

A maraca sits on a chair, while attendees take a break during a healing ceremony, which was held at the White Earth Community Center Tuesday. Kaysey Price / Tribune

DARK DAYS on WHITE EARTH

Community left reeling after death of mother and two kids, tribal chairman

By Nathan Bowe and Kaysey Price
DL Tribune

Authorities are investigating the deaths of a mother and her two children in White Earth Village. Community members have

identified those found deceased as Emma LaRoque and her two children, the daughter and grandchildren of White Earth Public Safety Director Michael LaRoque. They have been taken to the Ramsey County Medical Examiner's Office to determine the cause of death.

The Becker County Sheriff's Department and the Bureau of Criminal Apprehension are saying very little



LaRoque



Tibbetts



Photo courtesy of WDAY

Several law enforcement agencies are working on the investigation into the deaths of three people in Ogema, including the Bureau of Criminal Apprehension.

as they comb through the home along Highway 34 where the bodies were found, other than they responded to "an incident" at the home Monday afternoon, and that while no arrests had been made as of Monday evening, there was "no threat to the public." "Everybody is in shock and awe," said Liz King, a resident who lives in the community. "It's terrible that this family of three had to be gone that soon."

This tragedy comes on the heels of losing White Earth Tribal Chairman

Terry Tibbetts, who lost his battle with cancer over the weekend. Tibbetts had been chairman of the Minnesota's largest tribe since 2016. A lifelong resident of Naytahwaush, he attended elementary school there and then Mahnomon High School. He worked for the tribe for 33 years, 22 of those as a public works employee.

Until further notice, tribal vice chairman Eugene "Umsy" Tibbetts has taken over as chairman.

"We are experiencing extreme trauma and crisis, so we just want

“We are experiencing extreme trauma and crisis, so we just want to be supportive to those who are immediately impacted," said Verna Mikkelsen, White Earth Mental Health Crisis Program coordinator.

VERNA MIKKELSON,
White Earth Mental Health Crisis Program coordinator

to be supportive to those who are immediately impacted," said Verna Mikkelsen, White Earth Mental Health Crisis Program coordinator. "It's more than an individual can handle on a normal level."

In fact, since mental health teams on the reservation are among those grieving the loss of people they knew and loved, multiple agencies are coming together to begin the healing process.

Senior White Earth Reservation Cultural Coordinator Merlin Deegan led a healing circle at the White Earth Community Center from 10 a.m. to 4 p.m. Tuesday.

"We're helping the community heal from the trauma that has happened here in the last week," said Deegan, adding that three other healing circles were also being held at the Rice Lake Community Center, Naytahwaush

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"Time doesn't heal anything"

Two years after the suicide of her 15-year-old son, Ethan, Heather Berry is still haunted by grief and trying to adjust to a 'new normal'

By Marie Johnson
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dlnewspapers.com

Editor's note: This is the fourth in an 8-part series of weekly feature stories written in conjunction with the "Inside Out" community campaign to normalize mental illness. This story is the first of a two-part feature on the topic of suicide, examining the issue from the standpoint of a mother who lost her young son (in today's story), and then from a woman who has herself experienced suicidal thoughts (that story will be published in Sunday's newspaper).



Marie Johnson / Tribune

Heather Berry, holding a picture of her son, Ethan, who killed himself in 2017, wants people to have a better understanding of what life is like for people who have lost loved ones to suicide.

March 4 would have been Ethan Berry's 17th birthday.

At the request of about 20 of his closest friends, his family hosted a celebration at their house in Ogema that day. They all ate pizza, played games

and sang "Happy Birthday." They shared stories about their favorite memories of Ethan, and they lit remembrance lanterns in his honor.

Ethan's mom, Heather Berry, says she was "doing good" up until the kids started singing the

birthday song. Then, she couldn't stop the tears from falling down her face.

Ethan has been gone since April 5, 2017, and the boy who was so beloved for his big, contagious smile and even bigger heart of gold is still far from forgotten.

