

Illinois Suicide Prevention Illinois Suicide Prevention Alliance (ISPA)
Summary of Minutes November 21, 2013
10:00 a.m. – 2:30:p.m.
Approved February 19, 2014

VIDEO CONFERENCE:
122 S. Michigan Ave., 7th floor, Chicago
One Natural Resources Way, Lake Level, Springfield
2309n W. Main St., Marion

		Present	Excused	Un- excused
<u>Appointed Members in Attendance</u>				
Katie Mason (<i>proxy for Carol Gall</i>)	Mental Health America of Illinois	Chicago		
Chuck Johnson	Illinois Hospital Association	Springfield		
Kate Williamson (<i>proxy for Colleen Daley</i>)	Illinois Council Against Handgun Violence		X	
Eric Davidson	Illinois Higher Education Center	Springfield		
Jeff Dill	Representing fire service		X	
Jessica Gerdes	Illinois State Board of Education	Phone		
Judy Ashby	LifeSavers Training Corporation		X	
Lora Thomas	NAMI Illinois – National Alliance on Mental Illness	Springfield		
Mariann Blacconiere	Representing service members, veterans and their families		X	
Nicole Pekovitch	Representing mental health consumers		X	
Paul Fleming	Survivor	Chicago		
Peter Mulhall	Center for Prevention Research and Development	Chicago		
Steve Moore	American Foundation for Suicide Prevention	Chicago		
<u>Ex-Officio Members in Attendance</u>				
Jennifer Martin	Illinois Department of Public Health	Springfield		
Jessica O’Leary	Office of the Attorney General		X	
Mary Mayes	Illinois Department on Aging	Springfield		
Mary Ratliff	Illinois Criminal Justice Information Authority	Springfield		
Master Sergeant Ed Petrik	Illinois State Police	Chicago		
Patricia Reedy	Illinois Department of Human Services	Chicago		
<u>Stakeholders in Attendance</u>				
Shantel High	Illinois Department of Human Services	Springfield		
Janine Toth	Center for Prevention Research and Development	Springfield		
Libby Bair	Illinois Department of Public Health	Springfield		
Trina Dietrich	Illinois Department of Human Services	Springfield		
Natasha Clark	Suicide Prevention Services of America	Chicago		
Carl Evans	Hope for the Day	Chicago		
Lori Carnahan	DuPage County Health Department	Chicago		
Jonny Boucher	Hope for the Day	Chicago		

Meeting was called to order at 10:05 a.m.

Introductions/Welcome

Introductions and a welcome were made by Ms. Ratliff. Quorum is met.

Review and approval of August 19, 2013 meeting minutes

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

Update from the Illinois Department of Public Health

The Department updates are centered on the Illinois Youth Suicide Prevention Project activities, which will be discussed during the workgroup updates.

Update on ISPA leadership positions and member vacancies

The ISPA co-chairs sent a letter to the Director nominating Stan Lewy to represent survivors on the alliance. No update on other vacancies.

Guest speaker – Lori Carnahan, DuPage County Health Department with regards to their recent grant from the Substance Abuse and Mental Health Services Administration to conduct follow up services

Ms. Carnahan provide a power point presentation on their National Suicide Prevention Lifeline (NSPL) Crisis Center Follow Up Program. DuPage County Health Department joined the NSPL network in May 2012 and is one of 162 centers nationwide. They were awarded a three year grant, starting July 1, 2013, to enhance and expand suicide prevention services in DuPage County by increasing the number of suicidal persons receiving follow up services. Ms. Carnahan provided an overview of the project objectives and the community partners. Their subpopulations include individuals with serious mental illness, LGBTQ youth, veterans and older adults. Their suicide prevention services include Mental Health First AID, ASIST Training and training to subpopulations. Ms. Carnahan also provided an overview of their enrollment criteria, services provided and discharge criteria. Their goals for the next two years is to add CHAT through the National Suicide Prevention Lifeline, expand emergency department and inpatient follow up at four other area hospitals and to continue to train staff and community providers.

