



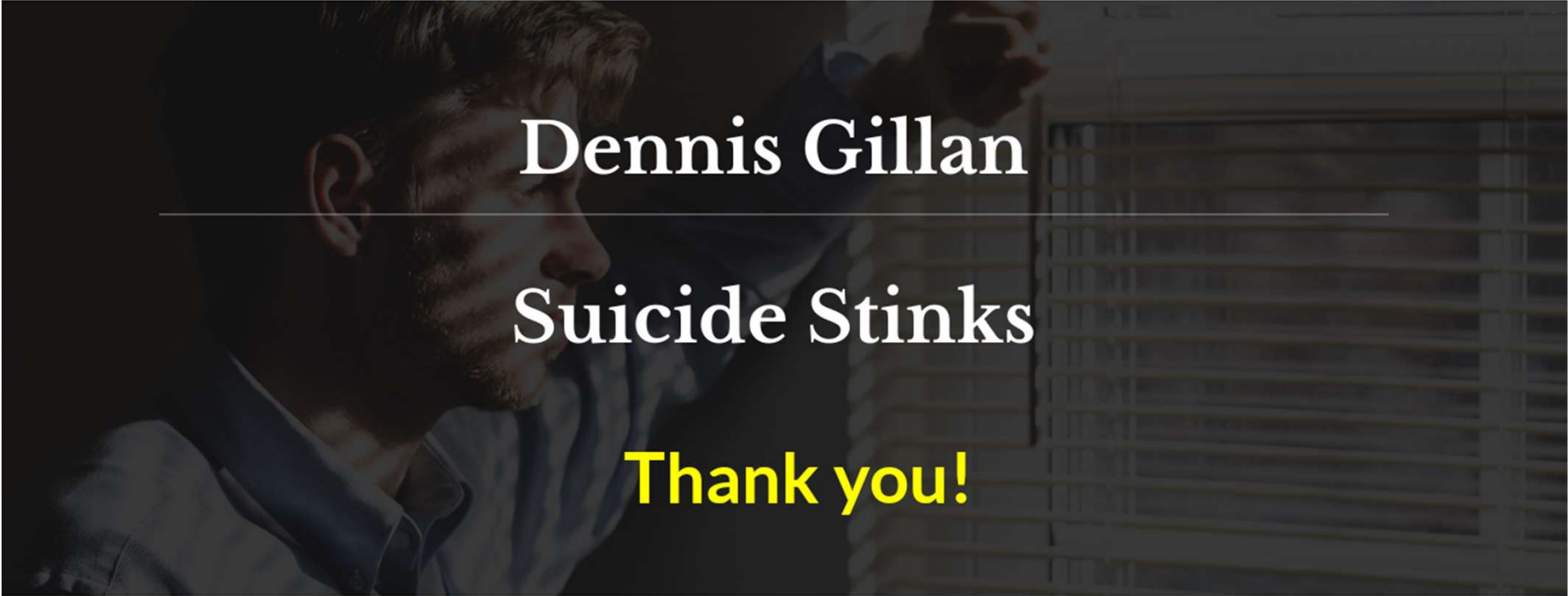
Journey Towards
Recovery

A Grief Story

A dark, moody photograph of a man with a beard looking out a window with blinds. The man is in profile, looking towards the right. The lighting is low, creating a somber atmosphere. The window blinds are visible in the background.

Dennis Gillan

Suicide Stinks



Dennis Gillan

Suicide Stinks

Thank you!

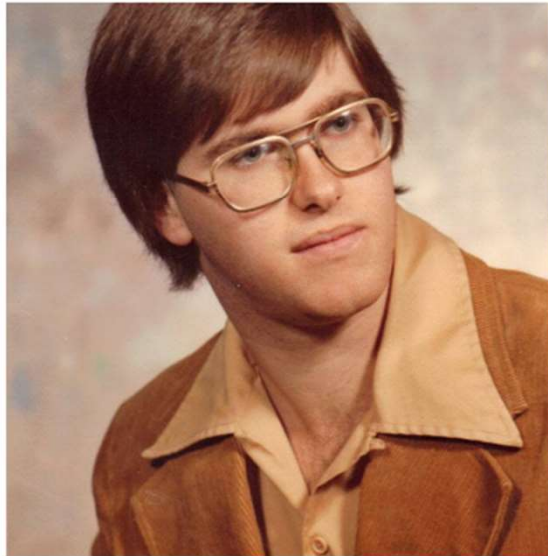


**That's right
I'm hip!**

DENNISGILLAN
INSPIRATIONAL SPEAKER

Greatest Deflector Ever...





HOW I GOT HERE

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HOW I GOT HERE

Phone Rings
Life Changes

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HOW I GOT HERE

Phone Rings
Life Changes

Home and Back in
a Flash

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My Reaction

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Never Say it Can't Get Worse.. It Can



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11 Years Later



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Phone Rings Again



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Matt is gone



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▶ **NOW WHAT...**



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▶ **NOW WHAT...**

**No, thank
goodness...just
the opposite...**



GOODBYE OLD FRIEND....



30 years, 3 months 08 days
but who's counting?
The interweb is!

11,075 days sober



I went to counseling!

