

I lost my only child to suicide. My son, Andy, took his life on September 18, 2006, and my life will never be the same.

I've studied various suicide prevention programs and have observed SPEA's signature program, Recognizing Adolescent Depression and Suicide Prevention.

I'm so impressed and encouraged by the professional and educational approach implemented by SPEA that I have become a strong supporter and member of the Board of Trustees. I fully endorse SPEA's mission and its plan to implement its program in high schools throughout Northeast Ohio.

– **Nicholas J Lehman**

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**Suicide Prevention Education Alliance**  
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[www.helppreventsuicide.org](http://www.helppreventsuicide.org)

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**Leave a Legacy.**

Remember Suicide Prevention Education Alliance of Northeast Ohio in your will.

## Our Mission

To prevent suicide and promote recognition of adolescent depression through education and alliances with community partners.





Annual Report

2007



**SPEA**

Suicide Prevention  
Education Alliance

of Northeast Ohio



# Our Mission

To prevent suicide and promote recognition of adolescent depression through education and alliances with community partners.

# Saving Lives

Suicide remains the third leading cause of death for Americans from age fifteen to twenty-four. Statistics published by The Ohio Department of Mental Health consistently indicate that 20% of Ohio high school students have considered suicide, 14% have made a plan, and 8% have made an attempt. These statistics which are virtually the same throughout the United States, paint a grim picture of the prevalence of suicidal ideation among youth.

While some suicides occur without warning, most do not. Suicide is most effectively prevented by recognition of major depression or bipolar disorder and referral of the individual for early diagnosis and treatment. Extensive research confirms that most suicidal individuals can be effectively treated with medication and talk therapy.

**Dear Friends,**

Suicide Prevention Education Alliance concluded 2007, a year of tremendous growth, with a record setting 10,378 students served with our signature program, Recognizing Adolescent Depression and Suicide Prevention. We expanded our roster of schools served to 65 and added two highly skilled instructors, bringing our total to four professional instructors. We're well ahead of the 20% growth that was projected in our Strategic Plan. In fact, SPEA grew by nearly 37% in 2007.

We updated our Recognizing Adolescent Depression and Suicide Prevention curriculum and launched an evidence-based evaluation. Our intention is to receive the imprimatur of the National Registry of Evidence-Based Programs and Practices.

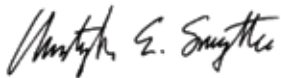
To help further our mission, we hired a part-time Director of Special Events who grew and upgraded our Survivors Conference, our Golf Tournament and our Into the Light™ Walk. Our Golf Committee, ably Co-Chaired by Bradley G Gorman and John A Koch, Jr, raised a record-breaking \$125,891. Our 4th annual Into the Light Walk broke attendance and fundraising records, but more importantly, the Walk helped to shine the light on depression and suicide prevention and provided an opportunity for hundreds of survivors of suicide to honor their lost loved ones.

Our work is driven by the knowledge that 20% of American teens seriously consider suicide and 8% make an attempt. We are motivated by stories of youth who seek the help of our instructors. For example, one instructor was approached by a ninth grade girl who tearfully said, "I can't believe that you're here right when I need you! I attempted suicide a few days ago."

Our instructor escorted the student to the school Guidance Counselor who then called her parents. Shocked and completely unaware of her daughter's suicide attempt, the mother responded quickly and the young lady was hospitalized and received much needed treatment.

It is stories like this that fuel our passion for our work. We are tremendously grateful to our many generous volunteers and supporters, without whom we could not deliver our lifesaving programs. Together we are saving lives.

