

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

July 21, 2017- 1:00 PM – 2:30 PM CDT

Bryan Medical Plaza- Private Dining Room

Rose Hood Buss and Quinn Lewandowski, Co-Chairs

Attendees: Nikki Roseberry-Keiser, Quinn Lewandowski, Jen Cook, Caitlin Britwum, Jeannette Blackstone, Pam Oltman, Terri Marti, Dave Miers, John Gessert, Chris Junker (zoom), LexAnn Roach (zoom)

I. Approval of Minutes

On the May 19, 2017 meeting minutes, there is a list of members who attended the AAS & LOSS Conference. Terri Marti noted that she also attended this conference. Her name will be added under item III. John Gessert made a motion to approve the May 19, 2017 meeting minutes with the above correction; Jen Cook seconded the motion; the May 19 meeting minutes were approved unanimously with the above correction.

II. Discussion Topics

a. State Suicide Prevention Outreach Coordinator Position Vacancy

The position of State Suicide Prevention Outreach Coordinator is currently vacant. When a position is vacated, the state government must go through an evaluation process to determine how to post the available job. Historically, it has taken some time to fill the position. Until the position is filled, Nikki and Renee are assuming the position's high-priority duties.

b. Call for Suicide Survivor Committee Volunteers

At the previous meeting, there was discussion about developing materials for suicide attempt survivors. Don is looking for volunteers to help develop these materials. Region 6 has done some work on this in the past. The executive team is interested in asking members of Region 6 to present on this topic for the Coalition in the future. If you would like to be involved in this committee, contact Quinn, Vanessa, Dave, Don, or Rose.

c. How can we increase Region involvement at the Coalition meetings?

We would like to increase Region involvement at statewide Coalition meetings. The Coalition may reach out to the Region's prevention coordinators to discuss involvement and administer a survey. It was also suggested to reach out to the Region offices and contact the trauma and family care groups. It may also be helpful to make sure that local Coalitions are aware of the existence of the NSSPC. Doing an interview on some sort of local TV program to increase involvement was also suggested.

d. SAMHSA material ordering: <https://store.samhsa.gov/facet/IssuesConditions-Disorders/term/Suicide?pageNumber=1>

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This is the link that can be used to get onto the SAMHSA store and order things directly. There are a lot of evidence-based materials available on this store and you can search the store by topic.

III. SPARK talk (The Suicide Prevention Movement – Jerry Reed) - 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. What are you doing for September (Suicide Prevention Month) in your community?

Omaha's Coalition is putting together toolkits for schools, tweeting, creating messages of hope for morning school announcements, and forming a team for the AFSP Out of the Darkness Walk. The Lincoln LOSS team will be holding a surviving suicide awareness walk which will also feature various activities for children at Antelope Park and paper butterflies where people can write a message to someone who they've lost from suicide. The State Coalition is doing the Governor's Proclamation on September 6 at 10:00 AM and there will be an event following at the Lincoln Community Foundation Building. Beatrice is having their Out of the Darkness Walk on September 16 and QPR trainings, fundraisers, and some sort of sports tournament the week before. The Department of Behavioral Health has reserved bulletin boards for suicide prevention materials. If you have materials to be displayed, contact Renee or Nikki.

IV. Youth Suicide Prevention Outreach Specialist Update

a. Materials update from \$4,000 Decision

Nikki will either send out an email with an update in the next month or present a plan at the September 15 meeting.

V. Updates

a. Behavioral Health Regions

Regions are submitting their budgets and work plans on July 21. Those should be confirmed in the next month.

- i. Region V-** There are many upcoming QPR trainings, with a few in nearby schools. The Beatrice Community Hospital is interested in training staff and creating suicide policies.
- ii. Region III-** Members of the team are appearing on a news program on Tuesday nights. For half an hour they discuss teen suicide.

b. Coalitions

- i. Metro-** The Coalition has just created a new logo. Information is being gathered to create a webpage. A survey was recently sent out and the results of that will be used to adjust meeting times and breakout groups. The signage for bridges and parking garages has been finalized. On

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August 19, the Coalition will have a booth at Thirteen Minutes, which is a musical festival in Omaha. They will be giving out materials all day. They are also planning a school resource fair to be hosted in Bellevue. The target audience is school counselors and teachers. Short videos are being recorded for the Thirteen Minutes website, with topics such as anxiety, depression, resiliency, and self-esteem.

- ii. **Lincoln-** There are many projects going on. HopeLNK is an important one that is ongoing. 400 gun safes with HopeLNK stickers on them will be distributed. The Lincoln Coalition is working with gun shop owners and the Means Restriction Program to get suicide prevention messaging out. Last year, a local school piloted a suicide prevention screening and it will be used in all of the schools this year. HopeSquad training is July 28 and many local schools are interested in it.

c. Awareness

- i. Bryan Hospital and the local Mental Illness Awareness Week committee is hosting a week of activities for Mental Illness Awareness Week. Joe Pantoliano will be the speaker.
- ii. The Public Policy Center recently received some of the Boys Town National Hotline data and are examining it to discover linkages.
- iii. Nebraska received \$2 million to combat the opioid epidemic. 20% of the money has been set aside for opioid addiction prevention. Means restriction is one option that is being explored to prevent addiction. 80% is going toward opioid addiction treatment.

VI. Treasurer Report and 501(c)(3) update

The current balance is inaccurate due to an expense being paid out of the NSSPC account that was supposed to be paid out of the LOSS account. With that correction, the balance will be \$14,709.47. Expenses since the May 19 meeting are reimbursement expenses for Dave and Don from the LOSS conference and a monthly fee paid to our fiscal agent. The Coalition will be using McHenry Haszard Law Firm for the legal work needed to become a 501(c)(3). It will be a six to seven month process.

VII. Upcoming Training Opportunities, Events, and Conferences

- a. **American Foundation for Suicide Prevention: Out of the Darkness Walks**
(<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.eventList&eventTypeID=P,T&eventGroupID=9AA117B3-F522-BB6D-359D1AA2D75A7958&state=NE>)
 - i. **09.09.17 – Scottsbluff**
 - ii. **09.10.17 – Omaha**
 - iii. **09.16.17 – Beatrice**
- b. **Healthy Youth Nebraska: Addressing Risks, Resiliency, and Barriers to Success** (Tuesday, September 19, 2017 in Kearney, NE)

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- c. **SBIRT and Brief Motivation Interventions: Effective Conversations with Young People About Substance Use and Other Risky Behaviors** (Thursday, September 28, 2017 at the University of Nebraska-Lincoln Student Union Auditorium from 9:30 AM- 3:30 PM) (Free and presented by Paul Grossberg, MD)
- d. **Surviving Suicide LOSS Walk** (Sunday, September 17, 2017 at Antelope Park in Lincoln, NE) (registration: <https://www.eventbrite.com/edit?eid=36007423172>)

VIII. Announcements

IX. 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

X. Remaining Meeting Dates in 2017

September 15
November 17