



**MEETING MINUTES
December 8, 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	Beverly Costa-Ciavola, CC Neighborhood Support Coalition
Jessica McHugh, Samaritans on Cape Cod & Islands	Candace Perry, BC Community Organizer
John Bove, Mashpee Mental Health Center	Christine Clements Stein, B.C. Dept. of Human Services
Maura Weir, CHCCC, Youth Suicide Project	Mark Abbott, Falmouth Human Services
Arthur Bence, South Shore Mental Health	Sally-Ann Imes, Barnstable Youth Services
Andrea McGee, Wampanoag Tribe of Gay Head/Acquinnah	Gail Wilson, Mashpee Human Services
Dayle Lawrence, CCHS/CCHC	Sue Rohrbach, Senator Wolf's office
Jud Phelps, NAMI	Ingrid Muzy Murray, Mid-Upper Cape Community Health Ctr

Unable to attend: Jenny Garneau, Ann Beckert, Paul Wild, Kate McHugh, Steve Jochim

WELCOME & INTRODUCTIONS: Introductions were made by group.

APPROVAL OF OCTOBER MINUTES: **John Bove** motioned, seconded by **Beth Albert** to accept the November minutes as written, unanimously approved.

FINANCIAL REPORT – Beth Albert: Report was distributed. \$8,000 grant from DPH/Mass Coalition was transferred to Cape Cod Foundation for deposit in the Coalition Fund. \$671.00 in expenses. Balance of Coalition fund is \$13,781.45. Balance in designated fund from the Falmouth Road Race is slight over \$11,000.

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

- **Strategic Planning Meeting Part II**, was held on November 16th. The Steering Committee developed a detailed work plan for the Coalition with specific action steps. Tim reviewed the Plan and the following priorities:
 - Increase help seeking behaviors for people of all ages
 - 1) Raise awareness that mental health is a normal part of the human condition
 - 2) Reduce stigma associated with seeking informal and formal mental health services
 - Increase the number of gatekeepers in the community
 - Conduct evidence-based, best practice training in suicide prevention for C&I
 - Train a culturally diverse corps of QPR trainers
 - Develop a tiered program with descriptions to include cost/benefit/leverage
 - Include a culturally sensitive/relevant materials and resources
 - Coalition organizational development and sustainability
 - Create a long-term fundraising strategy
 - Develop an organizational structure to insure long-term sustainability for CISPC

Discussion: Gather information from a representative sample of C&I residents. Develop and pilot an anti-stigma campaign. Develop an annual training calendar. Increase fundraising by \$100,000 by 2013. Host a conference for professionals. Identify a high profile CISPC champion. Triple the number of Falmouth Road Race Runners for 2012. Suggestion: Comedy night with local comedian Loretta LaRoche. Evaluate the organization structure of 3-5 successful coalitions. Expand CISPC membership to include business stakeholders. Noted that all CISPC members need to be involved in the Coalition's efforts. The S/C will refine the strategic plan and do a formal presentation at the January 2012 CISPC meeting.

- **Follow-up from Legislative breakfast:** Beth met with Rep. Sarah Peake on November 14th. Tim will meet with Rep David Viera on December 12th. Beth & Tim will meet with Senate President Therese Murray on January 11th. Suggestion: schedule meetings with those legislators that attended the breakfast to affirm the goals and work of the Coalition.

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 worked with the Coalition and the Suicide Prevention Youth Project to present “Hope & Healing: Falmouth Coming Together” on December 6th at the Falmouth Library, a forum focused on the grief of losing someone to suicide. Suicides can run a 3-5 year cycle so the Coalition must remain vigilant in its efforts. Attendees were encouraged to write messages of hope or remembrance on cards and hang the notes on a clothesline for display at the event. There was some discussion about hanging the clothesline where the general public could view the notes but it was decided that some of the thoughts on the cards may not be intended for public display so it was decided not to post the clothesline in public.

The Cape Cod Times covered the event and wrote a positive article, however, specific information was included from a person who wished not to be identified. This prompted discussion once again about educating the press regarding their reporting guidelines. Other suggestions included: press needing signed releases for photos and/or information from persons interviewed, press being informed before the event of the guidelines and respect for privacy of survivors, survivors being informed before the event about the nature of the event, if press will be attending, and guidelines about information they do or do not wish to share and that this is a personal decision. Beth will contact the reporter and Jessica McHugh will contact the survivor regarding the article contents.

It was suggested that perhaps an event at the State House to include invitations to legislators would be a good educational opportunity. Also suggested was developing a statement to be distributed to event participants and establishing ground rules for the press. Arthur Bence thought a small group could be convened to discuss these efforts and perhaps put together a press packet/guidelines. Individuals on this sub-group will include Arthur Bence, Maura Weir, Candace Perry and Jessica McHugh. Maura reminded everyone that the media guidelines were previously distributed to the press and CISPC in April of 2011.

1st QUARTER 2012 – FOCUS ON VETERANS/MILITARY: Possible location is the Veterans Center in Hyannis – this only holds 45-50 people - not sure if this is big enough depending on possible high attendance. Stephanie Kelly, chair of the events committee will be tasked with coordinating this effort with the events committee and help from all CISPC members. Email will be sent to members for involvement in planning. Reach out to Kerry Bickford who is involved with Military kids who have a parent or family member deployed.

NEW BUSINESS:

- Ingrid Muzy Murray: Ingrid was approached to be on the CISPC S/C. Initially she said yes, but after consideration has now declined due to other obligations. S/C will take a coordinated approach in the future when recruiting new S/C members.

- **ANNOUNCEMENTS:**

- Ingrid also spoke about the Human Rights Commission Human Rights Academy session held in November. Over 180 students from high schools across the Cape participated. Maura Weir was invited to become involved with the Human Rights Academy.
- Membership forms – continued effort to obtain completed forms. Andrea McGee suggested follow-up with persons attending events to become a member of CISPC.
- Need to regenerate working groups. Suggest groups meet during the monthly meeting and report back to the whole group. Suggest that groups be project-based and look at specific goals.
- Maura Weir: Youth Suicide Project did not receive additional funding to keep the project going. DPH will provide funding for 2 days per week for Maura's work. The Community Health Center is looking into providing some funding options for additional time.
- Beverly suggested having one of the quarterly forums in 2012 on Martha's Vineyard or Nantucket. There is a NAMI office on Martha's Vineyard who could help coordinate an event as well.

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

**Next Meeting: January 12, 2012
Rms 11/12, Barnstable Superior Courthouse**

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