

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

December 19, 2014, 1:00 pm CST

Bryan West Hospital

Co-Chairs: Dr. Belau and Dr. Miers

Attendees: Don Belau, Deb Davison-Knight, Jennifer Fry, Kathy Karsting, Terri Marti, Dave Miers, Amy Nelson, Pam Oltman, Ray Reimer, Kelli Ricky, Andres Sandoval, Jill Sauser, and Hayley Sutter

I. Approval of Minutes

Kathy made a motion to approve the minutes from the December Coalition meeting. Kelli seconded this motion; the motion passed unanimously.

II. Member Updates:

Kathy: Kathy is very interested in prevention (community and system level prevention). The Connect group offers a post- and pre-vention track. (Connect is a training that works with communities after a suicide to raise awareness about how individuals and whole communities are affected by a suicide. It focuses on safe messaging, discusses protocols for schools and agencies, and addresses how the media can send a positive message following a suicide.) The DHHS has allocated \$10,000 for training through September 30, 2015 (refreshments are not an allowable expense). Kathy proposes the Coalition consider sponsoring a Connect training in partnership with DHHS Division of Public Health; the Department of Public Health will financially and logistically support the training, training participants would be determined in partnership between the Coalition and DHHS. The training could host 30 individuals for the regular model and 16 for train-the-trainer module. A steering committee could be established to get the details planned and determine if Nebraska wants the prevention or post-vention track offered. Pam made a motion that the Coalition begin working collaboratively with the Nebraska Department of Health and Human Services Department of Public Health to establish a steering committee to plan a Connect training in Nebraska. Jennifer seconded this motion; the motion passed by unanimous vote. Jill, Pam, Terri, and Kelli volunteered to serve on the steering committee. Kathy has a working relationship with a nurse in Boxed Butte who is interested in suicide prevention and would like to participate in the Coalition. Kathy will inform the individual to contact Jennifer for more information. AMSR train-the-trainer trainings are currently being scheduled; trainings will be held yearly in each region for the next five years.

Pam: City Impact is beginning to focus on suicide prevention; Pam provided an interested individual from City Impact Don and Jennifer's contact information. Michelle Nelson and other individuals at CenterPointe are interested in suicide prevention and have been given information about the crisis hotline.

Deb: CenterPointe has a 24/7 crisis hotline and a crisis walk-in center at CenterPointe. CenterPointe works with the Lincoln Police Department to assist members of the community. Kim Charron and Deb are trained as Mental Health First Aid trainers.

Nebraska State Suicide Prevention Coalition (NSSPC)

Kelli: An ASIST Training is planned for January 24-25; 60 people attended the last ASIST training the National Guard held. The VA is hosting a National Suicide Prevention Conference on January 27-29 in Dallas, Texas.

III. Coalition Updates:

Norfolk: A QPR training for residence hall personnel at the Northeast Community College will be held during the first week of January. Dr. Sally Spencer Thomas will be hosting trainings and events in Norfolk and at Wayne State College on January 29-30; the presentations will focus on different topics including how to prevent suicide in the workplace training.

Kearney: Kearney is in the process of formalizing their LOSS Team; their working name is the Central Nebraska Suicide Prevention Coalition..

IV. Update from Outreach Coordinator

Jennifer will continue to serve as the Statewide Outreach Coordinator. Currently, she is assessing needs, scheduling QPR, CAMS, and AMSR refresher/train-the-trainer trainings. Jennifer has reached out to faith-based communities and has received inquiries for information from a number of communities. Kathy held a QPR training for the faith-based community; this was the first QPR training specifically for the faith-based communities. Jennifer has engaged with different faith communities to encourage them to consider having their staff or congregation trained to be QPR trainers in order to have peer-to-peer interactions. Current awareness events include a 'Your Life Matters' campaign in the faith-based communities and a yellow ribbon event on January 13; the event is hosted by the First Presbyterian Church, Sheridan Church, and First Plymouth Church and includes a LOSS Team panel. Youth groups, LPS staff, and the general public are all invited to attend. Don previously suggested communities experiencing a surge in completions should contact the Coalition for assistance; Don and Jennifer are developing a document that would allow the Regions to request assistance from the Coalition when the are experiences increased need or surges in completion. The Nebraska SPRC representative provided Dave with an updated report on suicide clusters.