During the question and answer time, the following items were discussed with Ms. Carnahan:

- Yes, state hospitals are included
- What about sustainability – they will continue to offer services; it will be integrated into existing programs
- The program services those 18 years of age and older; what are the solutions for young kids. The challenge is getting consent for youth; however, they believe there will be an increase in youth participation when they start CHAT and they can refer youth to other department services.
- Referrals mostly come from emergency departments. Since November 1st, they have had ten on the case load but they estimated they can handle about twenty a month. They have seen more males at this point than females.
- Thinking of the statistics of older adults; how many would be going to the emergency department. Are there other ways to outreach to them, such as senior services programs?
- Mr. Boucher mentioned his organization, Hope for the Day, is filming a movie in DuPage County and will outreach to Ms. Carnahan after the meeting to see how they collaborate.

Youth Suicide Prevention Grant – Year One Overview

Ms. Martin provided an overview of the accomplishments made during the first year of the Illinois Youth Suicide Prevention Project (IYSP). Though there were efforts along the way to provide updates, it was beneficial to provide an overarching update. Ms. Martin explained she'd spend the first portion of the presentation providing an overview of the accomplishments, then hand the discussion over to Ms. Toth to share the findings from the consensus meeting and we could start to look for opportunities for next year.

- *Staffing* - More of Ms. Martin's time was allotted to suicide prevention, Ms. Bair was hired as a graduate intern and staff is working closely with the Center of Prevention Research and Development to evaluate the program.
- *Projected numbers* – the Department exceeded the number of people they projected they'd reach through workforce development, training, partnerships and awareness.
- *Gatekeeper training for school personnel* - nine courses currently are being offered. The vendor developed an outreach and communications plan, along with an implementation manual. The training for middle school personnel was launched in May 2013; while the other courses were launched in August. A portal page for the trainings was developed for schools to access the trainings. The portal page links to the respective trainings for middle school, high school and institutions of higher education. Tools were developed for schools to promote the program.
- *Public Awareness Campaign* – the Department contracted with Mental Health America of Illinois (MHA) to expand the *It Only Takes One* website. The goal was to build the infrastructure of the website, add youth-specific pages, in addition to establish long-term management through the cloud system in which the marketing firm trained MHA on usage. Google analytic functionality was set up. Additional updates on the website will be included in the Community Awareness report. The goal is for the revised website to go "live" soon, some glitches in information impeding release of webpage. Year 2 will focus on promoting the campaign, increasing awareness and driving traffic to the site.
- *Consensus meeting with stakeholders* – the Department collaborated with CPRD to gather around fifty stakeholders for a meeting in June. The goal was to gain a greater understanding of roles of agencies, how they can work together and leverage opportunities. The report from the meeting has not been released; however CPRD will share preliminary findings during our meeting today. The stakeholder meeting for Year Two will be the statewide conference.
- *System change meeting (Year One)* – a meeting, entitled "A Blueprint for Action," was held with institutions of higher education in July. The guest speaker was Laurie Davidson who is a national expert in working with campuses to identify the various suicide prevention strategies which can be implemented on campuses. The evaluations showed the audience is eager to know about more specific tools and strategies following the meeting, as the meeting was just intended to be a "blueprint." Over 100 staff representing over 25 schools were in attendance, including representatives from student affairs, career services, law enforcement, counselors, etc. – Year Two's system change meeting will focus on substance abuse professionals.

Consensus Building Meeting Overview - Some alliance members may remember Ms. Toth from several years ago when she surveyed local suicide prevention coalitions. She helped us again by facilitating the Consensus Building meeting. Ms. Toth shared a power point presentation of the overview of the process and themes. Ms. Toth worked closely with the Department and a planning committee to organize the event. Prior to the meeting, Ms. Toth conducted interview with several alliance members to gain an insight into the current status of suicide prevention, how youth suicide is relevant to their work and what do they want others to know (quotes from those interviews were included in the power

point.) Over half of the participants completed the post-survey; Ms. Toth pointed out that these will be key people in the suicide prevention initiative. The post-survey found the majority of people believed the meeting met its objectives. The survey also showed the participants represented the fields the planning committee had hoped for and that the themes generated by the meeting created opportunities to take action. Participants were encouraged to indicate, through the survey, how they saw they fit into the statewide initiative. The support shown to the initiative indicated people are ready to be engaged. The main “take away” of the current finding validated we are on the right track. The summary report is in its final phase. Once it is released, the workgroups will review the recommendations to identify next steps and match with strategic plan goals.

