

Illinois Department of Public Health (IDPH)
 Illinois Suicide Prevention Alliance (ISPA)
 Summary of Minutes February 27, 2013
 10:00 a.m. – 2:30:p.m.

APPROVED

Illinois Department of Public Health
 122 S. Michigan Ave., 7th Floor, Conference Room 711 in Chicago, IL

with video conferencing available at Illinois Department of Public Health offices located at One Natural Resources Way (Lake Level) in Springfield and 2309 W. Main St. in Marion, IL

		Present	Excused	Un- excused
<u>Appointed Members in Attendance</u>				
Judy Ashby	LifeSavers Training Corporation	<i>Phone</i>		
Mariann Blacconiere	Representing service members, veterans and their families	<i>Chicago</i>		
Colleen Daley	Illinois Council Against Handgun Violence		X	
Eric Davidson	Illinois Higher Education Center	<i>Springfield</i>		
Jeff Dill	Representing fire service	<i>Phone</i>		
Paul Fleming	Survivor	<i>Phone</i>		
Carol Gall	Mental Health America of Illinois	<i>Chicago</i>		
Jessica Gerdes	Illinois State Board of Education	<i>Chicago</i>		
Samuel A. Giordano Jr.	Representing emergency medical services	<i>Phone</i>		
Steve Moore	American Foundation for Suicide Prevention	<i>Chicago</i>		
Peter Mulhall	Center for Prevention Research and Development	<i>Chicago</i>		
Nicole Pekovitch	Representing mental health consumers	<i>Springfield</i>		
Chuck Johnson	Illinois Hospital Association	<i>Phone</i>		
Lora Thomas	NAMI Illinois – National Alliance on Mental Illness	<i>Springfield</i>		
<u>Ex-Officio Members in Attendance</u>				
Jennifer Martin	Illinois Department of Public Health	<i>Springfield</i>		
Jessica O’Leary	Office of the Attorney General	<i>Chicago</i>		
Mary Mayes	Illinois Department on Aging		X	
Master Sergeant Ed Petrik	Illinois State Police	<i>Chicago</i>		
Patricia Reedy	Illinois Department of Human Services	<i>Chicago</i>		
Mary Ratliff	Illinois Violence Prevention Authority	<i>Springfield</i>		
<u>Stakeholders in Attendance</u>				
Trina Diedrich	Illinois Department of Human Services	<i>Springfield</i>		
Shantel High	Illinois Department of Human Services	<i>Springfield</i>		
Stan Lewy	Survivor	<i>Chicago</i>		
Katie Mason	Mental Health America of Illinois	<i>Chicago</i>		
Conny Moody	Illinois Department of Public Health	<i>Phone</i>		

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

Introductions/Welcome

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

It was announced conference call capabilities will be offered during full alliance meetings to allow members to join by phone. This will allow members who are unable to participate in meetings to have an opportunity to engage in meetings. Appointed members are encouraged to attend in-person, if at all possible. A review of conference call etiquette was provided.

Review & Approval of November 27, 2012 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 minutes, with a second from Ms. O'Leary. All in favor, motion carried.

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

Youth suicide prevention project – Ms. Martin outlined the numerous activities that will be conducted over the three year youth suicide prevention grant the Department received from the Substance Abuse and Mental Health Services Administration. A chart was provided to clarify the activities, timeline and partnerships in regards to the following strategies:

- **Gatekeeper training** - The Youth Suicide Prevention Project will offer online training simulation to all public and private secondary and higher education school personnel in the state to prepare educators and staff to effectively identify, approach, and if necessary, refer students exhibiting signs of psychological distress including depression, anxiety and thoughts of suicide.
- **Expand the *It Only Takes One* (IOTO) Campaign** - Increase public awareness about youth suicide and strategies for prevention through expansion of the “It Only Takes One” public awareness campaign. Strategies include upgrading the website, adding youth specific content, integrating into other initiatives, translating materials and expanding the local communities.
- **Promote the National Suicide Prevention Lifeline** - Increase public awareness about the National Suicide Prevention Lifeline (NSPL) through distributing NSPL materials at conferences and meetings, adding NSPL banner to webpages, encouraging stakeholders to promote the NSPL and developing additional information to raise awareness about NSPL services.
- **Stakeholders meetings** - Bring together representatives from various systems that assist youth at risk of suicide with the intent to identify gaps and barriers, along with identify recommended next steps for addressing youth suicide in Illinois. (Year 1) Host a one-day youth suicide prevention conference. (Year 2 and 3.)
- **Systems change meetings** - Enhance “systems” capacity to implement suicide prevention strategies within their system. During Year 1, conduct a System’s Strategic Meeting to help college and university campuses strategize on various prevention measures they can implement within their system. In Years 2 and 3, expand to other systems such as substance abuse and juvenile justice.
- **Professional development/competency** - Increase awareness of the burden of suicide and the role professionals have in prevention. Strategies include training professionals through presentations and webinars. Trainings for healthcare professionals, substance abuse preventionists and first responders are being developed. Also, currently reviewing opportunities to enhance professional competency by adding suicide prevention components to curriculum of higher education and enhancing training requirements for professionals.
- **Evaluation** - Assess the process, outcomes and impact of the overall project. Gather information on lessons learned, challenges, opportunities and successes that can be utilized when implementing strategies in the future.

Support needed from stakeholders includes 1) Promote the gatekeeper training, 2) Identify schools who may be interested in adopting the gatekeeper training, 3) Share information about local resources, 4) Add the NSPL logo to communications (i.e., websites), 5) Identify ways to include IOTO into program activities, 6) Share ideas on information to be included on the IOTO website, 7) Share local resources to add to the resource pages, 8) Distribute suicide prevention information through newsletters, Listservs and other communication methods, 9)

Assist with identifying programs that should be represented at stakeholder meetings and 10) Share information about the events at upcoming conferences, summits, trainings, meetings, etc.

Ms. Martin is forming several planning committees to guide in the development of these activities. Alliance members and stakeholders were invited to sign up to join these committees.

PRAMS data – in the past, the Department shared data with regards to depression found within the Pregnancy Risk Assessment Monitoring System (PRAMS.) The PRAMS program staff is interested in knowing if anyone has used PRAMS data from program change or to impact policy.

Roll Out of the National Strategy of Suicide Prevention – Ms. Martin mentioned the Regional Administrator for SAMHSA is organizing an event in Chicago this summer to roll out the national plan. More information will be shared soon.

Discussion of ISPA leadership positions and member vacancies *(Reporting: Jennifer Martin)*

Introduction of new appointees – Ms. Gerdes, M/Sgt Petrik and Mr. Johnson recently were appointed to the alliance.

- **Jessica Gerdes, RN, MS, NCSN** will represent the Illinois State Board of Education (ISBE.) Jessica is the principal consultant for school nurse/health program and is co-lead of the agency's Critical Health Problems and Comprehensive Health Education Advisory Committee at the ISBE. Jessica was an active member of the injury prevention efforts in Illinois prior to moving to North Carolina where she was the state school nurse consultant and participated in NC's suicide prevention efforts. *(Jessica is filling the vacant position that was left when Dr. Glenn Steinhausen retired.)*
- **Master Sergeant Ed Petrik** will represent the Illinois State Police. Ed is the acting Lieutenant for District 15 and brings insight to working with families and fellow officers after traumatic events. He has responded to several suicides, worked with families and with outsiders who witnessed the suicide. He also has served as the liaison in response to a young trooper who died of suicide. He has works on all aspects He has actively participated in alliance meetings and workgroup meetings for the past year. *(Ed is filling the vacant position that was left when Sergeant Jill Allen retired.)*
- **Chuck Johnson, MA** nominated by Illinois Hospital Association (IHA) and appointed by the Director of the Illinois Department of Public Health to represent IHA/Illinois hospitals and the State of Illinois in advisory capacity regarding the Illinois Suicide Prevention Strategic Plan. Chuck is the Administrative Coordinator for the Behavioral Health Center at Blessing Hospital and is passionate about promoting suicide prevention strategies. Ms. Johnson has 34 years of mental health experience. He currently is conducting teen suicide prevention and depression programs in three high schools. He also trains psychiatric and emergency department staff. *(This is a new position.)*

Jeff Dill also was asked to introduce himself. His appointment was announced at a previous meeting to represent the fire service but was unable to attend that meeting. He is a career fire chief and licensed counselor. This has been an eye opening experience and he has traveled across the county to talk about fire fighter suicides. He conducts trainings with the fire service and counselors to educate them about each other.