"It's been two years, and they still miss him," says Berry of Ethan's friends and family. "They still miss him that much (that they wanted to have a party for him) ... Ethan left behind a lot of people that love him. It's not just me and his dad and his brother and sisters that miss him."

Berry says "hundreds and hundreds of people" were hurt by Ethan's death, including extended family, friends, teachers and the community as a whole. And for her, at least, that hurt will never really go away.

"People say that time heals. That's a lie. Time doesn't heal anything,"

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DL man seriously burned in fish house explosion

News staff
A 2014 graduate of Detroit Lakes High School was injured Sunday morning in a gas explosion in a parking area in Moorhead.



Herzog

Michael Herzog was flown to the Burn Center in Regions Hospital in St. Paul, where he was listed in critical condition, but as of Tuesday, his family posted on his CaringBridge site that Herzog is now awake and speaking.

"Michael's breathing tube was taken out this morning, and it was such a huge relief to hear him talk!" it stated. "He was able to have a conversation and recall most of what had happened. Even though he is completely bandaged up, having him 'present' with us in the

hospital room has made a huge difference for all of us."

The standout athlete from Detroit Lakes sustained second- and third-degree burns over 76 percent of his body.

The explosion was reported at 7:48 a.m. Sunday in a fish house that was in a parking area in the vicinity of 12th Avenue S. and 14th Street S. in Moorhead, said Moorhead Assistant Fire Chief Jeff Wallin. Family told KARE-11 News that Herzog, who was alone at the time of the explosion, had been using his propane stove for heat, and that when it went out, he lit a match to put it going again, not realizing the fish house had filled up with propane.

Herzog was a three-sport athlete at DLHS. He won two state golf championships and is the all-

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INSIDE A new 'super' Lake Park-Audubon gets a new superintendent Page A3

On the mat Laker wrestling taking strides to become an elite team at DLHS Page B1

Forecast
Today: Cloudy High: 37 Low: 26
Thursday: Mostly Cloudy High: 40 Low: 24
Friday: Sunny High: 38 Low: 24
Saturday: Mostly Cloudy High: 43 Low: 33
Sunday: AM Showers High: 39 Low: 18
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SUICIDE

From Page A1

she says. "You learn to live with the new normal, whatever that might be. But it's not easy."

Berry's "new normal" is carrying on with life as a special education paraprofessional at Ogema Elementary School, as a wife to her husband, Cory Berry, and as a mother to their other three children, Alyssa, Rylie and Ryder. But there's not a day that goes by that she doesn't think of Ethan, and miss him like crazy. Grief hits her in waves, and it sometimes sneaks up on her at unexpected times.

"It's like living a roller coaster," she says. "Some days are really good and you feel like maybe you have finally conquered the grief, and other days the grief hits you like a ton of bricks and you feel like you're living it all over again."

She might be walking down a hallway at school and smell someone's cologne that reminds her of Ethan, and she'll have to fight back tears. Or she'll hear a life flight fly overhead, and it'll spark a flashback. But she does her best to stay strong, determined not to let Ethan's death "put me in a position where I can't function as a mother and a wife."

When she found her 4-year-old son crying on the couch for his older brother, for example, she wanted to be able to be there for him, to comfort him, to hold him, and to try and explain things to him. But how do you explain to a 4-year-old that the big brother he's so desperately missing is never coming back? How do you make sense of a seemingly happy 15-year-old kid who suddenly, without any obvious warning signs, comes home from school one day and kills himself?

The day Ethan died was seemingly ordinary. It was just a regular Wednesday in April. Berry says. Ethan took the bus home from track practice after school, and was laughing and acting happy. He hung out with his brother and sisters outside for a few minutes, playing a quick game of basketball with his older sister.

"Then he went downstairs, went to the garage, and he shot himself. All within 15 minutes," Berry says. "To this day, we're blown away. You just can't wrap your head around things. You can eat yourself up about the 'What ifs?' and the 'Shoulda, coulda, didda,' but you just can't let yourself do that."

