOND FOR GRIEVING DADS

The Alliance of Hope is beginning two new online support groups that begin in September. Enrollment has just opened. These groups are for fathers who have lost a child to suicide. This group is *closed format*, meaning that fathers travel the grief journey with the same people every session. More details about this opportunity can be found below:

#### **The Program Offers:**

- Eight (8) 90-minute support group sessions via Zoom
- Private welcome session
- Book of essays especially for fathers

**Time:** 7pm-8:30 pm EST

**Cost:** \$280 per person

Click [here](#) to learn more.

#### **Topics include:**

- The emotional impact of losing a child
- Grieving as a man - dealing with expectations
- Continued bonds with your child
- Trauma and PTSD
- Anger, guilt and blame
- The "Why" of it all
- Growing stronger on the grief journey

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**“Hope has holes in its pockets. It leaves little crumb trails so that we, when anxious, can follow it.**

**Hope’s secret: it doesn’t know the destination – it knows only that all roads begin with one foot in front of the other.”**

**–Rosemerry  
Wahtola Trommer**

### **LIFE AFTER LOSS: A PARENT’S PERSPECTIVE OF LOSING A CHILD BY SUICIDE**

Mary’s Garden Media recently released this film to highlight Bob and Christine’s journey from tragedy to hope with interviewer Kevin Keelen of Stephy’s Place. This film is a part of a series that has been created with the aim of raising awareness, inspiring empathy, and fostering conversations about mental health. The film can be viewed [here](#).

### **COMMUNITY SPOTLIGHT: COMFORT ZONE CAMP**

Comfort Zone Camp (CZC) is a nonprofit 501(c)3 bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, primary caregiver, or significant person.

CZC programs are free of charge and include trust-building activities and age-based support groups that break the emotional isolation grief often brings.

CZC’s programs are offered to children ages 7-17, young adults 18-25-year-olds, and separate parent and guardian programs.

#### **CZC Offers:**

- In-person grief camp programs
- Virtual support groups
- Suicide loss camp programs
- Overdose loss camp programs

To learn more about the great work Comfort Zone Camp does or to apply for an upcoming camp, click the logo below:





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### LOSS SURVIVOR SUPPORT BREAKFAST MAY 2024

The LOSS Survivor Support Breakfast brought together survivors and agencies from across the state to join in remembrance of those we love and learn about ways to support our healing journeys. A special thank you to the organizations listed below who came to provide resources and activities:

- [American Foundation for Suicide Prevention, NJ](#)
- [Attitudes in Reverse](#)
- [Comfort Zone Camp](#)
- [freedOM Yoga](#)
- [Imagine, a Center for Coping with Loss](#)
- [Survivors of Suicide Loss: Madison, NJ](#)
- [Traumatic Loss Coalition](#)

### PHOTOS OF THE HEALING MANDALA



If you're struggling, it's okay to share your feelings. To start, you could copy one of these texts from IASP and send it to a trusted contact.

When you get a chance can you contact me? I feel really alone and suicidal, and could use some support.

I don't want to die, but I don't know how to live. Talking with you may help me feel safe. Are you free?

I'm struggling right now and just need to talk to someone - can we chat?



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### PHOTOS OF THE HEALING MANDALA



#### The Coping Corner 4-7-8 Breathing

This is a simple breathing exercise that can be done anywhere to aid in grounding and stress reduction.

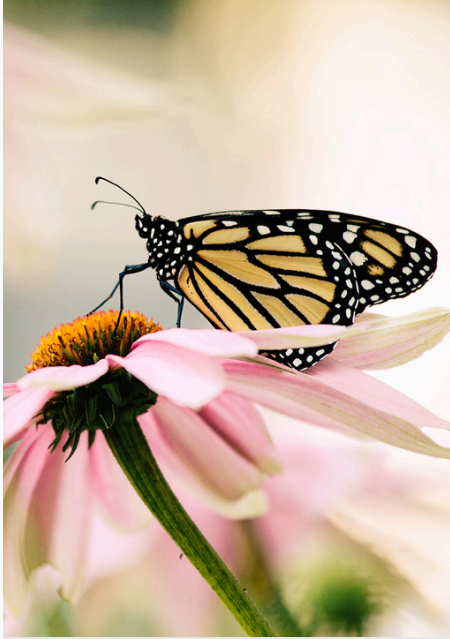
1. Find a comfortable position and close your eyes, if you can.
2. Breathe in your nose for a count of 4.
3. Hold for a count of 7.
4. Exhale through your mouth for a count of 8.
5. Repeat as many times as you like.





