

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

December 4th, 2015, 1:00 pm CST

Bryan West Hospital

Co-Chairs: Dr. Belau and Dr. Miers

Attendees: Don Belau, Dave Miers, Terri Marti, Melissa Shafer, Ann Puhlman, Brenda McDonald, Jill Hamilton, Ray Reimer, Tyler Irvine, Pam Oltman, Andres Sandoval, and Quinn Lewandowski

I. Approval of Minutes

Terri Marti made a motion to approve the minutes from the October 30th, 2015 meeting. Jill Hamilton seconded this motion; the motion to approve the October minutes passed unanimously.

II. Coalition Member Updates:

Andres (Northeast NE Coalition) - The Norfolk area experienced three suicides in one week. These occurrences have caused an increase of calls from members of the community asking for information on suicide prevention and support. The Northeast Coalition has partnered with the Nebraska National Guard to host suicide prevention training with a military focus on December 8th and 9th, 2015.

Melissa (Region VI) - Region VI has continued their work with Boys Town on promoting the crisis text line and suicide lifeline. Crystal is currently working on posting a part-time position to help assist in suicide prevention outreach and the facilitation of suicide attempt survivor support groups. Working on a pilot program with a local emergency department to provide case management from a rapid response worker for youth that enter in the emergency departments but aren't at the level where they would be admitted for acute care. Region VI is also looking to pilot a program directed towards youth that are being discharged from the acute unit to provide support in the transition of coming home. The Region will be hosting a CONNECT postvention training of trainers most likely in April and May.

Brenda (Region I) - Region I has subcontracted the suicide grant to the Panhandle Partnership for Health and Human Services. The region is currently planning the dates of the QPR trainings that they will be providing in 2016. Brenda will be taking on some additional roles as grant administrator for Region I.

Pam (MS, LMHP, LADC) - Pam will be instructing an upcoming Trauma-Informed Care training for mental health and substance abuse fields that will include some information on suicide as well.

Terri (Lincoln LOSS Team)- In November, Lincoln had two deaths occur, but no callouts were scheduled. There was one death outside of Lincoln that had a callout scheduled, but that callout was cancelled at the last minute. The Lincoln-Lancaster LOSS Team made connections with local fire departments to get LOSS materials into the fire stations.

Quinn (UN PPC) - The Public Policy Center is finalizing the annual report for the grant and will be sending it to the state for submission next week. There is a redesigned youth suicide website

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(<http://youthsuicideprevention.nebraska.edu/>). Local coalitions may add content to a page of their own from the local coalition page:

<http://youthsuicideprevention.nebraska.edu/localcoalitions.php>. Those who are interested in a page of their own may contact Quinn via email.

Jill (Metro LOSS team/Kim Foundation) – The Kim Foundation, Bellevue Schools, and several other Bellevue entities have partnered to host an event open to the public in Bellevue. The event will bring in two yellow ribbon trainers to do a youth focused question and answer session and a panel presentation. The event will also have a separate room for parents and adults so everyone is comfortable talking and asking questions. The Metro LOSS team continues to grow and have recently added two members to bring their membership total to approximately twenty members.

III. Coalition Updates:

Lincoln: The sub-committees continue to work together to develop a standardized screening tool, and different avenues of mean restriction and are currently developing signage to be placed in all of the parking garages in the Lincoln area. The sub-committees have also have looked at suicide prevention in the elementary specifically, and are currently examining an evidence-based program called that “Good Behavior Game.” The Good Behavior Game is implemented at the first grade level, and helps mitigate disturbing, disruptive, destructive, or inattentive behaviors.

Norfolk: On January 14th, Andres will be presenting on suicide, specifically suicide in youth and teens, at an ESU workshop for local teachers in the area.

Kevin Hines will be visiting presenting his story on January 21st and 22nd on how to address suicide and its stigma. He will also working on programming to implement, and will be completing several different interviews and events during his time in the area.

IV. SAMHSA Grant Update:

At this time three of the six regions budgets & work plans for Year Two are approved, Renee Faber is just waiting on revisions from the rest of them. Current estimates show the grant being 88% expended in Year One, just 2% shy of the 10% allowance for automatic carry over. However, there is at least one outstanding invoice to be reconciled. The final balance of the grant will be determined in the next week and then will need to reconcile with DHHS Grants Management and Accounting. If the grant is able to do 10% carryover we will report that with the Federal Fiscal Report (FFR) due Dec 31st. If over 10%, a full carryover request will be due Jan 28th, 2016. After that, the Continuation Request (for the Year 3 award) will be due Feb 18th, 2016. It is anticipated that carryover dollars could be used (at the state level) to support a workshop with Dr. Campbell if scheduled later in the spring or later. The Division Director has provided feedback on the state strategic plan and will be ready for public comment after a few revisions.

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V. LOSS Development Advisory Group

In the light of the past year and a half and the cluster of suicides and suicide attempts seen throughout the Lincoln and Lancaster County area, the LOSS Development Advisory group approved a proposal to offer the Lincoln Police Department, Lancaster County Sheriff's office, and Fire Department suicide education, prevention, and postvention effort. There is currently a need for intervention/outreach among these organizations, and there is a large amount of stigma present in these groups that prevents individuals from seeking services.

The effort would involve developing and creating an outreach committee to head an outreach effort to Lincoln and Lancaster county area Firefighters, Police Departments, and Lincoln-Lancaster County Sheriff to assist in suicide education, prevention, and postvention opportunities. The committee would focus on working with those groups reduce the stigma of suicide and mental health issues, help individuals access mental health counseling, and educate those groups on what is available throughout the community.

VI. Awareness

Don't Be Sidelined Campaign

Julia and Dave did an interview with Hail Varsity on Monday. The next Don't Be Sidelined event will be hosted during one of the 2016 home Nebraska basketball games. There will be an advertisement for the Don't Be Sidelined Campaign appearing in the 2015 NCAA Volleyball Final Four tournament program.

Other Awareness Activities

Kearney hosted a Survivors of Suicide Loss Day event on November 19th.

Youth suicide warning signs have been updated on www.youthsuicidewarningsigns.org

VII. National Updates

Suicide Prevention Center sends out a weekly newsletter called "The Spark" that provides national updates on suicide prevention, and is worth following along with each week. The past issue of The Spark focused on middle-aged men and how they lead the nation in suicides, yet are the least likely group to ask for help.

VIII. Upcoming Training Opportunities

National American Association for Suicidology will be holding their 49th Annual Conference in Chicago, IL on March 30th to April 2nd. Registration for this conference is available at www.suicidology.org.

IX. Announcements

No announcements

X. Next Loss Development Group Meeting

The next meeting will be held on January 22nd, 2016. All meetings begin at 12:00 Noon at Bryan West Hospital.

XI. Next Coalition Meeting

The next meeting will be held on January 22nd, 2016. All meetings begin at 1:00 PM at Bryan West Hospital.