



**MEETING MINUTES
September 8, 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 on Cape Cod & Islands	Kate McHugh, Barnstable Counseling Associates
Beth Albert, B.C. Dept. of Human Services	Hannah Lamb, School system
Kathleen Shine-O'Brien, Mass Maritime Academy	Elaine Moraglia, Hospice & Palliative Care of CC
Maura Weir, CHCCC, Youth Suicide Project	Christine Clements Stein, B.C. Dept. of Human Services
Jessica McHugh, Samaritans on Cape Cod & Islands	Jenny Garneau, DPH Community Organizer - Nantucket
Beverly Costa-Ciavola, CC Neighborhood Support Coalition	Jean Calvert, Department of Mental Health
Sally-Ann Imes, Barnstable Youth Services	Sheila House, Harwich Youth Counselor
Ann Beckert, Family Continuity	Marcy Hendricks, Mashpee Wampanoag Tribe
Paul Wild, Elder Services of CC&I	Candace Perry, BC Community Organizer
Kathleen Shine-O'Brien, Mass Maritime Academy	Sue Rohrbach, Sen. Dan Wolfe's office
Bill Doherty, Barnstable County Commissioner	Steve Jochim, Dept. of Mental Health

Unable to attend: Mark Abbott

WELCOME & INTRODUCTIONS: Introductions were made by group.

APPROVAL OF JULY MINUTES: **Beth Albert** motioned, seconded by **Gail Wilson** to approve the July minutes as written, unanimously approved. Working group updates distributed.

FINANCIAL REPORT – Beth Albert: FY12 p/e July 31, 2011 financial report distributed. Does not include funds raised from the Falmouth Road Race – will be in next month's report. Reported that at last count Falmouth Road Race donations through First Giving totaled \$15,462. Tim noted that CISPC funds dwindle quickly. Group needs to think about long-term sustainability i.e. grant writing etc.

\$9,000 was received in 2009 from the Mass Coalition, \$5,000 in 2010 and grant has been applied for in FY12 for \$8,000 for an anti-stigma campaign. Bill Doherty reminded group that the CISPC needs to maintain a high level of visibility.

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

Beth: the Annual Report is being worked on and hope to have completed and published by 9/23/11. Beth had previously sent an email to Coalition members requesting submissions highlighting accomplishments and collaborations in the community-wide suicide prevention efforts. Only a few responses were received. She once again distributed the request today and noted that it would be great to highlight these successes in the Annual Report. This Annual Report will be distributed at the 9/23/11 legislative breakfast being planned, for grant writing purposes and for P.R. purposes. Please send responses to Beth by 9/12/11 @ balbert@barnstablecounty.org. It was also noted that of the database being kept of people attending meetings, forums, trainings etc. only 33 of 330 have completed and returned the membership form. Form was re-distributed today and asked that it be completed and returned to Kathie at

kcallahan@barnstablecounty.org. There is a Suicide Prevention Leadership & Advocacy Training scheduled for September 21st at the Holiday Inn in Falmouth presented by DPH, Suicide Prevention Program. An email was sent to Coalition members and it is also listed in the CISPC Calendar of Events which has been distributed. The S/C met the end of August. Elections for officers were held. List of S/C members and officers was distributed.

Tim: A legislative breakfast is scheduled for September 23rd at the Resort & Conference Center at Hyannis from 8 – 9:30 AM. Cape delegation has been invited and many plan on attending. This is an opportunity for CISPC to present its successes and concerns and be in the forefront of the legislators minds. CISPC video will be shown, Christine Stein will do a data presentation, Annual Report will be presented and time will be allotted for a Q&A period. If you would like to help with this event let Beth know. It was also noted that the Assembly of Delegates, the County Commissioners and the Samaritans volunteers should be considered for invitation.

