

Illinois Department of Public Health
Illinois Suicide Prevention Alliance (ISPA)
Summary of Minutes – November 13, 2009
Approved January 13, 2010

Mental Health America of Illinois
70 East Lake Street, Suite 900
Chicago, Illinois

Appointed Members in Attendance

Paul Fleming, Survivor (*phone*)
Carol Gall, Mental Health America of Illinois
Thomas Mannard, Illinois Council Against Handgun Violence
Glenn Steinhausen, Illinois State Board of Education
Shannon Sullivan, Illinois Safe Schools Alliance
Lora Thomas, NAMI Illinois – National Alliance on Mental Illness (*phone*)

Ex-officio Members in Attendance

Jill L. Allen, Illinois State Police
Reshma Desai, Illinois Violence Prevention Authority
Mary Mayes, Illinois Department on Aging (*phone*)
Patricia Reedy, Illinois Department of Human Services

IDPH Staff

Jennifer Martin, Illinois Department of Public Health

Stakeholders in Attendance

Amy Ashland, Jason Foundation @ Streamwood Hospital
Mariann Blacconiere, Hines VA Hospital
Stan Lewy
Ariel Mindel, Mental Health America of Illinois
Terra Riseman, Hines VA Hospital
Tracie Smith, Children's Memorial Hospital, Child Health Data Lab

Meeting was called to order at 11:15 a.m.

Welcome & Roll Call and Introductions

Attendance was completed. Quorum is met. Introductions and a welcome were made by Co-Chair Ms. Gall.

Review & Approval of September 15, 2009 Meeting Minutes

Copies of the minutes were distributed to the members prior to the meeting and during the meeting. Mr. Mannard motioned for the approval of the minutes, with a second from Srgt Allen. All in favor, motion carried.

Illinois Department Public Health Update

Public Health Thank You Day – Ms. Martin reported “Public Health Thank You Day” is coming up and she wanted to thank everyone for their dedication and passion for preventing suicides.

Nominations – Ms. Martin reported Eric Davidson submitted paperwork for his nomination, to represent the field of higher education. The nomination for Amy Brausch, to represent the field of research, is being reviewed. Ms. Martin also reported Marilyn Peebles retired from the Illinois Department of Children and Family Services and she's working with them to identify a new designee.

Updates – Ms. Martin mentioned she and her supervisor, George Dirks, met with the ISPA co-chairs to discuss items that were outstanding. He promised to follow up on the items and reconnect with the ISPA co-chairs.

Update from Mental America of Illinois regarding suicide prevention activities under the Illinois Department of Public Health contract

Ms. Gall announced she is waiting for one more report from a grantee before submitting her final report to the Department. She plans to e-mail the final report to the ISPA members also. The Department has approved the public awareness campaign. Ms. Gall will meet with Market M in a week to strategize on when to launch the campaign – she's considering early January. She will contact members of the alliance regarding hosting local sites for the launch. Ms. Gall also mentioned launching the campaign now is timely because it will complement the national mental health campaign called Bring Change 2 Mind, featuring Glenn Close.

Presentation of the Youth Risk Behavior Survey findings regarding depression and suicide

Ms. Martin reported prior to today's meeting Tracie Smith shared data on her findings on depression and suicide from the 2007 Youth Risk Behavior Survey. There is a question on depression and three questions related to suicide (contemplation, had a plan, attempted). In 2009, two questions were added to assess student's sexual orientation. Ms. Smith offered to share her presentation electronically and add members to their Data Brief Listserv. She anticipates the Spring/Summer issue of their Data Brief newsletter will focus on hospital discharge data regarding suicide attempts. If anyone is interested in assisting with the review of that issue, please contact Ms. Smith at TLSmith@childrensmemorial.org

Reflect on the strategic plan, where we are at and where we need to go

Since the November meeting would be the last meeting of the year, the co-chairs thought it would be a beneficial exercise for the ISPA membership and partners to discuss and review the accomplishments to date in implementing the Illinois Suicide Prevention Strategic Plan. The co-chairs asked the group to spend some time reflecting where we have been, what we have accomplished, and where we need to go from here, as we embark on another year of work through the ISPA. The alliance determined they would review the short term goals and were able to accomplish reviewing the first eight goals during today's meeting.

