

**SUICIDE PREVENTION COORDINATING COUNCIL MEETING MINUTES**  
**January 13, 2010/ 1:00 PM – 4:00 PM**  
**The Capitol, Room 2103; Tallahassee, Florida**

**FOLLOW UP TASKS:**

**Suicide Prevention Coordinating Council (SPCC):**

- The Council is asked to provide feedback on the proposed goals and objectives draft format by February 1st.
- Please send ideas for Prevention Conference content, workshop topics, and speakers to the SOSPP by January 28<sup>th</sup>.
- To request a display table or to hang a banner on Suicide Prevention Day, please contact Allyson Adolphson.
- To learn more about the Mental Health First Aid Training in Tallahassee on March 25 – 26, please email Marie Dudek at mdudek@afsp.org.

**AGENDA ITEMS AND NOTES:**

**1. Welcome and Introductions:** Colonel Bruce Grant, Director, Florida Office of Drug Control

Bruce D. Grant was appointed by Governor Charlie Crist as the Director of the Office of Drug Control on October 23, 2009. He served as the Assistant Secretary for the Department of Corrections in charge of Community Corrections from 2007 – 2009. From 2001 – 2005, he served in the Governor's Office of Drug Control as the Chief of Counterdrug Law Enforcement and then as Chief of Staff. In December 2005, he resigned his position in the Governor's Office and volunteered to return to active duty to serve with the U.S. Army in Iraq. From 2005 – 2006, Col. Grant served with the 101<sup>st</sup> Airborne Division as the Deputy Team Leader of the Provincial Reconstruction Team in Mosul, Iraq. His mission there was to rebuild the governmental, legal, and economic institutions of the province. A 1974 graduate of the United States Military Academy at West Point, he also holds a Master's degree in Public Administration from the University of Puget Sound.

Colonel Bruce Grant will now serve as Chair of the Suicide Prevention Coordinating Council. Director Grant was unable to stay for the whole Council meeting due to a House committee meeting that was proposing to move the Office of Drug Control and Statewide Office of Suicide Prevention out of the Executive Office of Governor. After seeing a presentation on the work of these offices, the committee decided that ODC and SOSPP should remain in EOG for the time being.

- Adopt September Meeting Minutes

Wayne Dreggors made motion to adopt the September 2009 Council Meeting minutes, Bettye Hyle seconded the motion. Motion passed.

**2. 2008 Florida Suicide Data Overview:** Kyla Shelton, Department of Health

*Please see attached documents: Florida Injury Facts: Suicides and Self-Harm (2008), Deaths from Suicide Graphs, Deaths from Suicide Chart.*

Looking at the Florida Injury Facts front page, fatal and non-fatal injuries have shown a steady but slight increase over the past four years. It is important to note that non-fatal injuries are not necessarily suicide attempts-- the injury was intentional but there was not necessarily intent to die.

Economic impact can also be seen on this first page including the 2008 median admission charge. This data can be broken out by primary payer charges (this is how much the hospital actually charged for care).

The second page shows who was injured in 2008, broken down by age and sex. This data is similar to the previous year. It goes on to look at race, ethnicity. Data for non-whites has doubled since 2007. Moving forward, the fact sheet shows means of death, which is further broken down by sex.

The last two pages of the fact sheet present maps broken down by county and separated by quartiles. The maps are separated into rural and non-rural counties, including rate and frequency. Large counties have a higher number of injuries

because of their larger population, so it is important to look for counties that have higher numbers *and* rates. Insufficient data means that there was a count of less than five, so the rate may be volatile. This data can be found on <http://www.doh.state.fl.us/injury>. These facts sheets are available beginning with 2007.

The graphs document provides data since 1995. The graph showing frequency indicates an upward trend, while the graph showing rate is U-shaped. When looking at the next two graphs which break down rates by age, the 25 – 34 group has been going up, so the group closer to middle-age may be driving the rate.

The table document breaks down count and rate by age from 1995 – 2008. Death certificate and population data are available via [www.FloridaCHARTS.com](http://www.FloridaCHARTS.com), provided by the Florida Department of Health. National data up to 2006 can be found on the CDC Web-based Injury Statistics Query and Reporting System website, <http://www.cdc.gov/injury/wisqars/index.html>.

