

Action Alliance for Suicide Prevention (AASP)

Date: August 28, 2019, 9:30 – 12:00pm

Webinar with an in-person option: Department of Health Tumwater office, PPE, Room 131



Attendees: Camille Goldy, Therese Hansen, Joe Holliday, Justine McClure, Tina Orwall, Karie Rainer, Peter Schmidt, Beth Vandehey, Alex Whitfield, David Windom, Beth Mizushima, Keygan Miller, Rose Quinby, Liz Clement, Sigrid Reinert, George Banks, Neetha Mony

Meeting Notes

Topic	Lead	Notes	Discussion
Welcome and agenda review	Neetha Mony , DOH		
Introductions	ALL		
Community-based youth suicide prevention	Beth Mizushima , Grays Harbor Public Health & Social Services Department	<ul style="list-style-type: none"> • When Regional Support Networks were transitioning to Behavioral Health Organizations, Grays Harbor created an integrated model for youth suicide prevention that included: <ul style="list-style-type: none"> ○ Community Education ○ School-Based Prevention ○ Clinical Pathway to Care • Community education focuses on stigma reduction and increasing community members' skills in preventing suicide. Grays Harbor used QPR since it's available in multiple languages and training opportunities are profession-specific. <ul style="list-style-type: none"> ○ They also offered free gatekeeper training kits to incentivize agencies to have a staff member certified as a trainer, thereby building sustainability. • School-based prevention includes working with the Educational Service District (ESD) and directly with school districts. <ul style="list-style-type: none"> ○ ESD 112 held a SMART team training, which allowed schools to have select staff trained and many then updated their crisis plans. As a team, they continue to meet and some schools have MOUs so staff can be called in to support a school with an urgent need, like postvention response. ○ Hoquiam School District was the first WA school to use Hope Squad, a peer program that all schools in Utah have access to. The program requires that the school partner with a local public or behavioral health. Schools that implement Hope Squad hold QPR trainings, including with parents. The local college and two other school districts in Grays Harbor will also implement Hope Squad this year. ○ Elementary schools use the Good Behavior Game. 	<ul style="list-style-type: none"> • Question: How much did it cost for Utah to take Hope Squad statewide? <ul style="list-style-type: none"> ○ Answer: About \$500/school and Hope Squad provided a discount so this could happen. Not all schools have implemented it. • Question: What is a good starting point for communities prioritizing youth suicide prevention? <ul style="list-style-type: none"> ○ Answer: Many staff work on multiple projects and you never know which relationships could align with suicide prevention work. Often informal conversations lead to plans. • Question: What metrics were tracked over the 5 years? <ul style="list-style-type: none"> ○ Answer: Number of people trained, training for systems changes (like ZS), when people get screened for suicide and outcomes (although tracking this follow-up care is difficult). Paid a partner to pull their own electronic medical record data. For Hope Squad, pre and post surveys and number of referrals to counselors.

