

# Nebraska State Suicide Prevention Coalition (NSSPC)

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## Meeting Minutes

July 24, 2015, 1:00 pm CST

Bryan West Hospital

Co-Chairs: Dr. Belau and Dr. Miers

Attendees: Kelli Hatzenbuehler, Terri Marti, Dave Miers, Faith Mills, Peg Ogea Ginsburg, Pam Oltman, Ray Reimer, Kelli Ricky, Nikki Roseberry, Marla Root, Andrews Sandoval, Jill Sauser, Krystyn Schmidt, and Hayley Sutter

### I. Approval of Minutes

Kelli Hatzenbuehler made a motion to approve the minutes from the June 26, 2015 meeting. Nikki seconded this motion; the motion passed by consensus.

### II. Coalition Member Updates:

**Nikki** – Registration for the Healthy Nebraska Conference will open on August 1 and the conference will be held on September 21. The Healthy Nebraska Conference is a partnership between the Department of Education, Public Health, and Division of Behavioral Health. Terri will be presenting on the LOSS Team at the conference and the LOSS Team will host an information booth. The conference has been approved for continued education credits for mental health professional and nurses.

**Kelli H.** – The National Guard is hosting two ASSIST trainings in the next 30 days; two years ago, the National Guard regularly had to cancel ASSIST trainings because they could not achieve the minimum registration requirements of eight trainees. About 10% of Nebraska's National Guard personnel are trained in ASSIST. The National Guard will have a mobile boot display at four different armories in September for Suicide Prevention Awareness Month.

**Hayley** - This is the last LOSS Team meeting Hayley will be attending; the Public Policy Center is actively searching for her replacement, who will serve in her role with the LOSS Team and State Coalition.

**Peg** – EPI ran some data and suicide deaths have surpassed motor vehicle deaths for all age groups in Nebraska; this data is collected from death certificate data compiled by DHHS.

**Dave** - The Public Policy Center just received the most recent suicide statistics; the data is not going in the direction the LOSS Team would like with completions increasing in recent years. Suicide rates for those 24 years of age and younger is as follows: in 2012 there were 38 completions, in 2013 there were 30 completions, and in 2014 there were 40 completions. Suicide rates for those 25 years of age and older are as follows: in 2012 there were 194 completions, in 2013 there were 187 completions, and in 2014 there were 210 completions.

**Ray** – When there is a suicide, the responding officer contacts the on-call chaplain, who then gathers the information and calls the LOSS Team. The Chaplain stays with the family until the LOSS Team arrives.

**Kelli** – CenterPointe is initiating a Zero Suicide Campaign.

**Jill** – The Omaha LOSS Team has finished the first round of interview and training; next, the trained Omaha LOSS Team members will shadow the Lincoln LOSS Team during their callouts. The Omaha LOSS Team is partnering with CrossFit Elkhorn for a fundraising event on October 22 that will include a one-hour workout, Husker ticket raffle, and t-shirt making. The workout will be \$25-35. The event flyer is in final production and will be posted on the Kim Foundation's website as soon as it is finalized. The Omaha LOSS Team is sponsoring a presentation by Kevin Briggs in October.

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**Terri** – Terri attended the Midwest Regional Suicide Prevention Conference in Kansas City. Terri will be part of the Connect training being held next week and will assist with the Shoulder to Shoulder Walk.

**Pam** – Pam recommended the NSSPC consider hosting informational booths at local and regional Pride Parades in Nebraska to help combat the high rate of suicide in LGBT communities.

**Krystyn** – Networkofcare.org is a good tool to look up available resources in the state and across the nation. Programs can register with the website and, if approved, are included in the list of resources.

### III. Outreach Coordinator Update

Marla has ordered the informational bags for the Lincoln LOSS Team to distribute to Lincoln schools and is collaborating with the Public Policy Center to create branded folders and documents. Marla recently met with Region 2 and Region 3 administrators and will be meeting with Region 4 and Region 6 administrators in the near future; within the year, Marla intends to meet with administrators from all six behavioral health regions. Marla attended the Midwest Regional Suicide Prevention Conference in Kansas City and will be attending the National LOSS Team Conference in Fort Worth, Texas in October.

