

Action Alliance for Suicide Prevention (AASP)

Date: June 21, 2017 8:30 a.m.-11:30 a.m.

Webinar and in-person location: Department of Health Tumwater office, TC1 Room 164



Attendees: John Wiesman, Alfie Alvarado-Ramos, Cal Beyer, Paul Francis, Tory Gildred, Camille Goldy, Therese Hansen, Joe Holliday, Chris Imhoff, Michael Itti, Pama Joyner, Matthew Landon, Matthew Layton, Marny Lombard, Duncan MacQuarrie, Donn Marshall, Jason McGill, Aurelie McKinstry, Neetha Mony, Najla Neumann, Tina Orwall, Daniel Overton, Jeff Rochon, Greg Simon, Jeffrey Sung, Roy Walker, Ursula Whiteside, David Windom

Meeting Notes

Topic	Lead	Notes	Discussion
Welcome and agenda review	Sec. John Wiesman, DOH	<p>Preliminary comments</p> <ul style="list-style-type: none"> The Results WA measure is to “Reduce suicide death rate from the rate of 15.6 per 100,000 in 2015 to 14.0 per 100,000 in 2020” 	<p>On June 19, Secretary Wiesman and Marny Lombard (Safer Homes Task Force) gave a presentation the Results WA suicide measure. The presentation is available online.</p>
Introductions	Everyone		
Men in the Middle Years	Dr. Jeffrey Sung, WA State Psychiatric Association	<p>Men in the Middle Years (MiMY) have the highest number of suicides.</p> <ul style="list-style-type: none"> SAMHSA allocates funds based on congressional intent. <ul style="list-style-type: none"> Most SAMSHA funding for suicide prevention focuses on youth (ages 0 to 24). Firearms are the most common method of suicide of MiMY. Male perpetrators of domestic violence (DV) have a higher suicide risk than female victims of DV. Many evidence-based clinical practices have shown to help women more than men. <ul style="list-style-type: none"> Consider alternate screening and assessment tools. Dialectical Behavior Therapy (DBT) is a great treatment for women under 30 years old, but there isn’t research that it’s effective for men. Caring contacts (a best practice that involves sending an encouraging postcard or text message) is shown to be more effective for women than men. 	<ul style="list-style-type: none"> Question: What about male DV victims or murder-suicides? <ul style="list-style-type: none"> Answer: Those weren’t included in this DV fatality review. Comment: Many older adults in Mason County who die by suicide had a recent diagnosis or disabling disease. <ul style="list-style-type: none"> Response: The number of problems a person experiences is a better predictor than any 1 issue. Comment: People often aren’t good at predicting their future behavior, like when putting a loved one in a nursing home. Comment: When people answer “yes” to the PHQ-9 question 9, they are definitely at risk. Saying “no” to that question doesn’t mean they are safe. Question: Are opioid deaths considered suicide or accidental? <ul style="list-style-type: none"> Answer: Depends on the intent determined by the Medical Examiner or coroner. Question: Has suicide risk and PTSD or TBI been studied? <ul style="list-style-type: none"> Answer: It is currently being researched. Dr. Sung’s main advice is to engage with trade organizations and build a safety culture, similar to the work Forefront is doing with the NRA and other firearm organizations. And “disease-free is not risk-free.”