One may notice that the data provided by the CDC and DOH are slightly different. This is because the State of Florida has a close-off date for receiving data which they use to generate their report. The CDC constantly accepts new data. That's why it is important to use the same data source over time to see trends and patterns.

Thank you, Kyla the Data Queen, for doing an excellent job breaking down and explaining this for us. ☺

*Please see the attached PowerPoint to review Kyla's data presentation from the September 2009 meeting.*

### **3. National Update:** Dr. Dan Reidenberg, SAVE

The Department of Defense assembled a blue ribbon panel last September with a list of tasks to complete. The panel is comprised of military and civilians (suicide prevention experts). They have held several public and private meetings and reviewed a wealth of information. The panel is soon to be making site visits to installations around the country to gain more hands-on data. In doing a thorough review of the various branches, all are doing something different for suicide prevention. From this they will produce a final report on their findings with recommendations for the Secretary of Defense in early August this year.

SAMHSA funds the Suicide Prevention Resource Center and the National Suicide Prevention Lifeline. Grant proposals are due at the end of this month for operation of the SPRC. The Education Development Center who currently operates the SPRC is submitting a proposal and will most likely receive funding again and continue on with their work. Efforts are being directed toward priority areas and by a formal steering committee which advises on everything from training to website content to technical assistance, etc.

The FCC has made the determination to permanently assign the 1-800-SUICIDE hotline to SAMHSA who also funds the National Suicide Prevention Lifeline, 1-800-273-TALK. The Kristin Brooks Hope Center has the opportunity to appeal this decision but at this date have not done so. Now SAMHSA must figure out what to do with the separate phone lines—this will be discussed next month. They are currently looking at monthly and quarterly data to determine what kinds of calls are being received, i.e., crisis, third-party, etc. SAMHSA has stated that they will continue to promote the 1-800-273-TALK number. Looking at the rate of calls over 3 years, 1-800-SUICIDE calls have significantly dropped every month, and the value of keeping this number operational is being determined. These calls currently funnel into the Lifeline hotline.

Last month, the Veterans Lifeline number recording was changed. Previously it instructed callers to press one if they were a veteran, now the recording has been changed to include active military as well.

Recently one million dollars was awarded to the Lifeline through SAMHSA to increase community capacity. An RFP just went out for centers to apply for this money.

The Action Alliance is part of the National Strategy for Suicide Prevention. A position has been opened to coordinate the Action Alliance. A committee met and performed an environmental scan in relation to objectives and submitted a report to SAMHSA which led to offering the position. The Alliance will initially be run out of the SPRC, but will not remain there. The Action Alliance should start up after the position is filled, beginning with setting priority issues for the field then moving forward.

It is currently being debated whether there should be a Reno Plus 10 research summit. Ten years ago in Reno there was a conference which really initiated the field. It is also being questioned if the National Strategy should be updated, and how funding sources should be allocated.

SAMHSA has formed a partnership with reachout.com, which are being paired with the Ad Council campaign. The campaign is nearly complete and hopefully will launch in March. This website will have lots of features for teens and youth issues and a section for suicide prevention. They may also include online chatting, similar to what the NSPL does for veterans.

A meeting was convened in August to begin the process of revising and updating the national media recommendations. The current recommendations are too old and don't acknowledge new media. There will probably be two sets of recommendations, one for traditional media and one for new media, like blogging, websites, and social media. The goal is to have the process completed by April and released at the AAS conference.

The National Council for Suicide Prevention recently met and had a conference call with Richard McKeon from SAMHSA. His priorities are media; the NSPL and increasing crisis capacity; the Veterans Administration and DOD initiatives; Indian Health Services and increasing capacity among Indian nations; methamphetamine and suicide; and directing more attention toward chemical dependency. The National Council will be opening membership to other national organizations to expand their group. They will also be engaging in World Suicide Prevention Day, Friday September 10<sup>th</sup>. Chapters across the country will be taking part in activities to recognize this day.

The International Association for Suicide Prevention is headed by Lanny Berman and Jerry Reed so there is a great deal of representation and leadership from the United States. They are trying to focus a significant amount of energy toward raising more awareness about this field. Specifically, they are looking for more ways to collaborate with more consistency and less competition, including integrating best practice activities.

