

# Nebraska State Suicide Prevention Coalition (NSSPC)

## Meeting Minutes

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September 15, 2017- 1:00 PM – 2:30 PM CDT

Bryan Medical Plaza- Classroom #1

Rose Hood Buss and Quinn Lewandowski, Co-Chairs

### Attendees:

In person: Jill Hamilton, Don Belau, Rose Hood-Buss, David Miers, Quinn Lewandowski, Pam Oltman, Vanessa Zobeck, Terri Marti, Cindy Buesing, Lisa Marple, Jeff Marple, Renae Zimmer

Zoom: Andres Sandoval, Jennifer Weesner, Chris Junker

### I. Approval of Minutes and Agenda

Don Belau made a motion to approve the July 21, 2017 meeting minutes; Jill Hamilton seconded the motion; the July 21 meeting minutes were approved unanimously with no contention.

Terri Marti made a motion to approve the September 15, 2017 meeting agenda; Don Belau seconded the motion; the September 15th meeting agenda was approved unanimously with no contention.

### 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. Faith Community Survey/Local Coalition Engagement

The alliance for Suicide Prevention created a survey last spring. Don will work with IMN to distribute this survey. The purpose of the survey is to provide information about knowledge, or lack of knowledge, that Faith Community leaders may have regarding suicide prevention or postvention.

The importance of having faith partners at the coalition was discussed at the last coalition executive committee meeting. The committee would like the local coalitions to engage their local faith community leaders and bring these representatives to the state level coalition meetings.

At the Association of Suicidology Conference attended by Dave Miers, a book or publication came out that gives insight into suicide prevention, specifically for the faith community. The coalition may be able to use this material to assist the Faith Community with suicide prevention.

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c. **Firefighters Coping with the Aftermath of Suicide:**

<https://www.youtube.com/watch?v=Ryy7EyAiyeQ>

**Group Discussion:**

How can we use this information in our local communities?

What are action items we can take from the video?

The video speaks to compassion fatigue, vicarious/secondary trauma, and the need for reaching out to first responders. The Region V local fire department has requested and received LOSS packets as a resource to use for their employees.

Communication is always a challenge; Don Belau suggested we add a link to this video on the state LOSS team and coalition webpage that will tag to first responders webpages. Dave Miers has used the video in different trainings to talk about the importance of taking care of yourself and watching for suicidal behaviors. There is also a two page handout through Suicide Prevention Resource Center (SPRC), which is given to first responders through Bryan Health.

Credentialing requirements may entice first responders to attend training regarding this topic.

### III. **Youth Suicide Prevention Outreach Specialist Update**

a. **Year 2 Annual Report**

Handout: Garrett Lee Smith Grant Youth Suicide Prevention report. The inside of the report contains the story about the local garage signs helping to save a life by connecting them to resources. The report will be sent to the coalition listserv after this meeting.

b. **Materials update from \$4,000 Decision**

There was \$4000 from the grant for the use of prevention materials. Part of the funds were used to provide materials to schools and survivor's families. The remaining funds were earmarked for suicide attempt survivors.

Due to time constraints and the Youth Suicide Prevention Outreach Specialist position vacancy, the executive committee directed these funds to be spent on awareness; pens with the national suicide prevention phone number and the popular green magnet clips will be purchased. QPR books will also be purchased for trainings with statewide attendance. October 1<sup>st</sup> is a new grant year so the coalition will repeat the process and decide how to spend next years' funds.

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### IV. Updates

#### a. Behavioral Health Regions

**Region III:** Buffalo County Suicide Prevention Steering Committee, Region III, and LOSS members are attending suicide prevention meetings and have started strategic planning to form a coalition. They would like to connect the Lincoln Coalition with their leadership team. This committee is a spinoff from a community gathering in March. The committee has been invited to the next State Coalition meeting.

**Region V (Rose):** QPR trainings were completed with NDE and the state. Region V has been facilitating QPR trainings in schools and have had multiple adult and youth mental health first aid requests after the QPR sessions. There was a QPR training in David City where 38 attended; 20 of the 38 asked for additional first aid training. Completed AMSR and CAMS for the region.

**Region VI (Jill):** Region VI had ACEs Training with Dr. Vincent Felitti and also attended sessions lead by Dr. Ginsburg on Resilience in Children and Teens. No update on QPR.

#### b. Coalitions

**Northeast Nebraska Coalition (Andres):** The Northeast Nebraska Coalition has multiple speakers coming in the next few weeks. Wayne, Norfolk, and Columbus are hosting events: A Program for Changing Minds: Suicide Prevention, A Peer Support program where the audience gets engaged through text messaging, The Coalition was invited by the Catholic Church, who is sponsoring a big conference in October, to present on suicide prevention. Andres is presenting at the HR Association in their December meeting. QPR trainings are scheduled.

**Omaha (Jill):** The Kim Foundation Organization resource fair hosts school administrations, counselors, teachers, families on Tuesday, September 26<sup>th</sup> in Bellevue. They held booth at the Out of the Darkness Walk where the means restriction group gave away gunlocks. The Organization is working on getting signage up on bridges and garages with the cities; there was a completion on the Bob Kerry Bridge about two weeks ago.

