

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

May 19, 2017 - 1:00 PM - 2:30 PM CDT

Bryan Medical Center – Classroom #2

Rose Hood Buss and Quinn Lewandowski, Co-Chairs

Attendees: Quinn Lewandowski, Dave Miers, Rose Hood-Buss, Cindy Dizing, Genette Blackstone, Cathy Karsting, Tiffany Mullison, Jill Hamilton, Vanessa Zobeck, Ginie Davis, Jenik Davis, John Gessert, Don Belau, Terri Marti, Julia Hebenstreit, Pam Oltman

I. **Approval of Minutes and Agenda**

Don Belau made a motion to approve the March 17, 2017 meeting minutes; Jill Hamilton seconded the motion; the March 17 meeting minutes were approved unanimously.

Cathy Karsting made a motion to approve the May 19, 2017 meeting agenda; Julia Hebenstreit seconded the motion; the May 19 meeting agenda was approved unanimously.

II. **SPARK talk (Person-Centered Care: John Draper, PhD) - SPARK Talks are Short,**

Provocative, Action-oriented, Realistic, and Knowledgeable videos of leaders in the suicide prevention movement. SPARK talks are available on the SPRC website.

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

Spark Talk Discussion:

a. What are we doing well In Nebraska? Nebraska is doing well with coordination and conducting conversation between the Coalition and communities, LOSS teams, and Hope Squads. Additionally, the crisis line includes adolescents, there are survey systems in place, and gun owners are being educated on safety protocols and procedures.

b. What could be done better? People are intimidated to tell professionals that they are suicidal; professionals must work to provide an environment that makes people more comfortable and calm their fear of being institutionalized. Nebraska needs to improve the bridge between in-patient-care and after release and could also improve the planning process by including family members and youth while ensuring person-centered care. Preventative relationships can be used more effectively to make the initial conversation supportive and caring and create a safe environment for a person considering suicide. Nebraska also needs to expand coverage for respite and adolescence care. Additional training and education needs to be available for key responders, law enforcement, and military/civilian society on correct procedures regarding mental health issues.

III. **AAS & LOSS**

a. AAS & LOSS Conference Recap: Don Belau, Dave Miers, Quinn Lewandowski, Terri Marti

Don, Dave, Terri and Quinn attended AAS and LOSS conferences in April.

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- i. **LOSS Conference:** Don and Dave presented on how to build a LOSS team at the conference. There was some interest in building a team from individuals from Canada and the United Kingdom. One new idea that was learned at the LOSS conference was to put LOSS contact information on Kleenex packages. There was a presentation about community support for LOSS and the attendants learned some ideas for marketing and community outreach. These include painting fire hydrants and semi-truck trailers, creating a comic book for kids about bullying, public service announcements that were shown before movies, as well as community events like a bike ride and a basketball tournament. There is work being done to improve the LOSS team website and create a national LOSS team directory. Some research was shared on the effects of suicide on survivors. There was also a healing ceremony. There is a private, secure software system being used to share LOSS data that we are considering implementing in Nebraska.
 - ii. **AAS Conference:** See handout 'Donald P. Belau, Ph.D. 2017 National Conference Report'. There were 1,500 attendees. A big theme of the conference was how to involve clergy in suicide prevention and survivor recovery. There was a presentation about means restriction and firearms. There was discussion about working with gun shop owners and creating posters and handouts about firearms and suicide prevention. Another point of emphasis was communication with men who are difficult to reach. Presentations were done about firefighter suicide prevention and identifying risk factors within a company or workplace. There was also a workshop on building and strengthening a state coalition. SOS materials have been updated. The V-STAG manual (\$45) was recommended for K-12 schools. Representatives from mental health hospitals discussed a few methods to reduce admission such as crisis line follow up calls and sending cards to patients at discharge. One interesting idea would be for the Coalition to form an ad hoc committee that will explore working with behavioral health regions in order to provide resources to attempt survivors. The Nebraska Coalition has never done this before but it is a gap that should be addressed. Nebraska is ahead of the curve on postvention.
- b. **Nebraska LOSS Update: Don Belau**
- In the past month there was a community meeting in Seward. Dave, Don, and Teri did a presentation promoting the formation of a LOSS team for the "four corner area" (Seward, York, Butler, Polk). The Columbus LOSS team is progressing and the Norfolk LOSS team is recently active. The Kearney area continues to be unfortunately busy with 9-10 completions in the last ten months. The North Platte LOSS team is working toward creating an advisory council and

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recruiting clinicians. The Chadron LOSS team will be launched in the next 4-6 months; there are four clinicians there. The Sidney/Bridgeport area and the Grand Island/Hastings area are both showing interest in launching LOSS teams as well.

