

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

March 25, 2016, 1:00 PM CST

Bryan West Hospital – Classroom #2

Dr. Don Belau and Dr. Dave Miers, Co-Chairs

Tiffany Mullison, State Suicide Prevention Outreach Coordinator

Attendees: Terri Clark, Don Belau, Dave Miers, Tiffany Mullison, Jill Hamilton, Pam Oltman, Terri Marti, Virginie Davis, Michelle Nelson, Melissa Schaefer, Nina Wilson, Jolene Palmer, Allison Woolcott, September Symers, Chris Wagner, Cindy Buesing, Crystal Fuller, Brenda McDonald, Amy Nelson, Ross Hood Buss, Tyler Irvine, Andres Sandoval, and Quinn Lewandowski

I. Approval of Minutes and Agenda

Terri Marti made a motion to approve the minutes from the February 26, 2016 meeting and move the Awareness agenda item to the beginning of the meeting. Tiffany Mullison seconded this motion; the motion to approve the February minutes and reorganized March agenda passed unanimously.

II. Awareness:

Don't Be Sidelined Campaign - Date for Don't Be Sidelined Campaign Husker Baseball event has been set for May 11th in Lincoln, NE. The event is still looking for volunteers to help hand out bracelets and spread awareness, if interested, please contact Julia Hebenstreit at jhebenstreit@thekimfoundation.org. The Don't Be Sidelined website continues to garner at least a 100 unique hits each month.

September State Office Display Update – Tiffany Mullison has reserved one of the State Office building displays in September for National Suicide Prevention Month. The display area has no tables, no TV, no outlet access, and the display is limited to the two bulletin boards by main entrance. A two week rotation of materials to display at the capitol would be ideal. If you are interested in possibly helping with the display or providing print materials to display, please contact Tiffany Mullison at Tiffany.Mullison@nebraska.gov.

Safe Messaging - Region VI has applied to use carryover funds to make a CONNECT safe messaging webinar for media outlets available for distribution statewide.

AFSP – Out of the Darkness Campus Walks will be occurring locally to help raise awareness and funds to help support survivors of suicide. If you would like to join and participate, please visit:

www.afsp.org/nebraska. Upcoming walks include:

UNO Campus Walk – April 10th 1:00 PM to 3:00 PM

UNL Campus Walk – April 17th 2:00 PM to 5:00 PM

III. Youth Suicide Prevention Outreach Specialist Update

LOSS Team 101 training was hosted in early March in Kearney, and there is demand for a future LOSS Team 201 and additional LOSS Team 101 trainings. LOSS materials are still available for distribution (sticky notes, pens, folders, etc.). There are 225 QPR booklets still available in Spanish available for certified trainers. The QPR booklets can be given only to individuals that have completed the training. Jolene Palmer spoke on year three and starting to think more about sustainability and building up the capacity to make QPR a major Suicide Prevention training in Nebraska schools. It is very possible that 40,000 QPR books might be needed in the near future, as most school districts do not have the funds to support Kognito training on their own. The Nebraska State Suicide Prevention Plan, 2016-2020 is completed and was

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emailed to listserv. Contact Tiffany Mullison for a PDF or word version of the NSSP Plan to customize for your community.

IV. Mini-Grants Update

Five agencies were awarded mini-grants at the end of 2015. Evaluation Report Forms were emailed to the five agencies that received funds, and those forms are due April 1, 2016. A request for proposals (RFP) will soon be released in the coming months for another round of mini-grants. More details will be released at April's Coalition meeting.

V. Survey Monkey Results

A survey to gather feedback on was distributed to the full listserv for LOSS and NSSPC. The survey achieved a 27% response rate. Some of the major themes of the feedback received included: making more training opportunities available, having action oriented agendas for meeting, adjustment of the frequency of meetings, more collaboration, sharing and announcing speakers, providing more information on trauma informed care, rewriting the bylaws of NSSPC, and making resources available for download for ease of access and distribution. The next steps will be for an executive team and any volunteers to sort through the data from the survey and come up with the next steps for the group in the coming weeks. Volunteers were asked to contact Don, Dave, or Tiffany if they were interested in helping determine an action plan.

VI. SAMHSA Grant Update:

Continuation application for Year Three was submitted in February. The total amount of funds requested for Year Three was \$735,996.

Carryover Funds Update - Year One report submitted to SAMSHA in January by the University of Nebraska Public Policy Center. The carryover request for Year One has been approved, including requests for funds from five out of the six behavioral health regions. The full \$106,577 of funds which were unspent in Year One were requested for carryover. Of that full amount, \$92,175 were requested by the regions and \$14,402 was requested for DBH to purchase materials for the three established LOSS teams, update Ask A Question, Save a Life DVD, display boards for LOSS/NSSPC, and CAMS manuals for RBHA and the three Regional Centers.