Topic	Lead	Notes	Discussion
		<ul style="list-style-type: none"> For Clinical Pathway to Care they work with clinical partners and offered Zero Suicide (ZS) and QPRT training. They are also working with one of their local hospitals to implement ZS in in their 3 primary care clinics, and Dr. Ursula Whiteside is offering technical assistance. <ul style="list-style-type: none"> “Where we got traction was connecting with the right people at the right time.” 	
Recent occupation research update	Therese Hansen , DOH	<ul style="list-style-type: none"> New CDC study came out on suicide risk for veterinarians and veterinary technicians. It included data from 2003-2014 from 18 states (WA was not included). <ul style="list-style-type: none"> Found that poisoning was the most common cause of death among veterinarians. Pentobarbital, a euthanasia solution, was the drug most commonly used. Most pentobarbital poisonings occurred at home. This indicates that training on euthanasia procedures <u>and</u> access to pentobarbital are some of the key factors contributing to the problem of suicide among veterinarians. This finding was not true for veterinary technicians and technologists who more often died from opioid poisoning compared with veterinarians. 	<ul style="list-style-type: none"> Question: When looking at mandatory suicide education for dentists, they had similar issues so maybe should look at training veterinarians? <ul style="list-style-type: none"> Answer: DOH included this recommendation in the 2018 Suicide Education Study and the first legislative report on the agriculture task force and pilot.
Supplemental decision package discussion	Therese Hansen, DOH	<ul style="list-style-type: none"> The current supplemental decision package draft includes: <ul style="list-style-type: none"> Funding for 2 DOH suicide prevention specialists 0.5 FTE DOH epidemiologist for suicide data A postvention study Expanding the agriculture work Grants for tribal nations A suicide prevention community health worker module A health promotion campaign with the YMCA and Safer Homes Funding OSPI’s regional behavioral health coordinators (OSPI will be submitting their own DP for this; DOH DP will reference this work) The decision package will be finalized and submitted in Sept. 	
National Suicide Prevention Month and other announcements	ALL	<ul style="list-style-type: none"> This year, national agencies are promoting #BeThere for National Suicide Prevention Month. If you or your agencies share posts on social media, #BeThere will be how we track our reach throughout the month. DOH will have posts on Facebook and Twitter that you can repost. There are some local and national events for National Suicide Prevention Month. See pages 4-9 for more info. 	<ul style="list-style-type: none"> Sept. 10: Kitsap is having a suicide prevention awareness day and DVA will be present Sept. 10 World Suicide Prevention Day Conference hosted by Forefront. <ul style="list-style-type: none"> The conference will include sessions on safety planning and management, two areas that WA suicide prevention experts have noticed gaps in.

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		<ul style="list-style-type: none"> • Neetha is updating the Action Alliance member list posted online. Send her edits or if you would like to be added. • Question: Should the postvention workgroup continue to meet? Is this a good use of time if we don't have funding? • Recommendations for State Suicide Prevention Infrastructure have been released. We'll review in more detail at the next meeting. • Plan to discuss liability concerns at Aug. meeting. Looking at what's happening and concerns with providers, schools, and communities. We currently have the following folks joining us for the discussion: Dr. Jeff Sung who has presented to the Alliance on men in the middle years, Susan Stefan, author of the book "Rational Suicide, Irrational Laws, and possibly Dr. Jennifer Sayrs, a psychologist with the DBT program at Evidence-Based Treatment Center of Seattle. Members can share scenarios they've heard of or encountered, including from community stakeholders. 	<p>This is a great conference for anyone wanting to learn about evidence-based practices to keep someone safe by helping them create a safety plan and follow-up contact.</p> <ul style="list-style-type: none"> ○ There will be a more intensive safety planning training on Sept. 11-12 by invite only. • State legislators are planning on having a conference in CO on suicide prevention. Perhaps even looking to do a suicide prevention summit in WA. • Seattle Children's is looking at how to have a more robust mental health presence in the region. • Update on DBHR's community suicide prevention grants <ul style="list-style-type: none"> ○ RFA for the community services draft is under review by some of the Action Alliance members. Based on the input received we will update the RFA and plan to have it out mid to late September. ○ Request: We have also asked for volunteers from the Action Alliance and will be asking the Mental Health Promotion workgroup for people that are interested in helping review the applications. Please contact Sarah Mariani if you are interested. Please note you cannot volunteer if you have a conflict of interest and the review process takes considerable time.
<p>Summary and Path Forward</p>	<p>Neetha Mony</p>		<p>For the Action Alliance:</p> <ul style="list-style-type: none"> • Should the postvention workgroup continue to meet? Is this a good use of time if we don't have funding? • Contact Sarah Mariani if you want volunteer to review community suicide prevention grant applications. <p>The next meeting will be an in-person meeting with a webinar option at the DOH Tumwater office on Thursday, October 31, noon-2:30pm.</p>

Suicide Prevention in WA

Special Edition: National Suicide Prevention Month

September is National Suicide Prevention Month, Sept. 8-14 is National Suicide Prevention Week, and Sept. 10 is World Suicide Prevention Day. National suicide prevention partners will be using [#BeThere](#) to track our messaging efforts this year. Here are other ways to get involved.