Forward Meeting Read / Unread Flag / Unflag Discover groups

Unread To me Mentions me Flagged High importance

Schedule Adjustment

2022 Hope and Help for the Holidays and Beyond Speaker Schedule

8:00 am - 9:00 am	Registration, Coffee and Muffins			
9:00 am - 9:10 am	Welcome, Announcements and Introductions			
9:10 am - 10:25 am	Proactive Grieving: Hope for the Holidays and Beyond General Session with Mitch Carmody			
10:25 am - 10:30 am	Break			
10:35 am - 11:45 am	Addiction, Overdose and Grief: Coping and Healing from Unexpected Loss Suzie Brunner Dr. Laurel Shaker Michael McQueen	Grief 101: Grieving Toward Healing, Finding Strength During Your Grief Journey Elizabeth Reardon	Journey of Recovery After Two Suicides Davis Gilan	Top Ten Reasons to Have an Estate Plan Judge Debra Reuliner
11:45 am - 11:55 am	Break			
12:00 pm - 12:30 pm	Lunch			
12:35 pm - 12:45 pm	Break			
12:45 pm - 1:15 pm	Support After Loss: The Important Role of Others in Your Grieving Process Dr. Laurel Shaker	When Faith is a Help and a Hindrance to the Grief Process Andy Johnson	Grieving HeARTS: Creating a Safe Space for Sorrow Through Group A/R Therapy Christine Chandler	Mending Hearts: Caring for Grieving Children Patricia Irwin
1:55 pm - 2:05 pm	Break			
2:05 pm - 3:30 pm	Whispers of Love, Signs, Synchronicities, and Continuing Connections General Session with Mitch Carmody			
3:30 pm - 3:45 pm	Closing and CEUs			

Scott Linnerud, M. Div.
Bereavement Program Manager

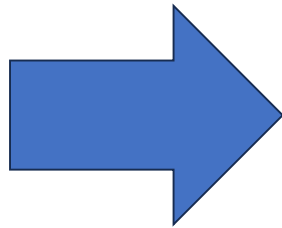
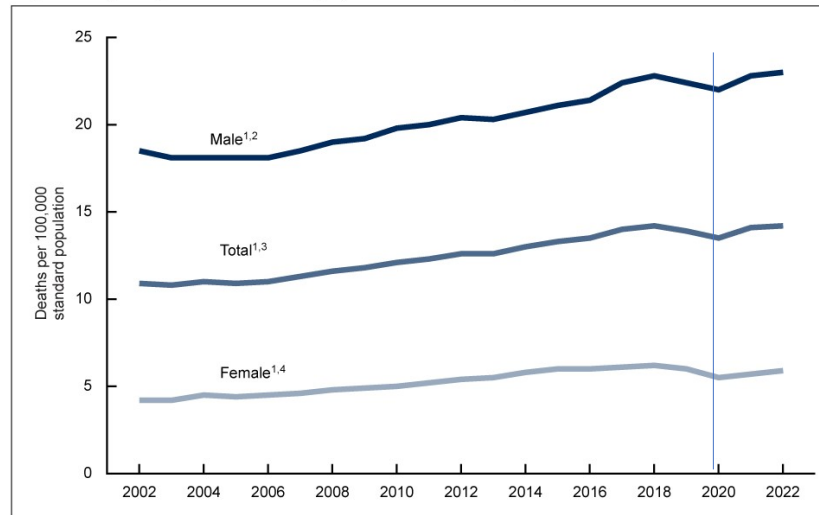


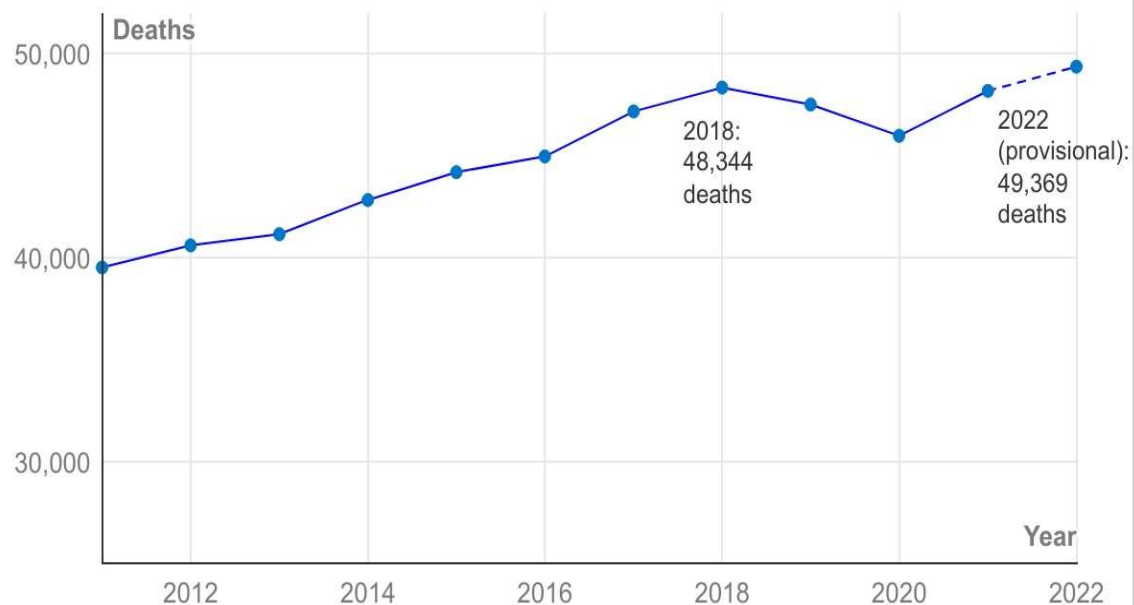
Figure 1. Age-adjusted suicide rate, by sex: United States, 2002–2022



