



Prevention Spotlight

QUARTERLY NEWSLETTER | JULY 2023

OUR MISSION

TO EDUCATE, ASSIST, & ADVOCATE

Welcome to Prevention Spotlight, our quarterly newsletter from the Prevention Services Team at Children and Family Services Corporation! The mission of Children and Family Services, Corp. is to educate, assist, and advocate for vulnerable children and families. Prevention Spotlight aims to connect with our community partners and highlight our most recent prevention efforts taking place in the school and community.

UPCOMING EVENTS...

CFS ANNUAL GOLF SCRAMBLE - AUGUST 11, 2023

Join us Friday, August 11th at Cypress Hills Golf Course for CFS' annual golf scramble fundraiser! There will be several teams, auction items, food, and free swag! If interested in participating or donating to this event, please contact McKenzie Young at myoung@cfsindiana.org



QUESTION, PERSUADE, REFER

COMMUNITY WIDE SUICIDE PREVENTION TRAINING

On June 27th, two CFS Prevention Specialists facilitated QPR (Question, Persuade, Refer), a suicide prevention training designed to teach individuals how to respond to someone who discloses they are contemplating suicide. This event was hosted by Mental Health America Knox County, which provided the food and the venue and facilitator fees for this community-wide training. The funds were provided by donations collected from last year's annual Suicide Awareness Walk Event.

This year's Suicide Prevention Walk will be held on September 16th beginning at 9am. To register or purchase a t-shirt, contact Kelsey Carr for a direct link or follow the link below:

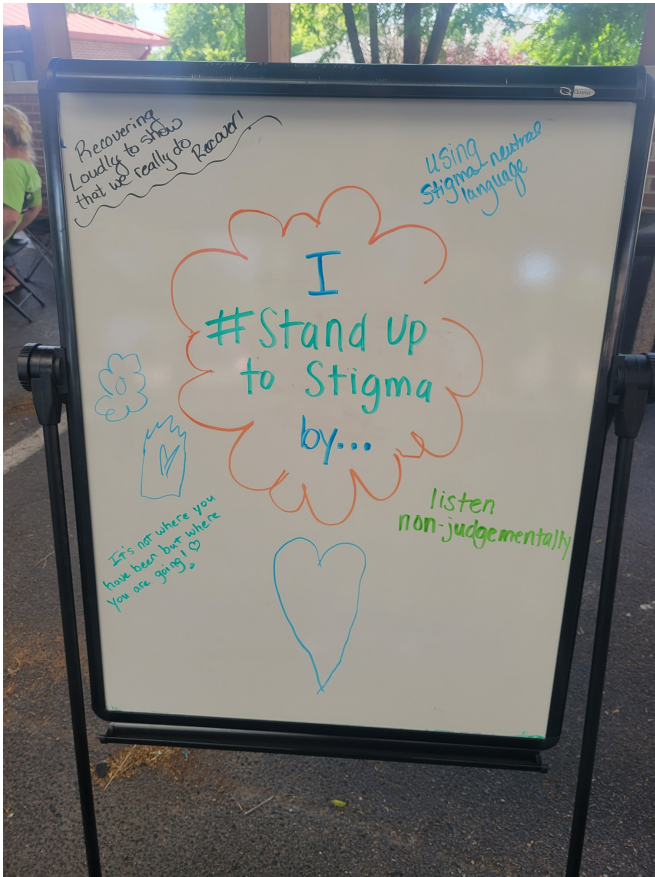
<https://forms.gle/F6LmSD8C1K2uKeq96>



ANTI-STIGMA CAMPAIGN EVENT

REDUCING THE STIGMA OF SUBSTANCE USE DISORDER

The CFS Prevention Team and the Good Samaritan's LIFT team collaborated to produce the "Anti-Stigma Campaign," a campaign aimed to reduce the stigma surrounding individuals with substance-use disorder and recovery. The campaign outlined the different types of stigma; self-stigma, public stigma, structural stigma, and medication stigma. Starting in March, each month highlighted a different type of stigma and provided weekly educational videos and articles, ending with a monthly event to highlight the topic. The final event of the campaign was a resource fair in which several community partners attended to spread awareness and provide resources about substance use and recovery.



S.A.F.F.E. SUPPORT GROUP

SUICIDE AFFECTED FRIENDS & FAMILY SUPPORT GROUP

CFS' Prevention team has begun a new support group called S.A.F.F.E. (Suicide Affected Friends & Families) at the Margaret Compton Recovery Hub, located at 509 N 7th Street in Vincennes. The group aims to provide peer support to individuals who are reeling from loss of a loved one to suicide. This group is open to all ages and is free of charge. Group is lead by a non-clinical team and is offered once a month on the 3rd Tuesday from 6pm to 7pm. Light snacks and drinks are offered. For more information, please contact Kelsey Carr at kcarr@cfsindiana.org.

S.A.F.F.E.

Suicide Affected Families & Friends Engagement Support Group

WHEN & WHERE:
Every 3rd Tuesday
6PM
Margaret Compton Recovery Hub
509 N. 7th St., Vincennes

WHO:
For families and friends who have lost a loved one to suicide.



YOU ARE NOT ALONE!

S.A.F.F.E. is a peer support group that offers a judgment-free, safe space for those mourning the loss of their loved ones due to suicide. Participants will have the opportunity to meet survivors, share their story, and find support from others who share similar experiences.

NOT SURE IF A SUPPORT GROUP IS RIGHT FOR YOU?
If you are interested or would like more information, please contact:

Kelsey Carr 812.790.2599 kcarr@cfsindiana.org	Erica Hook 812.888.4812 heath@vinu.edu
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MEET OUR TEAM!

PREVENTION SERVICES OF KNOX COUNTY

Meet our Prevention Services Team! Our team currently has four Prevention Specialists embedded in the community and three different school districts in Knox County. Questions? Feel free to reach out to our team!



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FOLLOW us on Facebook at Prevention Services of Knox Co. and Instagram @cfsprevntion for the latest news



VISIT our website to explore more about our services and campaigns! www.cfscorpindiana.org



LISTEN to Blazer 91.1 - WVUB for our monthly radio PSA



SUBSCRIBE to our quarterly Prevention Spotlight newsletter by emailing kcarr@cfsindiana.org