#### **4. Next Steps for the Statewide Office of Suicide Prevention: Erin MacInnes**

- 2009 Annual Report

The 2009 Annual Report has been completed and copies submitted to the Governor, President of the Senate and Speaker of the House. Thank you to all who read it and provided edits and suggestions. To save money on printing, this report will only be available online on the Statewide Office of Suicide Prevention website.

*To view the report, please visit <http://www.HelpPromoteHope.com>. Click "About the Office," then "Annual Reports."*

- Florida Suicide Prevention Strategy: Goals and Objectives Revision

The *Florida Suicide Prevention Strategy* was released in March 2005 with a goal of reducing the overall suicide rate by 33% by the end of 2010. It also set goals to reduce the youth suicide and elder suicide rates by 33%. Although each of the 10 objectives of this strategy are being met in some form or fashion, based upon the suicide numbers and rates seen over the past few years it seems very unlikely that these goals will be accomplished. Setting a goal of reducing the suicide rate by one third in five years was ambitious and perhaps a bit unrealistic. One also has to keep in mind the economic climate, unemployment rates, military deployment, and other factors that could have also contributed to higher suicide rates.

Although there is data to show how many people were lost to suicide, and those attempts and self-injurious instances that required hospitalization; there is currently no way to collect accurate data on how many people considered or attempted suicide but were saved due to services and efforts of individuals and organizations dedicated to this cause. One can only imagine how high the suicide rate would be if no initiatives were in place.

Measuring progress numerically is just one way of looking at the issue of suicide in Florida. Even though the numbers and rates have not yet decreased by one third, this does not say that Florida hasn't made significant advancements in improving quality of life for Floridians and setting a strong foundation where suicide prevention has more visibility and support. Work is being accomplished every day at the state and community levels that

address each of the objectives. Florida consistently increases capacity to help those in need through prevention, intervention, and postvention services.

The mission of the Statewide Office of Suicide Prevention is to guide the state in implementing the *Florida Suicide Prevention Strategy*. In preparation for the end of 2010, we are planning to revise a new set of goals and objectives with the purpose being to provide a framework for identifying priorities and organizing efforts to prevent suicide and suicidal behavior across the lifespan.

In the current strategy, there are broad goals and objectives that need to be updated. The Council has also created some concrete action ideas through a concept-mapping process led by Steve Roggenbaum. The idea is to combine these to make a menu of actions that include statewide goals, objectives, and action ideas. This menu of action could be used to guide Florida's efforts and by communities to develop their own local plans.

The Office of Suicide Prevention is proposing to align Florida's goals closer with those of the National Strategy for Suicide Prevention; then create objectives using the National Strategy, the existing menu of actions, other states, etc., and develop a number of action ideas for each objective. Using the action idea format allows us to group similar activities together and avoid an overwhelming number of objectives. No agency or organization has the capacity to address all of the goals. This menu of action will provide opportunities for organizations, coalitions, and individuals to contribute to the progress of the overall plan.

At this point, specific outcomes and measures for success are not included for each objective due to the numerous stakeholders and expansive nature of work to be accomplished; however, measuring progress and outcomes is key to evaluating implementation. So, as priorities are identified, and organizations take on specific objectives, measurable outcomes should be developed at that point in order to monitor progress.

There is still a lot of work to be done organizing and refining the content, but before moving forward feedback is requested from the Council on the proposed format.

The Council was given the current goals and objectives in the strategy as well as a couple pages of the draft of the new proposed format (*please see attached*). You were also given sections of suicide prevention plans from a wide variety of other states to see a sampling of other plans to give to provide perspective on Florida's format (*see links below*). Please review this material and provide us with your feedback on the format. Feedback is welcome from anyone who wants to provide input; you don't have to be a voting member. Please provide your comments by February 1st.

