



*"Saving Lives in Tennessee"*

**Advisory Council Meeting  
Wednesday, February 10, 2016  
12:00 PM - 3:00 PM**

**Community Room**

**Metropolitan Nashville Police Department, Hermitage Precinct  
3701 James Kay Lane, Hermitage, TN 37076**

## **Minutes**

### **Advisory Council Members Present**

Tim Tatum, MA, LPC-MHSP, Director of Behavioral Health, Pine Ridge Treatment Center  
(Advisory Council Chair/Executive Committee Chair)

Karyl Chastain Beal, M.Ed., Retired/Community Advocate (Advisory Council Co- Chair / South  
Central Regional Chair / Outreach Committee Chair)

Anne Young, MS, CAS, Program Director, Young Adult and Residential Relapse Recovery  
Program, Cornerstone of Recovery (East Tennessee Regional Chair and Advisory Council  
Co-Secretary)

John B. Averitt, Ph.D., Upper Cumberland Psychological Associates/Police Psychological  
Officer, Cookeville Police Department

Lisa Daniel, Chief Executive Officer, Memphis Mental Health Institute

Adam Graham, LPC-MHSP, Supervisor of Diversion Services, Mental Health Cooperative  
(Chair, Davidson County Suicide Prevention Task Force)

Brenda Harper, Community Advocate/Retired

Mike LaBonte, Executive Director, Memphis Crisis Center

Debra K. Moore, Community Representative, Bradford Health Services

Eve Nite, Business Development Specialist, Mental Health Cooperative of Chattanooga  
(Southeast Regional Chair)

Sandra Perley, Ed.D, MSN, RN, Associate Professor of Nursing, Columbia State Community  
College

Waring Porter, Pastor, All Saints Presbyterian Church (Memphis/Shelby County Regional Chair)

Katie Rosas, Community Outreach Specialist, Focus Treatment Centers

Jack Stewart, MA, President, NAMI Greene County (Northeast Regional Chair)

### **Intra-State Departmental Group Members Present**

Terrence (Terry) Love, MS, CPC, Injury Prevention Manager, Division of Family Health and  
Wellness, Injury and Violence Prevention, Tennessee Department of Health (Intra-State  
Departmental Group Chair)

John Allen, Director of Behavioral Health Services, Tennessee Department of Finance and  
Administration

Mark Breece, Acting Deputy Commissioner, Tennessee Department of Veterans Services

Jacquelyn S. Bruce, Planning and Grants Management Supervisor, Tennessee Commission on  
Aging and Disability

Bruce Davis, PhD, Director of Behavioral and Psychological Services, Tennessee Department of Intellectual and Developmental Disabilities  
Sherlean Lybolt, M.A., Mental Health Programs Coordinator, Tennessee Department of Correction  
Melissa McGee, Council on Children's Mental Health Director, Tennessee Commission on Children and Youth  
Gwen Hamer, MA, Director, Education and Development, Tennessee Department of Mental Health and Substance Abuse Services  
Shannon Hall, MA, Grants & Special Projects Director, Tennessee Department of Safety and Homeland Security  
Michelle Ramsey, RN, State Public Health Nursing Director, Tennessee Department of Health  
Capt. Noel Riley-Philpo, Risk Reduction, Resilience and Suicide Prevention Manager, Joint Force Headquarters, Tennessee National Guard  
Delora Ruffin, MA, Program Specialist, Division of Child Health, Tennessee Department of Children's Services  
Melissa Sparks, MSN, RN, Director, Crisis Services and Suicide Prevention, Division of Mental Health Services, Tennessee Department of Mental Health and Substance Abuse Services  
Jacqueline Talley, Treatment Specialist, Division of Alcohol and Substance Abuse Services, Tennessee Department of Mental Health and Substance Abuse Services

