

Illinois Department of Public Health
Illinois Suicide Prevention Alliance (ISPA)
Summary of Minutes – March 12, 2009
Approved May 19, 2009

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

Appointed Members in Attendance

Becky Markwell, Illinois Center for Higher Education
Carol Wozniowski, Mental Health America in Illinois
Glenn Steinhause, Illinois State Board of Education
Judy Ashby, LifeSavers Training Corporation
Lora Thomas, NAMI Illinois – National Alliance on Mental Illness (*phone*)
Sharneice Snyder, Jason Foundation – Illinois Program
Thomas Mannard, Illinois Council Against Handgun Violence

Ex-Officio Members in Attendance

Jennifer Martin, Illinois Department of Public Health, Injury & Violence Prevention Program *
Jessica O'Leary, Office of the Illinois Attorney General
Mary Mayes, Illinois Department on Aging
Patricia Reedy, Illinois Department of Human Services
Srgt. Jill L. Allen, Illinois State Police

IDPH Staff

Jennifer Martin, Illinois Department of Public Health, Injury & Violence Prevention Program

Stakeholders in Attendance

Ariel Mindel, Mental Health America of Illinois
Christine Mitchell, American Foundation for Suicide Prevention
Iris Travis, Hines VA Hospital
Judith Rehder, Illinois Department of Children and Family Services
Mandy Kalins, Hines VA Hospital
Mariann Blacconiere, Hines VA Hospital
Rob Neustadt, Elyssa's Mission

Meeting was called to order at 10:30 a.m.

Roll Call/Introductions/Welcome

Roll call was completed. Quorum is met. Introductions and a welcome were made by Co-Chair Carol Wozniowski.

Review & Approval of January 14, 2009 Meeting Minutes

Copies of the minutes were distributed to the members prior to the meeting and copies were available during the meeting. Patricia Reedy motioned for the approval of the minutes, with a second from Thom Mannard. All in favor, motion carried.

Update from Illinois Department of Public Health (*Reporting: Jennifer Martin*)

Child Death Review Symposium – The Illinois Department of Public Health (Department)/Injury and Violence Prevention Program was invited to participate in a national symposium May 20th to May 22nd, 2009 in Washington, DC. The Symposium will bring together state leaders in injury prevention, maternal and child health and child death review and is coordinated by the National Center for Child

Death Review and the Children's Safety Network. The purpose of the symposium is to improve national and state efforts in preventing child deaths and improving child health and safety. One of the areas to be discussed is youth suicide. Ms. Martin is unable to attend the symposium; however, she asked Kathleen Monahan from the Illinois Violent Death Reporting System (IVDRS) to represent the field of injury prevention at the meeting. Representatives from the Illinois Department of Children and Family Services – Child Death Review program and from the Illinois Department of Human Services – Maternal Child Health program will be in attendance.

Youth Suicide Prevention Grant Opportunity – The Substance Abuse and Mental Health Administration (SAMHSA) released a Request for Proposals for youth suicide prevention. The Department plans to apply for the grant and currently is determining if they'll propose the same activities as in previous years or take a different approach. Ms. Martin will keep the alliance updated and will request letters of support in the near future.

Illinois Violent Death Reporting System – The U.S. Centers for Disease Control and Prevention released a Request for Proposals to implement the national violent death reporting system at the state level. Kathleen Monahan from the IVDRS at the Children's Memorial Hospital – Child Health Data Lab is preparing an application for Illinois.

September ISPA Meeting – Glenn Steinhausen secured a location for the September 15, 2009 ISPA meeting in Charleston. The meeting will be held at the Charleston Community Unit School District located at 410 West Polk Avenue. Ms. Martin will forward the information to the alliance and stakeholders.

State funds for suicide prevention – state funds were allocated in the Department's current budget for suicide prevention. The Department will contract with Mental Health America of Illinois to implement the activities.

Update from Mental Health America of Illinois regarding suicide prevention activities under the IDPH contract (*Reporting: Carol Wozniowski*)

Coalition Development Communities – The local coalitions are moving along. In two weeks the evaluators will interview a sample of the coalitions to gain insight on their interventions, the coalition development/group process and look at the coaching process.

Public Awareness Campaign – Ms. Wozniowski distributed the final two examples for the "It Only Takes One" logo. One example had two silhouettes outreaching to the distance and the other had two hands outreaching to each other – each were designed in a violet color. The alliance and stakeholders recommended MHA use the latter example. Ms. Wozniowski is working with the marketing firm to finalize the content for the website with the goal of launching the campaign in May. The launch will occur in Chicago with a web-based component to view the launch throughout the state. Alliance members and stakeholders were asked to assist in hosting events. Ms. Wozniowski recognized Marjory Lewe-Brady from West Chicago Elementary School District #33 and Chuck Johnson from Blessing Hospital in Quincy for serving in an advisory capacity during the development of the campaign.

