

# >>> NEWSLETTER <<< DUAL RECOVERY

Connecting Wyoming, Genesee, and Orleans County

CREATED BY THE DUAL RECOVERY COORDINATOR FOR THE GOW REGION

A MESSAGE FROM

**NAMI**

(National Alliance on Mental Illness)

## **Start a Conversation. Be the Difference.**

Each September, NAMI recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time.

Suicidal thoughts, like mental health conditions, can affect anyone, regardless of age, gender, or background. While they may be common, they should never be seen as normal. More often than not, they signal deep emotional pain or an underlying mental health concern that deserves understanding, care, and professional support.

Yet, suicide is still too often met with silence, stigma, or shame. At NAMI, we believe that silence should never be the response to someone's pain. That's why we're working tirelessly to change that. Our goal is to ensure that individuals, friends, and families have access to the tools, resources, and support they need to talk openly about suicide, recognize warning signs, and seek help without fear or shame.

## **This September: Start a Conversation. Be the Difference.**

With one conversation, asking someone how they're really doing — and being ready to truly listen — can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.



## STATISTICS FROM NAMI

### Individual Impact

1 in 20 U.S. adults (5%) have serious thoughts of suicide each year.

About 1 person dies by suicide in the U.S. every 11 minutes.

79% of all people who die by suicide in the U.S. are male. \*

Although more women\* than men attempt suicide, men are 4x more likely to die by suicide.

In the U.S., suicide is the 2nd leading cause of death among people ages 10-14 and among people ages 15-24, and the 11th leading cause of death overall.



66 Start the Conversation.  
Be the Difference.

Let's replace silence with support, stigma with understanding, and fear with hope.



Annual prevalence of serious thoughts of suicide among U.S. youth populations:

- LGBTQ+ high school students: 41%
- LGBTQ+ young people ages 13-24: 39%
- High school students: 20%
- Young adults ages 18-25: 12.2%

*\*Indicates female or male sex assigned at birth*

Data from CDC, SAMHSA, and other select sources.  
Find citations for this resource at [NAMI.org/mhstats](https://www.nami.org/mhstats)



FACT  
OR  
FICTION?

# NAME THAT MYTH



**MYTH:** People who talk about suicide will never actually attempt suicide.

**FACT:**

Simply because someone is open about their suicidality does not mean that they will not eventually make a suicidal gesture. Someone who makes comments, jokes, or even threats about suicide is inviting you to listen and could likely use support.

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**MYTH:** All people who attempted suicide truly wanted to die.

**FACT:**

Many suicidal individuals do not want to die, they simply cannot bear the pain in their lives and feel there is no other option.

[https://my.uiw.edu/counseling/suicide-prevention-education/myths-and-](https://my.uiw.edu/counseling/suicide-prevention-education/myths-and-facts.html#:~:text=Though%20some%20populations%20have%20higher,to%20have%20any%20%E2%80%9Cproblems.%E2%80%9D)

[facts.html#:~:text=Though%20some%20populations%20have%20higher,to%20have%20any%20%E2%80%9Cproblems.%E2%80%9D](https://my.uiw.edu/counseling/suicide-prevention-education/myths-and-facts.html#:~:text=Though%20some%20populations%20have%20higher,to%20have%20any%20%E2%80%9Cproblems.%E2%80%9D)

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Are you aware



**Law enforcement officers and firefighters are more likely to die by suicide, than in the line of duty.**

According to the CDC,

“First responders, including law enforcement officers, firefighters, emergency medical services (EMS) clinicians, and public safety telecommunicators... may be at elevated risk for suicide because of the environments in which they work, their culture, and stress, both occupational and personal. This stress can be acute (associated with a specific incident) or chronic (an accumulation of day-to-day stress). Occupational stress in first responders is associated with increased risk of mental health issues, including hopelessness, anxiety, depression, post-traumatic stress, as well as suicidal behaviors such as suicidal ideation (thinking about or planning suicide) and attempts. Even during routine shifts, first responders can experience stress due to the uncertainty in each situation. During emergencies, disasters, pandemics, and other crises, stress among first responders can be magnified. Relationship problems have also been linked to a large proportion of suicides among the general population (42%). Because first responders can have challenging work schedules and extreme family-work demands, stress caused by relationship problems may also be magnified in this worker group.”