- The Suicide Prevention Resource Center created a [2-page Ideas for Action document](#).
- The National Action Alliance for Suicide Prevention has a [page with example e-blasts](#) and partner agencies.
- The American Association of Suicidology has resources at [#AAS365](#).
- California created a [toolkit](#) for National Suicide Prevention Week.
- The International Association for Suicide Prevention's [World Suicide Prevention Day page](#).
- [Take 5 to Save Lives](#) shares 5 steps we can all accomplish by World Suicide Prevention Day.
- [#BeThere](#) is daily used by the Veterans Crisis Line. Learn more about [veteran suicide prevention strategies](#).
- If you want to share your story, the United Suicide Survivors International create an online course to help you feel informed, engaged, and empowered – [Are You Thinking about Sharing Your Suicide Story?](#)
- [Highlighting the Role of the Public for Suicide Prevention Month/Week](#)
- Last year, [#Bethe1To](#) was promoted nationally. Learn more about the [5 action steps](#) promoted and read the [2018 DOH press release](#) highlighting [#Bethe1To](#) and Washington resources.



Attachments or linked at the end of this email

- Sept. 10 World Suicide Prevention Day Conference @ Seattle flyer
 - Sept. 10 Kitsap World Suicide Prevention Day event flyer
 - Sept. 14-15 National Online Suicide Prevention Conference
 - Sept. 27 Zero Suicide: A Community Roundtable with Dr. Justin Coffey @ Walla Walla flyer
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Upcoming Deadlines

- Call for papers: [Suicide: Prevention, Intervention and Postvention](#) (due Aug. 31)
- [Pilot Studies to Detect and Prevent Suicide Behavior, Ideation and Self-Harm in Youth in Contact with the Juvenile Justice System \(R34 Clinical Trial Required\)](#) (due Sept. 7)
- **NEW** Letter of intent for [Native Center for Alcohol Research and Education \(NCARE\) Pilot Project Grant Program](#) (due Sept. 30)
- **NEW** Letter of intent for [Research grant: Broad PCORI Funding Announcements -- Cycle 3 2019 \(for Addressing Disparities, Assessment of Options, Communication and Dissemination Research, Improving Healthcare Systems\)](#) (suicide prevention is a listed topic; due Oct. 1)
- **NEW** [Robert Wood Johnson Foundation: Pioneering Ideas Brief Proposals](#) (due Oct. 15)

See the list at the end of the email for more grant deadlines.

Announcements

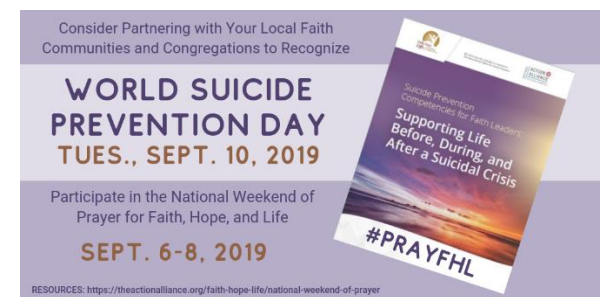
Sept. 6-8: National Weekend of Prayer for Faith, Hope, & Life

Here is a recorded webinar from last week on [Partnering with Faith Communities to Promote Faith, Hope, and Life](#). Speakers on the webinar refer to the faith competencies: [Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis](#).

“In recognition of World Suicide Prevention Day (Sept. 10, 2019), the National Action Alliance for Suicide Prevention (Action Alliance) invites faith communities across the nation to pray for those whose lives have been touched by suicide. Save the date for this coming year and join us for [National Weekend of Prayer for Faith, Hope, & Life](#).

We encourage involvement this coming September as well as all year round by using other [Faith.Hope.Life. campaign resources](#) aimed at helping faith communities across our nation play an active role in preventing suicide such as:

- [How to respond to a member who may be at risk for suicide](#)
- [Worship and spiritual resources](#) for those of different faith traditions
- [Communications aids such as flyers, bulletin inserts, posters, and other graphical art](#)
- [Other resources](#)
- [Prayer Guide](#)
- [Suicide Prevention Competencies for Faith Leaders](#)”



Sept. 7-Oct. 20: AFSP Out of the Darkness Walks in WA

Around the nation, communities hold Out of the Darkness walks to raise awareness about suicide prevention, remember loved ones, and connect people to local resources. In WA, we have 8 walks this year around the state. [Find details about your nearest walk here.](#)

- Sept. 7: Spokane
 - Sept. 14: Bellingham
 - Sept. 21: Bremerton
 - Sept. 28: Puyallup
 - Oct. 5: Olympia
 - Oct. 6: Aberdeen
 - Oct. 12: Everett
 - Oct. 20: Seattle
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Sept. 10: World Suicide Prevention Day Conference @ Seattle (see attachment)

“Calling all Health & Behavioral Health Professionals, School & Higher Education Counselors. Join us on World Suicide Prevention Day as we present practical, evidence-based strategies that will save lives. This is a conference you do not want to miss.