¹Rate decreased from 2018 to 2020 and increased from 2020 to 2022 ($p < 0.05$). The rate in 2022 was significantly higher than in 2002 ($p < 0.05$).
²No statistically significant trend from 2002 through 2005; significant increasing trend from 2005 to 2018, with different rates of change ($p < 0.05$). The rate for males was higher than the rate for females for all years ($p < 0.05$).
³No statistically significant trend from 2002 through 2006; significant increasing trend from 2006 through 2018 ($p < 0.05$).
⁴Significant increasing trend from 2002 through 2015, with different rates of change; no statistically significant trend from 2015 through 2018 ($p < 0.05$).
 NOTES: Suicide deaths are identified using *International Classification of Diseases, 10th Revision* underlying cause of death codes U03, X60–X84, and Y87.0. Age-adjusted death rates are calculated using the direct method and the 2000 U.S. standard population.
 SOURCE: National Center for Health Statistics, National Vital Statistics System, mortality data file.

Number of Deaths Due to Suicide, 2011 to 2022

2022 CDC data is provisional



NOTE: Analysis of CDC WONDER underlying cause of death data, 2011 to 2022. Provisional data used for 2022 is not yet final and may represent incomplete data for that year that is subject to change. Suicide deaths are identified using the following codes: X72-X74, U03, X60-X71, X75-X84, and Y87.0) It is possible that some suicides may be classified under other categories.

SOURCE: KFF analysis of CDC WONDER data, 2011 to 2022

KFF

SC CALL TO ACTION

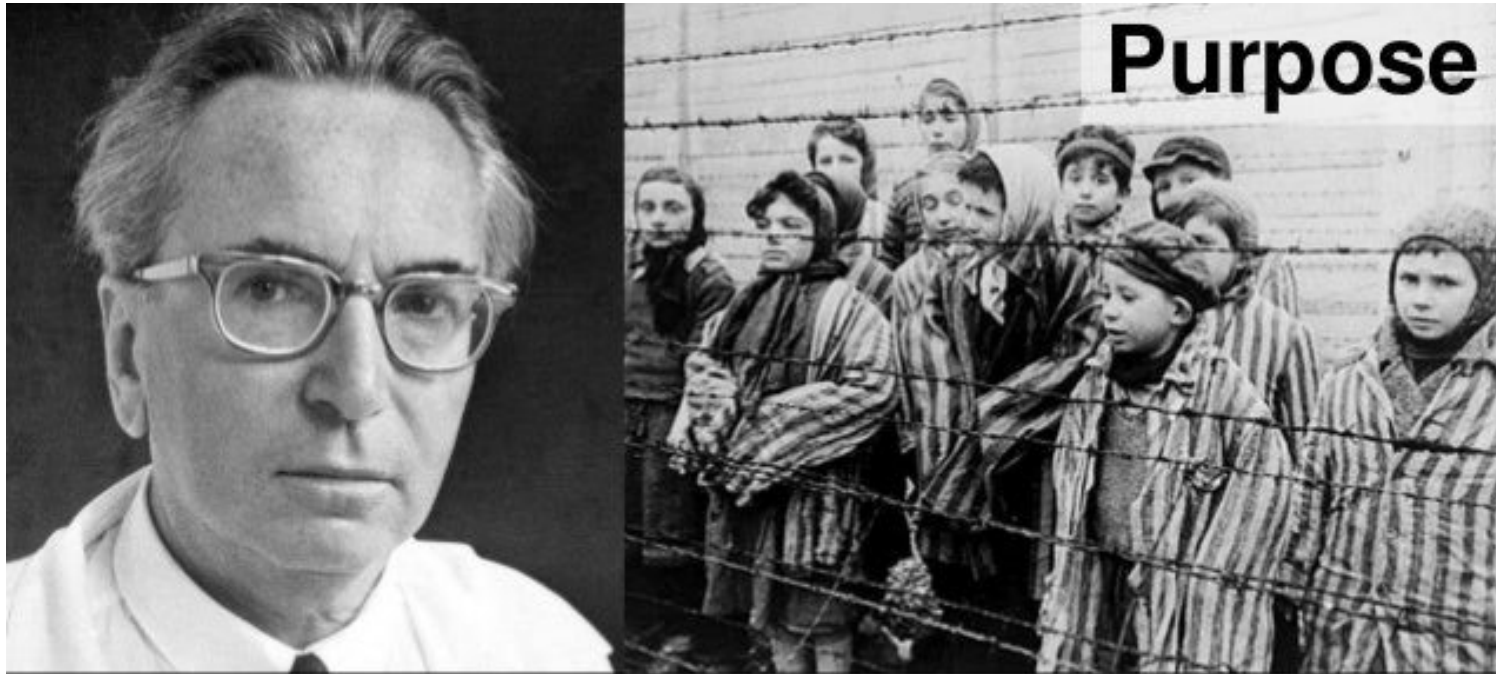
- We need more advocates!
- We need more speakers!

