

# Nebraska State Suicide Prevention Coalition (NSSPC)

## Meeting Minutes

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November 17, 2017 - 1:00 PM - 2:30 PM CST

**Bryan Medical Plaza – Classroom #1**

**Rose Hood Buss and Quinn Lewandowski, Co-Chairs**

### **Attendees:**

*In person:* Jenik Davis, Nikki Roseberry-Keiser, John Gessert, Kathy Karsting, Dave Miers, Quinn Lewandowski, Ashley Newmyer, Pam Oltman, Morgan McChesney, Don Belau

*Zoom:* Rose Hood-Buss, Lex Ann Roach, Tam Miller

### **I. Approval of Minutes and Agenda**

Dave Miers made a motion to approve the September 15, 2017 meeting minutes; Don Belau seconded the motion; the September 15 meeting minutes were approved unanimously with no contention.

Nikki Roseberry-Keiser made a motion to approve the November 17, 2017 meeting agenda. Kathy Karsting seconded the motion; the November 17<sup>th</sup> meeting agenda was approved unanimously with no contention.

### **II. Discussion topics:**

#### **a. Bryan Medical Center Mental Illness Awareness video**

*Dave Miers:* The NSSPC executive team met and determined that the SPRC videos had been exhausted; videos from different sources will be shown going forward. During Bryan Health Mental Health awareness week, Joe Pantoliano came to present. Mr. Pantoliano showed a video and the hospital combined parts of his Public Service Announcement ‘No Kidding, Me Too’ with clips of their interview to create the awareness video being discussed today.

*Bryan Medical Center Mental Illness Week:* Bryan Health worked with the regional center who held their annual walk on the campus of The Lincoln Regional Center. The Center also held a new event, ‘Beards Against Stigma’, which is a staff challenge to be stigma free where a barber trims the participants beards as a pledge against stigma. There were different vendors at the walk including The Kim Foundation who provided information on mental illness awareness. Additionally, they held the annual Woods Awards. The Mental Illness Awareness Week Committee held a community night for the public with Joe Pantoliano as the speaker and 450 attendees, and a continued education accredited workshop for professionals with a psychologist who presented on treatment of chronic pain. Also, a nurse from Bryan did a presentation on self-care. In addition, there was a community leader breakfast where Renee Faber and Dave Miers presented on suicide prevention history—past, present, and future. There was a lot of feedback on the events, and Dave received an award.

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### III. Youth Suicide Prevention Outreach Grant Report

#### a. Materials update from \$4,000 Decision

*Nikki Roseberry-Keiser:* There is no new update on the outreach position. Nikki and Renee Faber continue to split most of the grant duties and are still looking at survivor materials. We sent out survivor materials, support groups, and a few books. Eventually the executive committee will narrow down options and bring the proposal to this larger group. At the next meeting, the coalition will vote on what is the best option for the next grant year purchase.

*Quinn Lewandowski:* In past years a survey was sent to coalition members to collect a host of different projects and awareness materials that need funding throughout the state. In January, Quinn will be sending this survey to gather feedback which will drive the vote for projects the need funding. There is also an opportunity for a category to offer suggestions.

*Suggestions:* Don suggests wristbands, kids love those. Kim Foundation used red “Don’t be sidelined” and “Thirteen Minutes” wristbands. Another suggestion was the PopSockets for the back of phones.

#### b. Year 4 - \$4,000 Decision voting at January 19<sup>th</sup> meeting

### IV. Updates

#### a. Behavioral Health Regions

*Region 5 - Rose Hood-Buss:* Lincoln/Lancaster has released Awareness Kits for HopeLNK.org. We have a mural going up in the Haymarket on the Crawdaddy Building. National Guard PSA is done. Means Restriction PSA production.

*PMT Update - Nikki Roseberry-Keiser:* The suicide prevention legislation requires all school staff to have one hour of suicide prevention training each year. QPR was the designated curriculum in 2017. There are 52 QPR trainers throughout the state. Some schools have completed the QPR training online, but in-person training has had a much better response. Region 6 has completed over 100 QPR trainings in the last two months.

The Nebraska Risk and Protective Factor Student census survey was sent from the Department of Health and Human Services (DHHS) and completed throughout the state by various participating schools. The school decides if they want to participate or not. There was some analysis done on the data received, and since the data is not represented in a sample frame mode, it cannot be listed as statewide data. By grouping county data, the survey can predict statewide results. This includes a risk rate based on the responses of thoughts and attempts to commit suicide. Analysis has just started but will also look at options for lowering risk. Analysis is also reviewing bullying and its effect on suicidal ideation. Bullying, especially through internet sources and social media is really exacerbating suicidal tendencies. The Nebraska Risk and Protective Factor Student Survey given to 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders. The data also includes numbers for deaths by suicide and substance use, and

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may be useful for comparison purposes. Consistency in the data compared to actual numbers is dependent on school participation. Each school receives their own report and county if applicable. The schools will not see the overall data comparison maps. The reports are private and the school makes the choice of whether or not they will release them. DHHS will not release reports at the school or district level, but maybe county level because data with smaller schools can be revealing. Social Bullying is defined as electronic bullying or rumors through a social network. Most responses indicated experiencing verbal or social/electronic bullying with social having the highest impact. This data is preliminary; the final outcome and report will be available to share when it's completed.

### b. Coalitions

***Lincoln/Lancaster County Coalition – Dave Miers:*** The Lincoln/Lancaster County Coalition worked on the HopeLNK project. The website is now active at [www.hopelnk.org](http://www.hopelnk.org). There is also a link to the public service announcement from the National Guard on Lincoln/Lancaster County Suicide Prevention Facebook Page. There are a couple of PSAs pending. A mural has been completed to spread the message. There are awareness boxes that have t-shirts and information stickers that contain HopeLNK contact numbers. Gun Amnesty day last month – they gave out 60 lock boxes and collected guns.