Topic	Lead	Notes	Discussion
Legislative Update	Rep. Tina Orwall, House of Representatives	<ul style="list-style-type: none"> • Safer Homes bill passed <ul style="list-style-type: none"> ○ Allows for temporary transfer of a firearm without a background check to prevent suicide or self-inflicted bodily harm (ESSB5552) ○ Continues and expands suicide-safer homes task force legislated in 2016; creates project account for public-private partnership fund for public education campaign; adds dentists and dental hygienists to professions that must complete suicide prevention training (E2SHB1612) • Higher Ed bill didn't pass (SHB1379) <ul style="list-style-type: none"> ○ A different bill for veterans in college did pass (SB5778) • National Suicide Prevention Lifeline (NSPL) stopgap measure in House budget <ul style="list-style-type: none"> ○ \$700K over 2 years to increase the WA in-state call rate for NSPL 	<ul style="list-style-type: none"> • Comment: Another resource for veterans on college campuses is Vet Corps (similar to Americorps), but these are peers not professionals. • Comment: For the next legislative session, AASP should put in a combined decision package to help legislators.
Why Mental Health & Suicide Prevention are the Next Frontier in Safety	Cal Beyer, Lakeside Industries Mr. Beyer co-leads the Workplace Task Force under the National Action Alliance for Suicide Prevention and is in the Construction Industry Alliance for Suicide Prevention (CFMA).	<p>Another way to reach men in the middle years is through workplace efforts, especially for occupations with high suicide rates.</p> <ul style="list-style-type: none"> • The 2016 CDC report showed that the construction industry has one of the highest rates of suicide. <ul style="list-style-type: none"> ○ Reasons include risk of injury, stress, time away from families, multigenerational workers, gender stereotypes, and stigma. • Shift suicide prevention from clinical to personal relationships. • Lakeside Industries produced a kids book about safety called "Why 'WYE', Mom?" A 2nd book is in the works and will include information about mental health. • There will be a Construction Industry Suicide Prevention summit on Oct. 24. • Mr. Beyer is working with the National Suicide Prevention Lifeline on the "Be the One" campaign for Fall 2017. 	<ul style="list-style-type: none"> • Question: For the hunter safety training, what is appropriate language to be put in for 10 year olds? <ul style="list-style-type: none"> ○ Answer: Recommend speaking with Kathleen Gilligan or Dave Wipple who are both working with Forefront on this. • Comment: With the governor's interest, there might be a way to partner with workplace wellness and EAP statewide. • Question: What changed in 2015 to help Mr. Beyer and CFMA with suicide prevention publications for the construction industry? <ul style="list-style-type: none"> ○ Answer: The opioid crisis helped bring about the conversation. • Question: Suicide is not a financial liability to workplaces but injuries are. How do you convince them this is a priority? <ul style="list-style-type: none"> ○ Answer: Use business cases as examples but it does take a long time. Recommend speaking with L&I on this. • Mr. Beyer's suggested next steps for AASP (see separate document for full list)

Topic	Lead	Notes	Discussion
			<ul style="list-style-type: none"> ○ Provide statistics of suicide and opioid overdose deaths in WA by occupation. ○ Help employers understand how opioids can be restricted on formulary for Workers Compensation injury management (coordinate with L&I). ○ Join Construction Industry Alliance for Suicide Prevention (Free membership) ○ Help promote and attend the CFMA Construction Industry Suicide Prevention Summit on Oct. 24. ○ Develop and launch statewide campaign for middle-age men in all occupations.
<p>Discussion on Zero Suicide from April meeting</p>	<p>Dr. Ursula Whiteside, NowMattersNow</p> <p>Ms. Tory Gildred, Coordinated Care</p>	<p>Discuss if AASP wants to support Zero Suicide efforts in WA. If so, what are next steps?</p> <ul style="list-style-type: none"> ● Some suicide prevention best practices are already part of legislation and requested in the Medicaid Transformation Project for ACHs. ● ZS is about a system change and commitment to suicide prevention throughout a healthcare system. 	<ul style="list-style-type: none"> ● Comment: Consider how suicide prevention ties in with the opioid addiction work through ACHs. ● Comment: Nationally, the VA, National Action Alliance, and Kaiser are already doing/supporting ZS. ● Question: How do colleges fit in with ZS? <ul style="list-style-type: none"> ○ Answer: College health systems can follow ZS too. ● Question: We have only heard of one approach. Should we consider other options before deciding? Will other initiatives be negatively affected by ZS? <ul style="list-style-type: none"> ○ Answer: AASP will continue this conversation at the September meeting before making a decision. ● Question: Is there research to show if ZS works outside of health systems, like in schools? <ul style="list-style-type: none"> ○ Answer: Right now, ZS is only shown to be effective in healthcare systems.
<p>Summary and Path Forward</p>	<p>Sec. Wiesman</p>	<p>The next meeting will be in-person on September 7.</p>	<ul style="list-style-type: none"> ● Review document on possible next steps for workplace efforts/construction industry. ● Plans for next meeting (AASP's 1 year anniversary!) <ul style="list-style-type: none"> ○ Review first year of AASP work and strategize for 2017-2018. ○ Discuss if AASP supports ZS and what that support will look like. ○ Discuss AASP combined decision package for 2018 legislative session.