(<https://blogs.cdc.gov/niosh-science-blog/2021/04/06/suicides-first-responders/>)



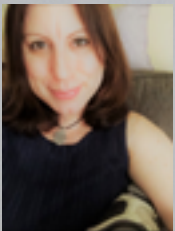
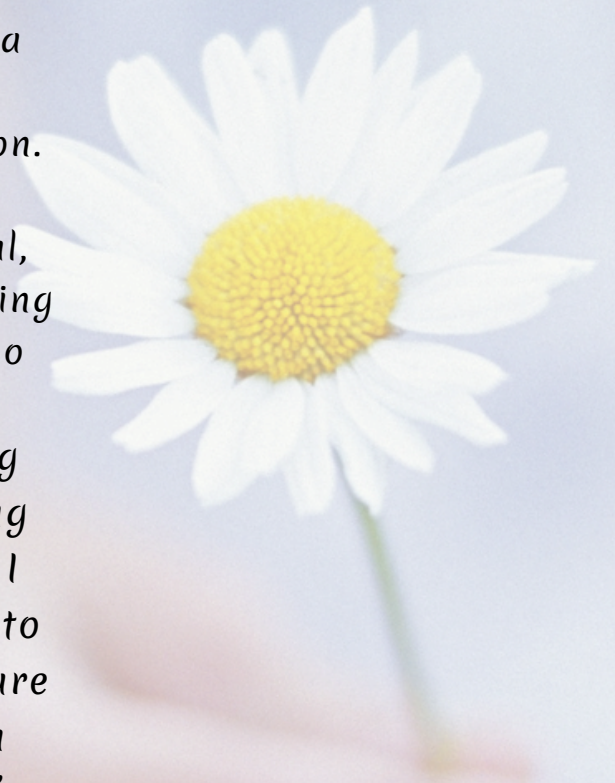
# FAIRWELL FRIENDS!

*"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait." – Paulo Coelho*

It is with both excitement and a touch of sadness that I share I will be transitioning to a new position. For the past five years, it has been a privilege to serve as the Dual Recovery Coordinator for the GOW region.

During this time, I've had the pleasure of meeting so many kind, thoughtful, and creative people—and I will truly miss working alongside you. Thank you for welcoming me so warmly into the GOW community.

Beginning in September, I will be stepping into the role of Resource Coordinator/Drug Court Coordinator for Livingston County. I expect there will still be occasions for me to connect with you—whether to coordinate care or to gather information—so this is not a goodbye, but rather a “talk to you soon.” I wish each of you continued success, along with good mental and physical health!