<i>Alaska</i>	<a href="http://www.hss.state.ak.us/suicideprevention/pdfs_sspc/SuicidePrevPlan050505.pdf">http://www.hss.state.ak.us/suicideprevention/pdfs_sspc/SuicidePrevPlan050505.pdf</a>
<i>Tennessee</i>	<a href="http://www.tspn.org/suicide_prevention.htm">http://www.tspn.org/suicide_prevention.htm</a>
<i>Missouri</i>	<a href="http://www.dmh.mo.gov/cps/issues/suicideplan.pdf">http://www.dmh.mo.gov/cps/issues/suicideplan.pdf</a>
<i>Maine</i>	<a href="http://www.state.me.us/suicide/docs/plan06.doc">http://www.state.me.us/suicide/docs/plan06.doc</a>
<i>Indiana</i>	<a href="http://www.indianasuicidepreventioncoalition.org/plan.htm">http://www.indianasuicidepreventioncoalition.org/plan.htm</a>
<i>Massachusetts</i>	<a href="http://www.sprc.org/stateinformation/PDF/stateplans/plan_ma.pdf">http://www.sprc.org/stateinformation/PDF/stateplans/plan_ma.pdf</a>

Once a format has been decided on, the goals, objectives, and action items will be refined. The SOSOP will work on a draft and then send that to the Council for review and feedback. At that point, enough time will be provided to solicit suggestions from your communities and coalitions.

- Sustaining Prevention Project On Hold

The Sustaining Prevention in Florida Project began in the summer of 2009. This was an initiative to integrate suicide prevention into the policies and procedures of Florida's state agencies and much progress was made in laying out a plan and specific steps.

In August, the SOSOP teamed up with the Department of Children and Families in order to have access to their resources and staff. Over the next few months as the project developed some complications arose. The project kept growing to include other organizations and other initiatives. There were many needs to be met and it grew so much in that the suicide prevention needs were not being met.

Despite efforts to combine projects on limited resources, it was decided to postpone the project. This is still a very important effort and hopefully in the future we will have the funds to hire someone to design a sound interview tool that will truly meet the needs of the suicide prevention effort.

Thank you to Senta Goudy and Larry Kearley for all the work they put into this project. Although a lot of progress was made in the planning of this initiative, it will be on hold until further notice.

## **5. Prevention Conference: Erin MacInnes**

The Prevention Conference will be held on September 29, 30 and October 1, 2010 at the Rosen Centre Hotel in Orlando. The Suicide Prevention Symposium will be completely integrated with the Prevention Conference this year. CMC and Associates are our new conference planners. They are a local marketing and consulting company and have been wonderful to work with. They also negotiated a \$109/night hotel rate!

There is a local interagency committee that meets each month to plan the conference, but input from the Council on content, workshop topics, and speakers is requested and appreciated. Please send all input to Erin MacInnes at [Erin.MacInnes@myflorida.com](mailto:Erin.MacInnes@myflorida.com).

- Plenary/Workshop Topic Recommendations: Senta Goudy

A planning grid was disseminated to the Council to help assist in meeting key learning objectives and desired conference outcomes. This grid is intended to help facilitate brainstorming for workshop topics. This year there will also be a call for abstracts and poster sessions. Conference sponsors are also needed to help pay for conference activities.

The conference planning committee is also looking at ways to restructure the awards process, perhaps by recognizing winners at various events throughout the conference. The Council also suggested adding a media excellence award and sending out a press release recognizing their contribution. This may also help the conference gain more visibility.

The Council suggested looking at new ways to track attendee data and adding “survivor” as a demographic group so as to determine if more workshops should be targeted toward that audience.

Because of travel restrictions this year, we must find ways to make this conference mission critical. If you would like to hold a training or meeting that would allow more people from your agency to travel we are willing to provide space and accommodate your group.

Registration will include a group rate and early bird rate. A Save-the-Date will be ready soon.

## **6. Suicide Prevention Day at the Capital Update: Allyson Adolphson**

The 8<sup>th</sup> annual Suicide Prevention Day at the Capital: A Day Promoting Education and Awareness will be held on March 24<sup>th</sup>, 2010. This is about one month earlier than last year but was the best possible time due to space availability.

Activities are anticipated to begin on Monday, March 22, by placing a rolling billboard at the intersection of Monroe Street and Apalachee Parkway in front of the Old Historic Capitol Building. The billboard will list 2008 statistics for suicide, homicide, and HIV-related deaths. Lamar Outdoor Advertising has been very gracious for several years by supporting our cause and donating this advertising space.