Sincerely,



**Christopher E Smythe**  
Chairman



**Pat Lyden**  
Executive Director

# Our History

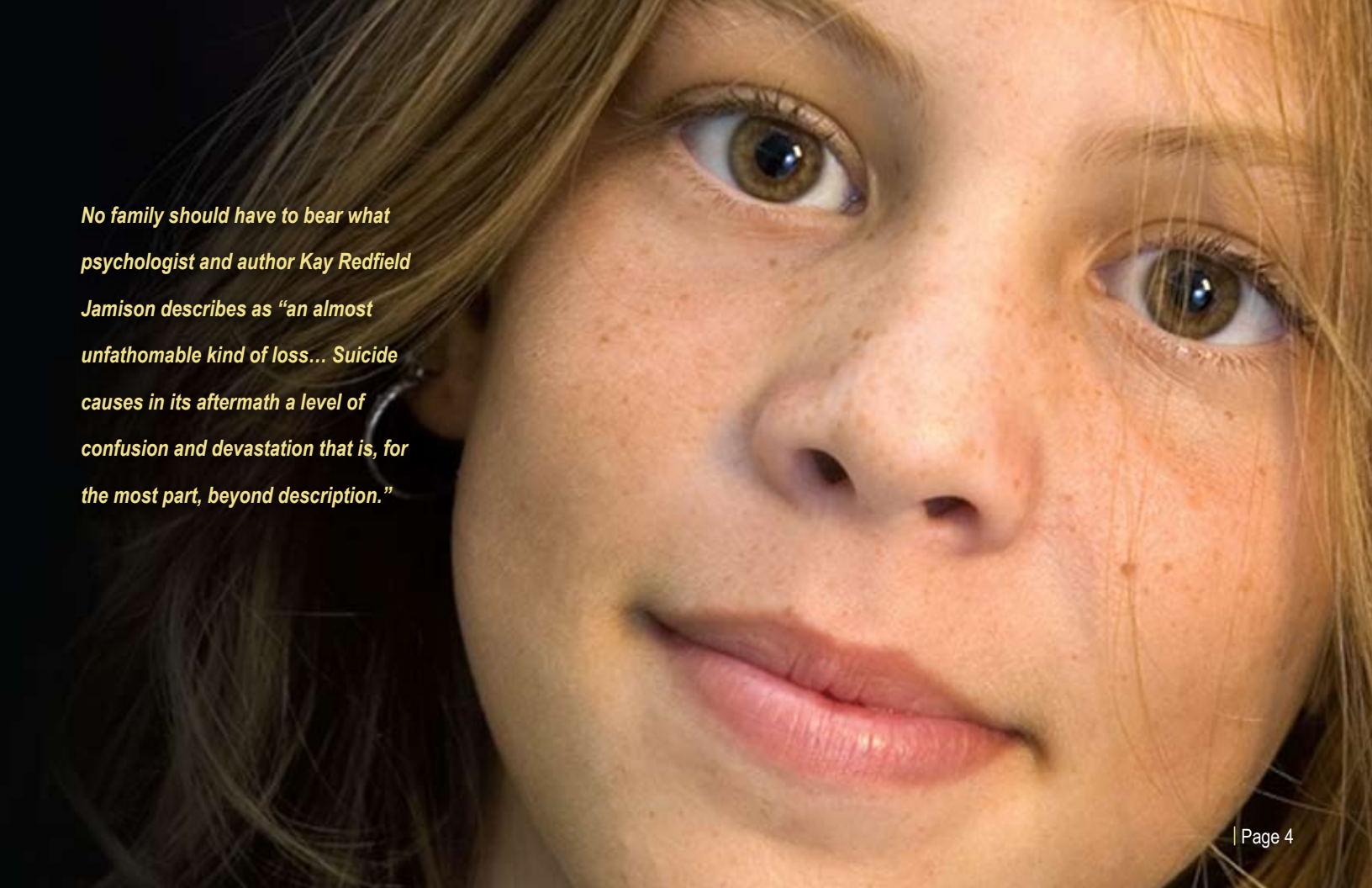
Suicide Prevention Education Alliance (SPEA) was founded in 1992 by Lyman H (Tim) Treadway after the loss of his son to suicide. Originally, the organization was a chapter of the national organization, American Foundation for Suicide Prevention (AFSP).

Mr. Treadway recognized a critical need in the community to educate youth and gatekeepers about major depression and its role in suicidal ideation and behavior, particularly among teens. Mr. Treadway assembled experts to serve on the agency's Scientific Advisory Board. He recruited prominent individuals, physicians and educators to serve as Trustees. After training more than 5,000 professionals – physicians, school counselors, social workers, nurses, clergy, teachers, law enforcement officers – in youth suicide prevention, the organization designed a classroom program to teach youth about depression and suicide prevention.

At the close of 2007 our signature program, Recognizing Adolescent Depression and Suicide Prevention, has been taught to more than 39,860 students in 65 Northeast Ohio high schools. We believe that our program saves lives. Surveys of 1,500 students who have had SPEA's program indicate that 5% were caused to seek the help of a mental health professional. SPEA is in the midst of an evidence-based evaluation of its program.