Our Challenge:

- 853 to 790
- Can we get our 64?
This is our WHY!!



More Advocates/More Speakers



“Those who have a ‘why’ to live can bear with almost any ‘how.’”
– Viktor Frankl, *Man's Search for Meaning*

Become a speaker



Toastmasters & Three Key Gigs

Vulnerability

People I've
Met

Because of this
Talk



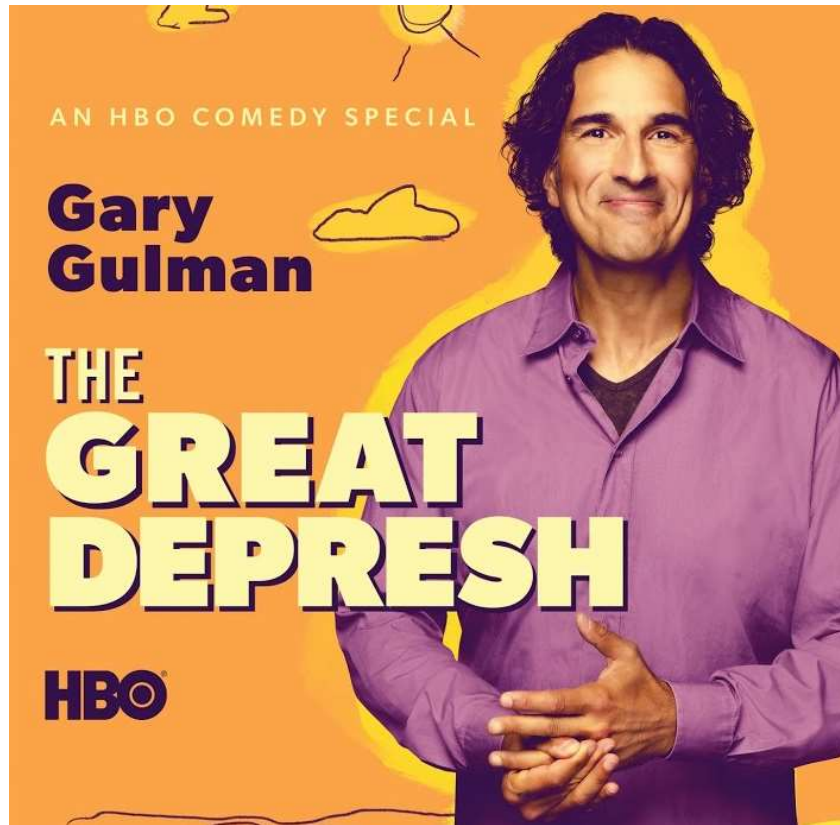
Amanda



Josh



Gary Gulman



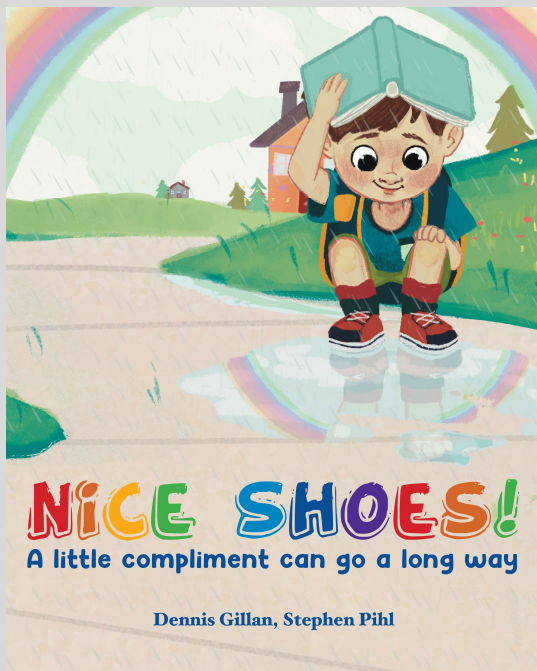
See his show!!