The Berry family is still coping with feelings of shock and confusion about what happened. No one saw it coming. Berry says Ethan seemed "a little off" earlier that day, but not alarmingly so. He had an orthodontist's appointment in the after-

INSIDE OUT
A Step Inside Mental Illness

A community partnership to raise awareness and erase stigma.

noon, and at first wanted to go back home with his mom for the rest of the day, but ultimately told her, "Nope, I'll be fine, mom," and went back to school.

"Those were his words," Berry recalls. "I'll be fine."

He hid it well, but Ethan had a vision disability. He was legally blind. Berry says that didn't stop him from trying out for every sport possible, and he had coaches who encouraged him along the way. He was on the track team, but his depth perception was bad, and that made some sports a real challenge, including football, which he loved — he was a huge Vikings fan.

"It was hard for him to see his peers being so active in sports, and he couldn't be," says Berry. "Driver's Ed was hard for him, too, and he started getting depressed."

He hadn't quite been acting like himself, Berry says, "but he was still happy. He still had a smile on his face."

Right up through the day he died, Ethan's spirit it shone bright. He was an active kid who liked fishing, hunting, cookouts, campfires, riding dirt bike and just being outdoors in general. He lit up a room wherever he went. Everyone knew him as a kid who put others first, and who liked to give back to the community. He once took money from his own piggy bank to start Ethan's Care Project, collecting money to send care packages to troops overseas.

"That's just the type of kid he was," Berry says. "I want him to remember for his big smile and his kind heart ... That's how I want him to be remembered, not by his suicide."

Berry shares her family's story now because she wants more people to understand what life is like for those who lose loved ones to suicide. She and her husband, and their kids, and Ethan's classmates, and everybody else — no one is quite sure how to continue on without him, she says.

"I just wish Ethan could see how many people truly love him and care about him, and how

Resources

Becker County and White Earth Reservation 24-Hour Mental Health Crisis Line: 219-826-4141 (FV437)
National Suicide Lifeline: 1-800-273-TALK(8255)
Minnesota Crisis Text Line: Text MN to #741741
Veterans Crisis Line: 1-800-273-8255 (or text #838255)
*Visit beckercountyenergize.com for even more mental health resources

much his death has hurt us all," she says. "My greatest goal for today is to let people know, who are considering suicide, that you're not just ending your pain, you're creating a whole lot of pain for everybody else. I've watched my family hurt for the past two years ... and our extended family, friends, classmates, teachers ... they're still shedding tears two years later. I don't want anybody to feel what I have felt for the last two years."

To get through her days, Berry tries to focus on all the good times she had with Ethan, and to hold on to all the good memories she has of him. And when others go to her for advice, she tells them to try and do the same.

"I tell my classmates, 'You can't stop living life just because he did,'" she says. "They stare at me with open mouths when I say that, but it's true. Ethan made a choice. It's a really crappy choice, but it's his choice. And they need to choose to live life."

If you don't focus on the positives, she adds, "I'll eat you up."

"You want every person out there who might be feeling depressed, or having suicidal thoughts, to know that, 'for every dark day, there is a brighter day — there is help out there. It's not always doom and gloom. It will get better. And your life does matter. Reach out to anybody, just anybody, to get help.'"

The fourth "Inside Out" video, featuring Heather Berry speaking about her son's suicide, is available to watch online at www.beckercountyenergize.com. More information about the "Inside Out" community campaign can be found with the online version of this story, at www.dl-online.com.

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Parents Elizabeth Land and George Lepisto Jr.

Suicide on the rise: Statistics

Suicide deaths in Minnesota have been steadily on the rise since at least the year 2000. In 2017, there were 783 deaths from suicide. That's up from 440 in 2000, 547 in 2005, 606 in 2010 and 730 in 2015. Almost every state in the nation has reported similar increases.

Suicide is the eighth-leading cause of death among the general population in Minnesota, and the second-leading cause of death among young people ages 10 to 24. That's above the national average.

