

# Nebraska State Suicide Prevention Coalition (NSSPC)

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## Meeting Minutes

January 23, 2015, 1:00 pm CST

Bryan West Hospital

Co-Chairs: Dr. Belau and Dr. Miers

Attendees: Don Belau, Jennifer Fry, Julie Havener, Julia Hebenstreit, Brenda Leggiadro, Dave Miers, Pam Oltman, Jolene Palmer, Ray Reimer, Kelli Ricky, Andres Sandoval, Jill Sauser, and Hayley Sutter

### I. Approval of Minutes

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

### II. Member Updates:

**Don:** Since the last meeting, Don has been working with LPS and provided Lincoln East faculty in-service regarding suicide prevention and postvention last week. Don is working with Family Services for in-service for kids who present themselves as actively suicidal or experiencing persistent thoughts of suicide.

**Jill:** Jill worked with churches in Lincoln to arrange an It's OK To Ask 4 Help! event on January 14. An estimated 600 people attended the event which included a yellow ribbon event for youth and adults.

**Jolene:** Suicide prevention training for teachers has been set and information has been released to the schools. The five-year plan provides training to teachers and all staff in the building. Jolene is unsure of the costs associated with QPR; QPR indicated they would match Kognito fees; however, Jolene is hoping they can get a better price. All of the Department of Education staff (including bus drivers, paras, etc.) will take the Kognito training in the spring before the schools do it in August. Jolene is going to approach private schools and higher education students and suggest they follow the same track as their public counter-parts with a one year lag. A plan for teachers from out-of-state has not yet been developed.

**Ray:** Don will be talking to the Chaplains about available resources in Lincoln on February 4 at 8:00pm.

**Kelli:** ASIST trainings are currently being held. Mental Health Assessments are being conducted this week; in conjunction, a resource fair including a booth on suicide prevention resources is available for people as they wait for their assessment. 60 soldiers have already come by and engaged in conversation, asked questions, asked for resources, and indicated interest in future trainings. A yellow ribbon event will be held tomorrow. A Theater of War Presentation will be held at the May 11 Brain Injury Task Force Meeting at the Cornhusker Hotel. The meeting will include a panel discussion dealing with PTSD, anger issues, and suicide, among other topics.

**Brenda:** Brenda met with Jennifer to talk about training opportunities for the LPS staff.

**Pam:** Pam attended the It's Ok To Ask 4 Help! event and thought it was wonderful.

**Julia:** Julia also attended the It's Ok To Ask 4 Help! event and was glad she attended. Julia has been at Friendship Home for 14 years; in that time, she has encountered many victims dealing with suicidal ideology.

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## III. Coalition Updates:

**Norfolk:** Norfolk is focusing on visit of Sally Spencer-Thomas on January 29-30, 2015. The Norfolk Coalition has done a lot of advertising including a radio interview, ads in the local newspaper and on its website, and a training flyer. On January 30, she will conduct a workshop at the local hospital in the morning, present to students at Northeast Community College in the late morning, then present to students at Wayne State in the afternoon, and hold a workshop focused on healing for survivors where Dr. Spencer-Thomas will talk about her story and how to cope with loss in the evening. On January 30, Dr. Spencer-Thomas will hold a workshop from 7:30am-1:00pm on how to prevent suicide in the workplace and in the faith community. Andres is working to arrange more QPR trainings and is trying to reach more agencies. The Coalition has been contacted about a recent completion and is going to contact the reporting agency to see what they can do to help the affected family. Donna's support group keeps growing; indicating there are new losses but also new people looking for assistance and healing.

**Kearney:** Reported under 'Update from Outreach Coordinator'.

**State Coalition:** The State Coalition has been invited to attend several meetings – including the Prevention Council meeting – to present on its mission, purpose, and explain their general focus. Jennifer is trying to increase collaboration with other agencies. The NSSPC was identified when it was formed that it is the decision making body for suicide related issues in the state. The Coalition is looking at suicide prevention resources in Lincoln and Lancaster County; information on suicide statistics in Lincoln is available on Tom Casady's blog, The Director's Desk. The video 'Forever Shaken' investigates shaken baby syndrome and is highly recommended.

