



The MindReset

Monthly Informational Bulletin

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April 2018

The MindReset (TMR) community had a very active April! TMR is very proud of and thankful to all those who joined for these events in support of our mission of building more Supportive, Inclusive, Compassionate and Kind communities!

AFSP Suicide Prevention Training -Howard University - April 6th

TMR collaborated with the American Foundation for Suicide Prevention (AFSP) to provide Howard University College of Pharmacy student the opportunity to learn and understand more about how to provide support for individuals who suffer from suicidal ideation. The training focused on empowering and encouraging attendees to take action. Key takeaways from the training included a deeper understanding of the risk factors for suicidal ideation, how to approach someone who may be in crisis, and learning about language that is more and less beneficial to someone who is feeling suicidal. There were over 30 attendees in the audience for the training and many reported leaving with a (#TMR) total mind reset about what skills are necessary to achieve positive outcomes in patients who struggle with mental health.



March for Science - Washington DC - April 14th

The annual March for Science event is an effort to “create tangible change and call for greater accountability of public official to enact evidence based policy that serves all communities.” TMR members participated in this event to meet one core objective: forwarding social justice and health equity by amplifying voices of those who have been or feel silenced.

Capital City Pharmacy Medical Reserve Corps Health Fair - Washington DC- April 14th

TMR members participated in a health fair in LeDetroit Park along with other Howard University College of Pharmacy student pharmacists. The student participants reached out to community members to help improve community health. Local residents were counseled on widespread chronic health conditions from asthma to diabetes, while being treated to healthy food and fun games.



TBI Support Group - Madison, WI - April 19th

Every third Thursday of the month, individuals affected by brain injury gather at Meriter Hospital for support group. This month's meeting was lead by University of Wisconsin Occupational Therapy program students on the topic of stress management. Group attendees shared laughter, love, and coping strategies. Some of the group have attended for over 20 years...the benefits of the group are very clear!

Rally to Prevent Suicide - Washington DC - April 21st

The National Council for Suicide Prevention (NCSP) hosted its first capitol rally. Holding their orange "Rally to Prevent Suicide" signs, TMR members listened to speeches from various suicide prevention stakeholders.. Key takeaways included the impact of suicide as the second leading cause of death in the youth population and considering the mental health of non-deployed soldiers. The MindReset appreciates these viewpoints and stands in solidarity to support organizations aimed at improving mental health and the social climate.



National College of Psychiatric and Neurological Pharmacists Conference - Indianapolis, IN - April 21-25th

The MindReset network brought a TMR member from California and Texas together at the College of Psychiatric and Neurological Pharmacists (CPNP) annual meeting.. Both Caitlin Wise and Alexander Kellogg pledged to be StigmaFree as part of the StigmaFree campaign ran jointly by CPNP and the National Alliance on Mental Illness (NAMI).

AFSP out of the Darkness - Madison, WI - April 22nd

TMR members in Madison walked to promote suicide prevention as part of the American Foundation Suicide Prevention (AFSP) Out of the Darkness Walk on the University of Wisconsin-Madison campus. The event highlighted individuals who were personally impacted by suicide. These brave survivors shared their journeys about what led them "to the edge" and ultimately onto the stage that day to help others who may personally be or know someone who is struggling with suicidal ideation. *"Today, we walk out of the darkness and into the light."*

