

12th STREET STATION NEWSLETTER

12th Street Station Division of the Little Rock Police Department



November 1, 2019

SUICIDE PREVENTION: HELP IS AVAILABLE

Immediately after letting go of the rail, nineteen-year-old Kevin Hines regretted jumping from the Golden Gate Bridge to end his life. "I knew it was the greatest mistake of my life," he said in an interview with American Real.

Kevin suffered from mental illness, as do many suicidal individuals. He was not taking his medication regularly. He was seeing and hearing terrifying things that no one else could perceive. His parents had recently divorced. And he was hiding his fear and psychological pain from everyone because he felt ashamed.

Isolated in his mental anguish, Kevin listened to voices in his head telling him he had no value and was a problem for the people he loved. Believing he had to die, he made a plan and wrote goodbye notes. On the day of his jump, he cried as he rode the bus to the bridge. He vowed he would accept help if someone offered it. But that day no one did.

Unfortunately, suicide is not rare. The American Foundation for Suicide Preven-

tion (AFSP) says that more than half of US residents have known someone who died by suicide. AFSP's statistics show that, in Arkansas, one person ends his or her life every fourteen hours.

There are many risk factors associated with suicide. Stressful life events, poor coping strategies, and mental health issues can lead to suicide. Addiction to narcotics, especially opioids, is commonly linked to suicide. And knowing someone who died by suicide will increase the likelihood of attempting suicide.

Suicide is not a selfish act. It is not about trying to hurt someone else. Rory O'Connor, Ph.D., of the University of Glasgow, says people who take their own lives think they are relieving their loved ones of a burden. Suicidal people are experiencing unbearable pain and can see no alternative to ending their lives. They need someone with compassion to ask if they are thinking about self-harm and to help them believe they can get better.

The best way to help people at risk is to

share examples of others getting better, says Mark Sinyor, M.D., of the University of Toronto. Giving them good coping strategies will generate hope.

Kevin Hines survived his jump and got the help he needed. Now free from pain most of the time, he finds meaning in life by sharing his story and the art of wellness with others who suffer, in person and in his book, *Cracked Not Broken: Surviving and Thriving after a Suicide Attempt*. With understanding borne of experience he says, "Never let go."

Our community has resources available for people with suicidal thoughts, such as the Crisis Stabilization Center, 3001 W. Roosevelt Rd., 501-340-6646; the Suicide Prevention Lifeline, 1-800-273-8255; the Veterans' Center, 4300 W. 7th Street, 501-257-1000; emergency rooms; and the police department. Help is available, and it does work.

Departmental Social Media and Website Information

Instagram: @littlerockpolicedepartment

Facebook: Little Rock Police Department

Twitter: @LRpolice

Websites:

<https://citizenconnect.littlerock.gov/>

www.buildabetterblue.com

www.littlerock.gov/for-residents/police-department/

Tip Lines

Department and local tip lines provide anonymity for residents, students, and business personnel reporting criminal activity and aid the law enforcement process with accumulated intelligence and information.

Tip Line Numbers:

LRPD 501.371.INFO (4636)

12th Street

(Property Crimes) 501.404.3119

Narcotics and Vice Unit 501.918.3800

Crime Stoppers 501.340.8477

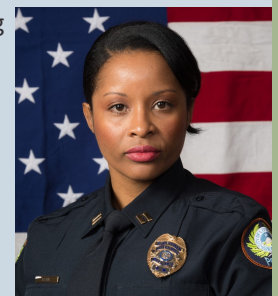
FROM THE DESK OF CAPTAIN HASKINS

Suicide awareness and prevention is a community concern. Death by suicide ripples through a community with the loss of valued family, talented coworkers, bright classmates, and caring friends. A healthy citizenry strengthens our community. Join the conversation around this very important public health and safety matter. Silence and being uninformed are suicide's best friends. Let us not be complicit. Collectively, let's educate ourselves and check in with one another.

Get the conversation started by sharing your experiences and providing a listening ear. Make sure you are prepared to help a person in crisis reach out to mental health professionals (if necessary). As always, 12th Street Station personnel are willing to offer support through crisis intervention with officers who are specially trained and available intervention resources.

Let's adopt this one very achievable goal: Zero suicides in our community. Let's face it, suicide is 100 percent preventable.

As always, take care.





When things get bad for Officer Steward, he calls for backup.