Workgroup updates

- *Education and Training* - Ms. Bair provided an update on the statewide conference planned for April 25th at the University of Illinois Springfield (UIS.) The theme is *Preventing Suicide Among Youth and Young Adults: Everyone has a Role*. Dr. Gutierrez has been confirmed as a keynote to speak about suicide and the military. Stephanie Weber, Suicide Prevention Services of America, agreed to facilitate a survivor panel discussion. Staff is waiting for approval to release the Date Saver and the Call for Abstracts. A site visit was completed. Staff is working with the Illinois Public Health Association to secure continuing education credits. Staff also is working with the UIS Counseling Center to arrange students to help as room moderators.
- *Community Awareness* – the workgroup discussed events around National Suicide Prevention Week. Some members have been working on content for the *It Only Takes One* (IOTO) website. A form is being developed to submit resources to the website. Ms. Toth mentioned the question answered “no” the most to on the consensus building survey (when asked how they could support the statewide initiative) was to if they would add resources to the IOTO. She believed this may because people don’t know what that meant; so MHA will need to be clear. Member also discussed issue papers being developed and brainstorming on how to get the papers distributed.
- *Data* – Department staff is collecting attempt data. Dr. Mulhall reported the workgroup reviewed a logic model for the Illinois Youth Suicide Prevention Project. He also created a matrix between developmental ages and with the idea of getting more upstream data. He shared the matrix listing the indicators the workgroup may want to gain more data, with regards to the 10-17 years age group and the 18-24 years age group. The indicators were linked to the public health approaches – primary, secondary and tertiary – and suicide death data. Data sources for each indicator were also identified.
- *State Agency Review and Support Subcommittee* – Ms. Reedy shared much time is being spent of the merger for the Illinois Department of Human Services’ Division of Mental Health (DMH) and Division of Alcohol and Substance Abuse; which presents an opportunity to collaborate with the youth suicide prevention project. In regards to the project to require professionals demonstrate knowledge of suicide prevention in order to renew their professional license has been discussed further. The Department of Public Health concluded they were not in a position to take the lead and requested the DMH serve in that capacity. The DMH clinical director will help Ms. Reedy in the initiative. NAMI recently signed on to help also. There will be much work and a lengthy process. It will be important to work with professional associations, professional regulatory agency and certification agencies.
- Ms. Reedy also shared she and Ms. Gall are members of the Illinois Joining Forces Behavioral Health Workgroup, who wants to gather information on suicide prevention activities. They want to track activities; not just activities for veterans. MHA will be the recipients of the survey results. Ms. Reedy shared the report form they plan to use and asked the alliance for their

feedback. It was recommended to ask the person if they are with a government agency or not-profit, does the activity have a direct or indirect impact and use online software to submit electronically rather than a paper survey. Dr. Muhall mentioned the general rule of thumb for surveys is the more information you collect at the beginning the easier it is to analyze later. Members cautioned not make the survey too comprehensive. If you have additional comments, contact Ms. Reedy.

Agency announcements

- Suicide Prevention Services of America – “Harvest of Hope” November 17th (for National Survivor Day) Eric Hipple will be a speaker.
- Hope for the Day – can send members information about their “Hope to Fun.” Want to have an internal festival with signs for people to complete the following statement “_____ gives me hope.” Also using creative expression with 16-24 year olds from Thresholds.
- Mental Health America of Illinois – has done several trainings such as trained the entire freshman class at Addison High School and sponsored training from Jason Foundation. Ms. Mason manages YouthScreen and they are always looking for new schools, especially one in Chicago.
- Illinois Department of Public Health School Health Days is planned for January 2014. Ms. Martin will present on suicide prevention.

Adjourn at 2:30