On Tuesday, March 23, there will be a short Council meeting from 1:30 PM – 3:00 PM which will allow for travel time in the morning or time to meet with legislators.

Wednesday, March 24 is Suicide Prevention Day at the Capital. That morning, grassroots organizations and state agencies will hold booths on the Plaza Level and second floor of the Rotunda. If your organization would like a display table, please email Allyson Adolphson at [Allyson.Adolphson@myflorida.com](mailto:Allyson.Adolphson@myflorida.com). If you plan to hang a banner, you must also notify Allyson in advance to gain approval from the House and Senate.

The press conference is tentatively scheduled for 11:00 AM on the 22<sup>nd</sup> floor of the Capitol Building. As in years past, the Governor, Lieutenant Governor, agency heads, and legislators will be invited to attend.

On Thursday and Friday, March 25 – 26, the Statewide Office of Suicide Prevention will be co-hosting a Mental Health First Aid Training organized by Marie Dudek from the American Foundation for Suicide Prevention. The training will be held locally in Tallahassee. For more information, please contact Marie at [mdudek@afsp.org](mailto:mdudek@afsp.org).

Please help the SOSP promote these events by emailing your colleagues and posting information on your respective websites.

## **7. Legislation:**

- Suicide Prevention Education Bill SB 0434:

This is the third year proposing this legislation which adds suicide prevention education to the list of options school administrators and teachers have when determining how they want to earn in-service credit hours. It does not mandate any training, nor does it cost anything as there are free, reputable, online trainings available that anyone can use.

Senator Sobel has agreed to sponsor (thank you Gene Cash!) but a House sponsor is still needed. Despite searching since July, this year it has been particularly difficult to find someone who isn't looking for a more controversial or notable issue. The bill has been put into a notebook in the Majority Whip's office so that Representatives who don't have enough bills to sponsor can stop by and look through to see if they have an interest. Last year a number of responses were garnered this way. SB 0434 has been referred to the following committees: Education PreK – 12; Children, Families, and Elder Affairs; and Education PreK – 12 Appropriations. The Council will be updated on any progress of this bill.

- Additional bills?

The Baker Act language revision bill (as discussed in the last meeting) is being sponsored by Senator Storms and needs a House sponsor. There is currently no bill number but it is in bill drafting. For more information please contact Jackie Beck at [Jackie\\_Beck@dcf.state.fl.us](mailto:Jackie_Beck@dcf.state.fl.us).

House Bill 81, seclusion and restraints is being sponsored by Representative Hukill. For more information please contact the Advocacy Center.

The Office of Drug Control is supporting the following bills this year:

HB33 / SB1068 – Social Hosting, increasing penalties for hosting a house party

HB595 / SB1066 – Open House

SB446 – Health Warning Signs at point of sale, specifically addressing fetal alcohol syndrome

ODC is also looking at the defining a pill mill and limiting pill mills and doctor shopping.

Additionally, they are looking for assistance in funding the Prescription Drug Monitoring Program because it passed without funding last year. ODC is charged with funding the PDMP, the Department of Health is building it, and there is further legislation being proposed to strengthen the program this year.

Last year, a Senate Interim Committee on Military Affairs and Domestic Security performed a study on suicide prevention and veterans and they are considering proposing a bill this year. Previous legislation put forth from Senator Deutch looked at three pilot projects but were not passed due to problems finding funding. One question raised for legislation this year is to add a veteran to the Suicide Prevention Coordinating Council to weigh in on veterans issues.

## 8. Council Member Updates

- Steve Roggenbaum reported that in Tampa, a presentation sponsored by NAMI addressing youth suicide was videotaped and will be hopefully be posted online this month. Steve will provide the Council with the website address when it becomes available. Thank you to NAMI for their support and to the participants who agreed to be filmed.
- Jackie Beck noted that the a suicide prevention online training module created in partnership with FMHI is awaiting approval and should be live by the end of the month. The training covers risk factors, protective factors, warning signs, and has interactive vignettes. The training will have wide applicability in addition to just Baker Act staff. The training is free and CEUs are \$20 per credit hour. If all goes well, FMHI is considering submitting the training for best practice status to the Suicide Prevention Resource Center.

