

SUICIDE PREVENTION COORDINATING COUNCIL MEETING MINUTES

June 21, 2010/ 2:00 PM – 4:00 PM

The Capitol, Room 2103; Tallahassee, Florida

AFTER ACTION ITEMS:

Suicide Prevention Coordinating Council:

- Please provide feedback by July 9th on the Florida Suicide Prevention Strategy Revised Goals, Objectives, and Actions Ideas. Feedback can be emailed to Allyson.Adolphson@myflorida.com

AGENDA ITEMS AND NOTES:

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

- Adopt March Meeting Minutes

Steve Roggenbaum made motion to adopt the March 2010 Council Meeting minutes; Bettye Hyle seconded the motion. Motion passed.

2. Legislation:

- Suicide Prevention Education Law: Erin MacInnes

On June 4th, Senate bill 434, sponsored by Senator Sobel, and House bill 1061, sponsored by Representative Heller, was signed into law by Governor Charlie Crist. This law adds suicide prevention education to school districts' In-Service Master Development Plans as an option for school personnel from which to choose when deciding how to fulfill their individual professional development plans.

Currently, a few school districts already include suicide prevention education in their district in-service plans. This legislation will afford the opportunity statewide to all school personnel. The new law does not mandate suicide prevention training. In many cases, training does not cost anything as there are numerous free resources available. This law takes effect on July 1, 2010.

After the law was passed, the Department of Education sent out a notice to all school districts to inform them of the legislation. This notice came from the chancellor directly to superintendents, other administration, and so on down the chain of command. The notice is posted on the DOE website. The Florida Association of School Psychologists is also publicizing the law to school psychologists throughout the State.

On the Statewide Office of Suicide Prevention website, <http://www.HelpPromoteHope.com>, there is a page dedicated to this new law which explains all of the training options available. There are online trainings our office has deemed appropriate and we are building a collection of in-person trainings.

Those who are interested in providing training to school personnel should contact the office with details about their presentation and the training materials. The presentation will then be reviewed and we will provide feedback to make sure it includes the essential elements of a training geared toward school personnel, while taking into consideration the knowledge level and ability of the trainer. We want to have confidence that the trainers are capable of providing sound information and answering questions appropriately. After the vetting process is complete, contact information will be posted online so school districts can reach out to those trainers should they opt for in-person training.

Polk County submitted a very comprehensive presentation that we are using as an example, as it has Florida specific information and includes Baker Act material. They have allowed us to post it on our website so others can use it as a guide to develop their own presentations.

We will be working with Council Member Bettye Hyle and others at the Department of Education to determine how many school districts include suicide prevention in their Master Development Plans and how many districts

require three or more hours in order to receive credit. We'd also like to monitor the number of school personnel that are receiving credit for taking suicide prevention education. Our hope is that the number will increase dramatically now that more resources are available and credit will be given for those who choose to take it.

The law also slightly changed the composition of the Coordinating Council. Two organizations that were inactive for several years were replaced by the American Foundation for Suicide Prevention and the National Council on Suicide Prevention. Dr. Dan Reidenberg will be the representative from the National Council and we are awaiting AFSP's decision on who will be their representative.

This is the second law that this group has seen come to pass after aggressive grassroots advocacy. This shows that when you take the time to thoroughly educate yourself on an issue, then meet with legislators, make phone calls, and send emails it really does make the difference. We thank all of you for your continued support over the years, as well as our dedicated bill sponsors Senator Sobel and Representative Heller, and the Department of Education for helping us draft language and their collaboration.

If you would like to continue this effort in your local community, first check to see if the schools have already been offering suicide prevention training in the past and if so, thank them for their proactive stance on the issue. If not, you can provide public comment at your local school board meetings. Lee County is an excellent example of a school board that took progressive action. Last September, Lee County School Board made it mandatory for all school employees to undergo suicide prevention training which CARES Suicide Prevention will be providing over the next two years. In response, the SOSF wrote individual letters to all of the Lee County School Board members thanking them for this decision.

- Additional bills

The Baker Act bill did not pass this year and will be resubmitted for the 2011 legislative session. The Department of Children and Families is holding a public meeting in the middle of July to discuss the bill. You can join by phone or video conference. Several advocates on the Council have offered their support in pushing the bill next year.

DCF and FMHI/USF continue to offer free one-hour online suicide prevention training at <http://bakeracttraining.org>. In the few short months this training has been available, 3075 individuals have completed it.

For more information, please contact Jackie Beck at Jackie_Beck@dcf.state.fl.us.