In 2004 the Board of Trustees decided that to best serve its mission of educating Northeast Ohio youth in suicide prevention, the organization must become independent of the research-oriented AFSP. Suicide Prevention Education Alliance of Northeast Ohio (SPEA) was established as an independent organization on December 31, 2004.



A close-up portrait of a young woman with light brown hair, freckles, and a hoop earring. She is looking slightly to the right with a neutral expression. The background is dark.

*No family should have to bear what psychologist and author Kay Redfield Jamison describes as “an almost unfathomable kind of loss... Suicide causes in its aftermath a level of confusion and devastation that is, for the most part, beyond description.”*

# Recognizing Adolescent Depression and Suicide Prevention

During fourth quarter 2006, with the help of Honorary Trustee and highly skilled volunteer facilitator, Karen R Nestor, the Board of Trustees created a Strategic Plan (2007-2011). At the time, SPEA was delivering its signature program to 7,500 students per year. The most important of the five goals delineated in the Strategic Plan is:

**Strengthen and expand youth programs to serve 15,000 students annually by 2011.**

SPEA planned to double its reach to youth in five years; by growing 20% per year. Just one year later, at the conclusion of 2007, and having expanded its staff of highly educated and trained instructors from two to four, SPEA delivered its signature program to a record-breaking 10,378 students in 65 high schools and youth serving organizations; far outpacing the projected 9,000 students. In fact, SPEA grew by nearly 37% in 2007.



# Our Services to Survivors of Suicide

## Survivors Conference

The Survivors Conference, held May 10, 2007, featured keynote speaker Judy Collins, whose remarks were entitled, "Sanity and Grace: A Journey of Suicide, Survival and Strength." A record-breaking 120 Survivors attended and feedback was overwhelmingly positive.



Keynote speaker Judy Collins

## 4th Annual Into the Light™ Walk

Our 4th Annual Into the Light Walk was a tremendous success! More than 750 attendees (more than double the number who attended the 2006 Walk) were moved by the music of Tom Scott and the Trinity High School Chorus. Loree Vick served as Celebrity Emcee.

Keynote speakers Nicholas J Lehman and Kirk Zajac captivated the audience with their personal stories and poignant messages. We raised awareness about depression and suicide prevention, and more importantly, we offered hope. Sponsored by University Hospitals and University Hospitals Department of Psychiatry, the event raised more than \$77,000 after expenses!





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# Financials 2007

## Revenue 2007

Annual Fund	\$82,165
Events	\$225,101
Foundation Grants	\$155,500
Other	\$8,567
<b>Total</b>	<b>\$471,333</b>

## Expense 2007

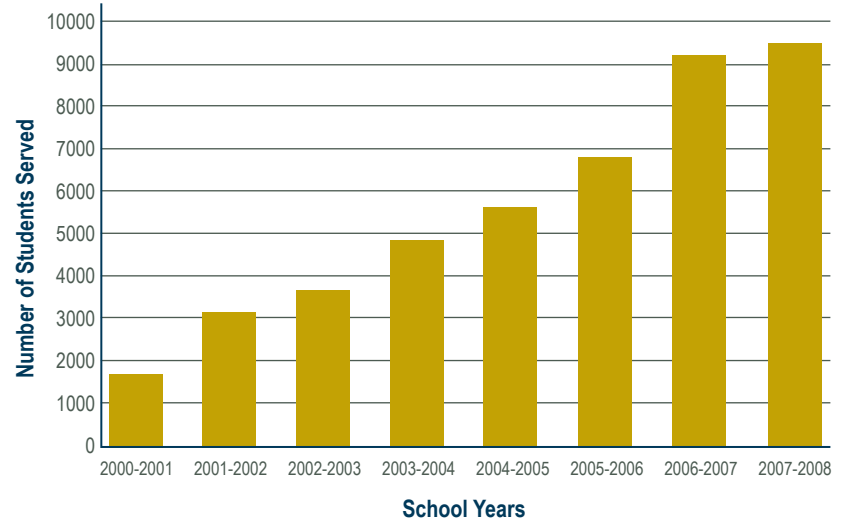
Salaries and Benefits	\$280,245
Operations	\$99,735
Facilities	\$12,123
<b>Total</b>	<b>\$392,103</b>

**Change in Net Assets** \$79,230

**Net Assets at Beginning of Year** \$263,572

**Net Assets at End of Year** \$342,802

## Students Served by School Year



*\*Note: School Year is different from calendar year.*

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