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**The HOPES Program is funded by the NJ Division of Children & Families in partnership with Rutgers Health.**



NEW JERSEY DEPARTMENT OF  
CHILDREN AND FAMILIES



RUTGERS HEALTH  
University Behavioral Health Care

**Reminder: 988 is the Crisis and Suicide Lifeline. Call, Text or Chat at anytime.**



### MEET THE CENTRAL TEAM

#### BRETT PEPPE



Brett is the Program Manager of the HOPES Program. Brett is a Licensed Professional Counselor, Licensed Clinical Alcohol & Drug Counselor, and was a former Somerset County TLC Coordinator. In addition to his professional experience, Brett is a survivor of suicide loss.

#### WENDY SEFCIK



Wendy is the Team Lead of the HOPES Program and works as the Bergen County Suicide Prevention Coordinator and Co-Chair of the NJ Youth Suicide Prevention Advisory Council. In addition to her professional experience, Wendy is a survivor of suicide loss.

***No matter when you went through your loss, we are here to support you. Call us anytime at 732-815-5749.***

### SURVIVOR SUPPORT RESOURCES

- [Alliance of Hope](#)
- [American Foundation for Suicide Prevention](#)
- [Comfort Zone Camp](#)
- [Friends for Survival](#)
- [Good Grief](#)
- [Imagine, A Center for Coping with Loss](#)
- [Mary's Garden Media](#)
- [The Compassionate Friends](#)

# Question, Persuade, Refer (QPR)

## Youth Suicide Prevention Gatekeeper Training

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Youth QPR is a three-step evidence-based suicide prevention model that teaches you:

- how to recognize the warning signs of suicide among youth populations
- how to offer hope to a young person in crisis
- how to get help and save a life

*As adults, we can play a role in the prevention of youth suicide.*

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**What:** Virtual Youth QPR Training

**Date:** August 6, 2024

**Time:** 6:00 - 7:30 PM

**Register here:**



<https://forms.microsoft.com/r/JV8rsxhg8z>

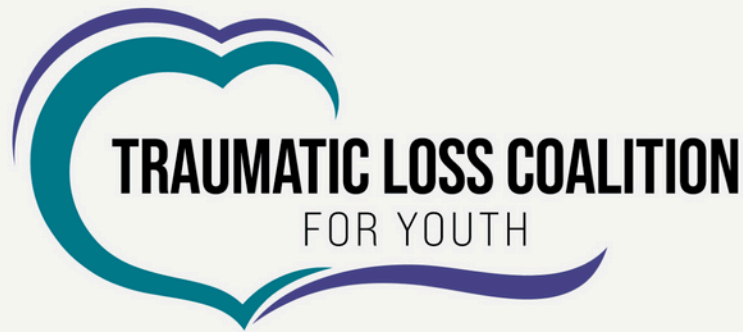
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Sponsored by the TLC through the SAMHSA Garrett Lee Smith State, Tribal Youth Suicide Prevention and Early Intervention Grant Program.



**Ask a Question.  
Save a Life.**





**Save the Date**  
**Enhancing Suicide Prevention Practices:  
The Importance of Building a Life of Meaning**

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**This Year's Presenters:**

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**DR. EDWARD SELBY**



**DR. EVAN KLEIMAN**

*More Information  
to Follow*

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**Date:** December 5, 2024, 8:30 AM - 3:30 PM

**Location:** Holiday Inn, 21 Kingsbridge Road  
Piscataway, NJ, 08854