

SUICIDE PREVENTION COUNCIL MEETING MINUTES

January 29, 2008

The Capitol Building, Room 2103

FOLLOW UP TASKS:

Statewide Office of Suicide Prevention (SOSP):

- Erin MacInnes will follow-up with Nancy Hamilton in regards to recommendations for contract grant proposal writers.
- The Annual Report will be distributed electronically to the Council, as well as posted on the University of South Florida website.
- The language of Senate Bill 440 will be sent to the Council.
- The next meeting will include information about Veterans' Affairs.
- The Governor's new budget information will be sent out when it becomes available.
- Erin MacInnes and Bobby Roberts will connect to discuss more about the faith-based initiative.
- Erin MacInnes will speak with Joe Marino to discuss presenting on Veterans' Affairs initiatives at the next council meeting.

Suicide Prevention Coordinating Council (SPCC):

- The Coordinating Council should use the Recommendation Form throughout the year in order to fulfill the legislative mandate to advise the Office of Suicide Prevention on strategies to reduce Florida's suicide rate.
- The Coordinating Council is asked to supply the Statewide Office of Suicide Prevention with funding areas of interest of opportunities as they become available.
- The Coordinating Council is invited to participate in a conference call to plan the 2008 Suicide Prevention Symposium. The call is scheduled for Friday, February 8th from 10:00 AM – 11:30 AM. Call-in number: (888) 808-6959; Conference Code: 1074273.
- The Coordinating Council should review the Statewide Office of Suicide Prevention Annual Report and submit feedback for next year's draft.
- The Coordinating Council requests that FMHI send out the dates/times of their meetings in Pasco and Duval counties.
- The Coordinating Council should review the Implementation Project website and submit feedback via email.

AGENDA ITEMS AND NOTES:

Welcome and Introductions: Bill Janes, Director, Florida Office of Drug Control and Assistant Secretary, Substance Abuse and Mental Health at the Department of Children and Families

Follow Up Items: Director Bill Janes

- Adopt November Meeting Minutes

Wayne Dreggors made motion to adopt the November Council Meeting minutes, Nancy Hamilton seconds the motion. All in favor, motion passed.

- Council’s Legislative Mandate/Recommendation Form

According to the legislative mandate, the Suicide Prevention Coordinating Council shall “*Advise the Statewide Office for Suicide Prevention regarding the development of a statewide plan for suicide prevention, with the guiding principle being that suicide is a preventable problem. The statewide plan must:*

- a) Align and provide direction for statewide prevention initiatives*
- b) Establish partnerships with state and private agencies for the purpose of promoting public awareness of suicide prevention*
- c) Address specific populations in this state who are at risk for suicide*
- d) Identify ways to improve access to crisis services for individuals in acute situations*
- e) Identify resources to support the implementation of the statewide plan”*

The Council is encouraged to submit suggestions via the Suicide Prevention Coordinating Council Recommendation Form. Each page of the recommendation form concentrates on specific requirements of the mandate. This form has been distributed in hardcopy at Council meetings, by email, and is available on the Statewide Office of Suicide Prevention website: http://www.flgov.com/suicide_prevention. This form may be submitted to Erin MacInnes by email (Erin.MacInnes@eog.myflorida.com) or in person at Coordinating Council meetings.

- Hire Grant Writer

The Statewide Office of Suicide Prevention is currently working on identifying 1-3 grant proposal writers for contract. In addition the Office is building a database of potential grant opportunities. Therefore, when opportunities become available, there will be contract writers available to write the proposal. At times, the SOSPP may contact partners to collaborate and assist in writing grants, and likewise will provide letters of support when those partners are seeking funding. Nancy Hamilton provided Erin with some recommendations for writers. Director Janes asked the Council to supply the SOSPP with possible areas of interest or opportunity in the state.

- Reminder: Only those listed in statute can vote at council meetings.

Although the input of all in attendance is appreciated during times of discussion, according to Florida law only those listed in the statute may vote.

Existing Initiatives: Erin MacInnes

- Annual Report

Thank you to everyone who contributed to the production of the Annual Report. The report is currently finalized and has been printed for distribution. Every legislator will receive a copy of the report with a personalized cover letter next week. The report will also be sent out electronically and linked to on the University of South Florida website.

The Director requests that council members review the report and submit feedback for the next annual report, which will start being drafted later this year.

- Garrett Lee Smith Grant Update

The Garrett Lee Smith grant proposal was submitted to SAMHSA on January 11th, it is anticipated that we will receive results by June or July. If awarded, this will allot 1.5 million dollars over a period of 3 years to the proposed programs in Duval County. Duval was selected as the focus for the grant because of existing efforts that have already begun there.