Officers Coleman and Steward at the Chili Cookout in the Heights



Southend Neighborhood's National Night event Out (Thrasher Boys & Girls Club)



Capitol View/Stiff Station National Night Out event (Billy Mitchell Boys & Girls Club)



Cornbread Festival on Main Street



Girls Scout Troop #6114 visit to the substation



Lt. Leavy at Community Day at Williams Temple Church



Mounted Patrol at the AR Dream Center

DATES AND DETAILS

Building a Better Blue
Written Exam/Physical
Endurance Ability Testing
October through January
10901 Arch Street
See announcement



Chop It Up With a Cop!
Friday, November 8
5:30 to 7:30 p.m.
Goodfellas Barbershop
4306 Asher Avenue



Impact the Rock:
Day of Unity and Service
Saturday, November 16
9 a.m. to Noon
More info and sign up at
LittleRock.gov/volunteer



Little Rock Police Unity Ball
Saturday, March 28, 2020
Tickets: lrpolicefoundation.org

International Survivors
of Suicide Loss Day
Saturday, November 23



Quarterly Meeting



Officers Stauffer and Coleman received citizen's letters of commendation for outstanding performance in working to save a life.



Quarterly Chat with Clergy Meeting





WE'RE BUILDING A BETTER BLUE!
www.BuildABetterBlue.org

Written Exam / Physical Endurance Ability Testing (PEAT)

October 2019 – October 1, 14, & 26
 November 2019 – November 4, 14, & 17
 December 2019 – December 3, 14, & 20
 January 2020 – January 7, 26, & 31

Structured Interviews

February 2020 – February 10 - 14

AMBASSADOR PROGRAM

One year in the River Market

INCIDENT REPORTS



- CITIZEN COMMUNICATION - 1840
- CITIZEN ASSIST - 275
- CITIZEN ESCORT - 150
- PANHANDLER - 102
- *OTHER - 139

*The other category includes Police on Site (44), Parking Violation (11), Paramedics on Site (11), Fight (2), Fire (2), and Non-Categorizable (69).



Look for our Ambassadors in their highly visible, bright yellow uniforms out on the streets in downtown Little Rock. While on duty in the River Market, they are available to walk people to their cars, give directions, or even take their picture! They work closely with the Little Rock Police Department and help serve as an additional set of eyes and ears on the street.

-DOWNTOWNLR.COM



COME JOIN YOUR NEIGHBORS AND LEARN HOW YOU CAN HELP KEEP THIS PROGRAM GOING!

**MONDAY, NOVEMBER 4TH
 CACHE RESTAURANT
 4:00 – 6:00 PM**

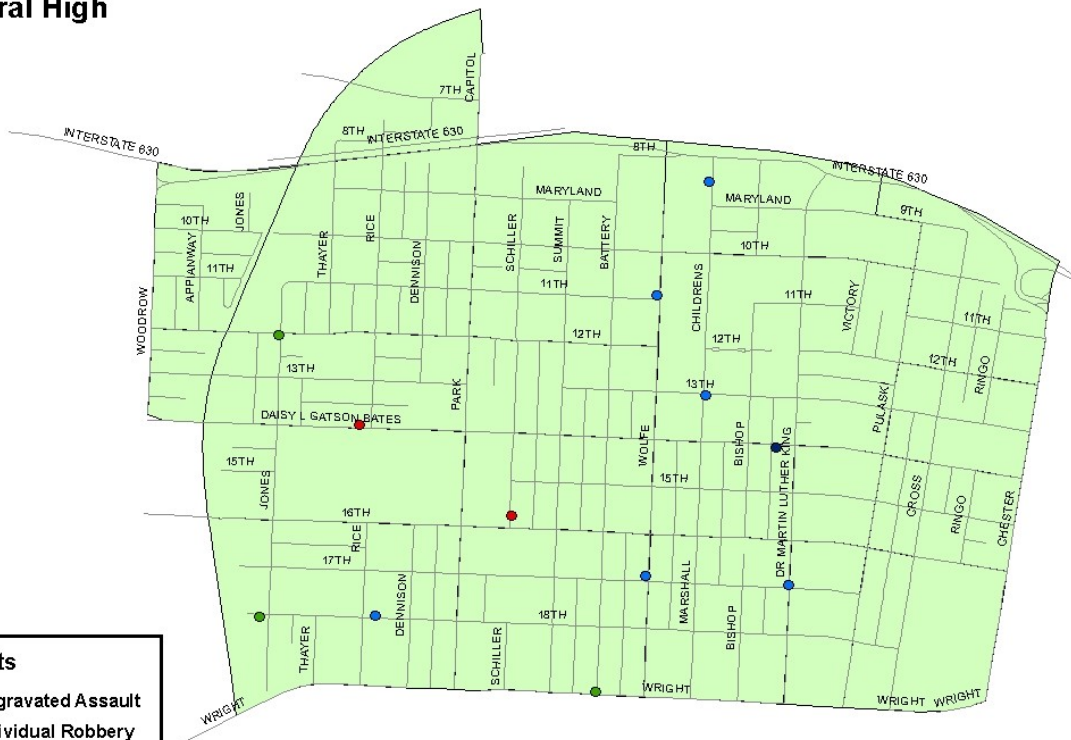
Neighborhood Association Crime Statistics Maps for October (No map is shown where no Part 1 crime occurred)