Data Analysis and Report – The Pacific Institute for Research & Evaluation (PIRE) in Maryland will review the different data sets that collect suicide-related data in Illinois and make recommendations. Ms. Wozniowski will have more information to share about this project during the next meeting.

Trainings for educators – Fifteen applications were received through the school-based mini grant process and MHA awarded seven grants. The awards reflected various geographic parts of the state and will serve diverse populations. The following agencies will provide professional development to school staff; Janet Wattles Center, Transitions of Western Illinois, Children's Memorial Hospital,

American Foundation for Suicide Prevention – Greater Chicago/Illinois Chapter, Sterling Public Schools, the Illinois Safe Schools Alliance and Erika's Lighthouse. Judy Ashby asked MHAI to distribute this information to the alliance and stakeholders.

Trainings for mental health providers – MHAI will provide two QPR (Question, Persuade, Refer) trainings in three locations throughout the state, with the first one planned for early April. The QPR Institute's Suicide Triage Training Course will be offered to frontline workers and intake workers. The QPR Institute's QPRT Suicide Risk Detection, Risk Assessment and Risk Management Course will be offered to clinical staff. A total of 210 people will be able to attend a training. MHAI is also organizing a training for mental health staff, including some staff from the Division of Mental Health to be Certified QPRT Instructors (Question, Persuade, Refer Suicide Risk Detection, Risk Assessment, and Risk Management). As a result a total of 15 professionals will be certified to conduct train-the-trainer courses.

Trainings for providers in the aging network – MHAI is supporting speakers at the following professional development conferences: 1) Case Manager Supervisor conference scheduled for March 11 – 12, 2009 in Champaign. The presenter will be Evelyn Nabors from Chicago who drafted the mental health and suicide prevention component for Illinois Department on Aging's comprehensive assessment. 2) Long Term Care Ombudsman conference is scheduled for the end of March in Champaign. The presenter will be Dr. Susan Wehry from Burlington, Vermont, who will address "When residents threaten to harm themselves" and 3) Dr. Carol Ann Podgorski from the University of Rochester in Boston will serve as the opening keynote speaker in addition to an intensive breakout session. She'll discuss the suicide rates in the elderly, what to look for, and identify tools that can be utilized. MHAI will look into the possibility of videotaping these presenters so they can be used in future trainings. If funding is available, MHAI will also purchase training DVD's. The alliance and stakeholders were asked if they knew of any training DVD's focused on older adult suicide prevention. It was recommended to contact SAMHSA to review their materials.

If anyone is interested in helping Mental Health America of Illinois, please contact Ms. Wozniewski.

Overview of special Subject Hearing of the House Committee on Youth and Family

(Reporting: Carol Wozniewski)

Ms. Wozniewski (as the Executive Director of MHAI) was invited by Representative Greg Harris to testify at a subject hearing of the House Committee on Youth and Family. The hearing was held on March 6th, 2009 in Chicago to discuss the recent cluster of suicides among Illinois youth under the age of 12 and how to effectively respond to them, educate families and youth, and prevention. A total of 14 people testified representing a diverse group of organizations and programs. Ms. Wozniewski provided the alliance with a copy of the agenda from the hearing in addition, provided an overview of the panelists and the area they represented. Some of the main recommendations were to implement more suicide prevention programs in schools, outreach to at-risk populations and collaborate with non-traditional professions, e.g. clergy and spiritual care leaders. ABC7 and the Tribune were present. The Tribune plans to do a follow up story.

This update prompted a discussion among the alliance and stakeholders regarding youth being an at-risk population. Sharneice Snyder mentioned 80% of the youth her staff sees in their hospital have either attempted suicide or had ideation. She consistently sees that parents are not educated on the risk of suicide. It was also mentioned there was an influx of calls to the CARES hotline at the Illinois Department of Children and Family Services after the above incident. *(CARES stand for Crisis and Referral Entry Service. Any child at risk of psychiatric hospitalization for whom public payment may be sought must be referred to the CARES phone line and they determine whether the crisis situation meets the clinical criteria for Screening, Assessment and Support Services (SASS)).*

Review and Approval of 2008 Annual Report

The draft annual report was distributed to the alliance for review. Beyond formatting changes and grammatical corrections, the following changes were made to the draft:

- Add a text box to page 1 with the following national and state data:
 - More than 1,000 Illinoisans die by suicide each year.
 - On average in the United States, every 16 minutes, a person dies by suicide.
 - It is estimated that there are 25 attempts for every death by suicide in the United States; for young people, it is estimated that there are 100 – 200 attempts for every young person that dies by suicide.
 - Each suicide intimately affects at least 6 other people.
- On page 8, add the member's names and denote the co-chairs.
- On the back cover, add the weblink to an electronic version of the report.