- Safety Planning Intervention Unpacked (It’s More than Filling out a Form!) with Gregory K. Brown, Ph.D. & Kelly L. Green, Ph.D.
- What if it’s that Simple? Non-Demanding Caring Contacts for Suicide Prevention: with Amanda Kerbrat, MSW, LICSW
- Advanced LEARN SAVES LIVES for School Mental Health Professionals with Harry Brown, M.A., LMFT

[Register here.](#)

Sept. 10: National American Indian & Alaska Native Hope for Life Day

“American Indian/Alaska Native (AI/AN) populations are at higher risk for suicide than other ethnic and racial groups, with youth and young adults being particularly at risk. Studies have found that strengthening community connectedness can help promote resilience and coping skills. In an effort to help support AI/AN communities as they prepare for [National AI/AN Hope for Life Day](#) on September 10, the [National Action Alliance for Suicide Prevention](#)’s (Action Alliance) [AI/AN Task Force](#) released an updated [National AI/AN Hope for Life Day toolkit](#), adding a number of new tools and resources. This toolkit will help community organizers take specific steps on September 10 to change the conversation about suicide, initiate action, and foster hope in their efforts to reduce suicide in AI/AN communities across the country.”

Sept. 14-15: Free Online Suicide Prevention Conference (see attachment)

“The Summit will cover a range of suicide prevention topics, including zero suicide, lived experience, children/youth, counseling skills, technology, evidence-based approaches, and more. There are limited seats available. [Please register now to secure your place.](#)”

The conference will be live on Sept. 14-15 and then available on-demand Sept. 16-29.

Sept. 27: Zero Suicide: A Community Roundtable with Dr. Justin Coffey @ Walla Walla (see link at the end of this email)

“[Zero Suicide: A Community Roundtable with Dr. Justin Coffey](#) is part of Suicide Prevention Month activities in September sponsored by Greater Columbia Accountable Communities of Health, Walla Walla County Department of Community Health, REACH OUT, Providence St. Mary Medical Center, Providence Medical Group and Whitman College.

Breakfast and check-in is at 8:30 a.m., with the presentation from 9 to 11 a.m. The roundtable is specifically intended for local students and community members interested in suicide prevention.”

[Register here.](#)”

WA Online Module for Educators

The WA Office of the Superintendent of Public Instruction developed a training module to help educators recognize when a student is in emotional or behavioral distress including risk for suicide. “The [Confident Action and Referral by Educators \(CARE\) module](#) is a free, one-hour resource that is available to anyone who works with students in Washington State. The module will help school staff to identify students who may be at risk and provides strategies on how to safely and effectively refer a student for help. More information about the course can be accessed via [OSPI’s Suicide Prevention Webpage](#). Join the course here: k12.wa.us/CAREModule. “



Oct. 8-9: National LOSS Team Conference @ Visalia, CA

The 2019 National LOSS Team Conference will be Oct. 8-9 in Visalia, CA. “The conference will focus on advancing postvention efforts. Postvention takes place in the aftermath of a suicide. These responses can take many forms, on a spectrum from active postvention to delayed responses. Efforts can be housed within a governmental entity, a school system, within a private organization such as a hospice or mental/behavioral health provider, or through the diligence of a few community members.

The LOSS Team model seeks to reduce delays in healing by offering resources and supports as immediately as possible following a suicide. This includes seasoned teams, newly created teams, and information and resources for those who wish to learn more about the LOSS Team model and possible implementation. Learn more about LOSS Teams by visiting Dr. Frank Campbell's website: <http://lossteam.com>.”