### IV. Grant Update:

- a. **Goals Update:** A committee to review and update the goals has been meeting and working with different partners to ensure the goals incorporate each stakeholder’s perspectives.
- b. **Behavioral Health Regions Update:**
  - i. **Region 1:** A QPR training was held last week for the Substance Abuse Prevention Coalition. A local coalition meeting in Alliance, NE was well attended. The Region has begun distributing cards with emergency numbers to local schools, hospitals, and law enforcement agencies.
  - ii. **Region 2:** No update.
  - iii. **Region 3:** No update.
  - iv. **Region 4:** No update.
  - v. **Region 5:** The Lancaster County Youth Suicide Prevention Coalition has been meeting for the past six months and is holding a two-day retreat next week to create a plan for suicide prevention in Lincoln/Lancaster County. The retreat will include 30 business and community leaders from Lincoln.
  - vi. **Region 6:** No update.

### V. Coalition Updates:

- a. **Norfolk:** Norfolk is still experiencing a high number of completions in their community. A local college contacted Andres to come up with a postvention plan and increasing available resources on campus. The college is also considering offering a course on mental health and working on suicide prevention strategies with their students. Northeast Community College recently requested the Norfolk Coalition host a training for their dorm resident assistants; this training will be held in August and will be the second such training held at NECC. A suicide prevention awareness walk will be held in Norfolk on September 13. The Norfolk Coalition was not awarded either of the grants they recently applied for.
- b. **Kearney:** No update.
- c. **Lincoln:** Previously reported in “IV. b. v. Region 5”

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- d. **Omaha:** Previously reported by Jill in 'Coalition Member Updates'.
- e. **Military Coalition:** Previously reported by Kelli H. in 'Coalition Member Updates'.

## VI. LOSS Development Advisory Group

Region 5 has budgeted to support Lincoln/Lancaster County LOSS Team members attendance at the 2015 National LOSS Team Conference in Fort Worth, Texas. Omaha is making progress toward training and preparing their LOSS Team to begin responding to callouts. The Central Nebraska LOSS Team is hosting a golf tournament to raise funds for their LOSS Team.

## VII. Awareness

### a. Don't Be Sidelined Campaign

Bags for the Don't Be Sidelined Campaign booth at the Cornhusker State Games have been delivered to CenterPointe. The soft date for the Fall 2015 football game is September 12; this will be confirmed prior to the next NSSPC meeting. Terri made a motion that the Nebraska Suicide Prevention Coalition contributes \$1,000 to the Don't Be Sidelined Campaign. Nikki seconded this motion; the motion passed by consensus.

## VIII. National Updates

The Midwest Regional Suicide Prevention Conference included presentations by Cathy Barber, John Draper, Richard McKeon, Jerry Reed, Dese'Rae Stage, Caitlin Thompson, and Peter Wyman, among others. Dave, Don, and Terri presented on the Lincoln/Lancaster County LOSS Team. Caitlin Thompson - the Department of Veterans Affairs' Deputy Director in Suicide Prevention - focused on suicidal ideation in veterans and noted that among all veterans, Vietnam veterans have the highest rate of suicide and non-deployed 18-24 year olds have the highest rate of suicide within the National Guard. Peter Wyman - Director of the School and Community-Based Prevention Laboratory (Department of Psychiatry), University of Rochester School of Medicine and on the faculty of the Center for the Study and Prevention of Suicide - introduced the audience to the 'Good Behavior Game,' which is used to teach first and second graders good mental health and impulse control. Bart Andrews focused on suicide as a social health problem, not just a mental health problem. The Midwest Regional Suicide Prevention Conference served as a grantee meeting for 2015; a Grantee meeting will be held in 2016.

## IX. Upcoming Training Opportunities

No update.

## X. Announcements

Dave will send Lincoln completion numbers to Andres. Bryan Health is kicking off Mental Health Awareness Week on September 19 with the Run to Overcome 5k and 10k. Noah Galloway - a United States Army veteran who lost an arm and leg in service - will be in attendance at packet pick-up to promote the event. On October 2, the Lincoln Regional Center is hosting their annual walk through their grounds from 11:00am-1:00pm. The main event of the week is Kevin Hines presentation on October 6 from 6:30-8:30pm at Bryan East; Kevin Hines is a suicide attempt survivor and author of *Cracked but not Broken*, who uses his story to inform and educate others. Kevin will also host a 2-hour workshop for professionals titled 'The Art of Living Mentally Well' on October 7. Kevin will also conduct a workshop at a local public school.

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**XI. Next Loss Development Group Meeting**

The next meeting will be held on August 28, 2015. All meetings begin at 12:00 Noon at Bryan West Hospital.

**XII. Next Coalition Meeting**

The next meeting will be held on August 28, 2015. All meetings begin at 1:00 PM at Bryan West Hospital.