IV. Redesign of NSSPC Website

- a. **Call for Nebraska Based Coalition websites or pages they wished linked in the redesign of the NSSPC website** – please send your links to Quinn Lewandowski at qlewandowski2@unl.edu. Links can be for websites or Twitter pages, blogs, etc. When the website revamp is complete it will be sent out to all participants. It will be completed in the coming months.
- b. **Review of progress**
The reworked NSSPC website is virtually ready to go live. Links for local coalitions are still needed; websites and Facebook pages would both be appreciated.

V. Youth Suicide Prevention Outreach Specialist Update

- a. **Materials update from \$4,000 Decision**
At the March meeting, there was a discussion about how to spend \$4,000. Half of the materials have been purchased and distributed; each region received one set of materials. The set of materials includes the book *Grief is Like a Snowflake*, workbooks that have not been distributed yet, the book put out by SAVE, My Grief Right cards and the Mourner's Bill of Rights. A search was conducted for good survivor materials; SAMHSA has some resources available to the NSSPC for use but they may not be ideal for the Coalition's targeted population. Other possible resources include a virtual hope box and the My3 app. The plan going forward for pursuing survivor materials is to request input from survivors and their families regarding their preferred mode for material and have options available that can be customized for an individual.

VI. Effective Messaging & Changing Behavior through Safe Communication event recap: Tiffany Mullison

Seventy-one people attended the event and 60% of them completed evaluations that will be analyzed and the results presented. Elly Stout with the SPRC conducted the training.

VII. Updates

- a. **Behavioral Health Regions**
 - i. **Region V-** The region is working with LOSS team development. For southeast Nebraska, there is interest in Johnson, Nemaha, and Otoe counties and targeted efforts in Gage County due to multiple completions in that area.

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These efforts include a community QPR training and meeting with the law enforcement. Hopelnk will be launched in September; the launch will include murals around town and a presentation since it is suicide prevention month.

b. Coalitions

- i. **Omaha-** The Omaha Coalition did QPR training for the entire group at their last meeting and there were about sixty attendees. The signage for bridges and parking garages in Omaha is ready to go; updates to come on how many and their location. In June, a technology specialist will be presenting at their meeting about using social media and technology to do suicide prevention work with teens. The Omaha Coalition is putting on a behavioral health fair in September. There is a Facebook live event in May with the Papillion school district regarding warning signs, conversation, risk factors, and a panel Q&A.
- ii. **Lincoln-** There will be a Hope Squad training in July. Several schools will be attending. Four hundred lock boxes were purchased and will be distributed to Bryan Health, the National Guard, and at a community event in September. The lock boxes have a sticker on the front with the suicide prevention lifeline.
- iii. **Nebraska LOSS-** Conference went really well. It ran three nights and a full day Saturday. The turnout was good and people had great takeaways.

c. Awareness

The National Guard is conducting a suicide stand down training in June, July, and August. They will be visiting many major locations with emphasis in the west. The focus of the training will be substance abuse and financial relationships.

VIII. Treasurer Report

No funds have been expended since the last meeting, which means the bank balance remains at \$16,175.31. Investigation into becoming a 501(c)(3) has been ongoing. The IRS has sent the Coalition an application and there has been discussion with a local law firm about assisting in the process pro-bono. Advantages of becoming a 501(c)(3) include tax breaks, an increased pool of donors, and management advantages. From start to finish, the process will take 6-7 months and will cost about \$2,000. There will be more details to come.

IX. Upcoming Training Opportunities, Events, and Conferences

- a. Public Health Association conference in Lincoln in September
- b. Hope for Tomorrow conference in Grand Island
- c. Great Plains Disaster Behavioral Health Conference on July 27, 28 in Omaha

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X. Announcements

Individuals who are interested in forming an additional committee for suicide survivors can talk to Quinn.

XI. Mark Your Calendars in 2017 for These Events

- a. September 6th – Governor’s Proclamation
- b. September 12th – 14th – National Prevention Networks Conference in CA
- c. September – DBH has reserved the display boards at the State Office Building
- d. September 19th – Healthy Youth Nebraska in Kearney

XII. Remaining Meeting Dates in 2017

July 21st
September 15th
November 17th