



NEVADA PREVENTION RESOURCE CENTER UPDATE

Providing weekly updates for Professionals, Counselors, Educators, Parents and Activists

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Work related Suicide

A recent study published in the American Journal of Preventive Medicine shows an increase in suicides at work. Analyzing nationwide data collected from 2003 to 2010, the researchers found just over 1,700 suicides during work.

The research found that people in the protective services occupations (such as firefighters or law enforcement) had a higher rate of suicides during work hours.

The second highest category was found to be in the farming, fishing and forestry industries, followed by occupations in the installation, maintenance and repair industries.

The last year for which data is currently available in the US is 2013; that year 270 people committed suicide at work. This is a 12% increase from 2012.

The study discovered that workplace suicides decreased between 2003 and

2007 and then increased between 2007 to 2010. Some interesting findings from the study included: men were 15 times more likely than women to commit suicide at work, and people aged 65 to 74 showed an increased likelihood for workplace suicide.

[Newsweek](#)
[Atlantic Montly](#)
[AJPM](#)

Leslie C. Marlowe

Is Coffee Good For You?

New studies show health benefits of coffee including reduced risk of type 2 diabetes, liver disease, Alzheimer's, prostate cancer, back pain and more. But, depending on genetics, age and how the coffee is made, it can also be bad for you.

Coffee plants and beans have a variety of antioxidants, vitamins, bioflavonoids and minerals. Together, these seem to have health-promot-

ing benefits. One recent study suggests that people who drink three to five cups of coffee a day have fewer calcium deposits in their arteries than others. Coffee may therefore reduce the risk of clogged arteries and heart attacks.

For purposes of the studies, a "cup" of coffee is deemed to 5 to 8 ounces. Studies have also shown that coffee may reduce the risk of melanoma and basal cell car-

cinoma. In addition, research also suggests that coffee may reduce risks of Dementia and Parkinson's Disease.

Pregnant women need to be aware that coffee does have risks for their unborn child. These risks include: miscarriage, low birth weight and birth defects.

[Mercola.com](#)
[Fox News](#)

Leslie C. Marlowe

In The News

[Average number of alcoholic drinks](#)

[Large Percentage of Female Deaths Attributed to Prescription Drugs](#)

[Painkillers May Reduce Risk of Colon Cancer](#)

[Adults Over 30 Usually Get Flu Twice Every 10 Years](#)

New Materials

Be sure to check out our clearinghouse. Between January 2 and March 13 we added more than 100 new resources.

At the end of the month, we will publish a list of all new resources to date. In the meantime, our database lists the most recent.

Go to our [clearinghouse](#).

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Events and Opportunities

Today's Native Leaders

UNITY and OJJDP, will host the Today's Native Leaders Community Service Academy in Rapid City, SD. This free event will provide as many as 100 tribal youth with leadership training. Trained youth will have the opportunity to present at the annual national UNITY conference in Washington, DC.

April 10–12, 2015

Targeted Capacity Expansion: Medication Assisted Treatment - Prescription Drug and Opioid Addiction

Provides funding to states for expansion of evidence-based medication assisted treatment (MAT) and recovery support services.

Anticipated Award Amount: Up to \$1,000,000

Applications Due: May 8, 2015

Campus Suicide Prevention Grant

SAMHSA is accepting applications for FY 2015 Campus Suicide Prevention grants. The grant is designed to assist colleges and universities in building essential capacity and infrastructure to support expanded efforts to promote wellness of all students.

Application Due: April 20, 2015

More Events and Opportunities

Become a Youth Justice Leadership Institute Fellow

Applications for the 2015-6 Youth Justice Leadership Institute will be now open!

Youth Violence Prevention Coordinated Technical Assistance Program

Provides cross functional technical assistance to communities, tribes, and agencies funded to serve children and youth.

Applications due by 11:59 p.m. eastern time, March 30, 2015.

Drug-Free Communities Mentoring Program

Anticipated Award Amount: \$75,000

DFC Mentoring grants were established as a component of the DFC Support Program when the program was reauthorized in 2001. The primary goal of the DFC Mentoring Program is to assist newly forming coalitions in becoming eligible to apply for DFC funding on their own.

Application Due Date: Tuesday, April 14, 2015

Other Upcoming Events

WA State Spring Youth Forum Scholarship form now open, for WA state youth teams only; May 14, 2015

ARHE 6th National Collegiate Recovery Conference

Currently seeking presenters. Registration is open. May 27-29, 2015

28th National Prevention Network Conference

Seeking presenters for workshops. November 17-19, 2015

QR Code



For individuals looking to sign up for the Update - follow this QR Code from your smart phone and find the link on our website!



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