Among American Indian/Alaska Native populations, suicide is the second leading cause of death for people between the ages of 10 and 34. It's the leading cause of death for American Indian/Alaska Native girls ages 10 to 14.

Worldwide, an estimated 800,000

people die from suicide each year, a global mortality rate of 16 people per 100,000, or one death every 40 seconds.

In the U.S., about 123 people die from suicide every day.

An estimated 9.3 million adults in the U.S., or 3.9 percent of the adult population, reported having suicidal thoughts in the past year.

An estimated quarter-million people become suicide survivors every year in the U.S.

Of people who seek treatment for depression, 80-90 percent are treated successfully using therapy and/or medication.

*From the Minnesota Department of Health, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, and Suicide Awareness Voices of Education (SAVE)

The warning signs, and how to be supportive

According to Dr. Jonathan Aligada, a psychologist at Sanford Health, suicide can be "very difficult" to predict.

In the "Inside Out" video on suicide and suicide prevention, released this week by Leighton Broadcasting, Aligada explains that, "Suicide doesn't really have a single factor that's really predictive of it ... So the reality is that a lot of people just don't always see it coming."

Many people who are experiencing suicidal thoughts feel hopeless, depressed and alone. They may get more withdrawn, isolate themselves, engage in risky behavior or start using (or increase their usage of) drugs and alcohol. But others show few, if any, warning signs at all.

Some have a diagnosable mental health disorder, but many do not. Aligada says 54 percent of people who die from suicide have no diagnosed condition.

People who have experienced extreme stress, trauma or significant loss are at higher risk for suicide, but suicide is a global issue that spans all ages, races and life experiences.

Friends or family who suspect that a loved one "is starting to drift into a darker place," says Aligada, should try to create a safe environment for that person, and then talk to them about what they're noticing in a supportive, nonjudgmental way. Don't try to shy away from the problem, or ignore it. Be a good listener, and acknowledge the person's feelings.

"One myth that's out there is that you shouldn't talk about suicide because it's just going to make them think about it more," he says. "I can tell you as a provider that people who struggle with suicidal thoughts are thinking about it all the time

anyways. You asking about it or not isn't really going to change that fact ... We know that emotional problems become worse when we have to suppress those feelings, and so, when people are allowed to talk about their suicidal thoughts, or the lack of purpose, or the things that bother them, I think that actually helps facilitate them feeling better."

Aligada has had patients tell him they were actually relieved when a person close to them brought up the subject of suicide; they were finally able to talk about it, and it was freeing. "I can't overstate enough how important it is to people to just feel accepted," Aligada says. "People need to feel validated. What they're feeling at that moment, to them, is true."

If someone is saying, for example, that they feel worthless, like they're a nobody, you can respond with something like, "I hear you. You feel pretty down right now, and you feel worthless ... but from my perspective, I see those other great qualities ... And I get that maybe you don't feel that way, but I do."

"That counters a little bit of that narrative of 'I'm such a horrible person,'" Aligada says, while still validating the person's feelings. From there, they might be open to being steered toward solutions, such as seeking professional help. Offer to support them through that process.

If there's a sense of urgency or crisis — if you suspect that the person may be actively planning their suicide — then it's important to act, and fast. Urge the person to call a suicide crisis line, or 911, or visit their local emergency room. Or make the call for them. Stay with them through the process of getting professional help.

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Emma LaRoque July 27, 1990 - March 18, 2019
 Shane Woods Jr. April 19, 2009 - March 18, 2019
 Frederick York December 30, 2014 - March 18, 2019

Editor's note: Today's front page is dedicated to those in our area whose lives have been hurt and even crushed by suicide. The problem is getting worse. Enough is enough.

TRYING TO PROCESS

Mother and two children dead in murder-suicide; Ogema school providing help for children left hurt and confused

By Kaysey Price
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Members of the White Earth Nation are doing their best to heal, after two rural Ogema boys were murdered and their mother took her own life Monday.