### c. LOSS Team Development

Don Belau: A lot of interest across the state in LOSS team development. In order to develop these teams, they need structure and a process in place for sustainability. This includes a lot of work with Western Nebraska. Chadron should be able to go active within December, and they have already been offering support to one family. Alliance and Scottsbluff have a very active group, and have management and training. Don is providing clinician director training twice a month regarding LOSS Team development and training; CEs are credited to encourage participation. North Platte has emerged and is very active, with great leadership. LOSS team coordinators are being trained as well. North Platte and Ogallala will have satellite teams. Kearney will be a satellite location for Grand Island and Beatrice. Broken Bow has had many suicides and are looking at using satellite LOSS teams. Lincoln, Seward, York, Butler, and Polk LOSS are active. Beatrice and Fairbury have shown interest.

The 2018 LOSS Conference is going to be in Kearney April 6, 7, 8. Keven Heines will be the cornerstone of that activity. Don and another clinician will be leading a two hour ethics session on suicidal mental health training. One day will focused just for LOSS teams.

There has been over 40 completions this year in Lancaster County. Across Nebraska, there is a trend of escalating numbers. There is a lot of collaboration across the state coming from this increase.

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d. **National**

The National AAS conference is set for April 18 – 21, 2018. Reduced rates are available for AAS members. Don Belau will be speaking about healing.

The American Foundation for suicide prevention conference is also worth attending. This foundation supports the Out of Darkness Walks.

e. **SPRC Virtual Learning Lab demo:**

<http://www.sprc.org/virtualllearninglab/state-virtual-learning-lab>

- i. This demo will be on the January agenda as a topic for discussion.

f. **Awareness**

No update.

g. **Member: Nebraska Violent Death Reporting System (NVDRS) Advisory and guest presentation– Dave Miers and Ashley Newmyer**

Nebraska was awarded this grant last September to implement the system in our state. The NVDRS is currently implemented in 40 states and two territories. The hope is to expand it to a national reporting system. The main purpose is to collect information from law enforcement and coroner reports and put into a web-based system maintained by the CDC. This is a state-based surveillance system which contains the circumstantial information around the deaths. The VDRS started in 2002, but was implemented in Nebraska in 2016. The need to monitor these violent deaths is to support planning, prevention, and evaluation of prevention. Information is collected at state, county, and city levels; feedback and reports are provided back to those who are providing data. The information is not currently standardized and is currently fragmented because it is not mandated for agencies to contribute. NVDRS is working to partner and build a relationship with the county attorney offices and law enforcement. Violent Deaths in Nebraska are defined as suicides, homicides, legal intervention, death of undermined intent, and unintentional injury deaths are what Nebraska records but this definition is up to the state. Recently, NVDRS partnered with the Maternal Death Team to share data abstractors.

Ashley is asking the NSSPC to help develop partnerships with local authorities. The NVDRS hired a program manager, and it will be her job to assist with developing partnerships. Annual reports (of a large variety) will be created and NSSPC will have access to the information. 66 out of 100 deaths have been identified as suicides. What most states input into their systems are suicides. Rate of suicide death is higher than rate of vehicle deaths.

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### V. **Treasurer Report a. 501(c)(3) update**

- a. Deferring on the financial report until more definition can be obtained for the line items.
- b. 501(c)(3) status:
  - i. Revisions to the bylaws and need approvals to the Board changes. The Board positions are two year positions (can do in January) Major changes:
    1. Executive Committee becomes Board of Directors and their job would be to make decisions. The Board structure would essentially stay the same but there would not be a chair and co-chair. Instead there would be a President, Vice President, President-Elect, Treasurer, and Secretary. These positions will become official Board positions and then there would be other positions appointed by President and Vice President. The goal would be to proceed with submitting the articles and then start as of January 1<sup>st</sup> as a 501(c)(3) and list Dave as the Incorporator. The Articles of Incorporation state the name as the Nebraska State Suicide Prevention Coalition with perpetual existence, are here for public benefit, meeting internal in code with 501, and corresponding with any provisions and interpretation of future laws. The goal is to support prevention and postvention for Suicide Survivors, reduce the stigma of suicide, and make application for and receive grants.
  - ii. The 501c3 status allows us to raise money.
  - iii. The by-laws we would need to go back to current executive committee and make some nominations and then come back for a vote. We need approval for these by-laws to let the attorney know.

### VI. **Action item:**

#### a. **Bylaws revision: Executive Team structure and nominations**

Don Belau made a motion to approve the update bylaws. Nikki Roseberry-Keiser seconded the motion; the updated bylaws was approved unanimously with no contention.

### VII. **Upcoming Training Opportunities, Events, and Conferences**

- a. April 3<sup>rd</sup> in Lincoln will be the third annual Current Practices of Maternal Behavioral Health Conference held at the Embassy Suites downtown Lincoln. Keynotes include a presenter speaking about childbirth associated trauma and another regarding the role of men as birth partners in mediating trauma of pregnancy and childbirth.
- b. International Survivor Suicide Loss Day on November 18<sup>th</sup>. Morning Hope in Lincoln is providing support to 19 families who have been impacted by suicide. Kearney is also having an event and there will be small activities across the state.

### VIII. **Announcements**

No additional announcements.

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## IX. 2018 Meeting Dates

- January 19<sup>th</sup> – Bryan West Private Dining Room – back of Cafeteria
- March 16<sup>th</sup>
- May 18<sup>th</sup>
- July 20<sup>th</sup>
- September 21<sup>st</sup>
- November 16<sup>th</sup>

Dave Miers made a motion to adjourn the meeting. Quinn Lewandowski seconded the motion. The meeting was adjourned.