

Upcoming Speakers

7/20 - Dr. Patrick Withrow & Captain Anthony Copeland - Topic: "The Adolescent Brain and Substance Abuse"
7/27 - Former Kentucky Governor Martha Layne Collins

Club Leaders



Glen Anderson
President



Melanie W. McNeill
President-Elect



Shawn Turner
Secretary



Thomas Scott Taylor
Treasurer

Mardie R. Herndon
Rotary Foundation Chair

Don Barger
Sergeant-at-Arms



John A. Williams Jr.
iPast President

Denise A. Chapman
Club Executive Secretary

Birthdays

John A. Williams Sr.

July 14

Glen Anderson

July 14

Emerson Goodwin

July 17

Julie Hart

July 19

Gloria Meriwether

July 19

William Robert Johnston

July 20

Jeff Pederson

July 21

Brandon Barnhill

July 22

Melanie W. McNeill

July 23

Daniel Key

July 25

Don Barger

July 29

Scott Powell

July 30

Victor Sredl

July 31

Christopher Sims

August 01

Patrick Withrow

August 04

Cathv Creelius



GearTeeth

The Rotary Club of Paducah

Website: www.PaducahRotary.org

July 13th, 2016 Issue 78, Number 2

Gear Teeth is published weekly except New Year's, Easter, Quilt Week,

4th of July, Labor Day, Thanksgiving and Christmas.

Teen Suicide: A Silent Epidemic

July 13th, 2016

Each day across the United States, an average of 5,400 middle and high school-aged young people will try to take their own life. Four out of five of those teens likely gave clear warning signs that something was wrong.



Reporting these staggering statistics to Rotary was Geoff Wilson, Chairman of Kentucky's "Stop Youth Suicide Committee". Wilson is a 22-year veteran in the field of adolescent treatment and substance abuse. His committee is sponsored by the UK Adolescent Medicine Clinic in Lexington. Wilson is a Licensed Clinical Social Worker and Certified Alcohol and Drug Counselor, and is Director of Clinical Operations at Ridge Behavioral Health System in Lexington. Wilson walked through numerous numbers, stories, and actions pertaining to youth suicide.

The Numbers:

-Suicide is the 2nd leading cause of death for young people nationwide ages 10-24...more than cancer, heart disease, AIDS, birth defects, stroke, flu, pneumonia and lung disease combined.

-14.5% of students surveyed had considered suicide in the past year...11.3% made a plan...6.9% made at least one attempt.

Who's at risk:

-LGBTQ Youth are considered to be a higher risk for suicide than their heterosexual peers. 81.9% have experienced harassment at school. 63.5% have felt unsafe at school, yet most never report the incident.

-Suicide ranks highest among Native American and Alaskan Native youth, followed in order by Caucasian and African-American youth.

-Youth with negative personal histories (abuse/neglect), those with negative personality attributes, social peer alienation, psychopathic parents or dysfunctional families, and access to dangerous weapons all rank as high risk for suicide.

Wilson stressed that suicide threats among teens should always be taken seriously, as those who offer threats or even hints are 30 times more likely than average to kill themselves. Forms of threats to watch for include verbal statements, written letters or text messages, and social media posts.

Depression, according to Wilson's statistics, is one of the primary factors that leads to suicide among teens. Consequently, he warned of paying attention to possible signs of depression including a drop in school performance, behavior problems, fatigue and self-destructive behavior. In addition, family and interpersonal stress often leads to depression and ultimately suicide. Wilson cited personal losses, disciplinary issues, and family instability as examples.

Wilson outlined a number of myths about suicidal behavior, and warned what to avoid doing or saying to a potentially suicidal teen.

For more information, Wilson's group can be found on the Web at www.stopyouthsuicide.com Other prevention resources include The Jason Foundation, and 1-800-SUICIDE.

Announcements

July 13th, 2016

Quarterly dues invoices were sent out Monday to all Rotarians. If you did not receive yours, please contact Denise as soon as possible.

President Glen urged all members to familiarize themselves with the DACdb function of the club's website. From the DACdb member login tab on the club's website homepage, www.paducahrotary.org, you can update your profile, etc. The information helps each club maintain their required reporting data, and fosters communication among club leadership and other clubs.

The monthly Board of Directors meeting is set for Wednesday July 20 at 5:15 PM at the McCracken Public Library.

Guests

July 13th, 2016

Bob Coulson – guest of John Williams, Jr.

Chuck Hank – guest of Glen Anderson

Shelby Doucet and Genevieve Postlethwait – guests of Pat Withrow

Megan Thomason – guest of Jim Dudley

Gayle Martin – guest of Barry Smith

Linda Bartley – guest of Julie Hart

Martha Layne Collins – guest of Roy Lowdenback

Anthony Copeland – guest of Brandon Barnhill

Josh Guthrie – guest of Brad Clar

Dr. Charles Chrestman – guest of Ashley Wright

Courtney Walker, Nichole Dallas, Shelby Adams, Casandra Savoy and Ken Knapp – guest of Mike Muscarella