



**MEETING MINUTES  
November 10, 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, B.C. Dept. of Human Services	Ben Caswell, Wendell Marketing
Jessica McHugh, Samaritans on Cape Cod & Islands	Candace Perry, BC Community Organizer
Stephanie Kelly, Samaritans on Cape Cod & Islands	John Bove, Mashpee Mental Health Center
Maura Weir, CHCCC, Youth Suicide Project	Christine Clements Stein, B.C. Dept. of Human Services
Deidre Arvidson, Barnstable County Public Health Nurse	Dave Munsell, NAMI
Rick Todd, cape Cod Safety Training	Leslie Moreland, CBHC
Beverly Costa-Ciavola, CC Neighborhood Support Coalition	Jenny Meritus, youth representative
Stephen Maher, Senate President Murray's office	Arthur Bence, South Shore Mental Health
Allison Brill, DPH	Andrea McGee, Wampanoag Tribe of Gay Head/Acquinnah
Alan Holmlund, DPT Suicide Prevention Program	Dayle Lawrence, CCHS/CCHC
Cyndie Fey, DPH	Gail Dietrick, Child & Family Services
Alice Cook, Community Health Center of CC	Paul Wild, Elder Services of C&I
Steve Ryan, Dept. of Children & Families	Steve Jochim, DMH

Unable to attend: Mark Abbott, Jenny Garneau, Jud Phelps, Stefanie Coxe, Ann Beckert

**WELCOME & INTRODUCTIONS:** Introductions were made by group.

**APPROVAL OF OCTOBER MINUTES:** Beverly Costa-Ciavola motioned, seconded by John Bove to approve the October minutes as written, unanimously approved.

**FINANCIAL REPORT – Beth Albert:** No report was distributed. There were no expenses during October. \$8,000 grant from DPH/Mass Coalition which had been sitting at the CHCC as a pass-through from their DPH Contract to the Coalition was transferred to Cape Cod Foundation for deposit in the Coalition Fund.

**REPORT FROM CO-CHAIRS – Beth Albert & Tim Lineaweaver:**

- Mass Coalition Executive Committee: Tim represents the Coalition on the Mass Coalition for Suicide Prevention Executive Committee. At the last meeting, discussion re: finding a lobbyist to advocate for suicide prevention issues. MCSP is State funded and cannot hire for this position. Looking at \$12-27,000/year compensation for advocate. Will be updating their database. The CISPC membership form has a section to grant permission to share member information with the Mass Coalition. They would also like to link to our website. The next meeting of the Mass Coalition Executive Committee meeting is scheduled for 11/14 in Wellesley at the Harvard Pilgrim Health offices. Maura Weir will attend and report back to the Coalition.
- Strategic Planning Date Set for November 16<sup>th</sup>. Part II of the S/C strategic planning for the Coalition.

- Legislative breakfast on 9/23/11: Beth reported this event was well attended by legislators. A meeting with Representative Sarah Peak has been scheduled for next week and a meeting with Senate President Therese Murray is scheduled for January 2012. Tim will follow-up with Representative David Viera.

**FALMOUTH TASK FORCE UPDATE – Beth Albert:** In 2010 the Falmouth Task Force was convened due to a spike in suicides and undertook an intensive campaign of education and community outreach. With 2 reported suicides in October 2011 the Task Force is renewing its efforts. They will be working with the Coalition and the Suicide Prevention Youth Project to present “Hope & Healing” on December 6<sup>th</sup> from 5:30 – 7:00 PM at the Falmouth Library presented by the Dougy Center. The CISPC will contribute \$500 towards this Forum. The Falmouth Task Force’s next scheduled meeting is November 18 at 10:00 AM at the Falmouth Administration Building.

### UPCOMING COLITION EVENTS

- December Event: Falmouth Forum
- Ideas for 1<sup>st</sup> Quarter 2012 Event: Veteran’s Center

**SURVIVORS OF SUICIDE LOSS – Maura Weir and Stephanie Kelley:** Maura reported on the history, objectives, methodology and results of the C&I Survivor of Suicide Loss Survey distributed in March 2011. Over 100 ten-page surveys were distributed throughout Cape Cod, Nantucket and Martha’s Vineyard. The primary purpose of the study is to examine the effects on, and natural coping efforts of, suicide survivors and to add to our knowledge of the self-reported difficulties, coping resources, and barriers to obtaining help for survivors of a suicide loss. Objectives of the survey included: increase support to those bereaved by suicide and increase survivor outreach support to youth and families bereaved by suicide. 40 surveys were received back and data is based on 38 surveys from 34 females and 4 males. Of note: Respondents are overwhelmingly female and primarily family members while suicide victims were overwhelmingly male (84%) and predominantly between the ages of 25 and 44. Maura reported on the findings of psychological issues, social issues, informal support received resources for healing, barriers to obtaining support with results for both the first year after a loss and several years after a loss. After looking at the data collected, recommendations include: more suicide specific bereavement groups, one on one survivor work, training, training, training, more action support for those not going to bereavement groups, reach out in the first year – talk about it!, it’s ok to ask for help – stigma reducing initiative. If you would like an electronic copy of the full report contact either [kcallahan@barnstablecounty.org](mailto:kcallahan@barnstablecounty.org) or [mweir@chcofcapecod.org](mailto:mweir@chcofcapecod.org). All questions/comments regarding this study or about the contents of the report should be directed to Maura Weir at [mweir@chcofcapecod.org](mailto:mweir@chcofcapecod.org).

Stephanie reported on the Safe Place Support Groups (2 in Falmouth, 2 in Hyannis & 2 on Nantucket) for those who have lost someone to suicide sponsored by the Samaritans on Cape Cod & the Islands. Meetings are conducted twice a month and the facilitators are Samaritan trained volunteers and are suicide survivors themselves. Safe Place honors and respects the needs of the survivors, provides unconditional emotional support, helps survivors gain strength & courage from one another, and deals with a unique grief that is often not understood by others. Safe Place is free of charge, on-going and confidential. For questions about Safe Place support groups call the Samaritans at 508/548-7999. Samaritans has put together and distributed over 100 individualized care packages that contain resource lists, books, journals, etc. Samaritans also has confidential Crisis Lines manned by trained volunteers 24/7. They also have Volunteers who perform outreach to identified seniors at risk.

### ANNOUNCEMENTS:

- Postvention training for social service agencies to promote healing and reduce risk after a suicide is scheduled for November 28, 29 & 30 at the Hampton Inn and Suites, 99 Main Street (rte28), West Yarmouth. Day 1 is additionally open to the public (cost \$30). Three day training cost is \$100 and is geared for clinicians, social workers, and first responders etc. who are involved in developing

crisis protocols and/or responding to a suicide death. Contact Maura Weir at 774/392-5420 or [mweir@chcofcapecod.org](mailto:mweir@chcofcapecod.org) to register or for more information.

- Samaritans on Cape Cod & Islands will conduct a free suicide prevention gatekeeper training on December 6<sup>th</sup> at Sandwich Hollows designed to reduce the incidence of suicide among adults 55 and older. For more information, please contact Stephanie Kelly or Jessica McHugh at the Samaritans @ 508-548-7999 or [ccsamaritans@verizon.net](mailto:ccsamaritans@verizon.net)

**ADJOURNMENT/NEXT MEETING:** Meeting adjourned at 12:45 PM

**Next Meeting: December 8, 2011  
Rms 11/12, Barnstable Superior Courthouse**

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