The Department of Children and Families also recently received a trauma-informed care grant which will be involving consumers and peer specialists to help train mental health providers. DCF would like to invite others from community mental health centers to help train and the grant will pay for travel. They are looking at May to hold four regional trainings because the money must be spent by June. They are also considering a sub-contract for someone plan the trainings, perhaps an organization operated by individuals with mental illnesses.

- Jackie Rosen wanted to let everyone know about the Tri-County (Broward, Dade, and Palm Beach) Triangle of Care Suicide Prevention Conference at Nova Southeastern University on May 15<sup>th</sup>, 2010. CEUs and CEs will be offered; there will be display tables and hopefully a seminar for the public explaining mental health and brain disease, showing that there are biological changes in the brain. The primary audience for the conference is to educate primary physicians, pediatricians, nurses, etc. Jackie also recently published a book on grieving. Profits go to the Florida Initiative for Suicide Prevention.
- Judi Evans told the Council about a new NAMI training, In Living Color, which is training for primary care physicians on depression with a focus on rural areas and different ethnic groups. NAMI just finished one training at Bond Community Health Center in Tallahassee which drew 35 participants, and are planning another in Hillsborough where 100 physicians are signed up.
- Lorie Simmons reported that the American Foundation for Suicide Prevention had won \$25,000 from Chase Community Giving as one of the top 100 charities out of 500,000 that were voted on by Facebook users.
- Marie Dudek invites everyone to participate in the 3<sup>rd</sup> annual Out of the Darkness 5K Walk taking place on February 6<sup>th</sup> in Orlando. They anticipate over 500 attendees this year. You can register at [outofthedarkness.org](http://outofthedarkness.org).
- Geri Dedomicis reminds the Council that there are seven VA facilities in Florida with Suicide Prevention Coordinators available to provide suicide prevention trainings.

## 9. Yearly Planning Calendar: Erin MacInnes

February 6, 2010: 3<sup>rd</sup> Annual Out of the Darkness 5K Walk, Orlando, FL

March 23, 2010 / 1:30 PM – 3:00 PM: Suicide Prevention Coordinating Council Meeting, the Capitol, Room 2103

March 24, 2010: Suicide Prevention Day at the Capital, Tallahassee, FL

March 25 – 26, 2010: Mental Health First Aid Training, Tallahassee, FL

April 21-24, 2010: American Association of Suicidology Conference, Orlando, FL

May 15, 2010: Tri-County Triangle of Care Suicide Prevention Conference at Nova Southeastern University

June 30, 2010 / 1:00 PM – 4:00 PM: Suicide Prevention Coordinating Council Meeting, the Capitol, Room 2103

Sept 29 – Oct 1: Florida Prevention Conference, Orlando, FL

## MOTIONS:

- Wayne Dreggors made motion to adopt the September 2009 Council Meeting minutes, Bettye Hyle seconded the motion. Motion passed.
- Steve Roggenbaum made motion to adjourn the meeting, Wayne Dreggors seconded the motion. Motion passed.

**NEXT MEETING:**

Tuesday, March 23, 2010 / 1:30 PM – 3:00 PM, the Capitol, Room 2103.

**ATTENDEES:** *Voting members are italicized.*

Allyson Adolphson

*Judy Broward* (via conference)

Rhiannon Capling (via conference)

Geri Dedominicis (via conference)

*Wayne Dreggors*

*Judi Evans*

Senta Goudy

*Bettye Hyle*

*Marshall Knudson*

Pam Mezzina

Dan Reidenberg (via conference)

*Bob Rihn* (via conference)

*Jackie Rosen* (via conference)

Kyla Shelton

Terry Smith

*Jackie Beck*

Caitlin Burns

Gail Cordial

*Pam Denmark*

Marie Dudek (via conference)

Kim Garrity (via conference)

Bruce Grant

Gwen Johnson (rep. *Lee Condon*)

Erin MacInnes

Don Pardue

Carolyn Riggs (via conference)

*Stephen Roggenbaum*

*Tracy Shelby*

Lorie Simmons (via conference)

*Lisa VanderWerf-Hourigan*