NATIONAL SUICIDE PREVENTION WEEK, SEPTEMBER 4-10: The County Commissioners signed a Proclamation proclaiming September 4 – 10 National Suicide Prevention week in Barnstable County. A press release was also issued. Jenny Garneau reported that the Nantucket Board of Selectman also signed a proclamation on September 7th. Maura Weir and Gail Wilson attended the Mashpee Board of Selectman's meeting who also signed a proclamation. A Proclamation will also be signed in Falmouth on September 12th. There will be a special 24hr broadcast on Cape Cod Broadcasting. Bill Doherty noted reports showing an increase in Veteran suicides and CISPC should continue to reach out to this population with resources. Another population at risk is undergraduates due to increased stress from school related issues. Ben Caswell also noted there have been an increased number of suicides among professional athletes as well. Media coverage has been all over the board in how these events were covered. Some reports were respectful while others were very graphic in nature which is not in keeping with reporting guidelines. Sue Rohrbach noted a recent article in the Boston Globe regarding an MIT student which was well written and respectful. It was noted that although some feel there has been a lull in suicides in Falmouth it may be due to these events being "under the radar" and not being reported. Attendees were reminded to continue to contact the DMH crisis line with any info they obtain and DMH will research its validity to the extent they can being always mindful that the need to know vs. offending family members of suicide victims is always a fine line. Reminded not to discuss what we don't know first hand, verify info before contacting DMH, contact DMH with as much verified data of a tragic event. Many calls received by organizations such as the Samaritans are subject to confidentiality guidelines. Does DMH have bereavement services and resources available? PTSM Team procedures will be reviewed at a future meetings. Crisis cards need to be updated and reprinted. Note: CISPC brochures are now available in Portuguese & Spanish as well as English. Please get some from Kathie after the meeting.

SHARING SUCCESSES OF COALITION PARTNERS OVER THE PAST YEAR:

Stephanie Kelly, Samaritans:

- Received 24,000 calls on the crisis line.
- Held 6 trainings
- Increased outreach and referrals to seniors
- Gatekeeper Senior/Adult training
- Safe Place support groups in Falmouth, Hyannis, Nantucket (M.V. is being planned)
- 100 Survivor packets distributed
- Increased Community Outreach
- Preparing PSA's for radio

Maura Weir, Youth Project:

- November 2010: Dr. Sally Spencer Thomas facilitated 5 forums
- November 2010 coordinated National Survivor Day activities.
- January 2011 – Dr. Sally Spencer Thomas facilitated survivors/grief healing forum
- 6 High Schools, 1 middle school – student screened (S.O.S.)

Peer to Peer trainings held for Cape Cod Youth
May 2011 – Connect Train the Trainer trainings (16 trainers trained)
13 QPR trainers trained
Lots of outreach
Week of September 4 – 10: Connect training – Youth Center
9/10: Fundraiser at Trader Ed's in Hyannis
Outreach to Libraries/Librarians – distributed books and literature including materials
targeted to youth
Survivors Survey – Press Release being planned

Tim Lineaweaver:

Falmouth Road Race – coordinated team participation, \$21,000 raised for CISPC

Gail Wilson, Mashpee Human Services:

Meeting with town manager re: street outreach, resource cards distributed broadly.
Presentation to Board of Selectmen RE: preventative measure

Beth Albert, Barnstable County Dept. of Human Services:

Produced Falmouth Case study and distributed widely
Hired a Community Organizer
Provided administrative support to the Coalition
Real Men, Real Depression outreach by B.C. Community Organizer

Steve Jochim, DMH:

Last 2 years the number of crisis evaluations doubled
Outreach in Falmouth
Outreach in Mashpee
PTSM model developed, plan to implement in other areas in addition to Falmouth

Jenny Garneau, DMH, Nantucket:

Survivor Day events
Implemented DPH Mental Health Workplace Initiative
Held train the trainers training
Crisis team trainings to professionals i.e. police, ER nurses, first responders etc.
Listening sessions – Hispanic population
Youth Risk Behavior Surveys
Film documentary – targeting youth
VA outreach on Nantucket
Real Men, Real Depression outreach
Hidden Culture of Aggression: Anti-bullying strategies conference

Sheila House, Harwich School Youth Counselor:

Recovery Month Walk-a-thon
S.O.S. screenings in Harwich & Chatham High School & Middle School
Youth & Teacher trainings

Sue Rohrbach applauded group for all the work that has been done and continues to be done to bring education and awareness to the issue of suicide.

Sue Rohrbach: Backers of assisted suicide for certain terminally ill patients filed paperwork with the Attorney General to begin the process of bringing their plan, dubbed the “Death with Dignity Act” to the November 2012 ballot.

NEW BUSINESS/ANNOUNCEMENTS:

- Maura Weir requested that time be set aside on the October agenda to review the by-laws for revisions.
- Tim: Calmer Choice – 3rd Annual De-Stress Express 5K and 10K Road Race & Walk is scheduled for Saturday, September 24th. For more information or to register visit <http://www.calmerchoice.org/Road-Race.html>
- Remember to light a candle near a window on September 10th at 8 PM to show support for suicide prevention, to remember a lost love one and for the survivors of suicide loss.
- September is National Recovery Month. Rise & Shine for Recovery Cape Cod Symposium Fun Run-Walk is being held on September 10th beginning and ending at the Resort & Conference Center at Hyannis. Walk begins at 6:45 AM.

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

Next Meeting: October 13, 2011

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