



**MEETING MINUTES  
January 13, 2011**

**Mission**  
To increase suicide awareness and prevention.  
**AWARENESS. EDUCATION. ACTION.**

**Present:**

Tim Lineaweaver, Quissett Counseling & Consulting	Kathie Callahan, Barnstable County Human Services
Beth Albert, BC Dept. of Human Services	Patrick Wendell, Wendell Marketing
Jenny Garneau, DMH, Community Organizer - Nantucket	Maura Weir, Youth Suicide Grant Project Mgr.
Gail Wilson, Mashpee Human Services	Paul Wild, Elder Services of Cape Cod
Sally-Ann Imes, Barnstable Youth Services Division	Steve Smith, South Bay Mental Health
Beverly Costa-Ciavola, CC Neighborhood Support Coalition	Sue Rohrbach, District Director, Senator Dan Wolf
Alice Cook, Community Health Center of Cape Cod	Jay Coburn, Dir. of Community Relations, Senator Dan Wolf
Susan Childs, Baybridge Clubhouse	Deirdre Arvidson, Barnstable County Public Health Nurse
Kristen Davies, Child & Family Services	Ann Beckert, Family Continuity
Kristin Carboni, Freedom from Addiction Network	Aimee Rozum, Hospice & Palliative Care of CC
Maura Wilson, Samaritans of Cape Cod & Islands	John Bove, Mashpee Mental Health Center
Christine Stein, BC Dept. of Human Services	Alan Holmlund, DPH, Suicide Prevention Program
Kim Lane, Private practice	Elaine Moraglia, Hospice & Palliative Care of CC
Leslie Moreland, MSPCC	Ingrid Muzy, Murray, Mid-Upper Cape Community Health Ctr.
Polly Sherman, CORD	Jean Calvert, DMH
Helene Hastings, Cape Cod Community College	Holly Wilson, volunteer – Samaritans of C&I
Suzanne Sullivan, NAMI	Janice Matheson, Seniors Helping Seniors
Steve Jochim, DMH	

Unable to attend: Bonnie Withington, Mark Abbott, Tom Thomsen, Kathleen Shine O'Brien

**WELCOME & INTRODUCTIONS –**

**APPROVAL OF DECEMBER MINUTES:** Beverly Costa-Ciavola motioned, seconded by Ann Beckert to approve the December minutes as written, unanimously approved.

**FINANCIAL REPORT:** Beverly distributed Fiscal report through November 2010 showing a balance of \$8548.89. She reminded group that with CCF's new reporting procedures the fiscal report will be one month behind in reporting activity. S/C agreed to start a Non-Permanent Fund with CCF of \$150 so that the Coalition will able to receive tax exempt contributions.

**CAPE & ISLANDS SUICIDE DATA – Presentation by Christine Stein:** Christine began PowerPoint presentation by briefly explaining what quantitative information is of concern and where she obtains information – national and state level data are primary sources of information. She presented comparison graph showing suicide counts in Barnstable, Nantucket and Dukes Counties for the period of 2000 to 2008. Data clearly showed higher incidence in males during the period of 2004-2008 and higher rates in Barnstable, Nantucket & Dukes Counties as compared to the state of Massachusetts for the same time period. Slide 9 showed 5-year suicide count by age for the period of 2004-2008 and data indicated the 40-59 yrs range was highest (51%), followed by 25-39 yrs (18%), 60-79 yrs (17%), 10-24 yrs (10%) and 80 yrs & over (4%). Slide 11: Barnstable County Suicides by month showed increase in suicide deaths from

late March peaking in June with a drastic drop in July, increase again in August, and a decrease and leveling off through the fall and winter months. Final slide showed suicides by method: Hanging (40%), Firearm (28%), Poisoning (27%) and other (6%).

During discussion it was pointed out that data is collected by location of residence of victim vs. location of death. Question posed: does poisoning include overdoses? Data by sexual orientation is not available. The DPH Massachusetts Violent Death Reporting System (MAVDRS) was briefly referenced as part of a CDC funded initiative that supports 18 states in collection of detailed data on violent deaths.

