

We hope, we plan, we dream, we grieve, we build, but Right Now is where we are. Right Now we are choosing to move forward, doing the work that we hope will one day allow us to look back and be glad we are not still standing where we stand Right Now.

John Gaskill

The Survivors of Suicide program and this newsletter depend in part on donations from the survivor community.

We offer our sincere appreciation for a recent donation from the Auxiliary of Macomb Osteopathic Society.

SURVIVORS OF SUICIDE NEWSLETTER

is published bi-monthly by the Macomb Crisis Center

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Macomb County Crisis Center Presents:

Survivors of Suicide Five Week Educational Workshop *Understanding Suicide*

A unique educational workshop designed to help survivors heal the intense feelings of emotional pain that often follow in the aftermath of a loved one's suicide. We invite you to come learn about the complexities of suicide and the grief process. Survivors will find healing through education and through sharing their experiences with others who have lost a loved one to suicide.

The workshop runs for five consecutive Wednesday evenings. Participants are encouraged to attend all five sessions.

Wednesdays
October 5, 12, 19, 26, November 2
6:30 pm – 8:30 pm

Macomb Intermediate School District Building
44001 Garfield Road (south of Hall Road)
Clinton Township

Workshop Topics Include:

- The Stages of Grief
- The Suicidal Mind
- Tunnel Vision
- The Suicidal Personality
- Healing After Suicide

Please register in advance by calling the Crisis Center at 586-307-9100.

There is no charge for this program. Donations are accepted.

September/October 2011

Survivors Of Suicide NEWSLETTER

MACOMB COUNTY CRISIS CENTER

(586) 307-9100

Secondary Wounding

It is not uncommon for survivors to experience additional emotional wounds subsequent to a suicide. A suicide creates an immediate and gaping hole in the hearts and lives of survivors, but the aftershock can reverberate long after the funeral is over. While friends and mourners return to their everyday lives, those closest to the person who died often struggle with a gamut of painful emotions and additional challenges for a long time.

Survivors frequently suffer additional pain when they seek support from family, friends, neighbors, or community organizations and find that these individuals are unable to deal sensitively with what has happened. Whether intentional or unintentional, this lack of support has a profound impact on survivors who are already raw with grief and guilt. To make matters

worse, some survivors report feeling "blamed" by those from whom they sought support. Secondary wounding can occur in a number of ways:

- When survivors relate information about the suicide or subsequent events to others and they are not fully understood or believed. For example, they are sometimes told "that couldn't have really happened that way - you were just confused."

- When the pain of survivors is dismissed and they are made to feel that there is something wrong with them. Some survivors are made to feel 'it's time to get over it.' Comments might include, "How could you be surprised? You knew he was depressed!" and "At least you have other children."

- When people overtly or covertly communicate that they are blaming the survivor. Comments may include, "Well, maybe if you hadn't," "You should have never," or "That's what you get for..."

These are all ways of making survivors feel they do not have a right to their pain. The pain, disappointment and anger which are generated at these times become entangled in the original pain.

The grief from suicide is painful and the healing journey can be long. Survivors have a right to mourn in their own time and in their own way. The torturous pain will not last forever. Life will never be the same, but healing does and will occur.

Alliance of Hope for Suicide Survivors
www.forsuicidesurvivors.org

HEART LINES

Look at Me

When you look at me
What do you see?
A smiling face going on about its
business?
An individual without a care in the
world?
A competent woman completing a
task?
A mother caring for her child?

When you look at me
What don't you see?
A sad girl who is crying endless tears
on the inside
A person who just lost something so
vital to her life
A worker struggling to get out of bed
and go to work
A human in need of comfort

When I look at myself
I see
A person going through some rough
waters
A woman who has had dreams
shatter
A scared child wanting to get off this
roller coaster
A daughter of God who knows
despite all the sadness I feel
right now
All will be well again someday

Cheryl Caverly

Sharing the Journey

The Guilt

Leonetta Bugleisi

Now there is a name for all this guilt
That I have been carrying around with
Me for my entire life
'survivor's guilt'

See that's what happens when someone
Really dies and all that seems to be
Left are the voices in your head
That blame you for everything that ever went
wrong

Guilt now is upgraded to have its
Own adjective and many chapters
In books about grieving and there will
Be special advice for dealing with 'survivor's
guilt'

Let me tell you how this special guilt feels
Whenever doing normal things, like taking a
shower,
Or petting a cat or watching a commercial
giving tips on
Getting to sleep, I know that my dead
daughter will
Never have the experience of these things
again.

Any pleasures that come across my daily
sensations
Have a shroud of guilt around them
How dare I have a piece of chocolate, or
How dare I plan for a big trip or how dare I
Laugh too loud or become too joyous
I'm alive and should have 'survivor's guilt'

How can I be left with this hybrid type of guilt
When my daughter was the one that took
the pleasures, innocence,
Organic living filled with angst, shouting,
laughter and passion
With her when she made this decision to die

It's even guilt provoking to write the last
stanza of this poem
To accuse a dead person, who was filled
with so much pain,
As being guilty of taking so much of life with
her when she died
How could any self-respecting mother even
think of such a thought

See what I mean now - 'survivor's guilt' over
everything
Even guilt over being angry, disappointed,
hurt, devastated
I'm not sure of the cure, but the cause is
death
Death caused my survivor's guilt, I hope it
isn't contagious.

Survivors of Suicide Support Group Meetings

(1st Wednesday and 3rd Tuesday of each month)

Wednesday, September 7
Tuesday, September 20
Wednesday, October 5
Tuesday, October 18
7:00 to 9:00 p.m.

Fox Pointe Center, 46360 Gratiot
South of 21 Mile Road
Enter door at rear of building
Questions? Call 586-307-9100

Upcoming Events

September 2011

Craft Nite
Monday, September 26, 6pm-9pm

October 2011

Five Week Educational Workshop
Understanding Suicide
Macomb Intermediate School District
Wednesdays, 6:30 - 8:30 pm
October 5, 12, 19, 26, November 2
see back page for details
register by calling 586-307-9100

Craft Nite
Monday, October 24, 6pm-9pm

November 2011

Craft Nite
Monday, November 28, 6pm-9pm

December 2011

Holiday Program

*All activities take place at Fox Pointe Center,
46360 Gratiot, unless otherwise noted.*

*Please watch future newsletters for additional
information as it becomes available. Events
are subject to change.*