Srgt. Jill Allen motioned the annual report be approved, with the above changes. The motion was seconded by Judy Ashby. All in favor, motion carried.

Workgroup Breakout Session

Workgroups were asked to accomplish four items during their breakout sessions: 1) approve minutes from their January 2009 workgroup meetings, 2) finalize any proposals they want to present to the alliance, 3) discuss recommendations on utilizing state funds for suicide prevention and 4) identify agenda items for workgroup meetings in April 2009.

Workgroup Report out/Submit Proposal for Approval

Data Workgroup - (Reporting: Dr. Glenn Steinhausen) – The members approved the minutes from their February 10, 2009 conference call. Since the workgroup didn't plan to submit a proposal during today's meeting, the group adjourned and joined other workgroup discussions.

Community Outreach Workgroup and Public Awareness Workgroup- (Reporting: Carol Wozniowski) - Minutes from the February 19, 2009 Community Outreach conference call and the February 10, 2009 Public Awareness conference call were approved. The two workgroups made a recommendation to merge the two workgroups. Over the years, they found many of their goals/objectives overlapped and it would benefit both workgroups to merge their efforts. The merged workgroup will be renamed "Community Awareness". All in favor, recommendation carried.

The Community Outreach workgroup proposed the creation of awareness toolkits that would be distributed primarily electronically via email to a statewide network of identified partners and interested stakeholders to use to promote suicide prevention efforts and activities throughout the year, and specifically to be utilized during May – Mental Health Month – and the week of September 10th – Suicide Prevention Awareness Week. Toolkits would include items, such as:

- Fact Sheets for at-risk populations and general awareness of risk and protective factors.
- Talking point templates for community members and professionals to use during local suicide prevention outreach activities.
- Important dates/times of the year that are significant to suicide prevention efforts to coordinate local activities.
- A statewide resource list of pertinent hotlines and informational websites and resources.

A few examples of targeted community stakeholders to outreach to with the Toolkits are:

- Local Area Networks (LANs)
- Regional Family Leadership Coordinators
- Family Service Center Agencies
- Mental Health and Social Services Agencies
- Partners within ISPA and the IL Children's Mental Health Partnership

All in favor, proposal was carried.

Education and Training Workgroup – (Reporting: Christine Mitchell) – Minutes from their February 9, 2009 conference call were approved and an agenda for their April 13 meeting was submitted.

The Education and Training Workgroup proposed to ‘establish regular training programs every year in 10-15 different areas of Illinois on suicide prevention.’ This focus emphasizes (change to recognizes) the great need in Illinois to train persons of all disciplines to ask about suicide, assess risk regularly, intervene in all stages of the suicidal cycle, and counsel persons who are at risk for self-destruction. This is the number one goal of the Alliance as determined five years ago by a consensus of study by persons on (remove this portion) the membership. At that time it was determined that training and education for even (remove) professionals was severely lacking in universities, formal settings, extra (remove) CEU offerings to maintain (change to for maintaining) state licenses (change to licensure) , informal settings for volunteers, clinical community workers and even law enforcement and faith-based staffs.

Therefore, educational opportunities to fit the needs of difference (change to different) geographic areas of Illinois will be designed to continue to upgrade skills of caregivers to prevent suicide (change to assist in enhancing skills of caregivers in suicide prevention.) Action steps include

- **Generate Training topics** –Ms. Bryant will obtain the list of suggested topics for workshops generated at the last Alliance meeting list (remove – not needed) and forward it to the workgroup for review by Feb 15, 2009
- **Training length** – Based on the topic and the audience, the workgroup will evaluate if each training needs to be a full-day or 2-3 hours.
- **Identify Locations** –
 - Identify which counties have the highest rate of suicide and outreach to them first. Ms. Martin will forward the data map which identifies these counties by February 15, 2009.
 - Ms. Bryant will explore past training participants who would be interested in hosting a training. She’ll work with Ms. Martin and Ms. Wozniowski to identify past participants by the March 12 meeting in 2009.
- **Develop plan to handle registration and budgeting**– The workgroup will identify local groups to host the trainings by May, 2009.* Each local group would be asked to handle registration, identify a free location and offer refreshments if they wanted.
- **CEU awards** –Individual members of the Alliance, through their own agencies, can offer CEU’s for LCPC’s, Social Workers, and teachers.
- **Presenters**—Presenters will be identified through a fair, open solicitation process sent to all members and participants in the Alliance by May 2009.*
- **Evaluation of workshops**---A uniform evaluation process will be developed for all workshops to use by May 2009.* Data from these evaluations will be submitted to the full Alliance membership for review after completion of workshops.

