Shatter the Silence App Now Available on iPhone App Store and Android Google Play Store

FY20 First Quarter

Goal 3, Objective 3.6 — Improve mental health literacy through awareness and prevention efforts to educate Mississippians on suicide prevention and mental health

signs of suicide and the importance of assisting a person in crisis access help.

The app provides information right at your fingertips on how you can help someone who may be struggling with thoughts of suicide. It includes sections on warning signs, risk factors, how you can help, and, importantly, things you shouldn't do. It's easily accessible, no matter if you're a student, parent, teacher, or anyone else who works with young people.

Through its online newsletter and social media outlets, DMH encouraged people during National Suicide Prevention Month in September to download the Shatter the Silence app to have this information accessible no matter where their location.

The app is available at no cost and can be found by searching for "Shatter the Silence" in your app store of choice.

If you are reading this document on an Android phone, click here to visit the app in the Google Play Store.

If you are reading this document on an iPhone or iPad, click here to visit the app in the Apple App Store.

In recognition of National Suicide Prevention Month in September 2019, DMH released its Shatter the Silence app to the Apple App Store and the Google Play Store for Android phones.

Shatter the Silence is a DMH campaign that teaches people the risk factors and warning

Mississippi Department of Mental Health

Supporting a Better Tomorrow...One Person at a Time

DMH Hosts Sixth Annual Trauma Informed Conference

FY 20 First Quarter

Goal 3, Objective 3.4 — Provide trainings in evidence-based and best practices to a variety of stakeholders

More than 500 people attended the 6th Annual Trauma Informed Care Conference, "Riding the Storm Together," on September 25-27, 2019.

Participants heard from a variety of speakers on topics ranging from juvenile justice and human trafficking to social media and addiction. But wound throughout the presentations was a focus on trauma and the ways it can have lasting effects on lives both young and old.

Increasing the importance of Trauma-Informed Care is a strategy in Goal 3 of DMH's strategic plan to help train stakeholders in a variety of evidence-based and best practices to improve the quality of life for Mississippians.

Jackie Chatmon with DMH said this year's planning committee wanted to highlight the importance of creating networks and connections as mental health professionals "ride the storm together," using a storm as an analogy for trauma.

The prevalence of trauma experienced by people receiving services in Mississippi is alarming. Research shows that traumatic experiences are associated with both behavioral health and chronic physical health conditions, especially those traumatic events that occur during childhood.

This year's conference had 35 breakout sessions and eight plenary sessions. In a morning keynote session, Dr. Sam Himelstein talked about the importance of building authentic relationships with trauma-impacted youth.

"It's hard sometimes," he said. "There's a huge upside to really help somebody help themselves to transform, but there are also those times when it's really, really difficult. It's so important to be able to view resistance for what it is, which is often times a protective mechanism."

In his discussion, Dr. Himelstein said professionals should always remember that everyone's experiences are informing the ways they interact with others – and that the responses they get from young people should not be taken personally.

Chatmon noted the planning committee did an excellent job ensuring the session topics were varied and met the needs of the diverse group of participants.

"We have had a lot of positive reviews regarding the conference, including the variety of session topics, and the knowledge and expertise of the presenters," she said.