

Illinois Department of Public Health
Illinois Suicide Prevention Alliance (ISPA)
Summary of Minutes – September 15, 2009
Approved November 13, 2009

Charleston Community Unity School District
410 West Polk Avenue
Charleston, Illinois 61920

Appointed Members in Attendance

Judy Ashby, LifeSavers Training Corporation
Paul Fleming, Survivor
Carol Gall, Mental Health America of Illinois
Thomas Mannard, Illinois Council Against Handgun Violence (*phone*)
Christine Mitchell, American Foundation for Suicide Prevention – Illinois Chapter
Sharneice Snyder, Jason Foundation @ Streamwood Hospital (*phone*)
Glenn Steinhausen, Illinois State Board of Education

Ex-officio Members in Attendance

Jill L. Allen, Illinois State Police (*phone*)
Reshma Desai, Illinois Violence Prevention Authority (*phone*)
Mary Mayes, Illinois Department on Aging
Marilyn Peebles, Illinois Department of Children and Family Services
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
Eric Davidson, Illinois Higher Education Center
Ariel Mindel, Mental Health America of Illinois
Peter Mulhall, Center for Prevention Research and Development
Julie Reichenberger
Monique Sheppard, Pacific Institute for Research & Evaluation (*phone*)
Dexter Taylor, Pacific Institute for Research & Evaluation (*phone*)
Janine Toth, Center for Prevention Research and Development

Meeting was called to order at 10:15 a.m.

Welcome & Roll Call and Introductions

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

Review & Approval of March 12, 2009 Meeting Minutes

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

Illinois Department Public Health Update

State Agency and Review Report - Ms. Martin distributed copies of the "State Agency Review and Initial Recommendations Report: Recommendations of policy and program changes to support

suicide prevention". The report was approved by the Department and copies were distributed to the General Assembly.

State Injury Indicators Report - Staff from the Injury and Violence Prevention Program, Center for Health Statistics and Hospital Discharge Data Program are compiling 2007 data for inclusion in the national State Injury Indicator's Report. The report is a surveillance effort to gain a broader picture of the burden of injuries across the nation, by the U.S. Centers for Disease Control and Prevention. By participating, Illinois will be able to see trends over the years and compare Illinois to other states.

State Funds for Suicide Prevention - Ms. Martin reported the allocation from last fiscal year for suicide prevention was just contracted to Mental Health America of Illinois (MHA) to conduct suicide prevention activities over the next year. The contract was cut down from \$350,000 to \$330,000. The appropriation for suicide prevention was not included in the current state budget and next year's budget doesn't look any better. Ms. Gall, MHA, added the appropriate was in the proposed budget for a while, and then it increased before it was cut. She believes that shows there is support for suicide prevention. Ms. Reedy motioned, with a second from Ms. Mitchell, for the co-chairs and any interested alliance members to draft a letter to the Department recommending the Department request funds be added to the Department' budget next fiscal year for suicide prevention. The alliance recommended the letter be submitted sooner rather than later, preferably by October 15, 2009. They also suggested including the monetary cost to suicide (e.g. this is how much money that is lost to society because someone took their life) and include a reference that there are more suicides than homicides. Motion carried.

Vacancies - Beck Markwell retired from the Illinois Higher Education Center for Alcohol, Other Drugs & Violence Prevention, therefore, her seat on the alliance is vacant. Ms. Martin will work with Eric Davidson, the new director of the center, to complete the necessary paperwork for his nomination. – The nomination for Amy Brausch to represent "research" on the alliance is being reviewed by the Department.

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

Ms. Gall provided an overview of the contract deliverables and what MHA accomplished. Overall, MHA educated over 1000 adults on depression and suicide, educated approximately 70 school personnel, screened 100 youth for suicidal ideation, depression, anxiety & substance abuse through the TeenScreen & Signs of Suicide Program, referred 31 youth and provided short-term case management to youth & their families and educated approximately 1000 youth on depression and suicide. Ms. Gall commented MHA was able to offer a lot for \$350,000. Below is a summary of each of the projects.

Enhancing local suicide prevention efforts & evaluating project model - 11 local partnership teams were trained in Suicide Prevention Resource Center's *Community-based Core Competencies Training*. 10 local partnerships completed their projects (*one team dropped out). Center for Prevention Research & Development (CPRD) at University of Illinois evaluated the project model utilized to enhance local suicide prevention efforts across Illinois and made recommendations for future support.