VII. Behavioral Health Region Updates:

Region I – Continue to host QPR trainings. Region I had three attendees go through the LOSS 101 training hosted in Kearney. Currently working on identifying who their National LOSS Team Conference attendees are going to be. The coalition in the Panhandle is gaining momentum. Receiving the carryover funds will provide the opportunity to bring Kevin Hines to the Panhandle. There are currently four walks planned in region for the fall. Currently working with Professional Research Consultants to assist them with some survey data assessment and the focus group process to help develop a strategic plan. Coordinating with Dr. Belau to schedule a LOSS 101 training and an AMSR training session in the panhandle.

Region V – Three hundred eighteen people have been trained in QPR since the last coalition meeting. A lot of work has been done with the awareness campaign especially in the area of gun means restriction. In partnership with Channel 10 health, there will be a public service announcement targeting young people

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that will air over the coming months. The Lincoln Coalition continues to work with mayor's office to get parking garage signage displayed in all Lincoln parking garages.

Region VI – Region VI wrapped up their CONNECT Postvention three day training. The event was fantastic and would highly recommend the training to any of the other regions. Currently working with twenty clinicians locally to get them trained in the CAMS curriculum. Region VI is also working with the Metro LOSS team in identifying who is going to attend the National LOSS Team Conference.

VIII. LOSS Updates:

Omaha – Working with LOSS team to identify the members that will be attending the National LOSS Team Conference. The Metro LOSS team will be meeting with Sarpy County to find out how LOSS teams can assist on the scene. Working on dividing their LOSS team into two task forces: one that will provide an immediate response on scene to families and one team that will provide a delayed response.

LOSS Training – Twenty-one individuals attended Dr. Belau's three hour training on LOSS 101 in Kearney on March 8th. Dr. Frank Campbell coming to Nebraska in January/February 2017 for the first annual Nebraska LOSS Team Conference. The Lincoln and Metro teams continue to be active and are currently planning a variety of events for 2016.

IX. Coalition Updates:

Norfolk – Kevin Hines was brought to Norfolk and presented and hosted three events. His visit also coincided with Dr. Sally Spencer-Thomas. The event that was hosted at the community college had standing room only available by the start of his presentation. His testimony was very powerful to all those that attended, and people got to hear his story and message of hope. Kevin Hines was very personable and refused payment and wanted his fee to be used to assist the coalition in their work/projects in the area. The Norfolk Coalition hosted a law enforcement QPT training in O'Neil that helped train firefighters, police, and dispatchers. Andres met with schools in the area, and gave a presentation to about forty-five teachers. Schools in the area are currently alarmed about suicides (area has experienced an average of over five suicides per month lately), and now are realizing that suicide prevention needs to come to more to the front. Will be hosting a QPR training for nurses in Wakefield. Will be hosting an alcohol screening day in April and bringing a speaker. They feel that they are distributing a variety of different programs and efforts.

X. National Updates

The Suicide Prevention Resource Center (SPRC) will be hosting a webinar on March 1st on self-injury. There are also two new Spark talks available on SPRC's website, and hose new topics include: "Reducing Gun Access" and "Safe Reporting on Suicide." Please go to www.sprc.org for more information.

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XI. Other Updates from Members

Project Extra Mile – On March 8th Project Extra Mile held their Legislative Day at the state capitol building. The event sent a clear message to policymakers about the importance of public policy that supports the prevention of underage drinking and other substance use and abuse across Nebraska & promotes long-term positive change for public health and safety. Project Extra Mile will be co-hosting a national conference in DC, called Alcohol Policy Conference 17 that will focus on policy and how that influences health and safety.

No Wrong Door – No Wrong Door will be hosting workshops in Columbus on April 20th and in Lincoln on July 13th. The goals of the one-day workshops are to help participants recognize and improve services for veterans, military service members and the families who face challenges associated with military experiences and lifestyle. The cost for attendance is \$50 per date/location for registration. The registration fee includes lunch and eight continuing education contact hours awarded by Iowa Western Community College, Iowa Board of Nursing Provider #6. Please visit <http://nalhd.org/nwd.html> for more information. Dates for NWD workshops in Kearney and Hastings are TBA.

XII. Upcoming Training Opportunities

- a. The Annual American Association of Suicidology, March 30th – April 2nd in Chicago, IL.
- b. The Annual Behavioral Health Conference – May 31st – June 2nd in Lincoln.
- c. Healthy Youth Nebraska Conference – September 19th in Kearney
- d. The 6th Annual National LOSS Team Conference – September 28-29th in Fort Worth, TX. Early bird registration is \$200 + \$12 fee on Eventbrite.

XIII. Announcements

No announcements

XIV. Next Coalition Meeting

April 22, 2016 @ 1:00 PM CST – Classroom #2
Bryan West Hospital