Goal 1: Ask About Suicide - Educate everyone -- especially all mental health, social service, clergy, law enforcement and school personnel -- to ask about suicidal ideations and intentions.

Short-term Objective 1.1: By 2010, establish a technical assistance group (TAG) to assist all communities in their suicide prevention efforts.

Accomplishment

- The TAG group was developed under the contract with Suicide Prevention Services. Although not called TAG, the following contracts have followed the spirit of helping communities by offering coalition development trainings and coaching.

Next Step

- Obtain the original list of TAG members. (Ms. Martin will supply).
- Best practice would be to have a coordinator overseeing the TAG group members but due to lack of resources, could a section be included on the It Only Takes One website which includes a list of people willing to help a community.

Goal 2: Know Your Neighbor - Encourage networks of relatives, friends, neighbors and members of the faith community to decrease isolation, which is one of the strongest risk factors for suicide.

Short-term Objective 2.1: By 2010, host 100 community-based advisory collaboration committees to address isolation; target rural areas.

Accomplishment

- Some of the local coalitions addressed isolation and rural issues (e.g. Farm Resource Center) as part of their response to suicide in their community.
- Some of the ISPA members accomplish this work through their individual agencies.
- In past years, materials were shared with members of the faith community during Suicide Prevention Week.

Next Step

- Continue efforts.

Goal 3: *Treatment Works* - Advocate for a comprehensive continuum of care for those at highest risk for suicide.

Short-term Objective 3.1: By 2010, broadly disseminate public education materials about current Medicare, Medicaid and private insurance benefits that support mental health services.

Accomplishment

- As an alliance, this objective has not been done; however, individual alliance members have addressed it within their individual agency.

Next Step

- Since Medicare and Medicaid, and private insurance are complex and ever changing, the alliance did not believe it was feasible for them to create and disseminate public education materials on this topic. However, several other organizations do serve in this capacity, so the alliance recommended creating links to those organizations on the Resource webpage of the "It Only Takes One" website.
 - Illinois Department of Human Services/Division of Mental Health has worked with the Make Medicare Work Coalition (MMWC). DMH has disseminated many specialized educational materials and opportunities that originated with MMWC.
 - Mental Health America of Illinois and NAMI-Illinois might also have educational materials.
- This goal also may be rationale for inviting the Illinois Department of Healthcare and Family Services to become involved with the alliance.

Goal 4: *Ensure Safety to Live and Love* - Promote utilization of suicide prevention services for victims of harassment and violence.

Short-term Objective 4.1: By 2010, develop and distribute information on the relationship between harassment, violence and suicide risk through health departments and schools, elementary through higher education.

Accomplishment

- Information was shared through some of the local projects funded under the IDPH/MHAI contract.
- Various partner agencies are addressing issues related to this topic.
 - The Domestic Violence Mental Health Policy Initiative addresses the cross link between Trauma and Mental Health.
 - Illinois Safer Schools addresses this topic with the gay, lesbian, bisexual and transgender population.
 - The Illinois State Board of Education (ISBE), through the Youth Behavior Risk Surveillance Survey, is looking at bullying and domestic violence and their

correlation on suicide. ISBE plans to create a fact sheet and share with schools and local health departments.

Next Step

- Inquire if the Illinois Coalition Against Sexual Assault addresses suicide prevention in their education, prevention and treatment efforts.
- The alliance was unsure if these activities were also occurring in the higher education, but it was good to look into.

Goal 5: *Knowledge is Power* - Increase awareness of and competency in suicide prevention and treatment for first responders, educational personnel, health care providers, clergy, physicians, law enforcement, mental health professionals and social service personnel.