3. Florida Suicide Prevention Strategy Goals and Objective Revision: Erin MacInnes

The mission of the Statewide Office of Suicide Prevention is to guide the state in implementing the Florida Suicide Prevention Strategy. For the past few months we have been revising a new set of goals, objectives, and action ideas with the purpose of providing a framework or menu of action for identifying priorities and organizing efforts to prevent suicide and suicidal behavior across the lifespan.

In January, the Council voted to move forward with the format that we proposed. This menu of action will be used by the state to guide Florida's efforts and by communities to develop their own local plans. The new goals are now aligned with those of the National Strategy; the objectives pull from the current Strategy, the concept mapping process from the Implementation Project, and almost every other state with a suicide prevention plan.

No one agency has the capacity to address all of these goals. This menu of action will provide opportunities for agencies, organizations, coalitions, and individuals to contribute to the progress of the overall goals and objectives.

Once the state and communities have identified priority goals, measureable outcomes will be developed in order to monitor progress. Having these very specific goals will give us much more activity to report on rather than just one non-specific goal as were in the 2005-2010 strategy.

We have distributed the most recent draft of the goals and objectives. This was emailed out a week prior to the meeting so the Council would have time to review it before the meeting and provide initial feedback at the meeting.

After today, the Council will be given time to take this draft back into the community and allow other stakeholders outside of the Council to provide feedback as well. The deadline for edits is July 9th, however, we see this as a living document that can potentially be added to as new research and strategies in the field are identified. We don't anticipate it changing too much but we will always keep the most current version on our website in a format that people can copy and paste from to make their own local action plans. We would also like to hear about communities that are working on these specific goals and objectives and what populations are being targeted.

After we receive stakeholder feedback, we plan to release the final version by August 6th, 2010. Communities can begin using this as soon as it is posted on our website. At the state level, we will move forward with identifying which goals and objectives are priority based on current data trends, needs assessments and available resources.

From this point forward, our annual reports should begin relating all of the activities and initiatives back to specific goals and objectives so we are tracking implementation based on the strategy. The legislature simply asks us to report on current and planned activities but if we report on the specific goals in the strategy we can show much more concrete progress from year to year.

Once this is complete, the SOSOP will work with FMHI/USF to revise the Strategy brochures with new content and we will fund the printing of 10,000 copies for statewide dissemination. Those will be ready by late August or early September. These brochures can be used when going to your local school board, or as part of National Suicide Prevention Week in September.

In light of the recent oil spill, the Council suggested adding some provisions to approach people who have experienced traumatic situations. Research shows that events where individuals experience trauma (such as environmental disasters, hurricanes, etc) and their resulting issues (such as a rise in unemployment, loss of home, loved ones, possessions, etc.) can increase the risk of suicide and there will be an additional need for services for those who have experienced trauma in those affected areas. NAMI Florida is doubling training and preparedness efforts along the coastline. DCF has also applied for a grant from BP to train crisis counselors that can be deployed to needed areas. The SOSOP will look into the statewide crisis management initiative strategic plan to see how they address mental health after a tragedy. This specific topic will be incorporated into the current draft.

The original Suicide Prevention Strategy calls for a 33% reduction to the state suicide rate. This number was not suggested by a suicidologist and it was not that individual's intent for that number to be a realistic goal. There are concerns about calling for such a high reduction in rate and possible inclusion in the new strategy goals and objectives. Many factors that drive the suicide rate are not under the control of preventionists, such as economic instability, stock market crashes, disasters, etc. Some council members suggested we instead compare the state rate to a benchmark, such as the national rate—perhaps the goal could be to close the gap between the rates. Using the national rate would allow for national and global fluctuations. Another possible idea is to reduce our state-to-state ranking. Some things to take into consideration is that the statistics are always a couple years behind, and it's also important to report in increments of years, so as to look at trends rather than isolated annual statistics.

We all want to reduce the suicide rate in Florida but it is important that the goal we set is specific, measureable, attainable, realistic and timely. Currently, no other state has a goal in place that includes a numerical reduction. It is essential to show the Legislature, press, and others that the bigger picture includes much more than simply numbers. Numbers cannot show how many lives would have been lost without programs and intervention systems in place. The SOSOP will be working to track what progress is being done on each goal and objective, and we welcome regular community input and status updates so we can document each organization and group that is contributing.

4. Changes to Statewide Office of Suicide Prevention: Erin MacInnes

The SOSOP is currently reviewing applications for Erin MacInnes' replacement and will select a candidate by mid-August. The plan is for this person to begin working by mid-October. Erin will continue to work until the end of September or the beginning of October and Allyson will be managing things when Erin is out on medical leave over the next few months.