The Ramsey County Medical Examiner's Office released a report Wednesday, identifying the woman



Kaysey Price / Tribune
 A flag flies at half-staff outside Ogema Elementary School on Friday afternoon.

as Emma LaRoque, 28, and the two boys as Shane Woods, 9, and Frederick York, 4. They were the daughter and grandsons of White

Earth Tribal Police Chief Mike LaRoque. The Bureau of Criminal Apprehension, which is heading up

“It's a tragic loss and very difficult to understand.

LISA WEBER, Ogema Public School superintendent

the investigation, hasn't released any more detail in the deaths, only saying LaRoque died from a self-inflicted gunshot wound, and the two boys died of homicidal violence at a home on Beaver Trail, just east of White Earth Village. Their report states no one has been taken into custody, and there is no threat to the public.

Tribal leaders have been holding healing ceremonies for the community all week at various White Earth Nation locations. School administrators are also doing their part to support students and staff.

Woods was a fourth-grader at Ogema Public School.

PROCESS: Page A9

'I didn't see a light'

Hospitalized three times for suicidal thoughts, Paula Jones says she owes her life to 'people that took my hand when I reached out'

By Marie Johnson
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Editor's note: This story is part of a series of feature stories written in conjunction with the ongoing "Inside Out" community campaign to normalize mental illness. This is the second of a two-part feature on the topic of suicide. The first part, published in the Wednesday, March 20, Tribune, featured a mother who lost her young son to suicide two years ago.

Paula Jones doesn't remember many of the details of her life from the months that led up to her last hospitalization. It was like she was walking around in a fog that whole time. "I wasn't myself, like there was someone else in my body, going through my day," she says.

Her symptoms of depression, anxiety and PTSD had been intensifying for months, and she was spending more and more time alone, alienating herself from her crucial support network. She was taking her prescribed medications, not realizing that they had lost their effectiveness.

To numb the physical and



Marie Johnson / Tribune

Jones says she's more mindful today of her tendencies for anxiety and depressive thinking, and has more tools and knowledge about mental health at her disposal than ever before, and yet the darkness is "always lurking," she says.

emotional pain she was in, Jones fell back into some old harmful habits, like drinking and prescription drug abuse. She lost her sense of self, overwhelmed by feelings of shame, helplessness and self-loathing. When the drugs and alcohol were no longer enough to dull

the pain, her thoughts began to revolve around another way to end it: suicide. It was something she had seriously considered twice before in her life, with the first time dating back more than two decades.

JONES: Page A10

Suicide: Does it have our attention now?

There we were, putting the final touches on a story meant to help our community wrap its head and hearts around the issue of suicide. Although we have a general policy of not reporting on suicides as they happen, we'd heard enough to know it was an issue hurting our community. In fact, the suicide rate in this country has jumped by 30 percent in only 10 years, and we are feeling that increase here.

We wanted to put local stories and community faces to the issue in an effort to show that this is a battle that is raging all around us in people we know. We wanted to be a part of a solution. We wanted to help provide understanding and awareness so that we could stand together a little better against it. Little did we know, as we were plugging away at this project, a mother of two little boys on White Earth was falling off the edge.

As we learned of their three deaths and subsequently of the manner of their deaths — murder and suicide — it felt like a punch in the gut. What if we'd published our series the weekend before? To think that would have been enough to save them is probably a grandiose

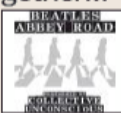
QUAM: Page A9



PAULA QUAM
 Detroit Lakes Tribune Editor

INSIDE

Come together...
 for a Beatles tribute show at the Holmes Theatre.
 Page A2



An exit interview
 Bruce Raboin retires after three decades of coaching Laker hockey.
 Page B1



Forecast

TODAY Cloudy High: 38 Low: 20	MONDAY Mostly Sunny High: 37 Low: 25	TUESDAY Cloudy High: 43 Low: 37	WEDNESDAY Cloudy High: 50 Low: 40	THURSDAY AM Showers High: 48 Low: 28
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INSIDE OUT A Step Inside Mental Illness

A community partnership to raise awareness and erase stigma.