Short-term Objective 5.1: By 2010, offer at least 10 targeted continuing education opportunities on suicide prevention annually, throughout the state.

Accomplishment

- This objective was completed through the IDPH/MHAI contract and by several partner agencies.

Next Step

- Continue efforts.

Goal 6: *Everyone Deserves Care* - Increase access to mental health care.

Short-term Objective 6.1: By 2010, establish an advisory council on rural suicide prevention.

Accomplishment

- Not completed.

Short-term Objective 6.2: By 2010, establish sustainable activities and collaborations to disseminate information about existing public sector health insurance availability and community-based resources.

Accomplishment

- A list of Community-based resources will be included as part of the "It Only Takes One" campaign.

Goal 7: *Data Counts* - Improve suicide-related data collection.

Short-term Objective 7.1: By 2010, identify strengths and weaknesses of Illinois suicide data and the process of data collection.

Accomplishment

- IDPH/MHAI contract funded the Pacific Institute for Research and Evaluation to review databases that collect suicide-related data in Illinois to identify what data is being collected, how to access the data and if there are gaps. The report included recommendations.
- Efforts have been made to add suicide-related questions to the Behavior Risk Factors Surveillance Survey.

Next Step

- Update objective to include "look at addressing weaknesses".

Goal 8: *Suicide is Everyone's Business* - Increase public awareness of the benefits of restricting access to means of suicide.

Short-term Objective 8.1: By 2010, develop and initiate an advocacy campaign about the risks of suicide and preventing access to means of suicide.

Accomplishment

- Various partner agencies are addressing this topic.
 - Illinois Counsel Against Handgun Violence had billboards from 2007 – 2009 educating the public that a gun in the home is 11 times more likely to be used to attempt or complete a suicide than to be used in self-defense. The current issue of the ICAHV e-newsletter (Insights) featured Stan Lewy and future issues will address suicide also.
 - Various partner agencies have been in discussion with a local foundation to develop a program to address this topic.

Next Step

- Recommended providing more information to ICAHV to add to their website.

Identify items to include in the 2009 annual report

The 2009 annual report will include an update regarding the activities accomplished through the IDPH/MHAI contract. The alliance asked the data maps be updated with 2007 data and to include data from the Youth Behavior Risk Surveillance Survey. The alliance agreed to include the above accomplishments in the annual report. It was also recommended to note the strategic plan should be updated, based on the expired dates for the short-term objectives.

The alliance would also like to include information on what suicide prevention activities have been done by other agencies. They requested an e-mail (along with a copy of last year's annual report) be sent to the partner agencies to invite them to share information to include in the annual report by December 21. This will allow a couple of weeks for the co-chairs to compile the information and complete a draft report to send to the alliance prior to the January meeting. The annual report will be voted on during the January meeting.

Workgroup Breakout Sessions

ISPA co-chairs decided to forgo the breakout sessions and focus on the process of reviewing the strategic plan. Workgroups were allowed time to review the minutes from their past workgroup meetings and approve them.

Community Awareness Workgroup- (Reporting: Carol Gall) - Minutes from the August 13, 2009 and October 8, 2009 conference calls were approved.

Education and Training Workgroup – (Reporting: Glenn Steinhausen) – Minutes from the August 10, 2009 and October 19, 2009 conference calls were approved.

State Agency Review and Support Subcommittee (Reporting: Patricia Reedy) – Minutes from the August 17, 2009 and October 16, 2009 conference calls were approved.

Set 2010 meeting dates

The alliance decided to meet quarterly and rotate meetings between Springfield and Chicago, with video conferencing for those unable to travel. The meetings will occur in January (Springfield), April (Chicago), July (Springfield) and October (Chicago). Ms. Martin will secure the dates and locations, then distribute a meeting announcement.

Agency Announcements

- No announcements

Adjourned at 1:50 p.m.

Submitted by Jennifer Martin