All in favor, proposal was carried.

State Agency Review and Support Subcommittee (Reporting: Patricia Reedy) – Minutes from their February 20, 2009 conference call were approved.

The State Agency Review and Support Subcommittee proposed the expansion and coordination of suicide prevention potential within & between state agencies. This includes identification of additional state departments and entities to be invited to collaborate with Illinois Department of Public Health (Department) and the Illinois Suicide Prevention Alliance.

- Prioritize a list of government agencies and entities to be invited to join ISPA: There are many agencies and entities that could productively be drawn into this lifesaving work. Some examples include:

- The two major EAPs for state government employees: EAP personnel and referral coordinators are in a unique position to screen for suicidal risk and to help individuals connect with help if they are feeling suicidal.
 - Illinois Department of Transportation: It is well known that people who want to end their lives frequently consider, and use, transport structures and vehicles as weapons against themselves. Some examples of these incidents include single car crashes, pedestrian/train “accidents,” and bridges. A good example of transportation-related suicide prevention intervention is the action taken to reduce the possibility of people jumping from the Golden Gate Bridge.
 - Illinois Department of Employment Security (IDES): Particularly in serious economic times, people who are unemployed have added risk of death by suicide.
- Develop invitation timeline based on prioritization
 - Draft individualized letters to relevant agency directors.
 - Develop specific presentation materials for identified agencies’ executive staff
 - Individualize invitation letter for state entities in the first priority group
 - Individualize presentation materials state entities in the first priority group

The subcommittee recommended that, in order to potentiate the opportunities for coordinating and saving lives, the Department’s Director or senior designee head a small team, with suicide prevention expertise, to seek sponsorship of this goal and leadership by appropriate Governor’s office personnel. Anticipated partners in this work include the Director of IDPH, IL’s mental health commissioner, MHA-IL, National Alliance on Mental Illness (NAMI), American Association of Suicidology (AAS), and the relevant executive in the Governor’s Office.

All in favor, proposal was carried.

Discuss Recommendations for Utilizing State Funds for Suicide Prevention

- Education and Training Workgroup recommended \$35,000 to conduct 6 or more trainings.
- State Agency Review and Support Subcommittee recommended \$30-50,000 to hire a consultant to research and analyze what suicide prevention efforts are occurring in state agencies and make recommendations. This would include interview interviewing staff in the state agencies.
- Community Awareness Workgroup recommended \$100,000 to develop/print/distribute brochures, public service announcements and print ads – phase two of the “It Only Takes One” public awareness campaign.
- Data Workgroup recommended to hire a consultant to conduct to collect suicide/attempt data from databases on older adult suicide. They also requested a “placeholder” be set to reserve some of the funds to implement recommendations from the PIRE report, once it is released.

Ms. Wozniewski stated she will review the report from the current evaluator to identify what projects to continue to support.

Agency Announcements

- Ms. Blacconiere is conducting a suicide prevention workshop at Loyola University with older adults and veterans. She’ll also present on the topic in Georgia in September.
- Ms. Wozniewski announced the annual Mental Health Rally is scheduled for May 5 in Springfield. A flyer was distributed.
- MHA-IL is celebrating their 100 year anniversary. Ms. Wozniewski distributed a postcard inviting members to the anniversary gala.
- Mr. Neustadt provided an overview of his agency - Elyssa’s Mission, a teen suicide prevention agency, and distributed brochures.
- Ms. Ashby invited members to participate in a training entitled “Suicide Prevention: A Community Response to a Community Problem” on April 3, 2009 at John Logon College in

Carterville, IL. The training is coordinated by the Jackson County Mental Health Action Team and Suicide Prevention Coalition (MHAT/SPC).

- Ms. Wozniewski reported Katie Jones from Mental Health Association of Illinois Valley in Peoria is planning a Suicide Postvention Symposium and two separate ASIST trainings. Information was sent electronically to the alliance and stakeholders prior to today's meeting.
- Ms. Mitchell reported the Out of the Darkness Overnight is scheduled for June 22-28 and there are 1500-2000 walkers signed up. They also are developing a teacher training video, due out the end of the summer. As well as a Teen Depression DVD that will be ready to ship at the end of the month.
- Ms. Thomas reported the State Report Card for mental was released today and Illinois received a "D", which is an improvement from last year. Illinois was one of a few states that improved. The average grade for states is a "D". There were 6 – "B's", 18 – "C's", 21 "D's" and 6- "F's".
- Dr. Steinhausen reported Children's' Memorial Hospital – Child Health Data Lab is close to getting all the schools ready to participate in the Youth Risk Behavior Survey. A report should be issued in the summer.

The meeting was adjourned at 2:30 p.m.

Minutes prepared by Jennifer Martin