Every year Jacksonville Community Council, Inc. selects a different topic to study and write an initial and follow-up report to the community. This past summer they chose youth suicide. The purpose of the report was to raise awareness but it did not include a plan of action. This provided an excellent opportunity to springboard into the Garrett Lee Smith grant. This also the reason why Duval was one of the counties chosen to be part of the Florida Suicide Prevention Implementation Project. The Implementation Project and the Garrett Lee Smith grant projects will complement one another nicely.

Two other groups in Florida applied for Garrett Lee Smith Campus grants. Daytona Beach Community College was already awarded in the past and they applied for a second grant; Nova Southeastern University applied for the first time. The Statewide Office of Suicide Prevention wrote letters of support to both colleges.

- Well Aware Campaign Update

The Florida Office of Suicide Prevention is partnering with the Department of Education in collaboration with Point de Vue Communications to implement the Well Aware Campaign. The Beth Foundation and the Florida Mental Health Institute have graciously sponsored this campaign.

The goal of the Well Aware Campaign is to make education leadership in Florida aware of the role of suicide prevention in academic achievement. As many of us have experienced, trying to bring suicide prevention programs into schools isn't always easy. There can be a lot of concerns for administrators, so obtaining and sustaining support from them is essential.

Well Aware is a series of suicide prevention bulletins for school administrators and policymakers who influence education. It features the latest in evidence-based practices and procedures that can be utilized in the school setting. This is a brand to best address school administrators and their role in identifying children at risk. The content is light and it is quick reading to best target those with limited time. We will be highlighting schools in Florida that have implemented programs that are working.

Currently, the first issue has been disseminated in print and electronically. This issue garnered a number of calls from the media. We are now working on the second issue with a focus on bullying prevention and work being done in Lee County. This issue is being finalized and will go to print in a few weeks. The SOSF is working with Bettye Hyle from the Department of Education to get this second issue launched.

- Department of Corrections Educational Campaign Update

The Department of Corrections approached us and was looking to do some sort of educational campaign for their employees—both the state level and direct-care staff. It was determined that our approach would cover training, awareness and educational materials.

Dr. Dean Aufderheide has been trained in the SPRC Assessing and Managing Suicide Risk training, so he blanketed the state, training all Department of Corrections employees that work with staff.

We are now working on a series of suicide prevention segments to include in the Department of Corrections weekly electronic newsletter. It was determined that we would release one segment per month for the year of 2008 totaling 12 complete segments. The first segment was completed and distributed in January; the second segment is schedule for release in February.

These segments were distributed as handouts at the Council meeting. Anyone is free to use this material and print it elsewhere. The SOSP can also assist in tailoring the materials to be more appropriate to your organizational needs.

We are still looking for educational materials such as brochures, wallet cards, and posters dealing with depression, substance abuse, and the link to suicide. Unfortunately, there is not much available specific to corrections professionals, so we are now considering broader resources that target adults.

- Legislative Committee Update

Council members received a legislative matrix detailing two bills we are already supporting and a third bill for council consideration.

Suicide prevention education legislation currently has a white paper and has been sent to bill drafting in the House and Senate. Rep. John Legg and Sen. Don Gates have been contacted for sponsorship but have not yet confirmed. Both are on committees that the bill will need to pass through. This bill currently has support from the Florida Association of District School Superintendents and more concrete support is being sought from other education associations. Kingsley Ross has been very helpful with his guidance in this issue.

The bullying bill has been filed in both the House and the Senate, and referred in both chambers. The purpose of this bill mainly requires a certain minimum standard that school districts have to adopt from the state model by putting language into their code of conduct. By changing the code of conduct, this provides the greatest possible leeway to get services into schools and doesn't cost anything to implement. This will bring all community efforts to bear when a child is being bullied. Responsibility is placed on the community, not just solely on parents or not just solely on the school. It will protect the target of the bully and keeps the family informed. The purpose is not to prosecute the child but to examine the threat level that a child may pose to a school and protects others' safety and well-being. This bill acknowledges the underlying factors and treats the child instead of exercising punitive methods, taking into consideration research stating that 98% of bullies go on to abuse their spouse or co-workers; one in four goes on to commit a violent crime by age 26. If necessary, evidence can be provided to move the bully to another school and receive comprehensive services. Resources can be employed to break the bullying cycle and follow-up services will be provided to the victim.