Vacancies – Ms. Martin reported the position representing the Illinois Department of Public Health Division of Highway Safety and Emergency Medical Services on the alliance is vacant due to Dr. Gaines retiring.

One of the two positions representing “survivors” to serve on the alliance is vacant. Members were asked to developed criteria to fill this vacancy. It was decided the main criteria was to nominate someone who represents a different type of survivor (e.g., parent, family member, partner who lost a loved one to suicide) and has been a survivor for at least two years. The preference is to fill any gaps (e.g., geographic

representation, different type of survivor.) The alliance recommended outreaching to groups that work with survivors to nominate survivors for the vacancy.

Review of Youth Risk Behavior Surveillance data: Jessica Gerdes

Ms. Gerdes provided an overview of the Youth Risk Behavior Surveillance system. The data is weighted and is statistically valid. The Spring 2011 report is on the U.S. Centers for Disease Control and Prevention website and the Child Health Data Lab website. The report combines Chicago and Illinois data; it also added questions about bullying by gender. The next round of surveys will be conducted in May or June 2014 and will add questions about perception of gender and if that perception made a student want to harm themselves. Ms. Gerdes will provide detailed data at the next alliance meeting. A representative from the Child Health Data Lab will be invited to co-present with her.

Group exercise to gather information to include in the annual report

Worksheets were provided to the members to assist in gathering information regarding their agency's 2012 activities around the strategic plan goals and objectives. Members were allowed time to complete the worksheets during the meeting. Ms. Martin will follow up on the feedback provided during the meeting.

Workgroup Updates

Community Awareness Workgroup – Ms. Gall provided an overview of possible youth specific topic areas the workgroup shared could be added to the *It Only Takes One* website – e.g., bullying and suicide, juvenile justice, body image, information for parents, importance of connectedness, in addition to adding links to other public awareness websites and a page for youth to go to. It was recommended to add a page regarding substance abuse. Ms. Ratliff will share a list of youth interactive websites her agency compiled. The workgroup also asked the alliance if they were aware of media outlets that would donate space to promote suicide prevention. Mr. Lewy mentioned WGN and WTTW. Other media outlets mentioned included trade union newsletters, Teen News, and Catholic newspapers. Ms. Gall asked Dr. Davidson if he could identify college newspapers and radio stations.

Issue papers – the workgroup presented a final draft of the Access to Means issue paper. The alliance made some content and grammatical changes. Members also asked the Department to change the charts so they were easier to read when copied. The alliance approved the issue paper.

In reference to developing other issue papers, the workgroup presented the idea of working with professors to help develop issue papers as an assignment for their students. Much of the work in developing the issue papers is similar to papers written in college. This would be a great way to collaborate with higher education and also for students to be educated on the topic of suicide prevention. The alliance identified people with connections to schools to pursue this idea. The following members volunteered to outreach to their respective contacts – Dr. Mulhall – University of Illinois' independent study program, social work, community health, veterans center; Ms. Gall – Adler School of Professional Psychology; Ms. Dietrich – Governor's State University; and M.S. Ashby – Southern Illinois University at Edwardsville. Ms. Martin will send them a description of the issue papers and a list of topic areas the workgroup was interested in developing.

Data Workgroup – Dr. Mulhall reported the workgroup reviewed the 2011 National Survey on Drug Use and Health results and a burden document developed by the Department on youth suicide (copy was distributed to alliance members.) The workgroup plans to invite the executive director of the Kendall County health department to their next meeting to discuss her review of local suicide data. They also plan to invite Ms. Gerdes to the June workgroup meeting to discuss the Youth Risk Behavior Surveillance Survey (YRBS.)