Erin has had the honor of working with Florida's suicide prevention effort for six years now and leaving is bittersweet. Erin is proud of the people here who are so intentional and faithful about working together for a greater cause. She thanks the Council, Coalition and others for the support they've given the office since the first day and for help to build and

support us throughout. She has accepted a job with the American Association of Suicidology in Washington, D.C. and will begin in November. This isn't a final goodbye though because she will still be in the field and keeping touch with all of you.

The Council presented Erin with a plaque thanking her for "promoting hope" in Florida and her hard work and dedication over the past six years. She will be missed.

5. Council Member Updates

- Steve Holmes, Florida Office of Drug Control

Secretary Sheldon has allowed Steve to come to the Office of Drug Control to work on veterans issues, including substance abuse, mental health, and suicide prevention. Over the past year the Office of Drug Control, the Florida Department of Veterans' Affairs, the Department of Children and Families, and the National Guard have been working on addressing the needs of the 1.7 million veterans who are living in Florida. Thirty one percent of returning veterans may have Post Traumatic Stress Disorder or Traumatic Brain Injury which are risk factors for suicide and homelessness. If we don't do something now this has the potential to impact an entire generation. Steve is trying to focus on how we can leverage resources to help veterans with these issues. He looks forward to working further with the Council in the future.

- Tara Szczepanski, Miss Central Florida Coast 2010

Current Miss Central Florida Coast, Tara Szczepanski, will be competing in two weeks for Miss Florida which is the preliminary pageant to Miss America. Tara's platform is SPEAK (Suicide Prevention Education, Awareness, and Knowledge). She is asking the Council to use her as a speaker to disseminate a suicide prevention message throughout Florida. As a titleholder in the Miss America Corporation she can reach a wide audience. The Miss America Corporation has a program called Right Decisions Right Now where titleholders go into middle schools to talk about goal setting and making healthy decisions. At middle schools, Tara hopes to also address how to deal with a crisis situation and how to deal with bullying. Her message is to increase coping skills, and that if you don't reach your goal it is not a failure, just a temporary setback or a sign that you are meant for something greater. Be hopeful, you will get there. Tara would like the Council to help her with resources, training, and to use her as a microphone in schools and throughout the community. The SOSP and Council will help Tara to shape her message and connect her with resources

Judy Broward made motion to make Tara Szczepanski an honorary member of the Florida Suicide Prevention Coordinating Council; Wayne Dreggors seconded the motion. Motion passed.

You may contact Tara at: (407) 687-1976; Tara.Sski@gmail.com; <http://www.TaraSzczepanski.com>.

- Wayne Dreggors, Seminole Behavioral Healthcare

Two years ago, Seminole Behavioral Healthcare came to a council meeting and let everyone know that they had been selected as one of six pilot sites for Mental Health First Aid. Now hundreds of sites offer it all over the country.

Seminole Behavioral Healthcare now offers a standard Mental Health First Aid which provides 12 CEUs to Certified Addictions Professionals. They have developed, "Toward A Basic Understanding" series, an online, modified graduate level version of Mental Health First Aid, offered in six one hour modules, providing one CEU each to LMHC, LMFT, and LCSW licenses. In July, there will be an online training emphasizing the mental health substance abuse issues faced by returning veterans and their families. To access the online offering, go to www.seminoleceu.org. The fees for online training are \$10 per CEU.

- Jackie Beck, Department of Children and Families

DCF and the Florida peer network partnered to bring free trauma-informed care seminars to each DCF region. The first is in Tampa in July and the last is in Tallahassee in August. Each seminar is 1.5 days; the second day being a strategic planning session. There will be co-facilitators, certified peer specialists, and mental health

professionals present and a large representation from the Department of Juvenile Justice, the Department of Corrections, and many community-based care facilities, although all are invited to attend. They will be discussing how to apply what we learn from our service systems, how we can improve within our financial restraints, and where leadership needs to focus their attention. Visit <http://www.floridapeernetwork.org> to get the exact dates and to register.

- Dan Reidenberg, National Council on Suicide Prevention (*submitted via email*)

The National Suicide Prevention Lifeline (1-800-273-TALK (8255)) received the largest number of calls in one month in May at just over 59,000 calls. The calls to the NSPL increase steadily every month, as opposed to 1-800-SUICIDE whose calls are decreasing monthly. On average, there are 50,000 – 55,000 calls to NSPL each month. The NSPL will soon begin piloting a texting program for follow-up calls. They also have a new logo that will begin to appear this fall. The logo looks similar, but it is a bit cleaner and includes the last four digits “8255” because some modern phones do not have letters and people can’t dial TALK.

