

March 09, 2010

Another Dead One For Piggy

Another suicide last week. John Littlewind. Crowhill. I'm told he was 20 years old. Got in a fight with his girlfriend, went home, hung himself. Another permanent solution to a temporary problem. Lack of coping skills, or conflict resolution skills being taught to our young.

They are taught instead, that violence is the answer. Always violence. And, if not violence against the person that is the target of aggravation, then violence to self. Violence. Death. Not learning. Not coping, not accepting... just death.

No one contemplating suicide has anywhere to go. No one struggling with emotional issues has anywhere to go. They have Piggy Cavanaugh and her family, taking over that resource. They are, none of them qualified. But, for some reason, the Tribal Council has not found it important enough to remove her and put in someone qualified.

Someone qualified would run a program of rehabilitation, counseling and prevention. There would be a safe place for Crisis Counseling. But no. No. No.

### **What If...**

What if there was some magical thing, or song, or potion out there. And, with this magical thing, we could bring back those who have gone down the road of addiction and despair, and have them whole again?

What if we could bring back those who have despaired too acutely and and suicided, and bring them back whole again?

What would we say to them? How would we treat them if we got this second chance? Would we change anything we are now doing? Would we treat them differently in any way? Would we be so grateful that they were back with us, that we would do everything in our power to heal them, keep them safe, and teach them the basic skills they need to overcome mistakes, disappointments and disagreements?

Or, would we carry on, as we are now, changing nothing?

There is no magic. You already know that.

But, each of us can look around at one another, and realize how valuable and important that person is in our lives, and do everything in our power to make sure that they do not fall into despair. Make sure that they have a place to recover and

to heal. Make sure they have the resources they need to save themselves, rescue themselves, find help if and when they need it.

We can do everything we can now, starting from the ground up--the schools. The earliest child care programs and all the way up to the colleges. We can demand, over and over again that only the qualified hold positions.

We can demand, repeatedly, that the places of healing: Clinics and Counseling have at the helm, someone who is qualified. We can protect the vulnerable that seek help by protecting their confidentiality, instead of allowing Piggy and the rest to exploit them.

We don't have magic. We don't need magic. We have, with us still, the ones we love, care about and need in our lives. Those who have lost the opportunity, have lost to drugs, OD, Suicide, or worse, loved ones, would agree (I Hope) that if we don't act now, become proactive NOW, the consequences are profound and irreparable. That all we thought our life is can be turned upside down--in a heartbeat.

There is no magic, except that in us, that wakes up, stands up, and decides that there has to be a better way-- and starts looking for it.

No life should end in despair. Not a 57-year old woman's and not a 20-yr old man's. No one should lose their mother, father, sister, brother, or child to despair.

It's time we found a way to reconnect, repair, and rebuild.

It's time we recognize violence for what it is: The bringer of darkness and despair for the entire community.

It's not over. Not by a long shot.

You know where to find me.

~Cat