**ALL THE BEST,  
JENELLE VONBUREN**



# »»» UPCOMING EVENTS!

GOW REGION

## LEAD THERAPY

A NIGHT FOR MEN'S MENTAL HEALTH

### FREE SHOOTING EVENT

FOOD, GIVEAWAYS, VENDORS & MORE

FRIDAY, SEPT. 5TH 5:30P - 8P

@ THE FIRING PIN

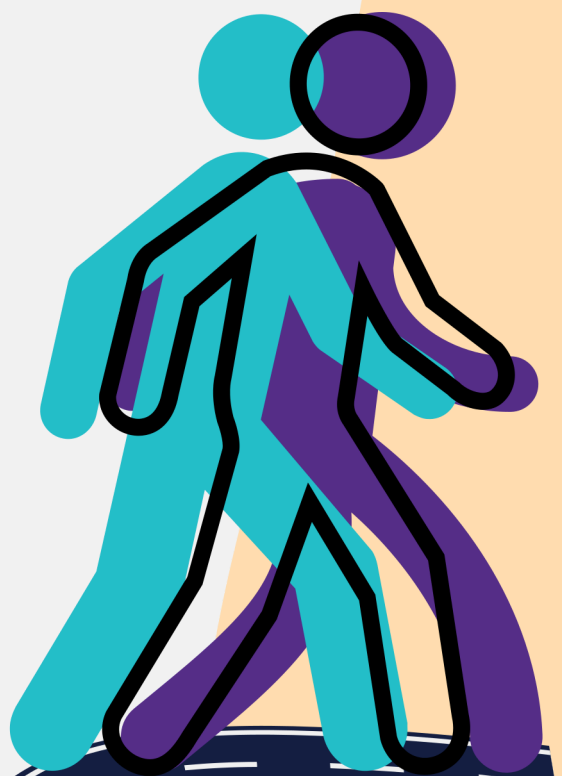
8240 BUFFALO RD BERGEN NY

DON'T WAIT  
RSVP TODAY

*Brought to you by:*



For more info contact: [tyler.tfp@gmail.com](mailto:tyler.tfp@gmail.com) or [spcgenesee@gmail.com](mailto:spcgenesee@gmail.com)



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**TUESDAY,  
SEPTEMBER 16<sup>TH</sup>**

CHECK IN: 4:45 PM  
**FREE FOOD &  
ACTIVITIES**

**WARSAW VETS CLUB  
245 W. BUFFALO ST,  
WARSAW**

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Collecting Donations of Baby  
Hygiene products for Healthy  
Families!



REGISTRATION  
PREFERRED,  
NOT REQUIRED.



Join us November 8<sup>th</sup>, 2025  
5:00pm at the Perry/Warsaw Airport

# for Light, Love, Luminaries & Freedom



Join us for an evening of remembrance and honor as  
we light the runway with luminaries in tribute to  
our loved ones, veterans and heroes.



Witness a special flyover salute.  
Enjoy local musicians & warm refreshments.



COMMUNITY  
*action*  
Wyoming County

Only \$20 for each personalized luminary  
[www.wccainc.org](http://www.wccainc.org) or call 585-237-2600



### Resourceful Websites:

Suicide Prevention: [www.afsp.org](http://www.afsp.org)

Alanon and Alateen (AA): <https://al-anon.org/al-anon-meetings/>

Alcoholics Anonymous (AA): <https://www.aa.org/>

Narcotics Anonymous (NA): [narcotics.com](http://narcotics.com)

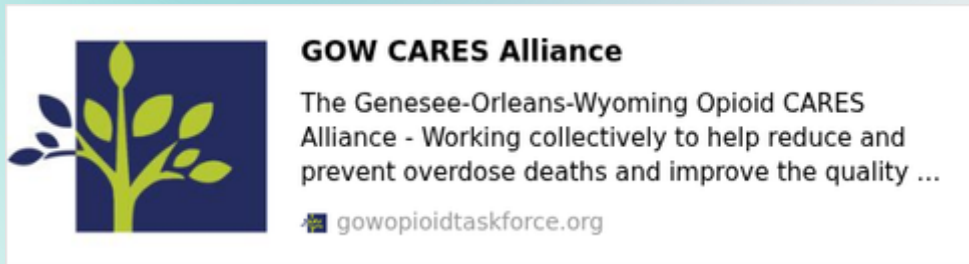
Gamblers Anonymous (GA): [gasteps.org](http://gasteps.org)

National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org)

### ALSO CHECK OUT:



and



### REFLECTIONS:

**“OWNING OUR STORY CAN BE HARD  
BUT NOT NEARLY AS DIFFICULT AS SPENDING OUR  
LIVES RUNNING FROM IT.**

**EMBRACING OUR VULNERABILITIES IS RISKY  
BUT NOT NEARLY AS DANGEROUS AS GIVING UP ON LOVE AND  
BELONGING AND JOY—THE EXPERIENCES THAT MAKE  
US THE MOST VULNERABLE.**

**ONLY WHEN WE ARE BRAVE ENOUGH TO EXPLORE THE DARKNESS  
WILL WE DISCOVER THE INFINITE POWER OF OUR LIGHT.”**

**— BRENE BROWN**