V. SAMHSA Grant

The project management team meeting was already held for December. The State is working on contracts for the grant, the majority of which have been released. The timeline for year one of the grant has been finalized. CAMS training recently underwent a reformulation; as a result Kate, Dave and Don are going to review the new platform and decide if the State should move forward with the training or not. Kognito, AMSR, CONNECT and QPR were all included in the grant application. Kognito is paid for through the grant and is an online tool for train on suicide prevention. A meeting was held with LPS officials to discuss how the district intends to meet the requirements of LB923.

VI. Goals Development

Don recommended the Coalition not discuss goal development until the January 2015 meeting.

VII. LOSS Development Advisory Group

The projected goals are to have three LOSS teams in Nebraska before 2016; this goal has already been met. Over the five year span of the grant, a LOSS Team needs to be established in each region. LOSS teams in Norfolk and Kearney are almost ready to begin responding to callouts; Scottsbluff and North Platte need to establish support groups or infrastructure of support before they can begin establishing LOSS Teams.

Nebraska State Suicide Prevention Coalition (NSSPC)

VIII. National Updates

The 2015 and 2016 National LOSS Development Conference will be held in Fort Worth, Texas; the 2015 conference will focus on LOSS Team development and community awareness. The Coalition has been invited to participate in the Midwest Regional Suicide Prevention Conference (the previous working title of this conference was the Region 7 State Suicide Prevention Conference) on July 21-23 in Kansas City, Missouri. The Missouri State Suicide Prevention Coalition requested Dave, Denise, and Don participate in a conference call for a regional conference; during the call, Nebraska indicated the state would be interested in partnering with Missouri in the conference planning. Four states – Kansas, Iowa, Nebraska, and Missouri – will all provide support for the conference; Missouri has taken the lead in active planning. Kathy recommended the Conference include a breakout session for faith-based communities. Dave made a motion that the Coalition will endorse, support, and assist in the planning of the Midwest Regional Suicide Prevention Conference. This motion was seconded by Terri and Kelli; the motion passed unanimously.

IX. Awareness

a. Don't Be Sidelined Campaign

The dates for the men's and women's basketball games have been set; the men's game will be held on February 20 at 7:30pm and the women's game will be on February 1 at 2:00pm (the booth is set up 90 minutes before the games start and is done once the game begins). Volunteers for both games are needed. The website averages 380 new hits during game weeks. The Kim Foundation was contacted by a rancher in Nebraska who had already formulated a suicide plan and was waiting for wife and daughter to go on trip when he heard the Don't Be Sidelined Campaign radio spot during a game and called the rural hotline to get help.

X. Training Updates

The Military is able to open up ASIST trainings to civilians if they paid the \$29 materials fee; the training is a two day, 16 hour training. ASIST trainings will be held in Kearney in February, Lincoln in January, and one is being planned for in Omaha at Bellevue University.

XI. Announcements

Lincoln East High School has requested that Don provide a suicide prevention training; staff and students at the school are struggling with a surge in completions. Don is meeting with staff on January 20 to discuss the training. A Lincoln/Lancaster County Youth Suicide Prevention Coalition is in the early stages of the formation.

XII. Next Loss Development Group Meeting

The next meeting will be held on January 23, 2015 in classroom 3. All meetings begin at 12:00 Noon at Bryan West Hospital.

XIII. Next Coalition Meeting

The next meeting will be held on January 23, 2015 in classroom 2. All meetings begin at 1:00 PM at Bryan West Hospital.