Senate Bill 440 would is a piece of health education legislation mandating that all high school students are required to have ½ credit of health education to graduate. Some programs that could be implemented with this requirement are Signs of Suicide or Teenscreen, or some other kind of substance abuse education. The bill is being sponsored by Jan Long.

Nancy Hamilton made motion to support the bill, Judy Bousquet seconds the motion.

Although this bill requires health education, it does not require a specific suicide prevention curriculum; suicide prevention would however, be an option. The bill does not state what is required to be taught in the health education class, just merely that the ½ credit would be mandated. There are 10 courses that could satisfy the one half credit requirement. There are some model curricula that could be

picked from to fulfill this requirement; there are also other resources, such as what is provided by the Jason Foundation.

Currently, the ½ credit is not required by schools, although some schools have chosen to embed pieces of the health curriculum in physical education classes. However, approximately 50% of schools have no health education at all. There is no other avenue provided for suicide prevention education at this time. This legislation would also require that the curriculum is taught by a highly qualified health education teacher.

Upon voting, all were in favor except Jackie Rosen who voted no and Steve Roggenbaum who abstained. Motion passed.

Jackie Rosen made motion for the council to submit a recommendation to the Senate Bill 440 sponsor to strengthen the bill by including more specific information regarding suicide prevention, Frank Buonauro seconds the motion.

Some concerns were raised that the bill as it stands may just be resurrecting the old Life Management Skills programs which had many fallacies and were ineffective. The Council expressed the desire to see the actual language of the bill before submitting specific suggestions.

A friendly amendment was added to the motion suggesting changing the language of current statute 1003.422N to include the words “suicide prevention”.

Upon voting, all in favor except Steve Roggenbaum who abstained. Motion passed.

Steve Roggenbaum made motion to revote on the original decision to support Senate Bill 440, having not seen the actual language of the bill, Nancy Hamilton seconds the motion.

Passing this motion would render both previous motions in support of Senate Bill 440 null.

Upon voting, no one in favor except Steve Roggenbaum. Motion not passed.

National Update: Dan Reidenberg, Executive Director of SAVE (Suicide Awareness Voices of Education), National Council of Suicide Prevention

The 2005 data and statistics have been released. In Florida, there was a drop in suicide rate from 13.7 – 13.2 and ranking from 15th – 18th. All of this data is available on the American Association of Suicidology website (www.suicidology.org).

Last week the government held a phone conference regarding the 1-800-SUICIDE hotline. The petition to reassign the number is in the process of moving forward with the FCC making their ruling within the next two months. Many are hoping this continue to be rolled together with the National Suicide Prevention Lifeline number 1-800-273-TALK. The Center for Disease Control and National Institute of Health also reported on the Veteran Affairs suicide hotline. Lifeline added a specific number where callers (veterans) could speak with another veteran when they called. Thus far they have received 21,000 calls, averaging approximately 133 per day. To promote the suicide hotline, the Veterans Affairs Office began mailing out 6,000 letters per day, which they later increased to 8,000 letters per day, to veterans informing them of the availability of the line. Unfortunately, the letter has been ineffective, with only 5 incoming calls being received due to the letters. Next, the Veterans Affairs Office will be sending out stickers to homes and veterans shelters that can be placed on phones. So far only 10 calls have been

received as a result of that effort, leading Veterans Affairs to re-examine the best way to reach out to veterans.

The National Council of Suicide Prevention polled all leading presidential candidates on their position relative to suicide and mental health parity and only one candidate responded. The Council was surprised by the lack of interest but will be resubmitting their survey at a later time and publishing the responses. The one candidate who did respond cannot be revealed at this time.

Dr. Reidenberg and two other men will be meeting with a federal working group meeting in March to hear from the government to hear what suicide prevention efforts have been taking place and what the projections are for the next 1-3 years. In two weeks, it is believed that the government will begin implementing the Action Alliance. Requests will be going out across the country for representatives to move forward with a public/private partnership.

Currently, we are waiting on the national government to release a paper connecting substance abuse and suicide. The DSM-V is also in the works. A proposal has been made to create a specific section on suicide, which is now just listed as a symptom of other mental illnesses.

Council members raised questions about what kind of suicide prevention training is provided for soldiers in transition. The amount of training will vary from state to state, ranging anywhere from 2 days to 3 hours to none at all. Providing this training is more of a federal responsibility. They are currently equipped with nursing homes, long-term care facilities, and people to assist veterans in navigating the federal system. The Department of Veterans Affairs is also coordinating legislation to extend the window of time to apply for benefits in the transition from defense healthcare to VA healthcare. This is because symptoms can often show up later than the window allows, and veterans will be without care because they didn't apply earlier. Many are in agreement that the VA should be reaching out not just to the veteran but the whole community; it's treating the family, not just the individual.