JONES

From Page A1

Those first two times led to two prior hospitalizations. This most recent time, three years ago, led to her third.

Fortunately, Jones got the help she needed before it was too late. During what was supposed to be a routine med-check appointment, her primary care physician in Detroit Lakes recognized the severity of her symptoms and immediately referred her to a mental health facility in the region, Bridgeway in Fergus Falls, where she spent about a week in inpatient therapy.

On her way there, Jones says, all kinds of destructive thoughts and questions swirled around in her head: "Like, why can't I get my shit together? ... Why can't I be like normal people? I just felt so sad and angry," she says.

Diagnosed with severe, recurring depression, generalized anxiety disorder, social anxiety disorder and PTSD (post-traumatic stress

disorder), Jones believes her mental health disorders stem back to her early childhood.

She was raised in an alcoholic and dysfunctional household in Hackensack, Minn., she says, and was a victim of childhood sexual abuse. She experimented with unhealthy coping mechanisms as she got older, like drugs, alcohol and other risky behaviors, which only made matters worse. Over the years, she's says she's been taken advantage of, sexually assaulted, and has survived "multiple abusive relationships."

Three times over the past 25 years, Jones has fallen into a downward spiral of sorrow. Each of those times, she's gotten to the point where she was actively planning her suicide, down to the day, place and method. But none of those times, she says, did she really want to die. What she wanted was for the pain to end.

"I believe that most people who are suicidal or have committed suicide don't really want to die," she says. "We just want the intense pain to stop."

"The pain is very real," she adds. "It's not just emotional and mental and spiritual, it's also very physical. It's a physical pain."

Jones "thanks God every day for the people that took my hand when I reached out." Those people, she says, saved her life with their compassion, concern and willingness to act.

The first time, it was a supervisor at the plant she was working at. He somehow sensed that she was struggling, approached her about it, and then drove her to a treatment center himself, right away. If that hadn't happened, Jones says, she wouldn't be here today.

Her plan had been to end her life that night.

The second time, it was a good friend who intervened, driving from more than an hour away to come and get her and bring her straight to a hospital.

The third time, it was her primary care physician, who recognized her symptoms during that routine med-check and insisted she go to Bridgeway.

"Each of those incidents resulted in inpatient hospitalization," Jones says. "Those were three very close calls."

Her first hospitalization, at a facility in St. Cloud, was something of a wake-up call: "That was the beginning of my introduction to mental illness, to recovery work, to identifying trauma, to psychological welfare and the treatment of that, and medications and therapists ... which have become pretty much a staple of my life, to this day," she says.

She moved to Detroit Lakes shortly after that, where she could be closer to some supportive friends and family, and would feel less alone. She "was good for about 10 to 15 years" then, she says, in terms of her mental health management. But she felt so good, for so long, that she thought she didn't need her medications anymore, and she stopped taking them. She also stopped going to therapy.

It didn't take long for the old pains, and old bad habits, to kick in again — and envelop her.

"I just felt that there was no way out of this hole, there was no way to make amends for the things that I had done," she says. "I didn't see a light."

She only had the wherewithal to call a friend for

help, she says, because of her son. Thinking about him gave her the motivation she needed to extend a hand out of the darkness, and thankfully, her friend grasped that hand tight. Jones went to Prairie St. John's in Fargo, N.D., that time, where she stayed for 10 days.

After that, she began a new treatment regimen of therapy and medication, and also reestablished her support system within the community. She saved up enough money to purchase her own home, and that's something she takes pride in. She still lives in that home today, she says, and she loves it. She also scored her "dream job come true" five years ago, at the Detroit Lakes Library, greeting people who come in and helping them find their way around.

"Since kindergarten, the library has been my favorite place," she says. "Books have always been a refuge; they help you go somewhere else."

Prior to that, she worked for four years at Solutions Behavioral Healthcare, where she helped develop treatment plans and courses of action for adults in the community who struggle with mental illness. Because of her own experiences, she was able to connect with her clients in a uniquely sympathetic way, she says, helping them understand that they're not alone.