Capitol View/Stiff Station



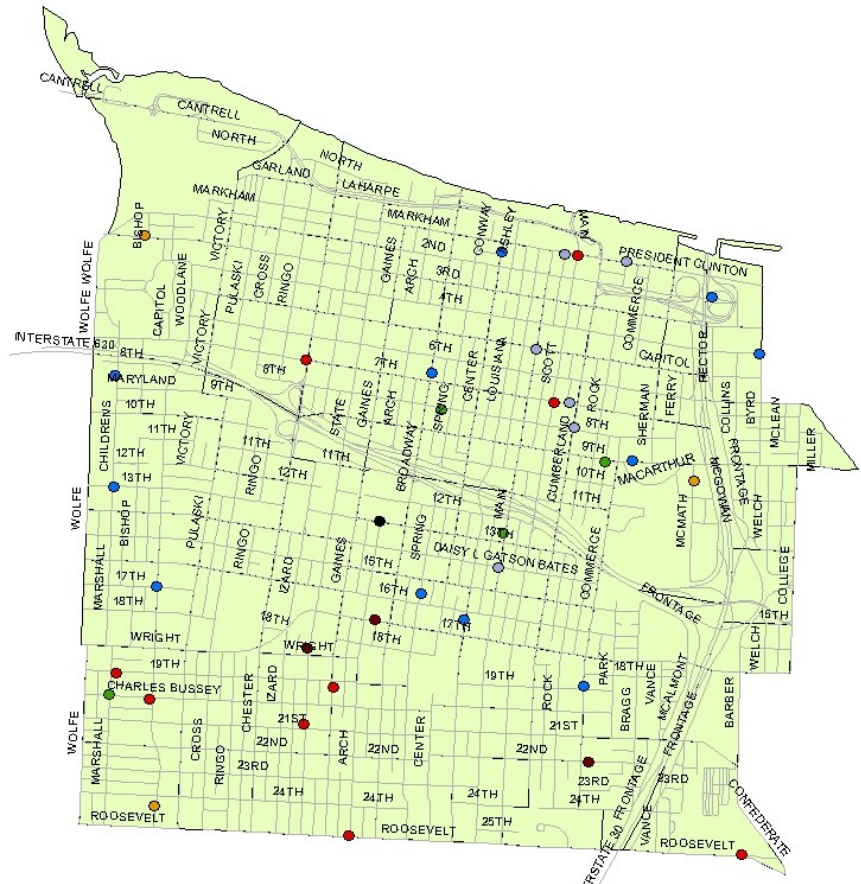
- Incidents**
- Aggravated Assault
 - Commercial Burglary
 - Auto B & E

Central High



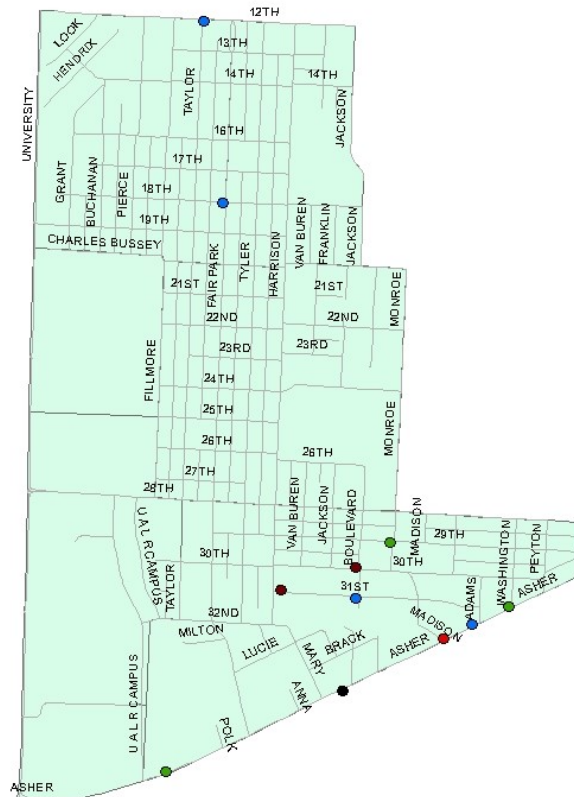
- Incidents**
- Aggravated Assault
 - Individual Robbery
 - Stolen Vehicle
 - Auto B & E

