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# BEYOND THE BASICS IN SUICIDE PREVENTION

## CARING ABOUT LIVES IN MAINE - AWARD RECIPIENTS

### CAMP KITA

Camp Kita was established in 2014 by the Mosher siblings as a camp where child suicide survivors could connect as a community of support. The Moshers, Sydney, Morgan and Isaiah, lost their father to suicide in 2004 when they were teenagers. At the time, each sibling dealt with the loss on their own; later, they confessed to each other how lonely they felt in the absence of knowing other young suicide survivors they could talk to about their experience. As adults, the Moshers made a commitment to ensuring that no child would have to endure isolation along with the grief of a suicide loss. This hope led them to create Camp Kita, where child survivors can have fun and enjoy the Maine outdoors – while also finding connection, support, and healing. Through the dedicated work of the Moshers and other Camp Kita supporters, all children can attend the week-long camp free of charge!

### DONNA BETTS

Donna Betts founded Family Hope, a non-profit organization, in 2012, after her son's death from suicide. As a result of her own experiences, Donna understood first-hand the difficulties of navigating Maine's mental health system and the challenges of connecting family members with needed services. She began Family Hope as a way to provide needed education, encouragement, and resources to the family members and friends helping loved ones living with mental illness. Donna's caring and concern for young people struggling with mental illness and their families has been exemplary. Her dedication has helped many Maine families and their loved ones find services, support – and a friend who understands their experiences.

### NATHANIAL HIGGINS

At 7:30pm on September 5, 2015, Nathaniel Higgins, a Police dispatcher in York, Maine received a call from distressed man in danger of attempting suicide. As police officers drove to the man's residence and closed off the surrounding streets, Higgins continued to talk with the caller. After 30 minutes he was able to get the man to leave his house and talk to the responding officers. Once outside, officers were able to convince the caller to let go of his weapon so that he could be taken to York Hospital for evaluation. As a result of Nathaniel's compassion and calm demeanor, a potentially dangerous situation ended safely for all involved and an individual in crisis was able to receive help he needed.

## BOB PICONE

Bob Picone is the Executive Producer and Host of *Issues That Matter*, a public access television program based in Biddeford, Maine. As host of *Issues That Matter*, Bob offers public health and healthcare professionals in Maine a place to discuss important health topics, such as cancer, multiple sclerosis, and mental health. In honor of National Suicide Prevention Month, Bob invited the Maine Suicide Prevention Program an opportunity to participate in five programs during the month of September, 2015. Each of the five programs highlighted a different topic related to suicide prevention, such as awareness, stigma, and healthcare interventions to reduce suicide risk. Bob's dedication to providing a platform for a critical issue facing Mainers, and his willingness to devote meaningful time to an in-depth discussion of how to recognize warning signs, intervene, and support individuals at risk, residents throughout Southern Maine gained valuable information on suicide awareness and prevention.

## KATHARYN ZWICKER

As a dedicated staff member of the Maine Centers for Disease Control and Prevention for over 20 years, Katharyn Zwicker has worked tirelessly to ensure the safety and well-being of Maine's residents. During this time, she has worked with the Maine Injury Prevention Program as a Public Health Educator and Comprehensive Health Planner for the Maine Suicide Prevention Program, as well as the Principal Investigator for the Building Caring Connections in Maine youth suicide prevention program. Although Katharyn has since moved to another division within the Maine Department of Health and Human Services, we are forever grateful for the passion, knowledge, and leadership she demonstrated during her time the Maine Suicide Prevention Program. While we know her as a funny, dedicated friend and colleague, her true impact is in the effective programs she implemented, the communities she helped make safer, and the many, many lives she touched.