

# Nebraska State Suicide Prevention Coalition (NSSPC)

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## Meeting Minutes January 24, 2014, 1:00 pm CST Bryan West Hospital

*Attendees: Don Belau, Maya Chilese, Julia Hebenstreit, Kathy Kartsing, Dave Miers, Pam Oltman Ray Reimer, and Hayley Sutter*

### **I. Approval of Minutes**

The December 20, 2013 meeting minutes were unanimously approved with the following correction: the spelling of Kristen Klitz's name is corrected (the previous minutes incorrectly spelled her name as Kristin Kllitz).

### **II. Coalition Updates**

#### **a. Norfolk**

No update.

#### **b. Other Coalitions**

No update.

#### **c. State Coalition**

##### **i. Refugee Suicide Prevention Training Resource Discussion**

Resources for refugee suicide prevention were obtained from the Suicide Prevention Resource Center (SPRC). Kathy Karsting reported that QPR training with a focus on refugee populations has been adopted; this training emphasizes social connectivity and is tailored toward the cultural context of depression in refugee populations including senses of isolation and cultural adjustment. DHHS program staff have indicated their interest in providing QPR gatekeeper training for refugees; community cultural informants are encouraged to participate in these trainings. Community partners, such as Omaha Public Schools, One World, People's Health, and the Area Health Education Consortium (AHEC), may be engaged to increase community awareness and train refugee mentors.

##### **ii. Military Suicide Prevention Discussion**

Don Belau and Dave Miers met with the Suicide Prevention Program Manager with the National Guard. The National Guard is interested in resources for suicide prevention for the soldiers and the soldiers family.

### **III. LOSS Development Advisory Group**

A committee for the Second Annual LOSS Walk and Fun Run has been formed. The walk will be on May 31, 2014.

### **IV. Grant Update**

Interchurch Ministries of Nebraska (IMN) is undergoing structural changes; the office has been moved to 31<sup>st</sup> and South Street and Ken Moore and Roddy Dunkerson are taken leadership roles in the organization. In addition, IMN is creating a .4 FTE Community Outreach position; a job description can be found on the NSSPC website.

### **V. Collaboration**

#### **a. Update LB 923**

The American Foundation for Suicide Prevention (AFSP) and the NSSPC have had multiple meetings with Amy Williams, from Senator McGill's Office, to discuss LB 923. A hearing on LB 923 will be held on Monday, January 27 at 1:30 PM; Dave Miers will be presenting the NSSPC in support of the bill. If

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passed, the bill would implement 1 hour of suicide prevention training for school personnel; 38 states currently have similar legislation. Kathy made a motion the NSSPC support LB 923; Julie seconded this motion.

Senator Bolz is introducing a legislative bill regarding Mental Health First Aid; the proposed bill requests \$100,000 be allocated from the Appropriations Committee for ongoing Mental Health First Aid training for teachers; this funding level could allow for three trainings in each region annually. This training would likely target behavioral issues, youth suicide, youth depression, maternal suicide, and toxic stress. Mental Health First Aid for rural areas and pediatrics would need to be developed.

## **VI. Awareness**

### **a. Don't Be Sidelined Campaign (Partnership with The Kim Foundation)**

Dates for men's and women's basketball games have been finalized; the men's game will be on February 23 and the women's on February 16. Magellan has come on as a Don't Be Sidelined Campaign partner.

## **VII. Member Activity Update**

No update

## **VIII. Upcoming Training Opportunities**

No update.

## **IX. Announcements**

No report.

## **X. System of Care Goal Review**

The System of Care Grant will be a two part grant. The first, and current, grant is for planning; the current grant will be used as an application for the implementation grant. Sheri Dawson, the administrator for the System of Care Project (SOC), requested suicide prevention recommendations from the Coalition to be included in the System of Care planning document; the recommendations should focus on suicide prevention in children and adolescents. Pam Oltman presented a PowerPoint presentation on potential goals (see appendix). Suicide prevention goals were previously identified during application for the Garrett Lee Smith Grant; these goals identified current needs, approaches, and ideal outcomes. There is a goal within the current State goals as well focused on youth. The group identified the following goals as the most salient: 1) increase the number of clinicians trained to assess, manage, and treat youth at risk for suicide; 2) increase the number of youth at risk identified and referred who receive services; 3) increase the number of persons with school and family groups trained to identify risk of suicide; and, 4) increase the number of LOSS teams in the state. The 4 goals the group decided upon will be emailed to Maya to take to the first System of Care meeting on Tuesday.

## **XI. Next Loss Development Group Meeting**

The next meeting will be held on February 28, 2014 in Classroom 2. All meetings begin at 12:00 Noon at Bryan West Hospital.

## **XII. Next Coalition Meeting**

The next meeting will be held on February 28, 2014 in Classroom 3. All meetings begin at 1:00 PM at Bryan West Hospital.

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## Appendix:

“Youth Suicide Prevention: Brainstorming ideas for adolescents, schools, parents, and more”



# Youth Suicide Prevention

Brainstorming ideas for  
adolescents, schools,  
parents, and more

# Social Media

- Create a website specifically for youth to visit to gain knowledge and resources for help
- Create other social media pages such as Facebook and Instagram
- Fundraising tools can be added to sites for people that would like to donate online
- Man a table/booth during Kirk Smalley events
- Create or post aps for suicide prevention that can be downloaded

# Schools and Agencies/Facilities

- Utilize screening tools to find youth that is at-risk and follow-up with an interview to see if they are needing further help
- Help to implement evidence-based programs such as SOS or Lifelines that have educational tools for faculty and students
- SAMHSA has a free high school suicide prevention kit that could be distributed throughout the community
- Make sure schools and other facilities have a crisis plan in place before a suicide attempt occurs
- Educate Parents - Send a flyer home in weekly folder
- Contact school PTO to see if they would help spread awareness
- Develop a skit that could be performed at schools or made into a video to show students

# Schools and Agencies/Facilities

- Place flyers and/or information in restrooms (privacy to take slips information)
- Do the opposite – ask schools to post information on developing support systems, resiliency, etc.
- Encourage dissemination and discussions about Values in Action Survey (VIA Strengths - <http://www.authentic happiness.sas.upenn.edu/Default.aspx>)
- Brainstorm/Coordinate with Nettie at the Indian Center

# Communities

- Hold a local fundraiser to spread awareness or spread awareness at local youth gatherings already established
- Utilize local theater group to do a skit or team up with youth that have lost someone from suicide to speak
- Continue to partner with other agencies that could help to spread awareness
- Encourage dissemination and discussions about Values in Action Survey (VIA Strengths - <http://www.authentic happiness.sas.upenn.edu/Default.aspx>)
- Disseminate information to Primary Care Physicians/ERs

# Marketing

- Similar to the Kim Foundation's "Don't Be Sidelined" do we have a campaign specific to youth Suicide prevention?
- Find a marketing firm or marketing intern to help facilitate a campaign such as "Save a Friend", "Ask a Question, Save a Life". This can be combined with warning signs to watch for along with hotline number. Youth can also text message or visit website to seek support. This brochure is interesting  
<http://store.samhsa.gov/product/We-Can-Help-Us/ADC10-SUICIDEP>