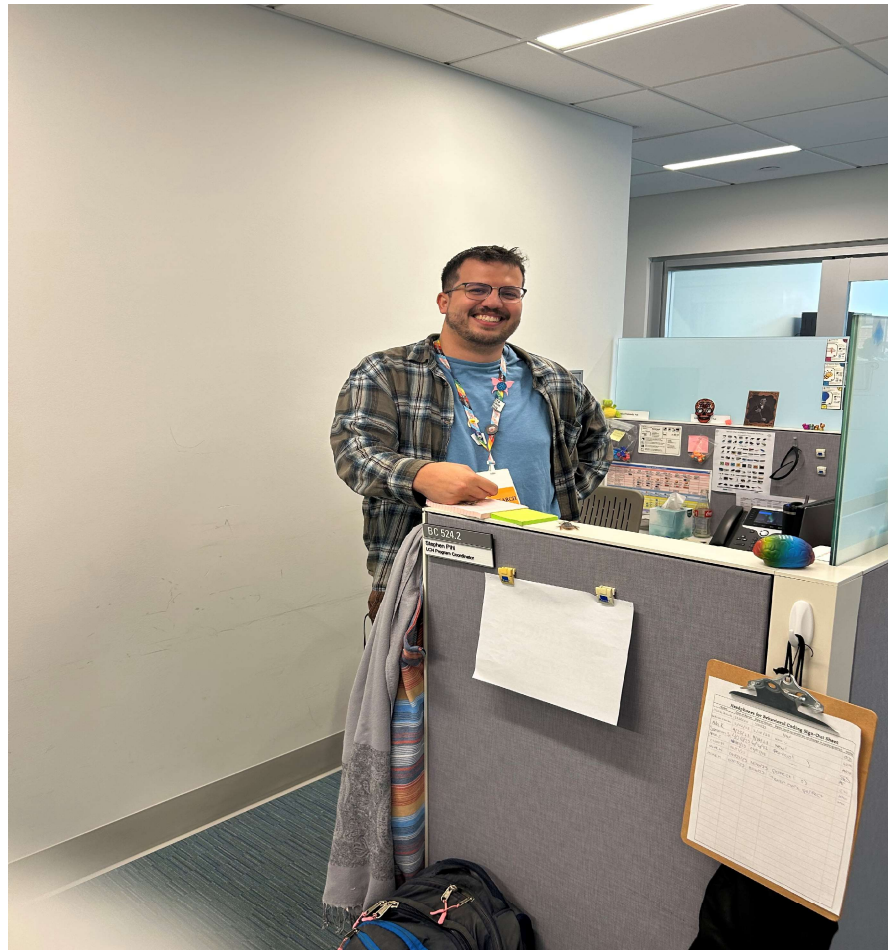
Stephen Pihl



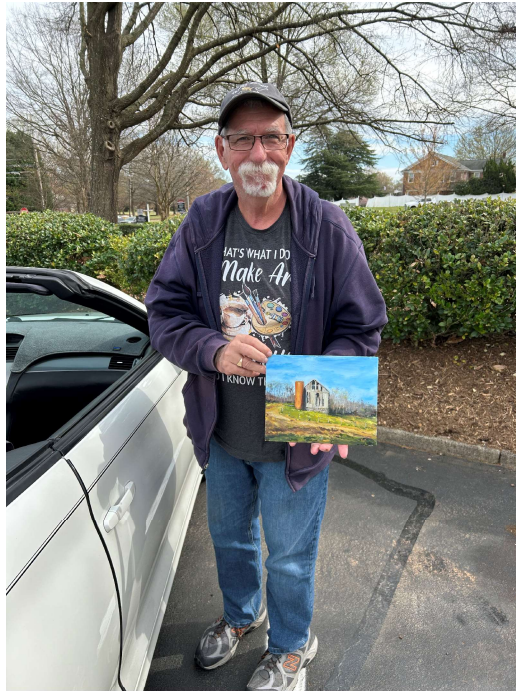
A Book!!



Stephen Pihl



Russ Harringer



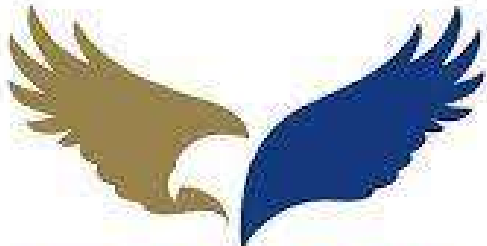
Joe



Two Cool Stories...



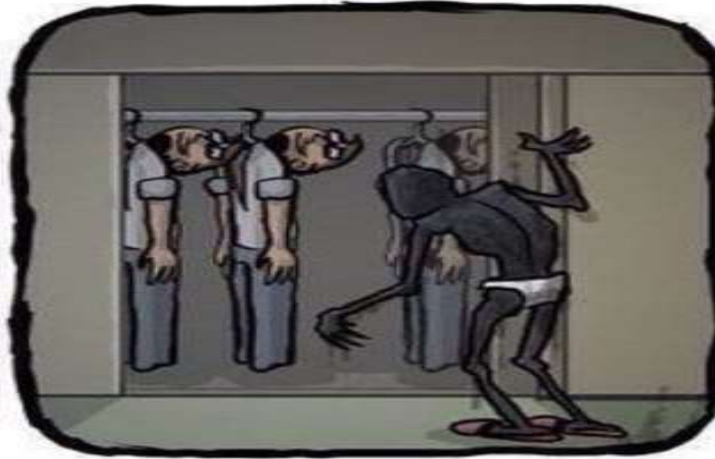
**BALL STATE
UNIVERSITY**



**CLARION
UNIVERSITY**



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www.optipess.com

In this business....we don't' win them all.....



How do you recover?

January 2022



January 2022
Entrepreneur Magazine



Personal Growth

Jimmy Fallon Spent Years Chasing A Dream That Wasn't Really His. Finding His 'Why' Changed Everything.

How The Tonight Show host built his career and an entertainment empire -- by first identifying his most important mission.



The Business Traveler's Journal

These Tech Accessories Make Traveling So Much Easier

From sunglasses with earbuds in them, to all-star portable chargers, these products were designed to be on the move.



Inspiration

I'm a Keynote Speaker on Suicide Prevention. When I Feel Like Quitting, I Reach for This File.