Dr. Mulhall shared he is looking for ways to look at the data at a national, state, regional and local level. He would like to start looking more at local data (e.g., YRBS, Illinois Youth Survey.) We have good state data

(e.g., emergency department, mortality, hospital discharge, YRBS) but how do we bring it to the local level to make it useful. Dr. Mulhall is interested in creating a smaller group to look at different ideas. Mr. Lewy asked if there was a central place to find data. Dr. Mulhall mentioned the Department's iQuery system and would encourage communities to utilize it. He mentioned the possibility of asking iQuery staff to demonstrate where to find data in their system. Ms. Blacconiere mentioned veteran's affairs conducts psychological autopsies for every suicide. They look at history, letter, means and the safety plan. Overall, Dr. Mulhall's goal is to equip local communities, who are working on shoe string budgets, with data that they need.

Education and Training Workgroup – a proposal to host a statewide suicide prevention conference was presented to the alliance. The proposal stated how this event will build upon the previous conference by utilizing the youth suicide prevention grant. The proposal outlined the purpose, intended audience, proposed location and time of year, draft agenda and topic areas and a budget. The alliance approved the proposal. Ms. Martin will forward the proposal to the Department for consideration.

The workgroup provided an update on discussions with two programs interested in hosting suicide prevention webinars – the Department's trauma and emergency medical services program and the Department of Human Services' substance abuse prevention program. Initial discussions have been had with each program to identify their audience, topics they want covered, best way to outreach to the audience, and resources that already exist. Members and stakeholders were invited to join planning groups to develop the webinars.

State Agency Review and Support Subcommittee – Ms. Reedy, chair of the State Agency subcommittee met with Ms. Angie Brechline, chair of the Education and Training Workgroup, have been meeting to discuss how their two groups can collaborate. It was determined the Education and Training Workgroup would focus on training professionals, while the State Agency Review and Support Subcommittee will address building competency. Currently three approaches are being considered to build competency – 1) before you get a license, you have to show core competency, 2) require professionals to be trained in suicide prevention as part of their license renewal process and 3) create a credential (or endorsement) for suicide prevention. The subcommittee has gained support from national experts to guide the process and identify next steps. Ms. Blacconiere wondered if part of the Joint Commission assessment that physicians show they have been trained in suicide prevention – this may take a national effort rather than something the state could address. Ms. Dietrich discussed the need to talk about co-occurring disorders as part of the trainings.

Ms. Martin worked with the data unit of her office to convert the survey to inventory suicide prevention activities to an online format. Thank you to those who completed the survey.

Ms. Mayes revised the draft letter presented at the last alliance meeting, which the subcommittee proposed be sent to the agency directors for the appointed members to reacquaint the directors to the alliance – e.g., what the alliance is, keep them informed of what we are doing, encourage them appoint an designee if they have a vacancy. The alliance believed the letter would be a great reminder to agencies of the various suicide prevention efforts occurring. Ms. Gall recommended sending each year along with the annual report, since directors can change.

Agency Announcements

- Ms. Martin shared information about the president's proposed gun violence reduction executive actions, several are suicide prevention strategies. Mr. Lewy added sixty percent of gun deaths are suicides, which is a statistic that doesn't receive much attention.
- Mr. Moore distributed information about the Lesbian, Gay, Bisexual and Transgender Forum hosted by the American Foundation for Suicide Prevention (AFSP) scheduled for April 20 at Northwestern. AFSP's Legislative Day will be May 9 in Springfield.

- Ms. Gall mentioned the Joining Forces' subcommittee on suicide prevention will meet in March in Bloomington to work on a workplan and strategies.

Next meeting

The next meeting will be May 17, 2013 in Anna, IL. The alliance made a commitment to hold one meeting a year in southern Illinois and all members are encouraged to attend in-person.

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

Minutes prepared by Jennifer Martin