## **WORKING GROUP UPDATES**

- **Advocacy – Sue Rohrbach:** busy schedules produced most communications via email but members will re-energize and continue discussion re: possible proposed legislation.
- **Elders – Gail Wilson:** Elder survey via Survey Monkey provided 39 responses with the majority coming from the upper Cape. Group is analyzing data and will report back on results in February. They are also developing a resource brochure for providers and gate keepers. Developing a hotline will be discussed by the Marketing group.
- **Events – Beverly Costa-Ciavola:** March Forum will be planned for the lower/outer Cape. Please forward suggestions you may have for location.
- **Fundraising - Tim Lineaweaver.** Would like Coalition to develop a signature event. Tim plans on running the Falmouth Road Race again with funds going to the Coalition. He suggested forming a Team to run on behalf of the Coalition.
- **Governance – Beth Albert:** This ad hoc committee is drafting by-laws and presented to the S/C at January 10<sup>th</sup> meeting for discussion/edits. Will be presented to Coalition soon.
- **Marketing – Beth Albert:** This group meets the second Wed of every month. At the past meeting Scott Fitzmaurice representing Youth Working group was invited to participate in the meeting to discuss moving forward on localizing a youth radio spot developed by Ad Council and Reach Out. A plan was developed to implement this. In addition, the working group is beginning to develop a radio spot that addresses issues across the life span.. They are discussing guidelines for sponsorship of events and also looking at possibility of social marketing i.e. facebook. They are revising the 2011 marketing plan based on accomplishments thus far. They will coordinate with Events group for the next community forum. Beth noted that groups always need additional persons and distributed sign-up sheets for each working group.
- **Trainings – Beth Albert (for Kathleen Shine O’Brien):** Kathleen is “out-at-sea” with Mass Maritime Academy – there have been no requests submitted for training. Maura Weir reported that training on the lower Cape has been changed to March. Jenny Garneau reported that Connect training was conducted with staff of Nantucket public schools. They have also requested QPR training.
- **Youth – Maura Weir for Scott Fitzmaurice:** Walk was held in November. PSA was developed. Youth Task Force is developing tasks for up-coming year. When the PSA is done it was requested that it be emailed to the Coalition for review.

**YOUTH GRANT UPDATE – Maura Weir:** Maura is working with Cape Cod Community College to complete applications and develop a budget to expand it’s work. State grant will be up for renewal. DPH is applying. Any funding received will go through CHNA. QPR trainings were held in early December for the staff at CORD and also the Falmouth Youth Services network, the Boys & Girls Club and the Laurence Middle School. Falmouth High School QPR training has been postponed. Two individuals attended training in December re: open bereavement group. Pope John Paul school will be doing depression screening in early February (7, 8, & 11<sup>th</sup>). January 13<sup>th</sup> Maura will be speaking at a parents meeting on this screening tool. Youth Project will sponsor a 2-day Connect training – need 25 youth and 15 adults as youth support. Day 1 is for adults only, Day 2 is for adults & youth. Day 1, morning session is open to the public.

**OTHER BUSINESS:**

**Falmouth Update:** Steve Jochim reported that 97 businesses in the Falmouth area have been visited by DMH male staff and the Real Men. Real Depression ( RM.RD) public education campaign posters & brochures are being distributed, these materials list localized Falmouth resources. He noted that there has been a great response to his outreach efforts and it seems that this type of outreach definitely makes a difference. Falmouth Human Services is conducting depression screenings. Suggestion for another Community Forum in Falmouth. RM. RD brochures and posted will be re-printed by the Department of Human Services to be distributed in other communities. Ingrid Muzy Murray noted that the Health Center does do depression screenings but they have experienced difficulty with follow-up procedures. In the event of obstacles to accessing care for mental illness please call Steve Jochim for help accessing resources. The DMH is working with agencies to bridge the gaps in access to care. Request that RM. RD brochures be made available in Portuguese and Spanish. Beth Albert will follow-up with brochure translations and printing.

**NEW BUSINESS:**

- There is a need on the Cape for support groups for older teens and early 20's age group. March 5, AFSP training in Cincinnati for youth facilitation training. Note: Samaritan's Safe Place support groups for survivors of suicide loss are available for ages 18 and older.
- Jay Coburn, Director of Community Relations for newly elected Senator Dan Wolf introduced himself. He can be contacted at [jay.coburn@masenate.gov](mailto:jay.coburn@masenate.gov). Sue Rohrbach is now the District Director for Senator Dan Wolf and can be contacted at [srohrbach@senatordanwolf.com](mailto:srohrbach@senatordanwolf.com).
- Youth Project will be funding a Community Forum in Falmouth on January 31<sup>st</sup> from 6 – 8 PM at the Falmouth Public Library, 300 Main St. Forum's focus: *The Aftermath of Suicide: Honoring Loss and Healing Together* with guest speaker Dr. Sally Spencer Thomas.

**ADJOURNMENT:** Meeting adjourned at 12:45 PM

**Next Meeting: February 10, 2011, 11:15 AM– 12:45 PM  
Rms 11/12 @ the Barnstable Superior Courthouse**

***DMH Crisis Team Hotline # is 1-800-322-1356***