



**MEETING MINUTES  
July 14, 2011**

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

**Present:**

Tim Lineaweaver, Quissett Counseling & Consulting	Kathie Callahan, Barnstable County Human Services
Gail Wilson, Mashpee Human Services	Ben Caswell, Wendell Marketing
Stephanie Kelly, Samaritans of Cape Cod & Islands	Kate McHugh, Barnstable Counseling Associates
Beth Albert, B.C. Dept. of Human Services	Jocelyn Howard, Hyannis VA Veteran's Center
Kathleen Shine-O'Brien, Mass Maritime Academy	Patrick DeMartino – Intern, Barnstable County Human Services
Maura Weir, CHCCC, Youth Suicide Project	Christine Clements Stein, B.C. Dept. of Human Services
Alan Holmlund, Dept. of Public Health, Mass Coalition to Prevent Suicide	Deidre Arvidson, B.C. Dept. of Health & Environment
Helene Hasting, Cape Cod Community College	Jean Calvert, Department of Mental Health
Sally-Ann Imes, Barnstable Youth Services	Beth Biro, Children's Cove
Alice Cook, Community Health Center of Cape Cod	Patrick Wendell, Wendell Marketing
Phil Van Buskirk, NAMI	Jud Phelps, Retire, NAMI BOARD

Unable to attend: Dayle Lawrence, Jenny Garneau, Mark Abbott, Sue Rohrbach, John Bove, Beverly Costa-Ciavola, Leslie Moreland

**WELCOME & INTRODUCTIONS:** Introductions were made by group. Beth Albert also recognized the new Steering Committee members elected at the June Meeting. The next S/C meeting is scheduled for July 25, 2011, at Mashpee Human Services.

**APPROVAL OF JUNE MINUTES:** **Kate McHugh** motioned, seconded by **Beth Albert** to approve the June minutes as written, unanimously approved. Working group updates distributed.

**FINANCIAL REPORT:** No financial report distributed. A new treasurer will be elected at the 7/25/11 S/C Meeting. Beth Albert reported that there is an available balance of \$893 in the CISPC fund held at the Cape Cod Foundation. There is also \$2,000 held by Barnstable County for a grant from the Cape Cod Foundation. This \$2,000 must be spent down by September 30, 2011.

**MASS SUICIDE PREVENTION COALITION – Alan Holmlund, MDPH Suicide Prevention**

**Program:** Alan reported that the initial \$1.32 million reduction in funding in the Senate budget has been restored and is level funded for FY12 with \$3,569,444 available for prevention services and programs. This will be distributed among 21 community-based contracts and used for professional trainings, QPR gatekeeper trainings (400 people to date trained), the Annual Massachusetts Coalition for Suicide Prevention (MCSP) conference and to support a small DPH staff. Congratulations Maura Weir who passed her master training QPR certification. This funding also supports postvention services & education MCSP helped establish and continues to support state-wide regional coalition efforts: C&I Suicide Prevention Coalition, Northeast Suicide Prevention Coalition, Pioneer Valley Suicide Prevention and Berkshire County Suicide Prevention Coalition. MCSP is also looking to form coalitions throughout the state. MCSP general membership meetings are held in Wellesley, MA about 5 times per year. In addition, the

Mass Coalition Executive Committee is asking for one rep from each region to sit on the Executive Committee and would like the CISPC to nominate a representative and alternate to regularly attend these meetings. The CISPC Steering Committee will discuss this at their next meeting. Tim has attended one of these meetings representing the Coalition. Tim Lineaweaver thanked the MCSP for their support and advocacy efforts.

Alan noted that because the CISPC was already well-established, the response to address the recent high incidence of suicides in Falmouth was immediate and strategic and he applauded those efforts.

**UPDATE - STRATEGIC PLANNING:** Both outgoing and new CISPC Steering Committee members attended a strategic planning meeting on July 8<sup>th</sup>, facilitated by Rose Purrelli-Swenson. The mission and vision of the CISPC were revisited. Rose suggested devising a 1-2 year plan for the Coalition. 5-6 core values were established. Goals and objectives for the Coalition were not finished but address strategic and operational topics i.e. sustainability. Suggested that the Coalition may benefit from hiring a development person but funding sources need to be explored first. Also discussed was C&I anti-stigma campaign. Suggested bringing Rose back in the fall at a monthly CISPC meeting to present her final recommendations.

