

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

January 22nd, 2016, 1:00 PM CST
Bryan West Hospital – Classroom #2
Co-Chairs: Dr. Belau and Dr. Miers

Attendees: Don Belau, Dave Miers, Terri Marti, Rae Dixon, Tiffany Mullison, Brenda McDonald, Tyler Irvine, Kelli Hatzenbuehler, Julia Hebenstreit, and Quinn Lewandowski

I. Approval of Minutes

Julia Hebenstreit made a motion to approve the minutes from the December 4th, 2015 meeting. Rae Dixon seconded this motion; the motion to approve the October minutes passed unanimously.

II. Youth Suicide Prevention Outreach Specialist Update

LOSS Team 101 workshop has been scheduled for Tuesday, March 8, 2016 from 9:00 AM to 12:00 PM. The workshop will provide a three hour training that provides an overview of the LOSS (Local Outreach to Suicide Survivors) Team process for Regional Behavioral Health Authority staff. As LOSS Teams are developed across Nebraska, each Region will be able to provide on-going support for local communities that are committed to support active postvention efforts. This training is open to anyone with an interest in LOSS Team development and communities with existing LOSS Teams. Region leads are encouraged to invite stakeholders as we develop LOSS Teams across the State. This workshop will be hosted within the Region III offices in Kearney.

The State Suicide Plan has been submitted, and there is currently work going on a draft community planning template in progress. Tiffany Mullison has a surplus of brochures (means restriction, military and youth/school/family) and LOSS materials available for distribution. Contact Tiffany at Tiffany.Mullison@nebraska.gov if interested in any of those materials. A request for proposals for mini-grants in 2016 will be announced at a future meeting.

III. SAMHSA Grant Update:

The Year One SAMHSA Grant report was submitted to SAMSHA in January by the University of Nebraska Public Policy Center. All six regions were invited to submit what they would do with the possible carry over funds from Year One, and DHHS has received proposals from five of the six regions.

IV. Behavioral Health Region Updates

Region I: Region I hosted a QPR for all of their staff. Region I has been meeting with the Panhandle Suicide Prevention Coalition. The Northern Panhandle has a lot of interest in starting a LOSS Team. The region would ideally like to establish three LOSS teams with one team each for the north, central, and south parts of the Panhandle. Region I is moving closer to beginning LOSS in the Panhandle.

Region VI: Region VI continues to work on planning for their Connect Postvention Training of Trainers event that they will be hosting in March.

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V. Coalition Updates:

Lincoln: Means Restriction signage was placed in one of the downtown garages, and permission has been given to place the signs in all the downtown garages. The signs encourage hope, and encourage individuals to seek help. Parking garage personnel have also been trained in QPR. The Lincoln Coalition is currently working on scheduling a training session with LPS school psychologists.

Norfolk: The events for Kevin Hines some were cancelled due a death in his family. The Norfolk community has been impacted by five suicides in the last two to three weeks. The Norfolk Coalition kept the morning and evening speaking events with Andres taking the place of Kevin. Andres gave a postvention program focused on what to do when a community is touched by suicide. Approximately fifty-eight people attended the morning session and approximately ten individuals attended the evening speaking event. The schools and impacted agencies by the recent suicides were able to attend and all the resources brought to the speaking engagements were taken. Andres also took the place of Kevin on the two radio interviews in Norfolk and Wayne and he talked on Postvention and safe messaging. Andres presented a workshop last week for the teachers at ESU8 and had around twenty-four teachers who attended to the workshop on warning signs of suicide in Youth. The Norfolk Coalition hopes to reschedule Kevin Hines for an event in March to merge with Dr. Sally Spencer Thomas event.

Omaha/Metro: The Kim Foundation helped organize and host a Real Talk Suicide Prevention Event with Bellevue Public Schools, Bellevue Christian Center, and various Bellevue faith communities. There were two separate Yellow Ribbon Suicide Prevention presentations and panel discussions. Youths and adults were given the presentation in separate rooms to allow the opportunity for each party to ask questions and share their thoughts on mental health and suicide in a safe and supportive setting. It was a free community event will that provided a panel of suicide survivors, mental health professionals, and also made resources available. Bracelets were passed out with the hotline phone number on them. The Kim Foundation will present at a Bellevue Public Schools teacher in-service with their primary and secondary staff. Ralston Public Schools has also asked for a presentation and have a panel of suicide survivors. Omaha Gross will also have a presentation and informational information session in the near future.

Military: The Military Coalition continues to teach ASSIST (A Living Working Curriculum) and has done a good amount of work reaching civilian agencies in Norfolk. The next ASSIST training will take place Feb. 24th and 25th in Lincoln. The coalition continues to lay the groundwork to establish a LOSS team especially within the Nebraska Army National Guard. There will be an upcoming opportunity to possibly do some QPR training with family members. They have recently signed an MOU with the Giving Hour. Giving Hour helps connect service members and their families with local licensed therapists that are willing to give up to an hour of therapy for free. Approximately 40% of the Army National Guard does not have veteran status which prevents some services such as therapy being covered for them. The Giving Hour doesn't restrict based on veteran status and will help fill a gap in enabling service members and their family member access to therapy.

State: There will be an effort to gather input to help update and develop goals to sync up with the current state plan. More mini-grants will likely be offered in 2016, a request for proposals will soon be announced in the coming months.

Nebraska State Suicide Prevention Coalition (NSSPC)

VI. LOSS Development Advisory Group

The LOSS development group has begun the process of developing a planning committee for the first annual Nebraska State LOSS Team Conference in January 2017. The focus of the State LOSS Conference will be improving skillsets and provide in-house training for prospective, new, developing, and established LOSS teams throughout the state. The LOSS Development Advisory Group has endorsed combining the Spring LOSS walk with the Shoulder-to-Shoulder walk in the fall to combine time, energy, and resources for a larger event in the fall of 2016. Approval was also given for an awareness event of a Show-and-Shine Car Show in June.

VII. Awareness

Don't Be Sidelined Campaign

The Don't Be Sidelined University of Nebraska men's basketball game event has been scheduled vs. Ohio State on Feb. 20th. On February 24th they will also do an event at the University of Nebraska women's basketball game against Indiana. Dates for an awareness event at a Husker baseball game will be determined later on. An ad was also run in NCAA Final Four program for Volleyball.

VIII. National Updates

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.

The dates for the 6th Annual National LOSS conference have been announce and will be held in September 28th & 29th in Fort Worth, TX. There will be no pre-conference this year. Registration will launch in February or March. The National LOSS conference takes place right before the end of the second grant year.

IX. Upcoming Training Opportunities

Training of Trainers workshop for *Suicide Prevention for the Workplace* in Denver, CO on February 26, 2016.

There are two QPR trainings that will be available in Lincoln. The first will be held by Community Health Endowment on January 29th, and the second QPR training will be held February 19th at SCC.

X. Announcements

No announcements

XI. Next Coalition Meeting

The next meeting will be held on January 26th, 2016 in Classroom #2. All meetings begin at 1:00 PM at Bryan West Hospital.