**Advisory Council Members Absent**

Ursula Bailey, JD, MBA, Attorney, Private Practice  
Vickie Bilbrey, Marketing Recruiting Coordinator, OAKPOINT Center  
Renee Brown, Suicide Prevention Coordinator, Memphis VA Medical Center  
Patsy Crockett, BSW, Case Manager IV, Tennessee Department of Children's Services  
Rita McNabb, Coordinated School Health Director, Cocke County Schools  
Stephenie Robb, Executive Director, Behavioral Health Initiatives, Inc.  
Kim Rush, Ed.S., LPC-MHSP, Vice-President of Operations, Volunteer Behavioral Health Care System (Chari, Rutherford County Suicide Prevention Coalition)  
Kandi Shearer, Clinical Director, Youth Villages Specialized Crisis Services  
Anne Stamps, Center Director, Cumberland Mountain Mental Health Center/Dale Hollow Mental Health Center (Advisory Council Co-Secretary / Upper Cumberland Regional Chair)  
Becky Stoll, Vice President of the Crisis and Disaster Management, Centerstone  
Ellen Stowers, Assistant Director, Contact Lifeline

**Intra-State Departmental Group Members Absent**

Michael Cull, Ph.D., Deputy Commissioner, Child Health, Tennessee Department of Children's Services  
Janet Watkins, Training Director, AWARE Tennessee, Tennessee Department of Education

**TSPN Advisory Council Emeritus Group Members**

Jodi Bartlett, Ed.S, LPC-MHSP, Volunteer Behavioral Health (Upper Cumberland Regional Chair, Emeritus / Emeritus Chair)  
Clark Flatt, President/CEO, the Jason Foundation, Inc. (Advisory Council Member, Emeritus)

### **TSPN Staff Present**

Amy Dolinky, BA, East Tennessee Regional Coordinator

Vladimir Enlow, MTS, Executive Assistant

Misty Leitsch, BBA, BSW, Zero Suicide Coordinator

Samantha Nadler, LMSW, Middle Tennessee Regional Coordinator

Scott Ridgway, MS, Executive Director

Kendra Taylor, BS, West Tennessee Regional Coordinator

### **Guests**

Amy Burgess, Field Placement Student, University of Tennessee-Knoxville

Wanda Mays, Hamilton County Sherriff Department

Kelsey Neeley, Director of Student Outreach, Harpeth Keepers Club/Harpeth High School/Jared's Keepers Foundation

Tom Starling, Ed.D., President/CEO, Mental Health America of Middle Tennessee

Eileen Wallach, Founder/CEO, Your Heart on Art, Inc.

### **Welcoming Remarks**

- Tatum called the meeting to order at 12:14 PM.

### **Educational Presentations**

#### **“Suicide Prevention Strategies in Tennessee Community Colleges: A Case Study”**

- Tatum introduced Dr. Perley, who presented a summary of her recent doctoral dissertation on suicide prevention within Tennessee community colleges.
- The handout provided by Perley included basic statistics on suicide nationally and within Tennessee, with a focus on college students and contained a summary of her presentation.
- Perley explained that community colleges are typically not included in research on college suicide prevention since they generally do not have large mental health or student health centers, and students do not live on campus.
- Community college students are at risk for suicide due to several factors:
  - They are often first-generation students, who are not familiar with academic culture and have no family who can guide them through the process. Prior research shows that these students are less likely to report signs of depression and twice as likely to attempt suicide.
  - As a group, they are more ethnically and racially diverse than most college students. A strong association has been noted between academic problems and suicidal ideation in these students.
  - They often come from lower-income backgrounds and work while attending college. Research shows that 78% of community college students who attempt suicide cite financial difficulties as a contributing factor.
  - Finally, many of these students are not prepared for the academic rigors of college life. In one study, 100% of community college students who attempted suicide cited school-related stress as a reason for their attempt.
- Perley sought to investigate what suicide prevention strategies exist at community colleges within the Tennessee Board of Regents (TBR) system. She collected data from surveys, reviews of college websites, and interviews with resource people on campus.

