

Nebraska State Suicide Prevention Coalition (NSSPC)

Meeting Minutes

May 22, 2015, 1:00 pm CST

Bryan West Hospital

Co-Chairs: Dr. Belau and Dr. Miers

Attendees: Don Belau, Denise Bulling, Crystal Fuller, Julia Hebenstreit, Linda Knudsen, Terri Marti, Faith Mills, Pam Oltman, Ray Reimer, Andres Sandoval, Melissa Schaffer, and Hayley Sutter

I. Approval of Minutes

Ray made a motion to approve the minutes from the April 24, 2015 meeting. Terri seconded this motion; the motion passed by consensus.

II. Coalition Member Updates:

Faith – Region 1 Behavioral Health has a small coalition of survivors that are working on suicide prevention activities. Four Out of the Darkness Walks are being held in the Panhandle. Twenty clinicians attended the AMSR training held in Region 1. Four QPR trainings have been held in Region 1 with a total of 100 people being trained.

Linda – Bryan is training staff in suicide risk assessments presented by Dr. Shawn Shea to further enhance our standardization. Current efforts include working with smaller hospitals to do suicide assessments through teleconferencing.

Ray – There was one completion in Lincoln since the previous NSSPC meeting.

Julia – Kevin Briggs will be presenting on his tenure patrolling the Golden Gate Bridge and suicide prevention on October 13 in Omaha. Kevin will hold a private dinner for law enforcement chiefs, the Omaha Mayor, fire chiefs, and other community leaders.

Terri – The third annual Lincoln/Lancaster County LOSS Walk and Fun Run will be held on Saturday, May 30 at 10:00am at Holmes Lake in Lincoln.

III. Grant Update:

The Project Management Team (PMT) is working on putting together a timeline for updating the State Suicide Plan that includes the Regions, locals, and state personnel. The new plan should address a plan for communities experiencing a cluster of suicide attempt or completions and establish follow-up protocols for hospitals to use when individuals are admitted for self-injury. The federal team told the PMT to begin with a pilot program before trying to roll out the follow-up protocols across the state. The PMT is considering piloting this program in Region 5 with Bryan Health. Marla Root has been hired as the new Outreach Coordinator; Marla is a licensed mental health and drug abuse counselor who has practiced self-healing over the last three years. Marla is based in Nebraska City; however, she will try to attend future LOSS Development and NSSPC meetings. The AMSR training in Region 5 (Lincoln) was attended by 37 people; the final Regional AMSR training will be held in North Platte on June 10. Registration for CAMS is now open; each region has 18 reduced fee-registrations to use before July 15. Denise recently finished the CAMS training and commented that while it is not always intuitive it is a good and practical training that builds upon AMSR.

a. Behavioral Health Region Updates:

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Omaha: A number of clinicians in Omaha were unable to attend the first AMSR training due to class size limitations; in accordance, Omaha is planning a second AMSR training for September. Region 6 is getting ready to do a needs assessment and has contracted with the PRC in Omaha to conduct a series of six focus groups and an online survey; one of the focus groups will be youth specific and one will be family specific. A QPR training will be held during the youth specific focus group. Omaha is working to identify gaps and challenges for their youth in crisis and are reaching out to clinicians for CAMS trainings. The Ninth Annual Pediatric Trauma Conference will be held on June 5 at the La Vista Embassy Suites Hotel; the NSSPC and Kim Foundation will have a booth at the conference.

IV. Coalition Updates:

Norfolk: A four-kilometer (2.5 mile) awareness walk is being held in Battle Creek on June 20 at 8:00am. Norfolk is waiting to hear if they have been awarded a number of grants they applied for; they expect to hear a decision in June. Donna was invited to go to Pine Ridge, South Dakota in June; Pine Ridge is experiencing a surge in youth suicides including seven so far this year and over 1,000 youth attempts last year. The situation is so dire in Pine Ridge that SAMHSA has deployed their personnel to the reservation.

Kearney: No update.

Lincoln: Region 5 is hosting a Connect training in July and is trying to develop a youth suicide prevention plan. The Lincoln Youth Suicide Prevention Coalition has been meeting monthly since December; The Lincoln Youth Suicide Prevention Coalition is comprised of a diverse group of law enforcement personnel, school personnel, business leaders, and community leaders. . There were 22 youth completions in 2014. UNL has experienced a surge in suicide attempts and are in touch with SAMHSA to create a task force of senior administrators. UNL may apply for a SAMHSA Campus Grant.

Omaha: No update.

Military Coalition: Don is working with Kelli Hatzenbuehler to discuss the military coalition.

State Coalition:

V. LOSS Development Advisory Group

LOSS Team development is going well; Papillion is in the early stages of developing a LOSS Team. LOSS Walks and similar fundraising and awareness events are being held throughout the state during May and June. These events seek to raise awareness and current postvention efforts in Nebraska.

VI. Awareness

a. Don't Be Sidelined Campaign

The College World Series program will feature an ad for the Don't Be Sidelined Campaign; an expected 50,000 programs will be distributed during the two-week series. Representatives from Magellan's national office attended the Don't Be Sidelined Campaign's partner meeting and Husker baseball game to film promotional videos. Johnson & Johnson has signed on as a new campaign partner and Magellan is considering increasing their partnership contributions. The first football game will be on September 12; kick-off is at 7:00pm and the event will begin at 4:00pm.

VII. National Updates

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Action Alliance envisions a nation free from the tragic experience of suicide and has a goal of saving 20,000 lives in five years. The mission of the Action Alliance is to advance the National Strategy for Suicide Prevention (NSSP) by championing suicide prevention as a national priority, catalyzing efforts to implement high-priority objectives of the NSSP, and cultivating the resources needed to sustain progress. Updated adolescent youth suicide rates were presented at the AAS Conference; AAS is expected to publish a full report of recent trends in adolescent suicide in the near future. The conference also presented on suicide prevention and awareness apps, including Pacifica, the Virtual Hope Box (which is part of CAMS training) and Text Crisis Line. The Nebraska Helpline can now support text messages. The Midwest Regional Suicide Prevention Conference will be held in Kansas City on July 21-23; registration will be open soon. Dave, Don, and Terri are presenting a workshop at the Midwest Regional Suicide Prevention Conference and at the National LOSS Team Conference in Fort Worth, Texas in October.

VIII. Upcoming Training Opportunities

The School Mental Health Conference hosted by BHECN will be held on June 26. Kognito has been opened to the ESUs and Department of Education and will be open to all public school personnel in the fall. The Department of Education is looking at purchasing online QPR as supplementary suicide prevention training for school personnel.

IX. Announcements

The Great Plains Disaster Behavioral Health Conference is focusing on emergency responders with an emphasis on trauma, suicide, and working with first responders; the conference will be held on July 10 at the Hilton Downtown Omaha.

X. Next Loss Development Group Meeting

The next meeting will be held on June 26, 2015. All meetings begin at 12:00 Noon at Bryan West Hospital.

XI. Next Coalition Meeting

The next meeting will be held on June 26, 2015. All meetings begin at 1:00 PM at Bryan West Hospital.