Planned Initiatives: Erin MacInnes

- 2008 Suicide Prevention Symposium Plans: September 29-October 3; Carible Royale, Orlando (Planning call scheduled for Friday, February 8th from 10:00 AM – 11:30 AM. Call in number: (888) 808-6959; Conference Code: 1074273)

To accommodate everyone's shrinking travel budget, it was decided that it would be best to hold the Florida Suicide Prevention Symposium during the 2008 Statewide Prevention Conference which will be held October 1-3. The first part of the Symposium will be held pre-conference and hopefully those who attend the Prevention Conference will also come to the Symposium. There is a tentative Council meeting on the 29th from 2:00 PM – 5:00 PM, followed by two days of the Symposium of Tuesday and Wednesday. Rosh Hashanah is the 30th – 1st but unfortunately these dates are our only option as we have to blend time and space with the Prevention Conference.

Everyone is encouraged to join in on the first planning call. (*Times listed above.*)

- Suicide Prevention Day at the Capitol Plans: Allyson Adolphson

Suicide Prevention Day is scheduled for April 8th, 2008 with a walk meeting at 1:00 PM and the press conference starting at 2:00 PM. The press conference will take place in Waller Park, the area to the West of the Capitol Building with the dolphin fountain. Additional space is reserved indoors in case of rain. A Save the Date was distributed to all Council and Coalition members. An additional flier will be sent out later when more details are confirmed.

A planning call was held on January 8th to gain insight and feedback from Council and Coalition members. On the call we discussed what the purpose or message of this year's event would be. In addition to the traditional message of raising awareness, we will also be supporting 3 piece of legislation (*Please reference above for details on legislation.*)

Like last year, another walk will be held but it will be a different route, beginning at the front of the old Capitol and ending at Waller Park. T-shirts and wristbands will be distributed. Press conference speakers will include Director Bill Janes, Judy Bousquet, and Seamus McCarthy. Seamus McCarthy is a national suicide survivor speaker affiliated with SPAN and comes highly recommended. Governor Crist has been invited but cannot confirm until early March. During the day there will also be booths, quilts, and display tables in the Rotunda. Those interested in hosting a booth should contact Marlene Jehs as mj6pelican@aol.com. There will also be a portable billboard with a prevention message positioned along the roadside.

As we are hoping to attract a large crowd, Suicide Prevention Day will be promoted in a few different ways. For one, we are currently seeking approval to build a Myspace page dedicated to the event for outreach to youth. We are also working with an advertising group called National Cinemedia to launch an ad campaign for two local theatres in which an ad would run prior to movies for one month before the event. This ad campaign is estimated to reach approximately 100,000 moviegoers.

Florida Suicide Prevention Implementation Project: Florida Mental Health Institute (Bob Paulson, Steve Roggenbaum, and Joanne Herrygers)

In addition to the implementation project, FMHI collaborated with the SOSOP to do the layout and design in kind. They have also assisted with the Well Aware Campaign and increased funding to print hard copies of the second and third newsletters for 10 counties. Additionally, FMHI and the SOSOP will be meeting with other states at the national AAS conference to discuss the possibility of expanding this campaign to become a Southeastern newsletter.

Project Mission: To work cooperatively with the Office of Suicide Prevention (OSP) and the Suicide Prevention Coordinating Council (SPCC) to develop an implementation process and plan to enhance the capacity of the State and of local communities to convert the *Florida Suicide Prevention Strategy* into concrete actions.

Major Goals and Products:

-To develop an action plan consisting of a framework, menu of options and strategies for mobilizing state and local resources to implement the *Florida Suicide Prevention Strategy*.

-To work closely with several communities in cooperation with the OSP to assist them to assess their current capacity and to organize major stakeholders in setting priorities and action steps to begin or enhance implementation of the state strategy on a local level.

Update: From the last Council meeting Duval was selected as the "ready" count and Pasco was selected as the "not ready/high risk" county. In Duval, FMHI is working to identify key planning people in each area, hopefully reconvening and expanding on the Garrett Lee Smith planning group. (*See fact sheet*).

Pasco County is currently not ready, although they do have a prevention council. Thus far, FMHI has meet with their full committee, taken names of those who want to be involved and have began establishing rapport and forming plans. People from many different agencies are being brought to the

table on this project. Local offices of NAMI and Mental Health America have been asked to these meetings.