- Of the 13 colleges studied, roughly half utilized gatekeeper training, included suicide prevention in the curriculum, included suicide prevention information in newsletters or campus signage, and/or offered suicide prevention information at health fairs and events. Only one of them retained the services of trained peer leaders.
- In regards to technology, less than half of the colleges studied offered any web-based materials on suicide prevention (either in terms of a website or the inclusion of a hotline). Web-based screening tools and online learning modules related to suicide prevention were uncommon. Only one included suicide prevention-related messaging on its Facebook page.
- Most resource people Perley interviewed said they had a plan in place to address suicidal students, secondary to “harm to self/others” in policies. Only half explicitly addressed suicide in their policies—most of these were small colleges in East Tennessee.
- Most colleges had intervention teams, but they were focused on preventing students from harming others. While they often had disciplinary policies to address disruptive students, they had nothing specifically to deal with suicidal ideation.
- Overall, Perley found that most institutions had no deliberate or organized educational effort to increase suicide awareness. Available technology was seldom used to provide suicide prevention information, screen students, or provide referrals. Incident response teams are not equipped to handle suicidal students.
- Most of the institutions that did have counselors and/or policies were smaller, rural colleges. All six of the colleges that did have policies on file employed counselors.
- The primary barriers in play are 1) a lack of resources (staff, funding, technical support, etc.), 2) competing institutional priorities, such as sexual violence, learning support, and technological upgrades, and 3) general discomfort related to the topic.
- Repeatedly, Perley found that community colleges relied on outside agencies for suicide prevention information and resources. TSPN came up repeatedly during the interviews, praised for its free resources and training.
- Colleges that did adopt suicide prevention policies were internally motivated by counselor and faculty experience with and/or interest in suicide prevention, as well as student welfare. Externally, they wanted to prevent murder-suicide incidents like the one at Virginia Tech and to be consistent with TBR policies.
- Perley’s suggestions for action include intervention team policies addressing suicide prevention, policy recommendations from TBR, including suicide prevention hotlines on course syllabi, hiring counselors, training students and faculty in suicide prevention, and cultivating a sense of belongingness among students.

**Remarks by Kelsey Neeley, Director of Student Outreach, Harpeth Keepers Club/Harpeth High School/Jared’s Keepers Foundation**

- Neeley began by talking about her friend Jared Martin, who died by suicide in June 2014. After his death, Neeley reached out to Debby Martin, Jared’s mother, about what she could do to prevent suicide.
- After learning about AFSP’s Out of the Darkness Walks, she and Ms. Martin organized Jared’s Keepers, which sent a team of 70 people who participated in that year’s walk in Nashville.
  - Following the walk, Neeley was asked to serve as Director of Student Outreach for the organization, which was eventually incorporated as a 501(c)3 non-profit.

- She also helped establish a club at Harpeth High School, which despite initial disapproval from the administration soon had about 50 students as members. Today there are Jared's Keepers clubs in high schools in 22 states and one U.S. territory.
- Neeley then gave the history of Tennessee Senate Bill 1992 / House Bill 2071.
  - Last January, the Keepers participated in AFSP-Tennessee Outreach Day on Capitol Hill, where they established contact with state Senator Kerry Roberts. He wanted to know what he could do to help the group with its suicide prevention mission.
  - In May, Senator Roberts came to Harpeth High School and met with the Keepers and a teacher, and met with them again regularly during that fall. Meanwhile, Roberts reached out to both AFSP and JFI for insight on legislation in place in other states.
  - The bill was drafted after a year's work. It would amend TCA Titles 33 and 49, relative to suicide prevention, mandating that all employees of each LEA attend annual in-service training sessions in suicide prevention or equivalent training. The Tennessee Department of Education (TDE) and the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) would work with local suicide prevention experts develop lists of approved training materials to fulfill the requirements.
  - The bill also requires each LEA to adopt a policy on student suicide prevention developed in consultation with school and community stakeholders, school employed mental health professionals, and suicide prevention experts. To assist in this, TDE would establish a model policy.
  - The bill can be implemented at no cost to the schools, since AFSP, JFI and TSPN are offering their materials to the schools free of charge.
- Neeley closed by encouraging those present at today's meeting to contact their state legislators to support the bill, ask this Advisory Council to endorse the bill and offered to answer any questions they might have about the legislation.
- Hall, who had worked with Neeley as part of her involvement with AFSP, called Neeley "a remarkable young lady" and thanked her for her advocacy and leadership within the Keepers. She also acknowledged Neeley's mother and sister, who were in attendance at today's event.
- Ridgway thanked Neeley for her passion and commitment to the cause of suicide prevention. He mentioned Neeley's plans to attend UT-Knoxville to study nursing upon graduating high school, and the prospect of connecting her with Dr. Connie Briscoe, head of the campus counseling center (and a former TSPN Advisory Council member).
- Tatum closed by stating that Neeley had inspired the group to work to ensure the passage of this bill. He explained that the bill had been discussed by the Advocacy Committee earlier that morning, and the Committee had endorsed the legislation.
- **Tatum brought forth a motion from the Advocacy Committee to endorse and promote Tennessee Senate Bill 1992 / House Bill 2071. Averitt seconded, and the Council unanimously voted in favor.**
- Flatt noted that the bill expands upon the groundwork set up by the Jason Flatt Act of 2007. He had some concerns about the training stipulations of the bill as written, but after

consultation with AFSP the bill was reworked, and the Jason Foundation now supports the legislation. He looks forward to working to support the bill.

