

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

January 20, 2017 1:00 PM – 2:30 PM CST
Bryan West Hospital – Large Conference Room
Dr. Don Belau and Dr. Dave Miers, Co-Chairs

Tiffany Mullison, State Suicide Prevention Outreach Coordinator

Attendees: Jill Kuzelka, Caitlin Moore, Terri Marti, Pam Oltman, Cindy Buesing, Rose Hood Buss, Quinn Lewandowski, Dave Miers, Don Belau, Anna Dick-Burkey, Tiffany Mullison, Brenda Moes, Michele Phillips, Jeannette Blackstone, Andres Sandoval, and Lex Ann Roach.

I. Approval of Minutes and Agenda

Rose Hood Buss made a motion to approve the December 9th , 2106 meeting minutes and meeting agenda for January 20th; Pam Oltman seconded the motion; the December meeting minutes and the January 20th agenda were approved via unanimous acclamation vote.

II. **SPARK Talk (Zero Suicide in Health and Behavioral Health Care)** - 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/>

A. **SPARK Talk Discussion** – The Lincoln Suicide Prevention Coalition has partnered with the Lancaster Medical Society to offer free QPR to clinics, medical staff, etc. Region V is going to be training the Bryan staff in QPR. Rose was able to get approval to get nursing CEUs for these QPR trainings to help incentivize people to get trained in QPR. Members shared their personal experiences and agreed with the statement that mental health needs to be checked as often as height and weight.

III. Youth Suicide Prevention Outreach Specialist Update

- A. Tiffany to send out Survey Monkey for second year in a row. Survey will also discuss the \$4,000 line item built into the GLS grant on what causes would like to be supported. The coalition with discuss the results at the next coalition meeting in March
- B. Tiffany currently has 5,000 tickets for about a 45 min course evidence based course called Friend to Friend. This course aims to help youth identify behaviors and ask questions to help determine if a friend needs help. Email Tiffany Mullison at Tiffany.Mullison@nebraska.gov and request tickets. This course requires a supervising adult trained in Kognito and requires a three-month follow-up. If you are interested in taking Kognito, please email Tiffany for access to that course as well.
- C. Nebraska has completed Year II of the GLS grant, and there is no carryover money leftover this year.
- D. DHHS is still undergoing a spending freeze that is likely to last until June 30, 2017.
- E. Peg, from DHHS and injury prevention, received funding for a national violent death reporting position. By November, hope to have a person hired and implementing the program

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- F. Approximately 25,000 items from the material requests will be filled, unfortunately unable to fulfill all of the requests being received.

IV. Mini-grant Reports from the Four Grant Recipients

- A. **Mental Health Association of Nebraska** – Their mini-grant was used to partner with Lincoln Southeast to hold a WRAP workshop. Nine students participated in the nine week workshop. All youth completed the training, and all said that they would like to continue to meet. Some of the feedback from the students included that: they feel motivated; liked that they could be themselves in the workshop; felt safe; and overall found the workshop very helpful. Dave Miers spoke up to inform the coalition that Bryan Health has open WRAP groups that youth can drop in on.
- B. **Seward County** – Held a poster contest to bring awareness to suicide prevention throughout all the middle and high schools throughout the county. The winning artwork is being turned into a mobile billboard that is being moved around the county, and being printed in other formats as well. The billboard and print materials have the LIFELINE information and warning signs on them as well
- C. **Public Health Solutions** - Starting in the summer, PHS will host cooling stations at the county fairs in Gage and Jefferson County. At these cooling stations they will be distributing awareness materials. PHS had two staff members get trained in QPR. Currently providing education at local meetings and spreading the lifeline number. Were able to train over 100 people in QPR at Doane University. PHS was also able to purchase some more awareness materials to distribute. They are currently working on getting into the area schools using a partnership with the hospitals, and working on possibly training childcare providers in the area.
- D. **Diocese of Grand Island** – Their mini-grant funds were used to help train adults that work with youth, and youth that work with other youth in QPR. The Diocese tried to hit as many of parishes in QPR as possible. They also used funds to purchase lanyards that youth will use for name badges. Youth are required to wear the lanyards throughout the 3 day conference and weeklong retreats, by providing lanyards with the LIFELINE number and “Ask a Question. Save a Life” theme, information will be highly visible and consistently present. Youth will take lanyards and LIFELINE cards home following the event, giving continued access to the information and opportunities for educating others in their rural communities. The workshops and events will also provide information regarding warning signs and a means of accessing help, via the LIFELINE to rural youth; increasing the likelihood that they will seek and obtain assistance for themselves or peers contemplating suicide. The next youth gathering coming up in March 2017. Shannon Sell contacted Mackenzie Davis, a student who is Miss Teen Northwestern NE whose platform is suicide prevention. Miss Teen Northwestern Nebraska is now scheduled to be at the Going Bananas event sharing information on her platform