**PROTOCOL FOR REPORTING SUICIDES:** At the June meeting it was reported that there had been a recent death by suicide locally which neither DMH nor the PTSM team were aware of. Beth Albert reported that after several suicides in Barnstable, a PTSM team was organized to deal with postvention issues. A protocol was developed at that time for reporting suicides with Beth being the point person to call and she would forward information to DMH or DMH could be called directly. When DMH is notified, they investigate the details and do outreach to the family. If the family accepts the help offered by DMH then the PTSM team offers additional outreach. It was suggested that this protocol needs to be revisited for further discussion re: effectiveness and clarification of the protocol. Suggested that outreach needs to be done to funeral directors, emergency rooms etc. and provide a workshop to disseminate information regarding postvention services available. Noted that DPH does have outreach materials for funeral directors and clergy. New Hampshire Coroner's office has developed a packet of materials which is provided to families of suicide loss. This packet contains "what to do now" information re: contacting police etc. The Northeast Coalition has developed a packet for funeral directors as well. The contact person is Larry Berkowitz. Alan Holmlund will forward the DPH resource guides to the CISPC. Samaritans on Cape Cod have developed a "Care Package" for families that includes resource information, brochures, books, and bereavement self-care information. Maura Weir also has packet from Colorado from Dr. Sally Spencer-Thomas. Kathleen Shine O'Brien suggested that the SC further discuss coordination of this outreach at its next meeting.

At present, in the event that ANY info comes to light regarding a death by suicide contact DMH Crisis hotline # is 1-800-322-1356.

**UPDATE ON ANNUAL REPORT:** Typically the CISPC holds quarterly forums, however, there was not one held in June. Once the Barnstable County Community Organizer contract position has been renewed it had been previously agreed to that person will begin gathering information and putting together the Annual Report which is expected to be completed by September in time for World Suicide Prevention activities. The original due date was July 15<sup>th</sup> but that will be extended. More information to be sent to Coalition via email. Beth pointed out that an Annual Report has several purposes and will be worth the effort and could be used at the event in Sept. with Legislators.

#### **NEW BUSINESS:**

- **Suicide Prevention Week – Maura Weir:** A September community gathering will be planned on the Cape for Suicide Prevention Week, September 4 – 10, 2011. This year's theme for World Suicide Prevention Day is *Preventing Suicide in Multicultural Societies* (information distributed). In the past during this week, the CISPC has done a luncheon, youth & adult QPR trainings, a booth at Cape Cod Community College, proclamations in Barnstable County, Mashpee and Nantucket and

various other activities. The Marketing Committee had discussed several ideas for this year include: launching the Spanish and Portuguese translations of the CISPC brochure, a legislative breakfast, appearing on CCCC's radio station. Maura Weir plans to launch the Youth Project survey results, The International Association for Suicide Prevention invites you to light a Candle near a window at 8 PM on September 10<sup>th</sup> to show your support for suicide prevention, to remember a lost loved one, and for the survivors of suicide loss. Other suggestions can be forwarded to Maura Weir at [mweir@chcofcapecod.org](mailto:mweir@chcofcapecod.org).

- **Falmouth Road Race – Tim Lineaweaver:** Tim reported that the Coalition has 10 runners on our team. There are still 3 additional numbers available for runners who are committed to raising money for the Coalition. CISPC funds are dwindling and the hope is that monies raised by the runners for CISPC will help sustain the work of the Coalition. He encouraged all members of CISPC to try to give in some way either by sponsoring a runner, making a donation or even buying a T-shirt. The race will be held on August 14<sup>th</sup>. A gathering is being planned tentatively for Thursday evening, August 11<sup>th</sup> from 5-7 PM at the Barnstable Tavern in Barnstable Village to celebrate the runners and the accomplishments of the CISPC. This event will be open to the public and a possible raffle and/or silent auction was suggested. Kathleen Shine O'Brien will follow up with Patrick Wendell about feasibility of silent auction. Ben Caswell noted the amount of time it takes to do a silent auction. Press release to raise awareness is also being planned. For more information about the race and how you can help contact Tim at [tnt410@aol.com](mailto:tnt410@aol.com). Tim did note that when visiting the CISPC runner's race page you will see the Cape Cod Foundation listed in the heading as they are handling contributions. However, the CISPC logo is also clearly marked.
- Group decided to cancel the August general membership meeting so all Coalition members could attend the August 11<sup>th</sup> Road Race event.
- Suggestion was made that the September meeting feature the accomplishments of the CISPC over the past year. This was done at the meeting in September of last year as well.
- Kathleen Shine O'Brien suggested that going forward photographs of CISPC related activities be compiled and a possible video be done. Also photos could be included in the CISPC newsletter being planned or possibly posted on Facebook and on the runner's race pages.
- Helene Hastings, CCCC student, thanked the CISPC for all that she has gained as a member in the Coalition. She will be continuing her studies in social work in Boston in the Fall.
- Gail Wilson offered to host the CISPC S/C meeting on July 25<sup>th</sup> at Mashpee Human Services conference room. She will let Beth or Kathie know if the room is available.

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

**Next Meeting: September 8, 2011**

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