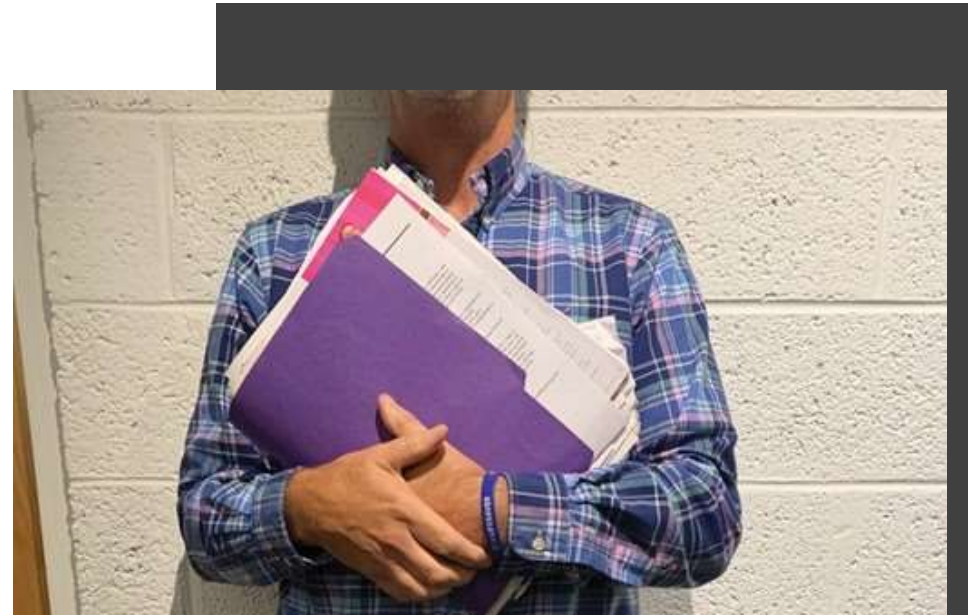
Do you have a place where you keep positive feedback? Mine keeps me going when I want to give



Burnout

Burnout Is About More Than Long Hours.

Nonstop work is part of what leads to burnout, but it's not the whole picture. Enduring productivity is often about balancing intense output with periods of regeneration.



SET YOURS UP!

The Photo Story
Judith...

A SHARED JOY IS A DOUBLE JOY;
A SHARED SORROW IS HALF A SORROW



Delad glädje är dubbel glädje;
delad sorg är halv sorg.

half a
sorrow
FOUNDATION



CAMO HAT CLUB™

“We want to organize and conduct support groups in the field of mental health awareness and suicide prevention for men



NH, I need your help....

Help Build The Foundation

- Donate Halfasorrow.org
- Let people know I am out here
- Let me help you develop your talk