Downtown NA



- Incidents**
- Homicide
 - Aggravated Assault
 - Individual Robbery
 - Commercial Burglary
 - Residential Burglary
 - Auto B & E
 - Stolen Vehicle

Fair Park



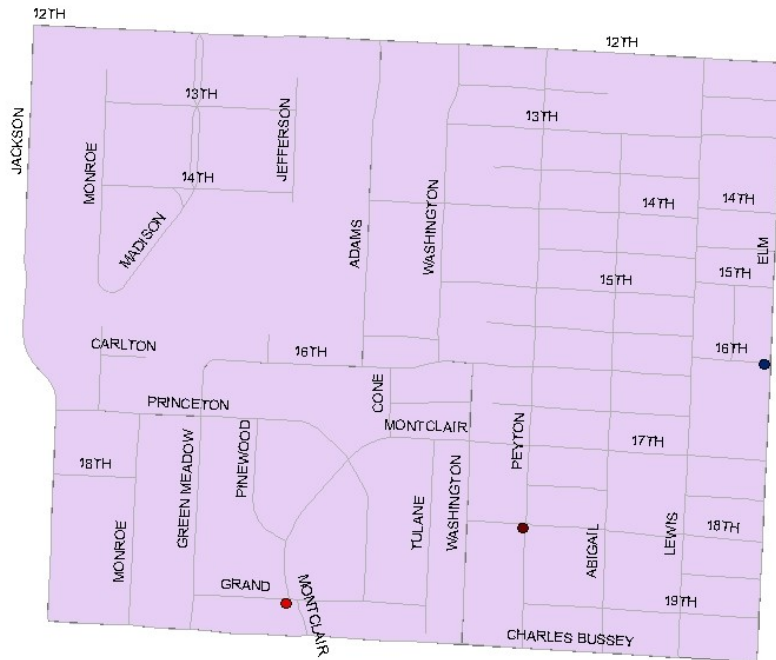
- Incidents**
- Homicide
 - Aggravated Assault
 - Residential Burglary
 - Auto B & E
 - Stolen Vehicle

Hillcrest



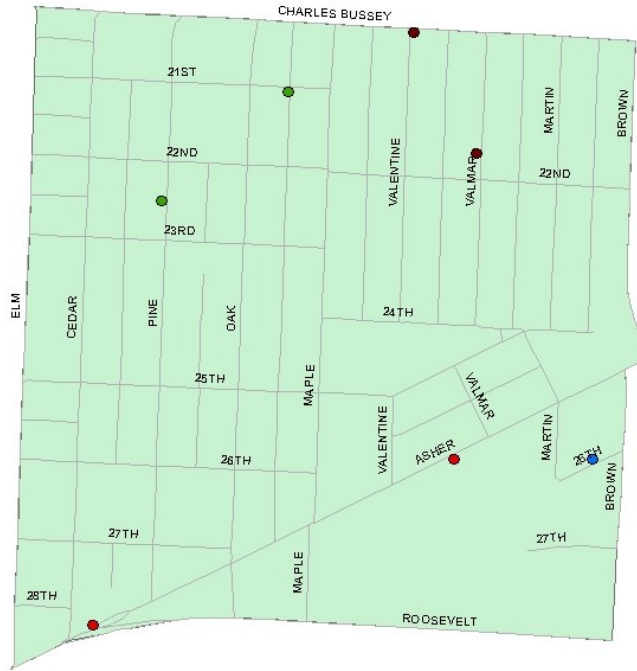
- Incidents**
- Residential Burglary
 - Auto B & E
 - Stolen Vehicle