SAMHSA has set up an expert panel to review the Lifeline wallet cards and warning signs. They had their first meeting two weeks ago to look at new warning signs or how they are presented. They won’t be dealing with the science aspect of IS PATH WARM but a new way of talking about the warning signs, e.g., prioritized, easier language, etc.

The Action Alliance is currently being formed. One co-chair has been selected and the second should be selected soon. Both will be formally announced on September 10th at World Suicide Prevention Day. A selection committee of six people has been looking at nominations to fill out the 15-20 spots on the Executive Committee of the Action Alliance. Once that is done they will meet and begin establishing national priorities and setting up task forces.

The Education Development Center re-submitted their grant application to manage the Suicide Prevention Resource Center this spring and hope to hear if they have been re-awarded by September.

The Department of Defense Task Force is surveying every base from all branches of service and this should be completed this month. A report will be filed with the Secretary of Defense in August with findings and recommendations. Sadly, there have now been more suicides than those killed from battle in Afghanistan. All branches of the military are now working together and promoting 1-800-273-TALK (8255). The Veteran’s Lifeline has received 250,000 calls since last July. By this July 4th, they will have done their 10,000th rescue. The chat service is also working and showing increasing demand.

Richard McKeon was recently named Suicide Prevention Branch Director at SAMHSA.

The National Registry of Evidence-Based Programs and Practices has run out of money and is only reviewing a very small number of applications this year for level 1, evidence-based best practice programs.

Health Care Reform passed and is being implemented. There will be near full coverage of Americans by 2014 (94%). A business model for all suicide prevention, intervention, postvention, crisis services, etc. should be looked at by anyone doing this work. Most areas are moving toward outcome-based, results-oriented, incentivized services.

World Suicide Prevention Day is September 10, 2010. The National Council is sponsoring activities for the nation that they hope everyone will take part in. Dan has a logo and unique URL that will be used to direct people to get involved. The concept is Take 5 to learn about suicide prevention, warning signs, help someone, join the movement, etc. There will be a Facebook event created and a badge you can post on your website, twitter, etc. The goal is to get as many people as possible to log on to the website and spread the message. These efforts will roll out in August and increase as the month progresses with a big push in the week of September 5 – 10. Dan will also be holding a press conference at the National Press Club in Washington, D.C. The press conference is currently being planned and they are in need of two A-list celebrities. If anyone has a connection to a celebrity figure that would be interested in helping out please contact Dan at dreidenberg@save.org.

9. Yearly Planning Calendar: Erin MacInnes

Sept 5 -11: National Suicide Prevention Week

Sept 10, 2010: World Suicide Prevention Day

Sept 27 – 28, 2010: Applied Suicide Intervention Skills Training, Orlando, FL (<http://www.faspc.org>)

Sept 29 – Oct 1, 2010: Florida Prevention Conference, Orlando, FL (<http://www.faspc.org>)

Featuring Dr. Donald Meichenbaum, named by the American Psychological Association as one of the ten most influential psychologists of the 20th century and one of the founders of Cognitive Behavior Therapy.

Late March, 2011(*tentative*): Florida Suicide Prevention Day, Tallahassee, FL

April 13 – 16, 2011: 44th American Association of Suicidology Conference, Portland, OR

MOTIONS:

- Steve Roggenbaum made motion to adopt the March 2010 Council Meeting minutes; Bettye Hyle seconded the motion. Motion passed.
- Judy Broward made motion to make Tara Szczepanski an honorary member of the Florida Suicide Prevention Coordinating Council; Wayne Dreggors seconded the motion. Motion passed.
- Steve Roggenbaum made motion to adjourn the meeting; Wayne Dreggors seconded the motion. Motion passed.

NEXT MEETING:

Tentative meeting dates: early October 2010; early January 2011; late March 2011; late June 2011.

ATTENDEES: *Voting members are italicized.*

Allyson Adolphson

Judy Broward

Grace Carricarte (via conference)

Pam Denmark

Marie Dudek (via conference)

Kim Garrity (via conference)

Scott Granger (*rep. Lee Condon*)

Steve Holmes

Marlene Jehs

Erin MacInnes

Margarita Mejia (*rep. Michele Mule*)

Jingjing Qian

Jackie Rosen (via conference)

Lorie Simmons (via conference)

Tara Szczepanski

Jackie Beck

Roddy Cantey

Dr. Gene Cash

Wayne Dreggors

Judi Evans

Senta Goudy

Bruce Grant

Bettye Hyle

Dr. Marshall Knudson

Bonnie McClelland

Pam Mezzina

Steve Roggenbaum

Tracy Shelby (via conference)

Terry Smith (via conference)

Jason Zauder