V. Behavioral Health Region Updates and Regional LOSS team updates

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Region V- The region is moving to developing LOSS teams in the York, Seward, Polk and Butler areas. The region is currently working to bring a LOSS panel to those communities to help educate and start the conversation among community members on local outreach to suicide survivors (LOSS).

The region will also be bringing in Dr. Greg Hudnal to speak and present on Hope Squads in early March. With Hope Squads young people and school staff are trained in QPR. Hope Squad members are NOT taught to act as counselors, but rather, are educated on how to recognize signs of suicide contemplation, and how to properly and respectfully report this to an adult.

<https://www.hopelnk.org/> is gradually getting closer to launching their website. Currently using social influencers in the community to start the conversation. Working on expanding with means restriction. Able to put 83 lock boxes into the community. Health endowment has expressed interest in helping get more boxes into the community. The Lincoln Coalition is also looking at expanding the parking garage means restriction signage into the privately owned garages.

VI. Regional Coalition & LOSS Updates

Norfolk - On Christmas, Norfolk hosted a survivor event that was very successful. Soon will be hosting a series of trainings. Will have two talks by the LivingWorks based program Suicide Talk has been made mandatory for all Norfolk Community College students to attend. Suicide Talk is slightly different than QPR and in breaking stigma around talking about suicide. On Feb 8th, Norfolk will host a "To Write Love on Her Arms" event. Going to be hosting an ASSIST training in April as well.

Omaha - Metro LOSS has unfortunately had a very busy December and January.

VII. Treasurer Update

John Gessert from Union Bank has agreed to be the Treasurer for the NSSPC and LOSS Advisory Council. The NSSPC executive meeting has been working on establishing a structured budget and expenditure process.

VIII. Approval of Travel/Training Budget for 2016-2017 Fiscal Year

This line item will help support sending the co-chairs (past and present) to the National LOSS Team and AAS Conference. Terri Marti made the motion to approve this expenditure; the motion was seconded by Tiffany Mullison. The motion was approved via unanimous acclamation vote with no dissensions or abstentions.

IX. Election of Officers 2017-2019

Accept nominations from the floor

No additional nominations for co-chair candidates were made.

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Finalize Slate of Officers for 2017-2019

Rose Hood Buss and Quinn Lewandowski have accepted nominations by the NSSPC Executive Council to be candidates for co-chairs. Michele Phillips motions to finalize the ballot; Cindy Buesing seconds this motion. The motion passes via unanimous acclamation vote with no dissensions or abstentions.

Terri then motioned to approve both Rose Hood Buss and Quinn Lewandowski as the new co-chairs of the Nebraska State Suicide Prevention Coalition; the motion was seconded by Anna. The motion was approved via unanimous acclamation vote with no dissensions or abstentions.

X. Awareness Updates

There were no awareness updates

XI. National Updates

There were no national updates

XII. Other Updates from Members

There were no other updates from members

XIII. Announcements

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

XIV. Mark Your Calendars in 2017 for These Events

- H.** March 23rd – 25th – Nebraska LOSS Conference –Uniting to Support Survivors of Suicide Loss – Omaha, NE - Link: [Nebraska LOSS Teams: Uniting to Support Survivors of Suicide LOSS](#)
- I.** April 24th - 28th – AAS in Phoenix, AZ and the addition of the National LOSS conference as pre-conference event to AAS
- J.** September 6th – Governor's Proclamation
- K.** September 12th – 14th – National Prevention Networks Conference in CA
- L.** September – DBH has reserved the display boards at the State Office Building
- M.** September 19th – Healthy Youth Nebraska in Kearney

XV. Remaining Meeting Dates in 2017

March 17th
May 19th
July 21st
September 15th
November 17th