- Ms. Gall invited Dr. Peter Mulhall and Janine Toth from CPRD to provide a presentation and distribute a copy of their report entitled "Illinois Suicide Prevention Community Initiative: Evaluation Report". Dr. Mulhall reported he met with the 11 coalitions when they attended the SPRC training at the beginning of their project period. He helped them develop logic models, based on the public health model. From that training, he and Ms. Toth utilized a mix method

evaluation design to evaluate the coalition development model. They reviewed archival documents, surveyed coalition members and partners, interviewed the project coordinator and members of the local coalitions. The evaluation addressed 1) community mobilization and organizational capacity, 2) policies, programs and practices, 3) training, technical assistance and coaching, and 4) suicide prevention community initiative impacts and outcomes. Dr. Mulhall and Ms. Toth provided recommendations for each of these areas, in addition to building state level infrastructure. The major obstacle and barrier to the work of the local projects continues to be the stigma of mental illness and suicide.

Suicide Prevention Public Awareness Campaign - contracted with Market M, LLC to continue their work on the campaign. They 1) created a campaign identity package (logo, letterhead, mailing envelope & power point template), 2) designed website (updated copy, new content management system, resource directory, new online Violet Registry & Violet Wall), and 3) developed a virtual campaign launch concept and event collateral materials (program design, invitation e-blast, postcards, Violet Registry pin package, campaign flyer, press release, marketing & local event support). Ms. Gall also displayed the proposed logo and the proposed web pages. She stated she still needs more stories for the web page. A couple of alliance members asked if the website was accessible for those with a disability - e.g. font size, audio reading, etc. Ms. Gall will ask Market M if these have been addressed and if it's feasible to make those changes. The Department currently is reviewing the campaign.

Suicide Data Analysis- Contracted with the Children's Safety Network: Economics and Data Analysis Resource Center, Pacific Institute for Research and Evaluation (PIRE), in Maryland, to analyze current suicide death and suicide attempt data sources in Illinois, by interviewing data managers from across Illinois. PIRE will provide a FREE webinar on their findings and recommendations this Friday, September 18, 2009. Participants from across the nation have registered for the webinar. Being able to share what Illinois has learned with other states has been an additional outcome.

- Ms. Gall invited Dr. Monique Sheppard and Dr. Dexter Taylor from PIRE to join the meeting by phone and provide a presentation. Dr. Sheppard personally invited the alliance members and stakeholders to join the webinar on Friday, which will be archived for those unable to attend. It will be a 90 minute overview of their report. The report pulls together a picture of what fatal and non-fatal suicide data is available in Illinois. PIRE interviewed the data managers and asked such questions like is the data statewide, what years of data are available, are there ready reports available for people to look at, do they take queries, and do they have any recommendations. PIRE also helps states with cost analysis and they included the latest costs of suicide in their final report. The final report is expected to be completed in October and PIRE will host another call to answer questions after the report is submitted.

Professional development for school personnel – 7 mini-grants were awarded to local organizations and a local school district to support professional development on suicide prevention.

1. *American Foundation for Suicide Prevention* - Distributed "*More Than Sad: Teen Depression*" DVD & facilitator guide to schools. A 1.5 hour webinar was offered to 250 high school personnel at 5 different times. Follow-up surveys were distributed to participants 3, 6, & 9 months following webinar training.
2. *Children's Memorial Hospital* - Trained 20 teachers in the 12-hour certificate course *Mental Health First Aid* & connected local mental health resources.
3. *Erika's Lighthouse* - Provided a guest speaker on suicide prevention at a Lunch & Learn with local teachers, and provided the Red Flags program to local middle schools

4. *Illinois Safe Schools Alliance* - Trained 135 school social workers, counselors, nurses, Gay-Straight Alliance (GSA) advisors, and other personnel at 6 trainings across Illinois on suicide prevention and risk factors in LGBTQ youth in Illinois.
5. *Janet Wattles Center* - Trained 30 local school personnel in ASIST, and offered a 2-hour Suicide TALK presentation to adults and students.
6. *Sterling Public Schools* - Trained district school personnel in ASIST, Suicide TALK, and SAFE Talk. One representative from each school was trained as a trainer to continue to build capacity.
7. *Transitions of Western Illinois* - Provided QPR training to 60 educators, 25 behavioral health staff and 2 community mental health staff that work in Adams County schools.

Train service providers in mental health - partnered with the Illinois Department of Human Services, Division of Mental Health and contracted with QPR Institute to provide 3 Trainings in Northern, Central & Southern Illinois. Approximately 120 mental health professionals trained in QPR Triage Training and approximately 120 mental health professionals trained in QPR Suicide Risk Detection, Assessment & Management Course.