- Flatt noted that other states, most notably Georgia, already have similar laws requiring schools to have suicide prevention, intervention, and postvention policies in place. Some Tennessee schools have theoretically adopted their own, but they are not actively reviewed or accessible. This bill requires all schools to have these policies in place and make them an active part of their contingency plans.
- All further versions of the Flatt Act submitted to state legislatures, such as the one currently being considered in Alabama, contain this requirement.

### **Approval of Minutes from Previous Advisory Council Meeting**

- **Following review of the minutes from the September meeting, Bartlett motioned for approval, Young seconded, and there were no objections.**

### **Regional Reports**

#### **Northeast Region**

- Stewart extended a formal welcome to Dolinky as the new East Tennessee Regional Coordinator.
- Only 30 people attended the annual Suicide Prevention Memorial Walk in September, compared to 100 the previous year. While the weather had something to do with the decreased attendance, members are interested in revamping the event.
- Stewart noted that prior Regional Chair Harold Leonard was rotating off the Advisory Council after five terms (ten years) of service.
- The Gun Safety Project and Emergency Department Project have been the major focus, with Gun Safety Project materials distributed at multiple gun shows.

#### **East Tennessee Region**

- Young mentioned that the time shift for the regional meetings and the provision of lunch had increased in attendance. The lunch sponsor is provided an opportunity to speak about their agency and its services.
- She spoke about the “fantastic” Diversity in Faith event held in September and ongoing work with local communities of faith. She acknowledged that the event was primarily inspired by similar events in the Memphis/Shelby County Region.
- One of the local projects included e-mailing the church bulletin inserts to local congregations; this was done in February.
- Dolinky coordinated the distribution of 400 TSPN/Lifeline coasters to local bars, helping the Network reach the critical middle-aged male demographic.
- The Gun Safety Project has been a main focus since the last meeting.
- The region is planning upcoming events with the Knoxville Ice Bears hockey team and the Tennessee Smokies baseball team.
- Anderson County Project AWARE is working with TSPN to create a suicide prevention event for their students
- Young provided an update on the work of the Blount County Mental Health and Suicide Prevention Alliance:

- The group helped promote the “Out of the Dark” concert staged by local teenagers at the Vienna Coffee House in Maryville to raise awareness about depression, suicide prevention, self-injury, and other destructive behaviors. The event was promoted on social media, and there were about six bands and over 400 people participating. There were presentations by young people who spoke about their experiences and about reaching out for help.
- Maryville College (MC) will devote an entire week in April to MC Uplift. This observance is in its fifth year and is owned by the college; it focuses on depression screening and suicide prevention.

### **Upper Cumberland Region**

- Harper presented this report on behalf of absent Regional Chair Stamps.
- Tennessee Tech University (TTU) has received the Garrett Lee Smith Suicide Prevention Grant from the Substance Abuse and Mental Health Services Administration, and TTU’s Counseling Center is working to implement the grant. TSPN assisted with the grant application, contributing a letter of reference to SAMHSA, and will work with TTU as it moves forward with implementation.
- Since October, 222 people within the region have been trained in QPR, ASIST, or AMSR. One local emergency department given ED online curriculum, and approximately 900 people have been reached through local conferences and events.
- The current priority is outreach to local gun shops and firing ranges through the Gun Safety Project.

### **Southeast Region**

- Nite announced that on April 6, regional volunteers will participate the Send Silence Packing event at University of Tennessee at Chattanooga. Gift bags will be handed out with resources and materials from the group.
- One of the top regional priorities involves middle-aged white males, who account for 93% of the suicides locally. As part of this effort, the region considering a veteran event in May. The “22 for 22” event would feature 22 veterans standing in silence at 22 locations across the region for 22 minutes, to bring awareness to the fact that 22 veterans die by suicide in the U.S. each day.
- The region is planning outreach through an event with the Chattanooga Lookouts on June 24 and/or 25.
- Noting that suicide rates in the region’s rural areas run as high as six times the national average, the region is planning to have a 5K/run in September to raise \$5,000 for training and kits for ten QPR trainers who would provide training throughout the region.
- Finally, 600 TSPN coasters were distributed to local bars. All coasters include the Lifeline number.

