

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

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

Bryan Medical Center – Classroom #1

Rose Hood Buss and Quinn Lewandowski, Co-Chairs

Attendees: Tiffany Mullison, Jenik Davis, Jill Kuzelka, Mandy Bell, Don Belau, Michele Philips, David Miers, John Gessert, Gini Davis, Jill Hamilton, Rose Hood Buss, Terri Marti, Fatima Rivera, Raven Collier, Cindy Buesing, Kathy Karsting, Vanessa Zobeck, Melissa Lemmer, Chad Magdanz, Jennifer Weesner

I. **Approval of Minutes and Agenda**

Don Belau made a motion to approve the January 20, 2017 meeting minutes and meeting agenda for March 17, 2017; Terri Marti seconded the motion; the January 20 meeting minutes and March 17 meeting agenda were approved unanimously.

II. **SPARK talk (Culturally Competent Care for LGBTQ Youth)** - 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/>

A. SPARK Talk Discussion- LGBTQ youth are four to eight times more likely to complete suicide. This population must be aided with intentional, strength-based training and population-specific policies. There is information and training available to target and support the LGBTQ population, especially in schools.

III. **Mini-grant Report from Chad & Melissa with Mental Health Association of Nebraska (MHA)**

One Wellness Recovery Action Plan (WRAP) group was completed at Lincoln Southeast with ten participants. Another WRAP group is now in progress with another ten participants. Very good feedback was received from participants in the first group and the second group was modified based on those suggestions. They are going to try to schedule a reunion between the two groups before the end of the year. From the public schools, they are trying to find what is useful to encourage kids to get better grades, spend less time with the counselor, etc. MHA has created WRAP support groups at Waverly High School and would like to also implement them into the Lincoln schools. These support groups allow participants to continue using WRAP tools once the program ends. The activities done by these groups are tailored to what the group asks for. The participants in WRAP make friends because they are in an environment where they do not feel judged. Students indicate that holding the WRAP groups during the school day is helpful. The group is held on a rotating schedule so the same class is not missed repeatedly and students can keep up with the missed work.

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The hospital has youth WRAP open to the public that kids can be referred to; there are also several other public WRAP groups open to youth or adults run by MHA. Melissa or Chad can provide more information about these to anyone who is interested.

IV. **Update on Lock Boxes**

Lincoln Lancaster SPC worked with Teri Clark and were able to purchase lock boxes at a lower per-box price from Hornady, a Nebraska based company. Regions 4 and 5 purchased lock boxes and they should be arriving soon. Omaha Coalition is considering buying lockboxes as well. The reduced lock box price was \$20 per box; the price that they could get now is closer to \$30 per box. These lock boxes are for handguns. In the future we may consider lock boxes for rifles. There is also the option of cable gun locks which can be used for long barrel and hand guns. Stickers with Lifeline information on them have been put on the locks. Trigger locks are also an effective tool with long guns. They retail for around \$13 and disallow the trigger from being depressed. Law enforcement prefers the lock boxes to the cable locks. Previously, Region 5 partnered with LPD for a gun amnesty day and the lock boxes were given out. They also partnered with Nebraska Game and Parks. Game and Parks targeted families in their concealed carry class who have youth in the home and were in a certain income range; those are the families the lock boxes are given to. The plan for the lock boxes this time is still being determined. The boxes went very quickly at the gun amnesty day even though little was done to promote the box distribution. Region 2 uses lock boxes in two different ways. They give them out at the mall in North Platte and they work with Children Family Services to put them in homes with firearms. Other regions are working with in-patient units to give them to families with children being discharged. Law enforcement and service members are two populations that are being targeted in Lincoln.

- V. **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.

VI. **Youth Suicide Prevention Outreach Specialist Update**

A. **NSSPC Survey Monkey Results**

Tiffany sent out a Survey Monkey to 130 Coalition members; there was a 17% response rate about suggestions on how to expend \$4,000 in the GLS Grant. There were 8 choices including an “other” option and respondents were asked to rank the 8 options. The number one response was materials for school personnel on how to cope with a loss. Two options tied for the second most common response: provide materials for LOSS teams to give to families (pamphlets, books, articles, handouts)

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or means restriction devices (lockboxes, trigger locks, cable locks). Four options tied for the third most common response: promotion materials, LOSS team promotion items, suicide attempt survivor materials, and postvention and lived experience resources. Last year the funds were used on the top three items from the Survey Monkey. These were school materials, LOSS materials, updating Ask a Question, Save a Life, printing hard copies of the video, and lanyards to identify LOSS members.