Train service providers in aging service providers - partnered with the Illinois Department on Aging (IDoA) to provide national suicide prevention speakers at 3 regional conferences in Illinois for service providers: Case Management Supervisors Conference, Long-term Care Ombudsman Statewide Training and Mental Health & Aging Conference. The speakers were videotaped for future utilization in trainings. MHA also provided IDoA with educational DVD's for use by providers. -- Ms. Mayes added the speakers received positive evaluations. The participants included administrators, criminal justice officers, social workers, etc. Some of the funding for the speakers was picked up by IDoA. Ms. Mayes also mentioned she is updating the mandatory training for case manager and she'll continue to refer to the alliance for ideas on audio and visual trainings.

Appoint Chair to the ISPA State Agency and Review Subcommittee and Update on the Appointment of a Chair to the ISPA Education and Training Committee

Ms. Gall reported the co-chairs appointed Ms. Mitchell as the chair of the ISPA Education and Training Workgroup and Ms. Reedy as the chair of the State Agency Review and Support Subcommittee.

Highlight of Suicide Prevention Efforts in Southern Illinois

The July meeting of the alliance was an effort to outreach to the southern part of the state. Since the July 23, 2009 meeting in Carbondale was cancelled, the co-chairs provided Ms. Ashby an opportunity during today's meeting to highlight the efforts in southern Illinois.

- Organized 10 simultaneous candle light vigils on Suicide Prevention Day with a total of 140 people participating. An article of the event was written in The Southern.
- Hosts a support group that meets monthly and has representation from a large area.
- Hosts a weekly column (The Southern Illinois Behavioral Health Team).
- Invited to talk to physician services in Wisconsin.
- Will speak about suicide prevention at the IDHS/School Health Days trainings scheduled for October and November in southern Illinois.
- Chosen to conduct a 110 minute presentation at the Illinois Counseling Association Conference on November 13, 2009.
- Shared information on Survivors of Suicide with a local high school, who continues to use SoS and has become a significant part of their school.
- Participated in a doctoral dissertation with Dr. Robertson from SIUS regarding the LifeSavers program. The journal has been published but it may not be in the library yet.

- Collaborated with Rita Walker, (who Ms. Ashby met through Peter Mulhall) to conduct a pre and post assessment with LifeSavers. Her article has been published.

Workgroup Breakout Sessions

The original intent was for the workgroups to breakout into groups and brainstorm on recommendations on activities for Mental Health America of Illinois to propose in their current contract from the Department. Due to time restraints the workgroups did not meet individually. Instead, that discussion was held as a full alliance and the following ideas were generated.

Ideas of activities for MHA to propose to the Department for inclusion in their contract –

- Ms. Gall reported the MHA and the Department discussed investing a larger amount into the public awareness campaign (\$150,000). Activities would include launching the campaign and implementing PSA's. These public awareness activities can be merged into other activities.
- Build on the trainings done previously in collaboration with the IDHS/Division of Mental Health and duplicate them to make it user-friendly within other agencies. For example: the Department of Children and Family Services.
- Corrections – train the pre-release case managers to do evaluation with those within the corrections system that are identified as having a mental health issues. Other members shared a desire to train parole officers, since 80% of inmates are paroled.
- Dr. Steinhausen would like to continue offering RFPs to train school personnel. Previously, the trainings focused on professional development, but there wasn't much training to direct school staff. Ms. Martin mentioned the focus possibly could be on higher education instead, in order to reach another sector within education.
- Ms. Martin suggested that the alliance consider the idea of training other professionals – DCFS, police, corrections, healthcare (assisted living, hospitals, etc) – that weren't trained during the last contract.
- Ms. Peebles recommended training the staff of the Screening, Assessment and Support Services (SASS) Program, which is a short-term crisis intervention program for children and youth experiencing a mental health crisis that may require inpatient psychiatric hospitalization that may be publicly funded by HFS, DCFS and/or DHS.
- Ms. Reedy recommended collaborating on a project with juvenile justice.
- Ms. Ashby requested a couple thousand dollars to train 2-3 more trainers to do conduct LifeSavers retreats.
- Dr. Steinhausen also recommended training regional alternative schools and target high risk youth.
- Ms. Mayes recommended training those in the disability field.
- Ms. Mayes reminded the alliance that the Data Workgroup previously proposed \$3000 to determine elderly suicide data.

Agency Announcements

- Ms. Ashby mentioned a recent journal article that looked at the three questions to ask emergency personnel and if physicians are comfortable asking about suicide.
- www.suicideillinois.com/illinois (?) - went live in January

Next Meeting

The next alliance meeting is scheduled for Friday, November 13, 2009 at Mental Health America of Illinois, located at 70 East Lake Street, Suite 900 in Chicago. The alliance will discuss meeting dates for 2010.

Adjourned at 2:40 p.m.

Submitted by Jennifer Martin