She was also a part of the Becker County and White Earth Reservation Mental Health Mobile Crisis Response Program during those years, responding to calls from people in their times of need.

"It's a free phone call, and it's made a difference for a lot of people," Jones says of the crisis line, reachable at 218-850-HELP(4357).

"It doesn't matter what your crisis is — if you burned your dinner, if you kid's feeling moody, whatever, you can call the crisis line. You don't need to be suicidal (though the crisis responders will help in that situation, too)."

Today, Jones finds support and solace in her books, co-workers, faith in God, and some caring friends and family members, along with people she's met and connected with in her Adult Children of Alcoholics support group meetings. She says those meetings have been incredibly helpful to her. She does some service work at the local Alano Club, as well, and also takes in rescue cats.

She takes prescription medications to manage her symptoms, and has check-ins with her doctor every six months. She's more mindful today of her tendencies toward anxiety and depressive thinking,

and has more tools and knowledge about mental health at her disposal than ever before, she says, and yet her mental health disorders aren't something she ever really feels "cured from or recovered from."

"It's always lurking," she says of the darkness.

"It's always that turbulence under calm water, that's always there, that's always waiting for you to not take your medicine, to not get enough sleep. It's always waiting there for you ... just waiting."

But, she adds, it helps "knowing that I have support, knowing that I'm not alone, and that there are people that I can turn to."

"The fourth 'Inside Out' video, featuring more information about suicide, is available to watch online at www.beckercountyenergize.com.

COMMUNITY HEALTH AND WELLNESS SUMMIT TO FOCUS ON THE IMPACT OF CHILDHOOD TRAUMA

Paula Jones believes her mental health problems stem from her dysfunctional and traumatic childhood, a belief that is backed up by research into the negative, lasting effects of Adverse Childhood Experiences.

Studies show that people who have experienced traumatic events or situations as kids, such as abuse or neglect, are at a higher risk of depression, suicide, disease, drug abuse and other health and social problems later in life. And the more Adverse Childhood Experiences, or ACEs, a person has been through, the more at risk they are.

The topic of ACEs, and how they influence a community's health, well-being, economy and future, will be the focus of this year's Community Health and Wellness Summit in Detroit Lakes, coming up on Tuesday, April 2. From 4-8 p.m. at Trinity Lutheran Church (at 1401 Madison Avenue), this fourth annual community summit will explore the theme "Building a Healthy and Resilient Community."

Becky Dale, from Minnesota Communities Caring for Children, will discuss the science behind ACEs and talk about how to build a resilient community — one where kids and adults can thrive. Parents, faith leaders, government officials, service providers, community members ... everybody is welcome to attend.

Attendees will learn what ACEs look like in Becker County, and will have the opportunity to share some ideas and work toward possible solutions in order to build a healthy and resilient community into the future.

The summit is being organized by Becker County Energize. For more information, visit beckercountyenergize.com or email Karen Pither at karen.pither@essentialhealth.org.

More about the 'Inside Out' campaign

"Inside Out: A Step Inside Mental Illness" is a Detroit Lakes area project to raise awareness of mental illness and erase the stigmas surrounding it. A community partnership between local media and regional health care and crisis organizations, the campaign consists of a series of online videos,

newspaper articles and radio discussions that shed light on some common mental health disorders, putting local faces to those disorders. Topics covered include depression, PTSD, anxiety, ADHD, suicide and others.

Videos are being released once a week for eight weeks (the campaign

started the week of Feb. 25), and are available to watch free on Becker County Energize's website, beckercountyenergize.com. There will also be a program airing each week on lakestv3.com. Newspaper articles are being published in the Wednesday print editions of the Detroit Lakes

Tribune over the same time span, as well as on the newspaper's website, www.dl-online.com. Participating radio stations include Leighton Broadcasting's local stations, Wave 104.1 FM, KDLM 134.0 AM and 93.1 FM, and KRQC 102.3 FM.

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