**Seward (Rose):** Seward is partnering with Six Pence Child Safety to provide car seat safety checks community, lock boxes, and cable locks. Over the last two weeks both SCC and Concordia have been hosting events and trainings. All of the RA's and faculty have been trained in QPR. SCC hosted a survivor couple to talk

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about suicide. Seward, York, Polk and Butler Counties are forming LOSS teams, have identified directors, and formed an advisory committee.

**Lincoln Coalition (Rose):** HopeLNK is going to be launched this month after receiving approval for a Haymarket mural. Resources and the website will go live along with the mural. Social influencers are being engaged to begin the process of having a conversation with individuals to have open conversations. PSA's are being recorded with the National Guard and the general community to convey the message. There is information available on the cube in the Railyard which plays before and after every Husker home game. There is an Amnesty Day event on October 28<sup>th</sup> in partnership with the Lincoln Police Department; LPD will accept any firearm without question and will give out free lockboxes.

**c. National**

No update

**d. Awareness**

Bryan Health Mental Illness Awareness Week October 1<sup>st</sup> – 7<sup>th</sup> in Lincoln at Bryan East. The event consists of a walk, speakers, and a marathon. There is a professional workshop on the morning of the 3<sup>rd</sup>: 'Pain, Prescribing, and Personal Care'. More information is in the provided brochure. There will be CE's for Psychologists and LEMC's.

Andres: The Northeast Nebraska Suicide Coalition is hosting a presentation of the documentary, 'Almost Sunrise' at the local community college to increase awareness on November 14<sup>th</sup> in Norfolk.

**e. Member**

No member comments

**V. Treasurer Report and 501(c)(3) update**

Income statements: the only expenses in the last few months have been administrative fees leaving a balance of \$13, 990.28.

**Recommendation for Kim Foundation Grant**

Discussion – Dave: The Kim Foundation invited the State Coalition to apply for a Grant and the executive committee would like approval from the coalition members for application. The state coalition would receive the funds and then will offer minigrants to local coalitions for suicide prevention implementation; some of the local coalition's only funding source comes from these minigrants.

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Dave Miers made a motion to approve the application for the Kim Foundation grant; Cindy Buesing seconded the motion; the application process was approved unanimously with no contention.

### VI. **Action Item: 501(c)(3) vote**

Over the course of 2017, the state coalition has focused on sustainability and becoming a 501(c)(3) is pivotal in sustaining the coalition. We have had conflicts in applying for grants under IMN because their organization applies for the same grants as the coalition. This tax status would reduce the coalitions liability, helps to become a more recognizable entity, would allow donations, formalizes the coalition, allows grant application without conflict with IMN, and allow the coalition to use the tax status as umbrella for LOSS statewide teams for migrant purposes and share the status with any team under the umbrella. There are some costs associated: filing fees, legal fees, accounting fees, auditing preparedness. The coalition may have a volunteer agreement with an accountant and a deeply discounted rate with a local law firm who has connections to survivors. The process will go relatively quickly if the vote passes. An affirmative vote allows the executive committee to spend the funds in the bank account on the above-mentioned fees. This is the culmination of conversations over the course of the last year regarding formalizing and sustaining the coalition. This will also allow LOSS teams across the state not already affiliated with a 501(c)(3) to work with the state coalition.

Discussion: The outcome will separate the Coalition from IMN. Andres: the Region II coalition applied for this tax status and it has opened a lot of doors. It allows more community involvement and flexibility.

Pam Oltman made a motion to proceed with the 501(c)(3) process; Jill Hamilton seconded the motion; the coalition approved unanimously with no contention.

### 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&eventfType=P,T&eventGroupID=9AA117B3-F522-BB6D-359D1AA2D75A7958&state=NE>)
  - i. **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/e/surviving-suicide-loss-tickets-36007423172?aff=es2>) this includes a walk, a run, a bounce house, face painting, a DJ, a jazz ensemble, raffles, cookies, popcorn, cotton candy, Fly Dogz, honor beads, butterfly table, etc. Registration is at 1pm.
- e. **Almost Sunrise** Tuesday, November 14<sup>th</sup> at 7pm in the NECC Cox Activity Theater, Norfolk. A documentary presented by the Northeast Nebraska Suicide Prevention Coalition.

### VIII. Announcements

- a. Don and Renee will be providing a training in Grand Island on February 20<sup>th</sup> Sheriff's continuing education. They will gather more information on this topic and bring it back to the Coalition.
- b. Gender event flyer – information sent after the meeting to the list serv.
- c. GPATAP Event – information sent after the meeting to the list serv
- d. Rapper 'Logic' has a song that has gone #1 with a title of 'Helpline'. The helpline has had a 50% increase in calls since the song was released. He had attempt survivors come on state with him at the VMA's; there was a lot of conversation during the awards regarding resources to reach out for help.
- e. Art display in the lobby of Bryan West. Rose and Dave worked with a student at the art reach art project, which was focused on suicide prevention. If anyone has a space for art display, they are looking for other places to display 7' x 5' space.

### IX. Mark Your Calendars in 2017 for these Events

- a. September – DBH has reserved the display boards at the State Office Building
- b. September 19th – Healthy Youth Nebraska in Kearney

### X. Remaining Meeting Dates in 2017

November 17