

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

October 28, 2016 1:00 PM – 2:30 PM CST

Bryan West Hospital - Classroom #2

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

Tiffany Mullison, State Suicide Prevention Outreach Coordinator

Attendees: Quinn Lewandowski, Cindy Buesing, Pam Oltman, Tiffany Mullison, Crystal Fuller, David Miers, Anna Dick-Burkey, Melissa Lemmer, Chad Magdanz, Susan Adams, Delisia Dunbar, Julia Hebenstreit, Jill Hamilton, Terri Marti, Jill Schubauer, Rose Hood Buss, Don Belau, Andres Sandoval, Teri Clark, and Brenda McDonald.

I. Approval of Minutes and Agenda

Pam Oltman made a motion to approve the August 26, 2106 meeting minutes; Cindy Buesing seconded the motion; the June meeting minutes were approved.

Pam Oltman made a motion to approve the agenda for August's meeting; Cindy Buesing seconded the motion; the August agenda was approved.

II. SPARK Talk (Men in Their Middle Years)- SPARK Talks are Short, Provocative, Action-oriented, Realistic, and Knowledgeable videos of leaders in the suicide prevention movement. Each of these innovators describes a new development or direction in the field that can have an impact on suicide and issues a call to action. SPARK talks are available on the SPRC website.

<http://sparktalks.sprc.org/>

III. Youth Suicide Prevention Outreach Specialist Update

A. Reprinted Youth, Means Restriction, and Military brochures are now available (also in Spanish). Contact Tiffany if you want copies.

B. June meeting, \$4,000 line item has been spent and some project updates for the funded projects are listed below:

a. Project: WRAP (Wellness Recovery Action Plan) at Lincoln Southeast

It is a 9-week program that requires parental consent and involves social workers and counselors. The program is individualized and includes action planning, getting individuals to buy into the program, and relationship-building with peers and teachers. The program currently has the goal of possibly training some youth to be future facilitators. As the first group is finishing up, all 10 youth are still enrolled, and there are plans to continue the program throughout the rest of the year.

b. Seward County Poster Contest

“Press Pause” contest focused on safe messaging. Entries were largely from 7th and 8th graders, with a few 6th grade and high school submissions. Entries are currently displayed in a Seward art gallery, and the winning posters will be turned into a trailer wrap to be moved around to events. The project also completed QPR trainings at Concordia University open to faculty and students.

c. PH Solutions

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QPR Training with Doane University.

d. **Grand Island Diocese**

Youth Conference upcoming, ordered over 2500 lifeline cards. They are hoping to reach 1,000 attendees.

IV. Behavioral Health Region Updates and Regional LOSS team updates

Region I – Kevin Hines was hosted in the Region. Four Out of the Darkness Walks. QPR training. Interest in working with a local gun club. Working with WCHR in getting their first LOSS team going. Two local youth completed in the area.

Region III- LOSS team continues to meet monthly. There have been a string of suicides in the region, and there is a need to work with the media on safe messaging. The LOSS team is putting together a booth at the Archway, and having an event featuring a speaker and balloons being released.

Region IV- Working in the Norfolk and Columbus area, LOSS team start date in Norfolk of February 1st, 2017. Would like to see growth of two-person teams in towns of South Sioux, O'Neill, and Valentine.

Region V- Working on dates for bringing in Dr. Greg Hudnall from Nevada to discuss Hope Squads and implementation. Hope Squads utilize QPR through peer support in the schools, a staff advisor, and engaging young people through training after being identified by peer surveys. Priming local, rural communities to develop LOSS teams in those communities by securing funds.

Region VI- Able to secure lock boxes with suicide prevention stickers. Meetings to coordinate trainings and bringing in interested partners.

V. Regional Coalition & LOSS Updates

a. Lincoln

- Partnering with Big Shots and utilizing New Hampshire Gun Shop Project materials to rebrand them to the local area. Purchasing Hornady gun lock boxes at cost and partnering with LPD to hand out lock boxes to families during a gun amnesty day. Working with NE Game and Parks and NE National Guard to have concealed-carry classes. The next step with parking garages is to establish natural barriers. Ruck Walk organized by group of UNL students.

b. Omaha

- Working on resources guide for all clergy members. Distributed 13-minute materials at parent teacher conferences in schools. Working on identifying contacts at each school and providing it to hospitals. Developing an established Suicide Prevention training.
- Omaha LOSS team: 6 calls, 2-3 of the 9 completions were on Offutt Air Force Base, would like to build better relationship with chaplains at Offutt. Working on outreach and education piece.

c. Norfolk

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- Events included Chicken Days in Wayne, a survivor's rally, laid 11,000 shoes on Wayne State College campus to raise awareness, and a Pumpkin Run. Planning on bringing Living Works to communities. Other events planned are a Depression Screening Day, a prevention talk, a shuffleboard tourney, and ASSIST training in April of next year, which includes a partnership with VetSet and the National Guard.

VI. Awareness Updates

a. Safe Messaging Webinar – Region VI

- 60 people register for the webinar in September. Archive document will be posted online soon

VII. Reports on 2016 National LOSS Conference

- a. Really good conference and very good information and very intensely focused. Next LOSS conference will be in Phoenix in April and will be a pre-conference event to AAS. This conference had great speakers, and it was good to see that Nebraska is ahead of the curve compared to a lot of states. The survivor panel was very powerful. Dave Miers, Don Belau, and Terri Marti all were on a panel at the conference. Don Belau's sibling survivor presentation that he gave at the conference was asked to be repeated at the 2017 AAS Conference. Lots of training and focus on grief work. Twenty-seven Nebraskans attended the National Conference.

VIII. National Updates

- a. The National Action Alliance meeting last week in D.C. They had voted to join the AFSP goal of Zero Suicides.
- b. News Week has an excellent article on suicides this week

IX. Other Updates from Members

- a. System of Care Grant – Part of that effort is bringing up services. Especially Youth Crisis Response will be a big portion of that grant.

X. Upcoming Training Opportunities, Events, and Conferences

- a. A Time for Hope & Healing with Dr. Thomas Joiner – November 9th in LaVista. Register Here: <http://www.thekimfoundation.org/a-time-for-hope-and-healing.html>
- b. Ted E. Bear Hollow 3rd Annual Grief Awareness Conference - November 18th, 2016 – Omaha, NE
- c. American Foundation for Suicide Prevention Survivor Day - November 19th, 2016 - Events in [Omaha](#) and [Kearney](#) (click the hyperlink on the city you are interested in for more info)
- d. No Wrong Door Training in Kearney on November 15th. Offering to pay for any MHFA trainers to attend.

XI. Announcements

- b. *Ask A Question: Save a Life* DVD's are available

XII. Remaining Meeting Dates in 2016

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December 9th

XIII. Tentative Meeting Dates in 2017

January 20th

March 17th

May 19th

July 21st

September 15th

November 17th