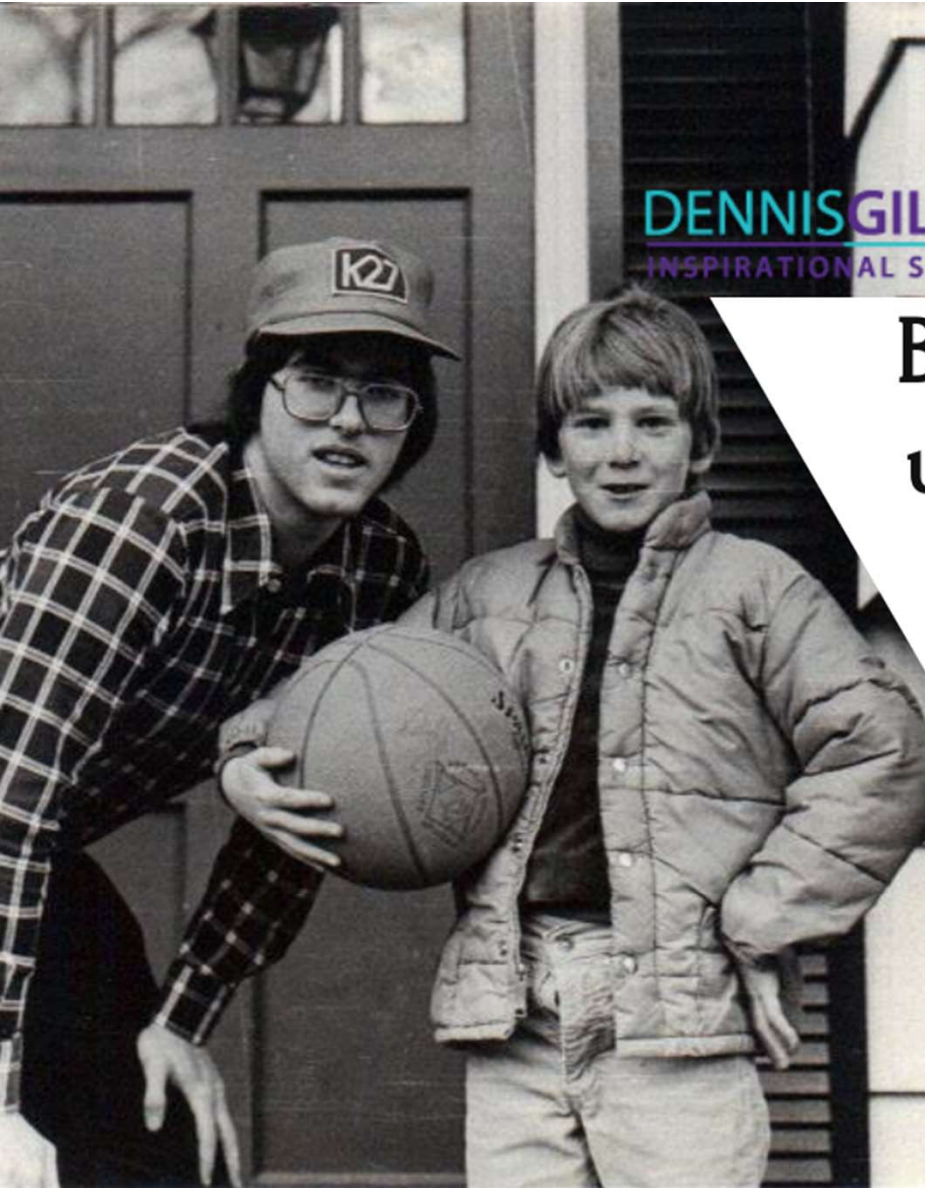


I walked a mile with Pleasure;
She chatted all the way;
But left me none the wiser
For all she had to say.

I walked a mile with Sorrow;
And ne'er a word said she;
But, oh! The things I learned from her,
When Sorrow walked with me."

— Robert Browning Hamilton





DENNIS GILLAN
INSPIRATIONAL SPEAKER

**Brothers
until we
meet
again**



Stay in Touch

HALFASORROW.ORG



Email: DENNIS@HALFASORROW.ORG

Facebook: HASF2020

Instagram: halfasorrowfoundation

Threads: halfasorrowfoundation

TikTok: halfasorrowfoundation

Fin

Risk Factors

- Diagnosis of Depression
- Previous suicide attempt
- Family history of suicide
- Loss of job, home, money
- Death or terminal illness of a loved one
- Divorce or loss of major, significant relationship
- Loss of health, either real or imagined
- Someone close to the person has completed suicide
- Recent disappointment or rejection
- Being expelled from school/fired from job
- Sudden loss of freedom/fear of punishment
- Victim of assault or bullying
- Questioning gender

PANDEMIC?








TALK


Talk about ending their lives,
either directly or indirectly.

They may feel trapped. 

They might talk about feeling
overwhelmed or in an unbearable
amount of pain 

Take it all seriously and listen without
offering fixes. 

 They might say it outright, or they
might joke about it.

 They may say they have no reason
to live. Or that they are a burden to
others.



BEHAVIORS

Watch for these behaviors that can point towards Suicidal Thoughts

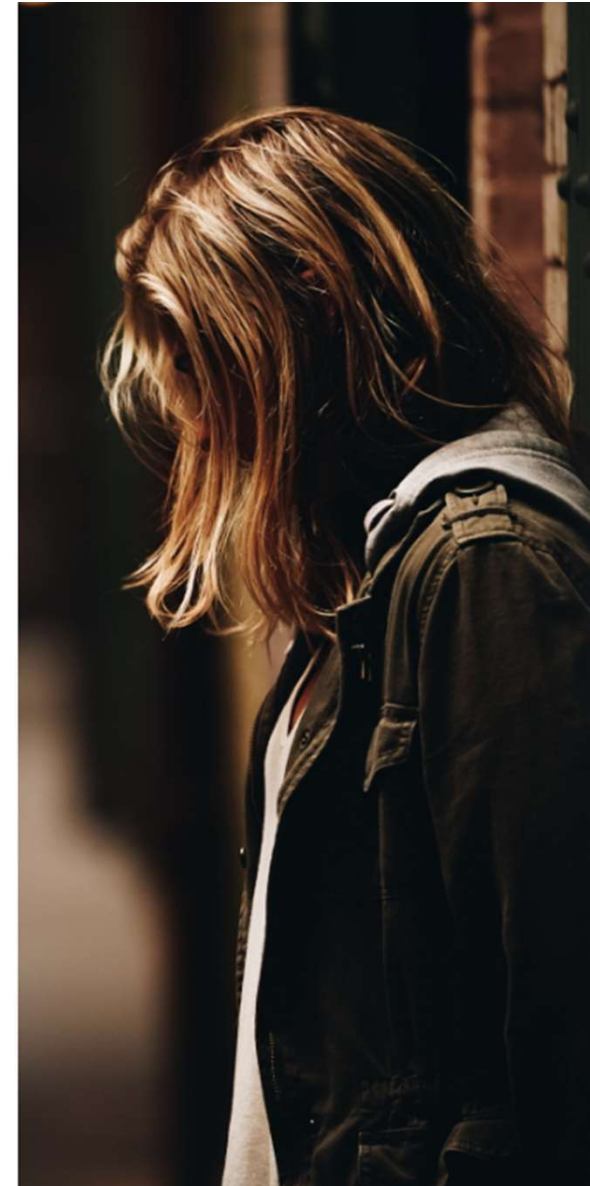


Substance Abuse

Increased use of alcohol or drugs



Sleep--quick side trip!!