### **Mid-Cumberland Region**

- Graham introduced himself, noting that this was his first Advisory Council meeting.
- The region recently wrapped up its partnership with local nonprofit theater company The Theater Bug on its production of “7 Ways to Sunday”. This original musical covered themes of teen depression and suicide. Nadler assisted with safe and accurate messaging on the topic. Proceeds from the January 30 matinee benefited TSPN. All evening shows

(five in total) sold out at 175 seats each.

- Graham spoke about the Project Tomorrow Network, a new initiative from the Davidson County Suicide Prevention Task Force. It will serve as an online directory for Davidson Co. agencies, clinicians, and support groups that provide suicide competent care.
- Your Heart on Art, Inc. held a successful reception to highlight its “Inside the Darkness” masking project exhibited at Barnes and Noble Vanderbilt in Nashville. TSPN was one of several sponsors for this project, which traveled across Tennessee in September.
- Lipscomb University received a Garrett Lee Smith Suicide Prevention Grant from SAMHSA; Graham and Ridgway are on the program’s community advisory board.
- Since October there have been 1,206 people trained in evidence-based suicide prevention curricula (QPR, ASIST, AMSR). 12 emergency departments have received the ED online curriculum. Postvention consultation/facilitations were provided to six area schools, and over 7,000 people were reached through local conferences and events.

### **South Central Region**

- Chastain Beal reported that regional members continue to promote the ED materials and training to local emergency rooms.
- Since the last Council meeting, approximately 1,800 people have been reached through regional conferences and events, and 100 people have been trained in evidence-based suicide prevention curricula (QPR, ASIST, AMSR).
- Volunteers are interested in increasing regional meeting attendance through scheduling of guest speakers.
- The Hickman-Perry Suicide Prevention Task Force has merged with the Mental Health Subcommittee of the Hickman County Health Council to become Behavioral Health and Suicide Prevention for Hickman and Perry Counties.
- Cowboy Up has scheduled its 10<sup>th</sup> anniversary celebration event on March 15.
- The upcoming Grief After Suicide retreat planned by Parents of Suicides/Friends and Families of Suicides has confirmed several guests from overseas.

### **Rural West Region**

- Ridgway provided this report on behalf of absent of Rural West members (two vacancies in this region).
- The region staged a highly successful regional conference in September, which included two tracks in the Mental Health First Aid curriculum (one for adults, one for youth) in addition to the regular conference proceedings.
- Ridgway formally introduced Taylor, who took over from Dolinky as the West Tennessee Regional Coordinator in December. Dolinky is now the Regional Coordinator for East Tennessee, having taken over for Scott Payne, who resigned in September to oversee the Metropolitan Drug Coalition in Knoxville.
  - Ridgway announced that Taylor was recently certified as a QPR Master Trainer, and will attend an ASIST instructor training in Colorado.
- All Emergency Department Resource Toolkits and Gun Safety Project materials provided to regional members have been distributed to target agencies.

### **Memphis/Shelby County Region**

- Porter announced that he was excited to have Taylor supporting his region’s efforts, and

that she had already impressed members with her energy and leadership.

- Most regional members have already met her, via the open house held during the last regional meeting. These meetings continue to grow, with new members at each one.
- Regional volunteers are interested in staging a repeat of the highly successful conference they had this fall. They had planned to have it this spring, but had trouble confirming a location. Still, they are planning a similar event for the autumn of 2016.
- QPR training sessions are regularly scheduled in the region—primarily facilitated by LaBonte, whom Porter thanked for his service.
- Taylor and volunteers continue to distribute materials associated with the Gun Safety Project.