Hope



- Incidents**
- Aggravated Assault
 - Individual Robbery
 - Residential Burglary

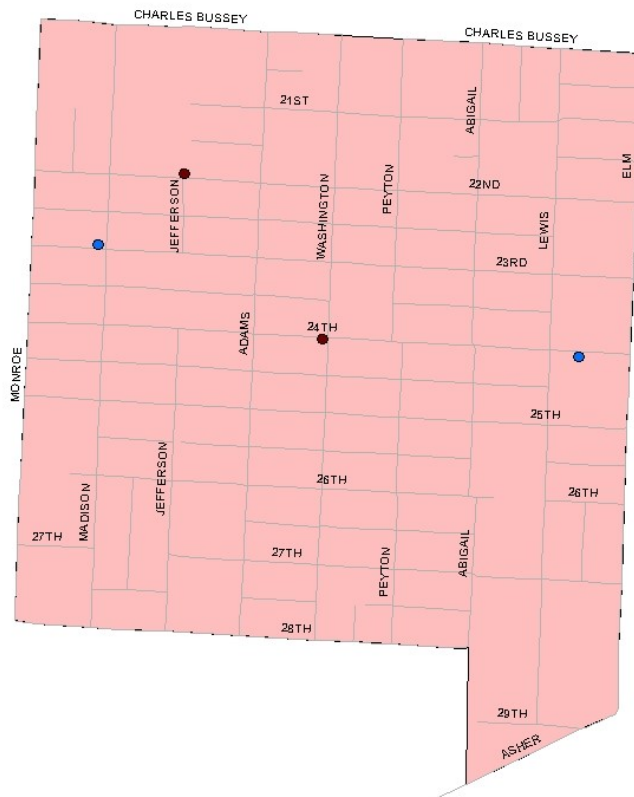
Love NA



Incidents

- Aggravated Assault
- Residential Burglary
- Auto B & E
- Stolen Vehicle

Midtown



Incidents

- Residential Burglary
- Auto B & E

Pettaway

- Incidents**
- Auto B & E
 - Stolen Vehicle

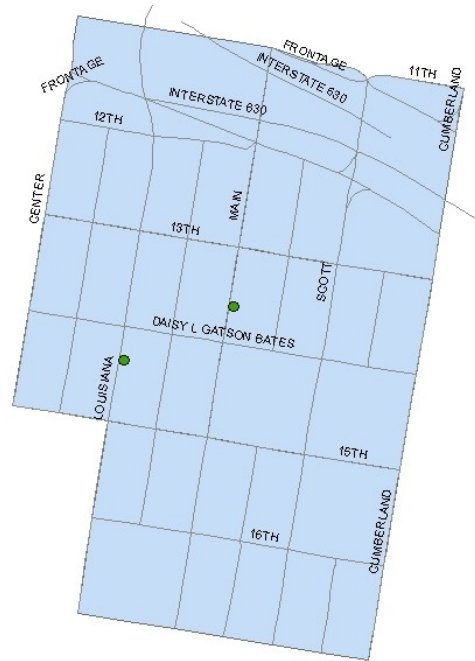


Pine to Woodrow

- Incidents**
- Aggravated Assault
 - Residential Burglary
 - Stolen Vehicle



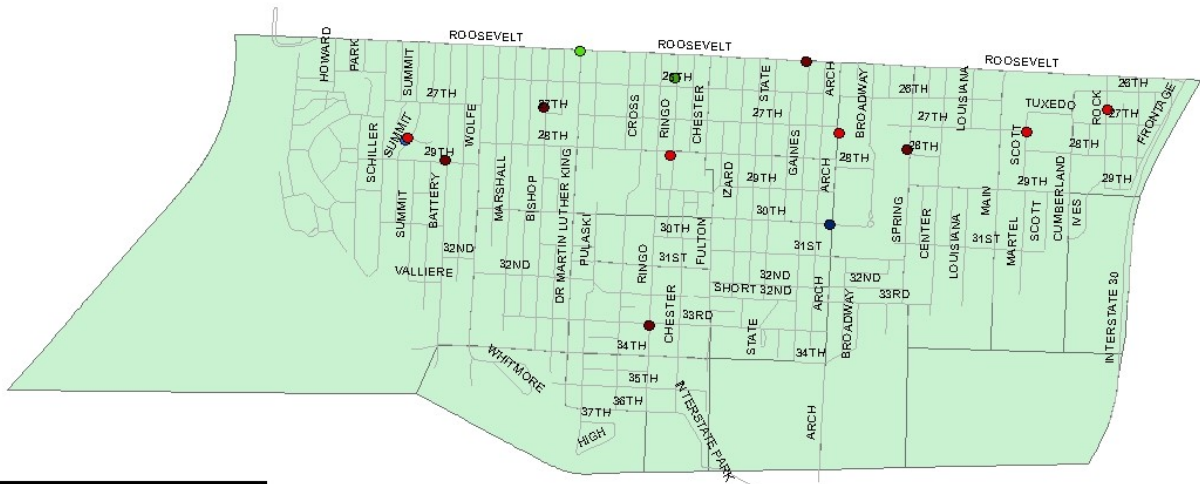
Soma



Incidents

- Stolen Vehicle

SouthEnd



Incidents

- Aggravated Assault
- Business Robbery
- Individual Robbery
- Residential Burglary
- Auto B & E
- Stolen Vehicle

Wright Ave

- Incidents**
- Aggravated Assault
 - Individual Robbery
 - Commercial Burglary
 - Auto B & E
 - Stolen Vehicle

