

Minette M. Genuchi

From: Commish
Subject: FW: Lancaster County, NE + The 2018 *National Suicide Prevention Awareness Month Proclamation* Project

From: Joel Frieders <joelfrieders.ward3@gmail.com>
Sent: Saturday, September 08, 2018 2:35 PM
To: Commish <Commish@lancaster.ne.gov>
Subject: Lancaster County, NE + The 2018 *National Suicide Prevention Awareness Month Proclamation* Project

Dear Commissioners of Lancaster County:

My name is Joel Frieders, and I am a second-term alderman in the United City of Yorkville, Illinois, the county seat of Kendall County located in Chicago's far western suburbs.

I am writing to my fellow appointed/elected officials across the country to ask for your consideration in reading the proclamation referenced below at a public meeting sometime within the month of September 2018 in support of National Suicide Prevention Awareness Month.

On July 28, 2017, I lost another friend of mine to suicide and since then I have been unable to shake the idea that I should be doing something to help stop these preventable tragedies from happening. As I am not a professional mental health counselor, I find my strengths in communication afford me the ability to reach out to you directly, so I hope you might take the few minutes to read this and get the ball rolling in your community before or during or even around September 2018.

This is the second year that I have personally taken on the task of getting as many municipalities as humanly possible to join the United City of Yorkville in showing support for those counselors, educators, coaches, and police officers that assist in the all-important job of preventing suicide. While this gesture isn't much, it's important to me that I not lose another friend to suicide.

So important, that I've been granted permission by the Mayor and City Council of Yorkville to take my efforts nationwide. As of today, the 2018 proclamation project has already been adopted by over 190 cities and twelve counties in twenty two different states. And this why your community is important.

It is my and my Yorkville colleagues' intention to help rid the world of the stigma of uncomfortable topics such as suicide and mental health. If you, as an elected official, can remind your constituents that it's OK to not be OK, and that there are people trained in discussing matters most find uncomfortable, maybe you will have a hand in saving the life of someone you love.

All it takes is to edit the draft proclamation hosted at **NSPAMP.com** with the name of your municipality, place it on an agenda sometime around September 2018 (October or November, it doesn't matter), and read it aloud at a public meeting. And speaking from experience, I can tell you that this is as easy as forwarding this email on to your awesome Clerk and asking that this be included in a meeting packet at the appropriate time, come late summer/early fall.

In 2017, 24 cities across Illinois joined the United City of Yorkville in addressing this issue via elected officials publicly reading and discussing the proclamation. In addition to these communities, the counties of Kane and Kendall, as well as the State of Illinois, all adopted the proclamation in support of National Suicide Prevention Awareness Month. We were also grateful to learn that the cities of Ft. Wayne, Indiana and Caton, Georgia joined in our chorus.

With your participation, now and into the future, every year that we take the time to address it, we help build a stronger foundation of thoughtful municipal government and a thoughtful community, reminding our constituents that we're all human and we're all in this together.

If you decide to join Yorkville, I would greatly appreciate a response in the affirmative so that I can add you to our list of government bodies supporting those in the field of suicide prevention.

To make all of this super easy on the municipality, the United City of Yorkville has compiled drafts of the proclamation in both Word and PDF, as well as a PDF copy of an outreach letter onto a single webpage: <http://www.yorkville.il.us/641/Suicide-Prevention-Awareness>.

If you'd like to read some background on the project, here is a recent article from the Chicago Tribune: <http://www.chicagotribune.com/suburbs/aurora-beacon-news/news/ct-abn-yorkville-suicide-prevention-st-0426-story.html>

Here is a recent radio interview on 95.9 The River out of Aurora, IL: <https://www.youtube.com/watch?v=CN-A9rFSa0Y&t=1s>

And here is a recent interview with Comcast Newsmakers from the Illinois State Capitol: <https://comcastnewsmakers.com/Videos/2018/5/3/Joel-Frieders---Handshake-Hug-or-Hi>

Here is another radio interview from WSPY in Plano, IL: http://www.wspynews.com/news/local/yorkville-alderman-s-proclamation-for-suicide-prevention-continues-to-spread/article_981e901a-6829-11e8-8179-cf3dd949da5c.html

Here is an article about the project from Wisconsin, where the community of Marshall, Wisconsin signed on: http://www.hngnews.com/waterloo_marshall/news/article_18101004-b60e-5f36-889e-524cf5d38566.html

Here is a "teaser article" from Hope For The Day that was published 8/31/18: <https://www.hftd.org/blog/08/31/18/waitt>

Here is our Facebook page: <https://www.facebook.com/SuicidePreventionAwarenessMonthProclamation/>

Finally, here is a constantly updated list of all municipalities participating in 2018: <https://www.facebook.com/notes/national-suicide-prevention-awareness-month-proclamation/2018-nspamp-list-of-communities-participating-constantly-updated/167328810602856/>

I hope to hear back from you!

To life,

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