

# Nebraska State Suicide Prevention Coalition (NSSPC)

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## Meeting Minutes

February 26, 2016, 1:00 PM CST

Bryan West Hospital – Classroom #2

Dr. Don Belau and Dr. Dave Miers, Co-Chairs

Tiffany Mullison, State Suicide Prevention Outreach Coordinator

**Attendees:** Dave Miers, Kim Strong, Jolie Vega, Pam Oltman, Peggy Reisher, Chris Wagner, Allison Woolcott, Brenda McDonald, Tyler Irvine, Rose Hood Buss, Julia Hebenstreit, Jill Hamilton, and Quinn Lewandowski

### I. Approval of Minutes

Julia Hebenstreit made a motion to approve the minutes from the January 22nd, 2016 meeting. Pam Oltman seconded this motion; the motion to approve the January minutes passed unanimously.

### II. Youth Suicide Prevention Outreach Specialist Update

1. Mini-grant reports are due April 1 from those who received funds in Year 1. There is set timeline for mini-grants for year two and more information will be released in the near future.
2. Division of Behavioral Health Annual Conference will occur from 5/31 – 6/2/16 at Cornhusker in Lincoln.
3. Survey Monkey input – Tiffany is looking for up to ten specific questions to send to all on NSSPC/LOSS list serve. Possible questions discussed:
  - a. Goal development
  - b. Ways to back the meetings more beneficial for participants
  - c. How can we can incorporate other organizations
  - d. Meeting specifics (bi-monthly vs. meeting)
  - e. What do people want to get out of the coalition?
4. There is a September display opportunity at State Office Building – if the NSSPC/LOSS teams are interested, Tiffany has reserved bulletin boards on the main level of SOB for month of September. If anyone has ideas for the display, contact Tiffany Mullison. Possible ideas discussed by members include:
  - Mayo Clinic Suicide Prevention Video (permission has been given by the Mayo Clinic to use their video)
  - Veterans military, general suicide statistics, general mental health facts
5. Any “messaging” where SAMHSA funds are used need to go through an approval process. Step one is to forward the text and type of material to use to Tiffany to start the process.
6. Don Belau is putting together a Statewide LOSS conference planning committee with the first event likely to be held at the beginning of 2017.
7. Three different brochures (youth suicide prevention, means restriction, and veteran’s suicide prevention) are going to be printed in Spanish. Email Tiffany with any desired quantities. Work is being done by Region V to also translate the brochures into Arabic and Karen.
8. LOSS Team 101 workshop has been scheduled for Tuesday, March 8, 2016 from 9:00 AM to 12:00 PM. The workshop will provide a three hour training that provides an overview of the LOSS (Local Outreach to Suicide Survivors) Team process for Regional Behavioral Health Authority staff. As LOSS Teams are developed across Nebraska, each Region will be able to provide on-going support for local communities that are committed to support active postvention efforts. This training is open to anyone with an interest in LOSS Team development and communities with existing LOSS Teams. Region leads are encouraged to invite stakeholders as we develop LOSS Teams across the State. This workshop will be hosted within the Region III offices in Kearney.

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9. The State Suicide Plan has been submitted, and there is currently work going on a draft community planning template in progress. Tiffany Mullison has a surplus of brochures (means restriction, military and youth/school/family) and LOSS materials available for distribution. Contact Tiffany at [Tiffany.Mullison@nebraska.gov](mailto:Tiffany.Mullison@nebraska.gov) if interested in any of those materials. A request for proposals for mini-grants in 2016 will be announced at a future meeting.

### III. SAMHSA Grant Update:

A request for carryover funds was submitted on 1/28 and Tiffany is still waiting to hear from SAMHSA for the approval to use those carryover funds. An application for continuation of funds for Year 3 was submitted on 2/18 and they requested the full amount of funds which was available - \$735,996. The focus of the grant funds remained committed to the 7 evidence based, best practice models. The budget is consistent to the amount received in Years 1 & 2. Contracts with vendors in Year 3 are very similar to Year 1 & 2.

### IV. Behavioral Health Region Updates

**Region I:** The region continues facilitate QPR trainings. Seeking out firms to assist in providing some strategic planning, facilitation, and data collection. Region I is hopeful on bringing Kevin Hines out to western Nebraska to do speak at some community events. Region I is currently planning on taking a group of team members to Kearney for LOSS 101 training in March and then to Texas for the National LOSS conference in September

**Region V:** Region V has received quite a few QPR training requests, thirty-six QPR trainings will be hosted between February 26 and the end of April. Region V has a set goal of doing a minimum of one QPR training in each of the sixteen counties. Region V also doing Youth and Adult Mental Health First Aid training. Region V is hosting one adult and youth training each quarter at the Region offices. They continue to make sure that everything Region V is doing with the Lincoln Coalition can be utilized throughout all sixteen counties. Region V has received permission to use the Mayo clinic youth suicide prevention video, the video will be played on the Lincoln Local Access channel.

**Region VI:** Region VI continues to work on planning for their Connect Postvention Training of Trainers event that they will be hosting in March. Both Region III and Region VI will be sending individuals through the training to become certified instructors. Region VI will have twelve instructors locally in their service area available to provide this training. Region VI will also host a one-day postvention training as an extension of the training of trainers for a small group of community partners working with youth including school representatives.

