LEADING THROUGH TRAGEDY

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October 21, 2019
FILLMORE, CALIFORNIA
LIVING THE
DREAM
LEADING THROUGH TRAGEDY

January 7, 2016
NOW WHAT? – THERE IS NO MANUAL FOR THIS

Family
Organization
Community
Yourself
WHAT WAS LEARNED

**Family** - Be there for the family. Look for ways to honor the individual when and if appropriate.

**Organization** - Provide grief counseling for your employees and elected officials. Don’t be afraid to show emotion when talking to your employees.

**Community** - Let the emotion of the moment subside in order to make the right decision. Provide an outlet for the community to grieve and heal.

**Yourself** - Take time for yourself. Get away and recharge. Attend grief counseling and share how you feel.
RIPPING THE SCAB OFF: AGAIN AND AGAIN
Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

Talking about wanting to die or to kill themselves
Looking for a way to kill themselves, like searching online or buying a gun
Talking about feeling hopeless or having no reason to live
Talking about feeling trapped or in unbearable pain
Talking about being a burden to others
Increasing the use of alcohol or drugs
Acting anxious or agitated; behaving recklessly
Sleeping too little or too much
Withdrawing or isolating themselves
Showing rage or talking about seeking revenge
Extreme mood swings
National Suicide Prevention Hotline - (800) 273-8255

If you or someone you know needs help, please do not be afraid to ask for it.
THANK YOU

Questions?