Sleep

Dark
Cold
White Noise

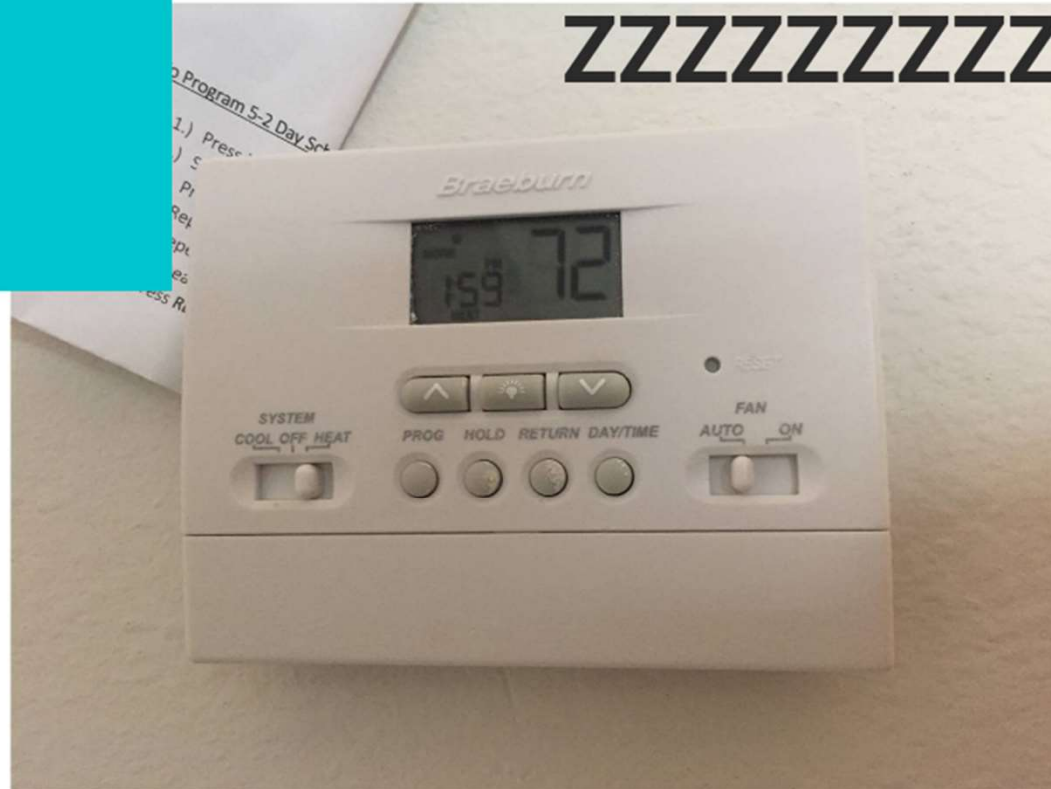
ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ



Sleep

Dark
Cold
White Noise

ZZZZZZZZZZZZZZZZZZZZZZ



Sleep

Dark
Cold
White Noise

ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ



BEHAVIORS

Watch for these behaviors that can point towards Suicidal Thoughts



Reckless

Acting more recklessly.



Withdrawal

Withdrawing from activities, especially from activities that they normally enjoy



Isolation

Isolation...go get them!



Exploration

Looking for a way to kill themselves; searching online for methods



Clean out

Giving away their stuff and getting their affairs together



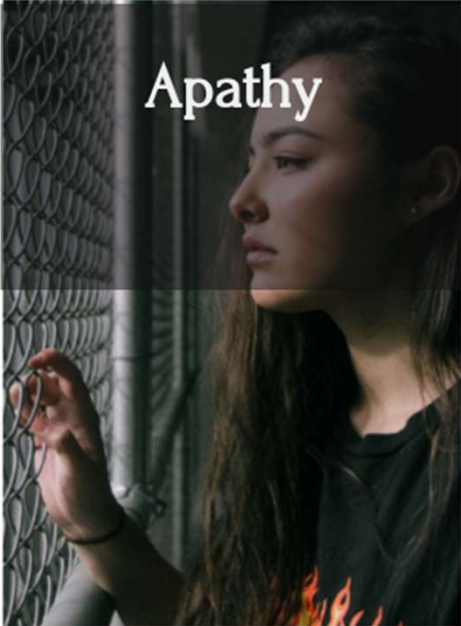
Saying Goodbye

Visiting or calling people to say goodbye.



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Moods Expected when someone feels overwhelmed and desperate

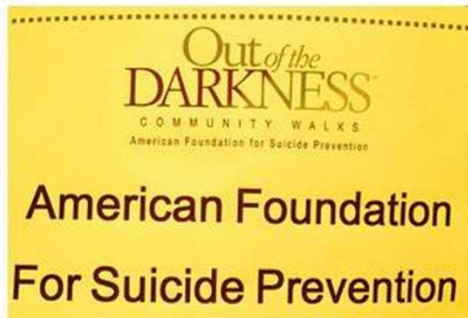


 **Key: Look for Changes**

DENNIS GILLAN
INSPIRATIONAL SPEAKER

Out Of The Darkness (OOTD) Community Walks

Save Lives and Bring Hope to
Those Affected by Suicide



American Foundation
For Suicide Prevention





Delad glädje är dubbel glädje;
delad sorg är halv sorg.



No matter what your rabbit is...grow from it





No matter what your rabbit is...grow from it





No matter what your rabbit is...grow from it