### V. Coalition Updates:

**Lincoln:** The Lincoln Coalition is split into three separate committees. One committee is looking at the standardized risk assessment and implementing it with schools and first responders, a committee working on policy and protocol committee, and a committee working on awareness and means restriction. The coalition continues to look at early interventions, recognizing the signs of suicide, and recognizing the need for more interventions for younger target audiences. The awareness and means restriction committee are working to take the stigma from reaching out for resources throughout the Lincoln community. The

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coalition has also partnered with the ROSS Theater to run ads before movie showings to help reach an already captive audience, and looking at also working with Marcus theaters. Means restriction signage currently placed in Q St. garage, and the coalition is currently working to place signage up in all parking garages in Lincoln. Approval has been given to place signs in all garages, but they are trying to get the mayor to reconsider the placement of the signage since they are currently approved for only one sign on the top floor of the staircase. Ideally the signs would be placed in multiple locations around the parking garage for people that may drive to the top of the parking garage and attempt. The coalition also hosted a QPR training for all Lincoln parking garage staff. Three days later one of the individuals that had attended a QPR training was able to use QPR to talk someone out of jumping off a downtown Lincoln parking garage. The coalition is also working with the local emergency management director on the *Lock it Up* campaign which is working on spreading the word on keeping guns locked up.

**Norfolk:** Kevin Hines has re-scheduled and will be doing some upcoming events in the community in March. Dr. Sally Spencer- Thomas is also being brought into the community in March, and she has written eight books on suicide prevention and has spoken at the United Nations on this topic. On March 15, note Dr. Sally is presenting by herself and Kevin will be joining her on March 16, 2016 for the other events throughout the Norfolk area.

**Omaha/Metro:** No true coalition in the Omaha/Metro area yet, but they are currently going into schools and doing a lot of work with students and faculty. Currently in the early planning stages of running a public awareness campaign in partnership with Region VI.

**Military:** The military coalition met with Don and discussed incorporating the LOSS team when a suicide happens within the military. Developing military specific literature and a military based response team. Continue to teach the ASSIST program for training. Currently brainstorming speakers for an events.

**State:** Dr. Don Belau is asking for sponsorship from the Coalition to assist him with registration cost of the National AAS conference. Rose Hood Buss made a motion for the coalition develop a budget which includes a training line item for the current fiscal year that can be used to reimburse Don for registration fee to AAS. Julia Hebenstreit seconds the motion; the motion passes unanimously with no objections.

## VI. LOSS Development Advisory Group

Lincoln and Metro teams continue to be active and planning events for 2016.

## VII. Awareness

### Don't Be Sidelined Campaign

The DBSC hosted their awareness event at the men's and women's Husker basketball games in February. They hand out awareness materials, and do radio interviews, and other promotional events. The DBSC has a baseball game event this spring and are currently looking for volunteers. The website hits of the DBSC continue to increase each week.

### Mayo Clinic Suicide Prevention Video

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Region V was granted permission to use the Mayo Clinic's awareness video. See provided link:  
<https://www.youtube.com/watch?v=3BByqa7bhto>

## **No Wrong Door**

Continue to host events throughout Nebraska community. Events planned over the coming year in Bellevue, Columbus, Lincoln, Hastings, and Kearney. Warriors Weekend will be hosted on Sept. 23rd - 25<sup>th</sup> in Aurora, NE.

## **AFSP**

AFSP is adding another out of the darkness walk on the UNO campus. UNL campus event will be held on April 17<sup>th</sup>. Out west Scottsbluff and Alliance have walks scheduled in September.

## **VIII. National Updates**

- a. Upcoming webinar up on March 1st on self-injury. Please go [SPRC.org](http://SPRC.org) for more information.
- b. There are two new SPARK talks: "Reducing Gun Access" and "Safe Reporting on Suicide."

## **IX. Other Updates from Members**

**Project Extra Mile** – Started back in 1995 focused on underage drinking prevention. Evidence based practices to reduce harms from alcohol, and have recently update their mission after recognizing the links of substance abuse to suicide and other risky behaviors. Region V and PEM will be hosting a legislative day at the State Capitol Building on March 8th. The event aims at sending a clear message to policymakers about the importance of public policy that supports the prevention of underage drinking and other substance use and abuse across Nebraska & promotes long-term positive change for public health and safety.

## **X. Upcoming Training Opportunities**

- a. American Association for Suicidology will be holding their 49th Annual Conference in Chicago, IL on March 30th to April 2nd. Registration for this conference is available at [www.suicidology.org](http://www.suicidology.org).
- b. The dates for the 6th Annual National LOSS conference have been announce and will be held in September 28th & 29th in Fort Worth, TX. There will be no pre-conference this year. Registration will launch in February or March. The National LOSS conference takes place right before the end of the second grant year.
- c. National Council for Behavioral Health Hill day (June 6th and 7th) Free to register:  
<http://www.thenationalcouncil.org/events-and-training/hill-day/hill-day/>
- d. Nebraska LGBTQ Research to Practice Conference will be hosted March 3, 2016 in La Vista. Registration is \$50 and \$20 for students.

## **XI. Announcements**

No announcements

## **XII. Next Coalition Meeting**

March 25, 2016 @ 1:00 PM CST – Classroom #2  
Bryan West Hospital