B. Action Item: \$4,000 Question Decision

It was decided to fund school materials (up to \$720), LOSS materials for families (up to \$1,360), and suicide attempt survivor materials (up to \$1,920).

VII. Updates

a. Behavioral Health Regions

Region V- Region V recently held an informational session on [Hope Squads](#). Hope Squads are a peer-to-peer mentoring program. Young people often know that their friends are in crisis long before adults do, so this program equips those young people with skills to identify those in crisis and connect them to community resources. The Hope Squads also include adult advisors. All of the participants are QPR trained. This program will be conducted in Nebraska and eleven other states for five years in order to be researched. Schools that will implement the program will be chosen soon and an advisor training will take place this summer. Regions I, II, VI, the Kim Foundation, and three individual schools are also showing interest in developing Hope Squads. [Hopelnk.org](#) is the page for Region V's awareness campaign, which is focused on breaking down the stigma and starting the conversation.

b. Coalitions

Metro Coalition- The coalition has decided to break into three task forces: youth focus, professional focus, and faith-based community focus. The youth focus task force has been reaching out to schools and doing presentations. They have discovered one school interested in Hope Squad. A goal of the youth focus task force is to improve communication between hospital systems and students when a student is hospitalized. A goal for the professional focus task force is to get a standard assessment or screening tool across all hospitals and schools; the task force is also reaching out to various individuals to do a free suicide awareness prevention presentation. The faith-based community focus task force did a free QPR training for local clergy and are also working on getting suicide prevention signs up in parking garages, on bridges, etc.

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VIII. **Treasurer Report**

At the beginning of February, the NSSPC had a balance of \$20,355.10. Expenses from January and February were: \$1,179.79 to Seward County Bridges and \$1,000 mini-grants to MHA Nebraska and the Dioceses of Grand Island and Public Health Solutions. The total outflow was \$4,129.79. The balance at the end of February was \$16,175.31. A discussion on fiscal management was conducted. Dave and Jon met with the executive director of the Interchurch Ministries of Nebraska (IMN), which is NSSPC's fiscal agent. They have been providing fiscal management services at no charge, but with our new treasurer and increased necessary services, IMN has presented a memorandum of understanding requesting a fee for fiscal management services for \$125 per month, split between the Lincoln LOSS team and NSSPC accounts (4% of combined budgets). This is typical for what is charged for these sort of services. This is a one-year agreement with a thirty day window to cancel. We will probably not continue services from IMN if NSSPC becomes a 501(c)(3) as has been discussed. We are looking into finding pro-bono legal assistance for becoming a 501(c)(3); if we cannot get it pro-bono, those legal fees will cost \$2,000-\$3,000. We're going to look at how to build revenue in order to be sustainable. Right now, if a person wishes to donate to NSSPC, he or she makes the check out to IMN which can be confusing for the donor. Terri motioned to approve the expenditure of \$64.50 per month for fiscal management of the coalition. Don seconded the motion; the expenditure was approved unanimously.

IX. **Action Item: Approval of Payment and Reimbursement Policy to be amended to the By-Laws**

A Payment and Reimbursement Policy was developed. With this policy, the executive committee has some flexibility for expenditures outside of the budget but still has guidelines for general expenditure management. This policy is the first step; the second is to promote the budget on an annual basis. Don made a motion to accept the Payment and Reimbursement Policy and amend the bylaws to include the policy. Jill seconded the motion. The Policy was approved unanimously.

X. **Upcoming Training Opportunities, Events, and Conferences**

March 23rd – 25th – Nebraska LOSS Conference –Uniting to Support Survivors of Suicide Loss – Omaha, NE Don motioned to approve an expenditure of up to \$400 (out of a \$1,600 budget) of reserved funds held by IMN for water and

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snacks for the LOSS Conference. Michelle seconded the motion; the expenditure was approved unanimously.

May 16th - Effective Messaging: Changing Behavior through Safe Communication event –Lincoln, NE

XI. Announcements

SCIP Conference at Bryan East March 28th, 2017:

LGBTQ working with schools and communities to support youth.

Veterans and Families task force meeting Monday, March 20th, 2017 at 8:00AM
Comfort Inn & Suites.

Making Educators Partners: Free online training for adults

Go to <http://www.sptsusa.org/>

Next, click on the Read More blue box under Online Training, look under the list of available course and enter the course for Nebraska.

To go right to the page where you set up an account [required to take the course], go to <http://sptsuniversity.org/login/index.php>

XII. 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

XIII. Remaining Meeting Dates in 2017

May 19th

July 21st

September 15th

November 17th