

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

June 24th, 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: Nikki Roseberry-Keiser, Allison Woolcott, Terri Marti, Cindy Buesing, Quinn Lewandowski, Jill Hamilton, Dave Miers, Tiffany Mullison, Abbe Edgecombe, Pam Oltman, Rose Hood-Buss, Sandy Morrissey, Jolie Vega, Melissa Schaefer, Jill Hamilton, Don Belau, Ryan Larson, and Brenda McDonald

I. Approval of Minutes and Agenda

Tiffany made a motion to approve the April 22nd meeting minutes as the wrong copy was distributed at the May meeting; Nikki seconded the motion; the April meeting minutes were approved.

Terri made a motion to approve the May 20th meeting minutes; Tiffany seconded the motion; the May meeting minutes were approved.

Allison made a motion to approve the agenda for June's meeting; Pam seconded the motion; the June agenda was approved.

II. Youth Suicide Prevention Outreach Specialist Update

A. The \$4,000 Question Results (ranking, description, and amount to expend on each):

1. Resources for middle/high school educators on youth suicide – prevention, re-integration, postvention [\$500]
2. Materials to be given to families following a suicide, by trained members of the LOSS teams [Local Outreach to Suicide Survivors]. Currently, Nebraska has 3 teams, serving 29% of the state population. Plans are to expand the number of teams so that each RBHA has a team in their area. [\$1,500]
3. Startup materials for teams forming – lanyards/ID badges for volunteers on the LOSS team, training materials, reference materials, etc. [\$1,500]
4. Hard copies of a DVD, Ask A Question: Save a Life, with 3 segments on suicide [elderly, military, youth] for use in educational presentations. The DVD was updated in 2016. [\$500]

B. September Suicide Prevention Awareness Month Proclamation

A request to proclaim September as Suicide Prevention Awareness Month was submitted to the Governor's office by the DHHS chief information officer.

C. Mini-grants

The Grant Review Team met and scored all of the applications for the 2016 mini-grant made possible by funding provided by the Kim Foundation. This year's applications were the strongest in NSSPC history; in light of this, we were unable to fund every worthy applicant. Four rewards of \$1,000 will be distributed, with the contingency this year that they contact their Behavioral Health Region and work together on their mini-grant project. The projects must be completed by 12/31/2016 and the reports are due 1/20/2017.

Priority were given to applications with the following

- Focus on youth suicide prevention
- Use of evidence based, best practice, or promising practice initiatives
- Matching funds

Nebraska State Suicide Prevention Coalition (NSSPC)

- Use of evaluation to measure effectiveness
- Requests of \$1,000 or lower

III. **Nominations for Treasurer**

The floor was opened up for nominations for treasurer of the Nebraska State Suicide Prevention Coalition. No nominations were submitted during the meeting, but individuals were encouraged to forward any nominations via email to any member of the executive committee.

IV. **State Coalition Action Planning**

V. **Behavioral Health Region Updates and Regional LOSS team updates**

Region I – Have tentatively scheduled Kevin Hines to come out at the end of August. Completed a service gap analysis LOSS Team Development is underway in Region I. Dr. Belau spent a lot of the past week in Region I. Spent substantial time in the Panhandle to get law enforcement to buy-in. They look forward to LOSS Team development across the Panhandle. Feel like they have great resources to move forward. Did identify a target date: Jan. 1, 2017 to have one of those four LOSS teams up and running. Suicide loss support group is also looking to be formed.

Region IV – QPR TOT is scheduled for Wednesday, August 17th.

Region V – QPR requests continue to increase, all by word of mouth. It is a tool that is making people feel better equipped. Pushing to disseminate LOSS throughout the region.

Region VI – Working on building capacity for QPR in with more trainers. Looking at recruiting for AMSR. Safe messaging media webinar coming up. Ten clinicians complete CAMS, another ten scheduled to complete it. LOSS team members attending national conference. Mental Health Promotion Specialist will be going to a training out in California, and that should allow her to help get attempt survivor support groups up and running in Region VI. Working with the Kim Foundation on quite a few projects.

Lincoln Coalition – All University of Nebraska-Lincoln, St. Elizabeth Hospital, Bryan Hospital, and Q St. garages now all have means restriction signage. University of Nebraska-Lincoln residential advisors, wellness advocates, and other individuals on campus are going to be trained in QPR. Public Schools are stepping up their second step curriculum (6th grader coping strategies, conflict management, etc.). Looking on how to beef up their youth involvement piece. Community took a step out of their CONNECT training, to help meet the need for crisis response. Huge collaboration with Bryan, Cedars, probation, and others in how individuals can utilize the resources that are already in the community. Using data to help target the months that need the most awareness and information distributed (statistics showing that April and November have historically been the months with the most completions). Helping get curriculum for all grades. Teaching the kids basic problem solving etc. Cross-section collaboration has been a great strength in the Lincoln community. Sustainability.

Omaha Coalition – Have hosted their first meeting and are about to host their second meeting. Directly invited people to get involved in the Omaha Coalition. They have had 38 people RSVP for their second meeting by the time of this meeting.

Nebraska State Suicide Prevention Coalition (NSSPC)

Military – Walk and run in September. Conducted last ASSIST training for the fiscal year.

VI. Awareness

Don't Be Sidelined Campaign – DBS ran their ad in CWS program. Over 45,000 DBS bracelets were distributed to the public over the past four years of the campaign.

VII. State Coalition Action Planning

At the May meeting, the group identified two goals to focus on for the rest of the 2016 calendar year. The first was to strengthen the coalition. The second goal identified is to strengthen local coalition collaboration by providing accurate, concise, and usable information (strength and resilience based information). The group focused on setting goals for strengthening the coalition by: reaching out to existing coalitions and reestablishing relationship, determining who else needs to be at the table for the statewide coalition, increasing awareness about the coalition, and increasing presence on social media.

VIII. Other Updates from Members

Sesame Street (Grief Specific toolkit) is available for download:

<http://www.sesamestreet.org/content/grief>

You can also request When Families Grieve kits, by contacting grief@sesameworkshop.org

IX. Upcoming Training Opportunities

- a. No Wrong Door Workshop – July 13th in Lincoln, NE
- b. Health Youth Nebraska Conference – Sept. 19th in Kearney, NE
- c. National LOSS Team Conference – Sept. 28th & 29th in Fort Worth, TX
- d. Other Opportunities?

X. Announcements

Surviving Stigma Together 5K Run, 2 mile Walk, and Celebration – Sept. 18th at 12:30 PM in Lincoln, NE to benefit the Lincoln LOSS Team, register at <https://www.eventbrite.com/e/surviving-stigma-together-5k-run-2-mile-walk-tickets-27052489725?aff=es2>, \$20 for Adults (19+) \$10 for children (18 and under)

XI. Next Coalition Meeting

August 26th, 2016 @ 1:00 PM CST – Classroom #2
Bryan West Hospital