The Implementation Project website is up and running and available at <http://preventsuicide.fmhi.usf.edu>. The focus of the site is on community mobilization. The site is written more for a professional, or rather, someone who is looking to learn more about implementing prevention programs. The activities deemed to be most important and easiest to implement can be found there. The 1-800-273-TALK number was included in case someone in crisis finds the site.

FMHI asks that the Council review the website and submit feedback via email. Bill Janes also requests that FMHI link with Senta Goudy to learn more about the framework she has done in the past.

Community Initiatives

Presentation on proposed faith-based initiative: Pastor Bobby Roberts.

It is imperative that the faith-based population become involved in suicide prevention efforts. The religious community has a vested interest in reducing suicide among the members and their families. A training course is needed that religious and community leaders can use to recognize the warning signs of suicide during their interaction with their congregations. Erin MacInnes and Pastor Roberts will connect to discuss initiative further.

Yearly Planning Calendar: Erin MacInnes

April 8, 2008: Suicide Prevention Day at the Capitol

April 9, 2008: Council Meeting 9:00 AM - 12:00 PM, Capitol (note time change from 8:30 AM)

April 16-19, 2008: American Association of Suicidology Conference, Boston

July 10, 2008: Council Meeting 1:00 PM – 4:00 PM Capitol

September 29th 2008: Council Meeting (tentative)

September 30 – October 3, 2008: Suicide Prevention Symposium/Statewide Prevention Conference

Proposed Future Council Meetings: Mid-January 2009, Mid-April 2009.

Council Discussion on Additional Issues

Nancy Hamilton made motion for the Council to write a letter of commendation to Mr. Jim McDonough for his work in the prevention field, Judy Bousquet seconds the motion. All in favor, motion passed.

A letter will be crafter and presented to him publicly at the Day at the Capitol. It is requested that this information be kept quiet so the commendation will be a surprise.

Mr. Joe Marino requests that he be contacted with any questions concerning Veterans' Affair press.

Debbie Johnston has bullying/suicide prevention posters created by kids for sale. Proceeds go towards brining youth to Suicide Prevention Day at the Capitol. Anyone interested in purchasing these posters can contact Debbie Johnston or visit www.jeffreyjohnston.org.

MOTIONS:

- Wayne Dreggors made motion to adopt the November Council Meeting minutes, Nancy Hamilton seconds the motion. All in favor, motion passed.

- Nancy Hamilton made motion for the council to support Senate Bill 440 addressing health education legislation, Judy Bousquet seconds the motion. All in favor except one opposed and one abstained. Motion passed.
- Jackie Rosen made motion for the council to submit a recommendation to the Senate Bill 440 sponsor to strengthen the bill by including more specific information regarding suicide prevention, Frank Buonauro seconds the motion. A friendly amendment was added to suggest changing the language of current statute 1003.422N to include the words “suicide prevention”. All in favor except one abstained. Motion passed.
- Steve Roggenbaum made motion to revote on the original decision to support Senate Bill 440, having not seen the actual language of the bill, Nancy Hamilton seconds the motion. One in favor, all others opposed. Motion not passed.
- Nancy Hamilton made motion for the Council to write a letter of commendation to Mr. Jim McDonough for his work in the prevention field, Judy Bousquet seconds the motion. All in favor, motion passed.

NEXT MEETING:

April 9, 2008 Council Meeting 9:00 AM – 12:00 PM Tallahassee Location TBA

ATTENDEES:

Adolphson, Allyson	Linda McKinnon
Jackie Beck	Dee Miller
Judy Bousquet-Broward	Bob Paulson
Frank Buonauro	Karen Pelham
Judy Buonauro	Ken Pifer
Dr. Gene Cash (via conference)	Clint Rayner
Gwen Johnson	Linda Rayner
Lauren Debs Young (via conference)	Dr. Dan Reidenberg (via conference)
Geri Dedominicis (via conference)	Carolyn Riggs
Wayne Dreggors	Kim Riley
Marie Dudek	Bobby Roberts
Dr. Wayne Goodman (via conference)	Jackie Rosen
Senta Goudy	Kingsley Ross
Nancy Hamilton	Kathleen Saucier
Joanne Herrygers	Lorie Simmons (via conference)
Lisa Himsl	Steve Roggenbaum
Bettye Hyle	Amy Toman
Bill Janes	Jason Thornton
Marlene Jehs	Lisa Vanderwerf-Hourigan
Debbie Johnston	Dr. Martin Von Holden
Dr. Marshall Knudson	Charlie Waters
Erin MacInnes	Frank Zenere (via conference)
Joe Marino	Florida Channel Representative
Ginny Marmo	