## IV. Update from Outreach Coordinator

The Connect training committee meeting is scheduled for February 6 at 1:00pm at Bryan West Hospital in classroom #3. The Coalition had a booth at the It's OK to Ask 4 Help! event and had several LOSS panels in January. The Kearney LOSS Team has been receiving additional support as they begin going on call-outs; The Kearney LOSS Team is close to becoming an active LOSS Team. Jennifer is working with Andres to travel to Norfolk in February to assist with LOSS Team growth. The Military/Veteran LOSS Team is going to hold an initial community information session in February. Kelli has put together sample informational packets for the military team. Omaha is planning an informational meeting on February 21 at 11:30am. An individual from Scottsbluff contact Jennifer for information regarding how to start a local coalition. Six seed grant applications were received during the last application cycle; grants were awarded to the Midtown Health Center, Central Nebraska Suicide Prevention Coalition, and the Norfolk Coalition. The Coalition is also providing funding to the Central Nebraska LOO Team and is considering ordering wristbands to fulfill another of the seed-grant requests. The Success, Hopes, and Dreams Conference will be held in May; the conference may include a QPR training. The conference is currently accepting applications for presenters.

## V. SAMHSA Grant Update

Don, Jennifer, and Dave attended the monthly project team meeting at which Jennifer submitted the outreach plan; the plan outlines a five-year plan for the growth of LOSS Teams. All the Regions have turned in their budgets for 2015 and are working to finalize their work plans. Jennifer is starting to receive hotline materials and other resources which will be distributed to LOSS Teams and Coalitions throughout the state. Jennifer is working on scheduling QPR training for the coming year; the QPR train-the-trainer is scheduled

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for February 20 from 8:00am-5:00pm; each region will send two representatives. Andres held a QPR training with students recently and Don is scheduled to hold a AMSR training in Omaha in April and North Platte in June. The AMSR training dates across the state have been published (Scottsbluff: March 25 | Omaha: April 10 | Lincoln: May 5 | North Platte: June 10 | Kearney: July 17 | Norfolk: August 12). The training is designed for clinicians, faith ministry, and teachers. The QPR stands for Question, Persuade, Refer and is a gatekeeper training. The SAMHSA Grant calls for a LOSS team to be formed in each region. Means restriction information will be developed and redistributing to all the trauma centers and hospitals in the state as part of the grant.

## **VI. Goals Development**

The goals development is on hold until they can be aligned with the State goals.

## **VII. LOSS Development Advisory Group**

No update.

## **VIII. National Updates**

The Midwest Regional Suicide Prevention Conference will be held on July 21-23 in Kansas City, Missouri. The Coalition has submitted a proposal for a LOSS Team break-out session during the conference. The Nebraska Department of Health and Human Services is financially contributing to the Midwest Regional Suicide Prevention Conference. Planning for the National LOSS Team Conference continues to move forward; the conference agenda and save the date announcement should be released soon. The American Association of Suicidology Conference is scheduled for April 15-18; in the past, the Coalition has provided funding for the co-chairs and the outreach coordinator to attend. The Coalition will consider providing partial or full funding for the co-chairs and outreach coordinator to attend the conference. Neither Dave nor Don will be presenting at the AAS Conference this year. The National Council for Behavioral Health NATCON Conference will be held in Orlando, Florida on April 20-22; Julia and Jill will be attending the conference.

## **IX. Awareness**

### **a. Don't Be Sidelined Campaign**

The men's basketball event was held on January 20; Dave, Julia, and Anthony gave an interview at half time. A large number of people thank the Don't Be Sidelined Campaign for being there and acknowledged the importance of the awareness campaign; a small number of people reacted negatively about the campaign. The women's game is scheduled for February 15; 12 people have already volunteered to assist at that game. The Campaign is partnering with Storm Chasers again and will be doing an on-field announcement; the date is yet to be determined. The Campaign is going to move forward in partnering with the College World Series and the Huskers baseball team. Visits to the website average 300 views per week; Omaha and Lincoln are the most common cities.

## **X. Training Updates**

No updates.

## **XI. Announcements**

No announcements.

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

The next meeting will be held on February 27, 2015 in classroom 2. All meetings begin at 12:00 Noon at Bryan West Hospital.

### **XIII. Next Coalition Meeting**

The next meeting will be held on February 27, 2015 in classroom 3. All meetings begin at 1:00 PM at Bryan West Hospital.