[Register for the conference.](#)

Nov. 23: International Survivors of Suicide Loss Day

“Each year, the American Foundation for Suicide Prevention supports hundreds of large and small Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding, and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience, and connection.

Registrations are now open for this year’s [International Survivors of Suicide Loss Day](#). [Find an event near you](#). You may feel free to contact survivorday@afsp.org with any questions.”

Webinars and Trainings (visit the [Events page](#) for a complete list)

Sept. 4: [Mental Illness 101: Childhood Trauma and Mental Health Impacts webinar](#)

Sept. 5: [NIMH Reddit “Ask Me Anything” with Dr. Jane Pearson – Suicide Prevention](#)

Sept. 6-8: [National Weekend of Prayer \(National Action Alliance for Suicide Prevention\)](#)

Sept. 7: [Out of the Darkness Spokane Walk](#) @ Spokane

Sept. 9, 11am: [#BeThere Twitter Chat](#) with the National Action Alliance for Suicide Prevention

Sept. 9-Oct. 14: [The Path of Grief: Grief and Bereavement Support Group](#) @ Bellevue

Sept. 10: [World Suicide Prevention Day Conference](#) @ University of Washington

Sept. 10: Kitsap World Suicide Prevention Day event & candlelight ceremony @ Port Orchard (6:30-8pm at 619 Division St.)

Sept. 10: [Yoga in the Park](#) @ Pullman
Sept. 10: [Candlelight Vigil and Words of Hope](#) @ Walla Walla
Sept. 10: [National AI/AN Hope for Life Day](#)
Sept. 10: [World Suicide Prevention Day Light a Candle Near a Window at 8 PM](#)
Sept. 10, 11am: National Suicide Prevention Lifeline [Self-Care Twitter Chat](#)
Sept. 10-Oct. 10: [Cycle Around the Globe](#) for World Suicide Prevention Day
Sept.11: [CLAS in Behavioral Health: How CLAS Standards Can Empower Hispanic and Latinx Communities to Thrive in Recovery webinar](#)
Sept. 12: Gig Harbor, Key Peninsula Suicide Prevention Coalition 9am @ 10222 Bujacich Rd. NW, Gig Harbor
Sept. 12: [Healthier WA Medicaid Transformation Public Forum](#) @ Wenatchee
Sept. 12: [Anti-Bullying: Keep You and Youth Healthy and Safe](#) @ Bellevue
Sept. 13: [Youth Mental Health First Aid](#) @ Seattle
Sept. 14: [Out of the Darkness Whatcom Walk](#) @ Bellingham
Sept. 14-15: [2019 Suicide Prevention Summit](#) (free and online)
Sept. 14-30: [2019 Veteran's Suicide Awareness 1 Mile, 5K, 10K, 13.1, 26.2](#) @ Seattle
Sept. 16-22: Veteran Suicide Awareness Week
Sept. 17: [National Physician Suicide Awareness Day](#)
Sept. 18: National Coalition on Mental Health and Aging Webinar Series - [Strategies for Reducing Suicide in Older Adults webinar](#)
Sept. 20: [VA Mental Health Summit](#) @ Seattle
Sept. 21: [Out of the Darkness Kitsap Peninsula Walk](#) @ Bremerton
Sept. 23: Thurston Gun Sense meeting @ United Churches of Olympia (6:30pm)
Sept. 25: [Recognizing and Managing Teen Anxiety webinar](#)
Sept. 25: [Mental Illness 101 & Family Health Series | Postpartum Depression: Help and Hope webinar](#)
Sept. 26: [Healthier WA Medicaid Transformation Public Forum](#) @ Vancouver
Sept. 26: [#ElevateTheConvo Twitter Chat](#): "Safe Messaging" in Suicide Prevention: Safety or Censorship?
Sept. 27: [Zero Suicide: A Community Roundtable with Dr. Justin Coffey](#) @ Walla Walla
Sept. 28: [Out of the Darkness Pierce County Walk](#) @ Puyallup
Sept. 28: [LEARN: Suicide Prevention Training](#) @ Bellevue
Sept. 30, 12pm: National Suicide Prevention Lifeline [Facebook Live event with Dr. John Draper](#)