### **TDMHSAS Update**

- Sparks began by conveying her excitement for all TSPN staff and volunteers are doing across the state, and thanked Neeley and Perley for their respective presentations.
- Currently, TDMHSAS is attempting to embed suicide prevention into college curricula to ensure graduates entering the behavioral health and social work fields are prepared to work with suicidal clients. She found it “shocking” how many mental health professionals do not feel comfortable or confident with dealing with these clients, and how often they are handed off to other staff members.
  - This puts a strain on the state’s Mobile Crisis Units. In the last year, 72,572 people were examined by the MCUs, and 46% of those were for individuals presenting with suicidal thoughts or behaviors as the primary problem. Equipping mental health and medical professionals with the knowledge of how to deal with patient’s suicidal thoughts and behaviors will reduce this burden.
  - Sparks noted that many health and criminal justice professionals are personally affected by suicide. She noted that she herself lost her brother to suicide, and 1 out of every 4 people is affected by suicide at some point.
- Sparks spoke about the “microdot” domestic violence project, which encourages domestic violence victims to draw a dot on their palm and show it to someone, so they can discreetly get the help they need. She wondered if some similar project could be developed to help middle-aged men request counseling without verbalizing it and risking peer stigma. She challenged Network members to consider their own version of the microdot project.
- Sparks reviewed the two SAMHSA grants through which TSPN had been contracted to provide free trainings, as well as the Enhanced Follow-Up currently offered through Centerstone. To date, over 300 people have participated in the follow-up and thousands have received suicide prevention training.
  - Centerstone Research Institute continues to provide evaluation of both grants.
- The Zero Suicide Initiative continues to move forward, focusing on behavioral health agencies ahead of later rollout to primary care providers.
- The Department is continuing development of its specialized suicide prevention curriculum for crisis counselors.
  - This curriculum, when completed, will be the first of its kind. It will be submitted for consideration as an evidence-based practice.
- Additionally, the Department continues to work with the licensure office to obtain data

related to suicide deaths and attempts occurring in state licensed facilities, as part of the effort to establish baseline statistics.

- Departmental employee and training policies are under review to integrate suicide postvention procedures.
- TDMHSAS is planning a crisis counselors conference—the first of its kind—for May or June; right now the event is in the planning process.
- Sparks closed by formally introducing Murphy, the manager of TSPN’s TARGET and TLC-CONNECT grants.

## Committee Reports

### Executive Committee

- Tatum announced that full minutes from the Committee’s February 2 conference call are included in the meeting packet.
- The Committee plans to meet regularly by conference call prior to each Advisory Council meeting to review the agenda, set priorities for committees, or discuss other business as needed.
- Members of the Committee also discussed the proceedings of the Emeritus Committee the day prior, as well as outstanding vacancies on the Council.

### Emeritus Committee

- Bartlett announced that minutes from the Committee’s February 1 conference call are in the meeting packet.
- During this meeting, members put forth three motions from the Committee for a floor vote at today’s meeting.
  - **The Emeritus Committee issued a motion that nominations for the Emeritus Group may also be submitted to the Chair of the Emeritus Group as well as the Executive Director and/or the Chair of the TSPN Advisory Council. Harper seconded the motion, which passed without objection.**
  - **The Emeritus Committee issued a motion that the Emeritus Group Committee will now review applications instead of the Executive Committee, with the consultation of the Executive Director, and will meet to discuss the applications at least two months prior to the Advisory Council meetings, with the appropriate dates added to the Emeritus Status Guidelines. Averitt seconded the motion, which passed without objection.**
  - **The Emeritus Committee issued a motion to accept three nominees—Kathy Benedetto, Jennifer Harris, and Harold Leonard—to the TSPN Advisory Council Emeritus Group. Young seconded the motion, which passed without objection.**

### Advocacy Committee

- Tatum advised the Council to review the materials on the Tullis Act in the meeting packets as approved at the last meeting. State Sen. Bo Watson and Rep. Dan Howell will present the bill to the General Assembly next week.
  - Ridgway thanked Tatum for securing Howell and Watson’s sponsors of the bill.
- Tatum announced that Ridgway had been asked to review “Rebuilding for Recovery”, a

white paper issued by the Tennessee Coalition on Mental Health and Substance Abuse Services (TCMHSAS). (Starling serves as chair of this group.)

- The white paper notes the current state budget surplus and calls for \$30 million in recurring funds for mental health services, including addiction services, crisis intervention, and employment supports. These funds will restore the budget cuts made to TDMHSAS over the past few years.
- The Advocacy Committee announced its support for the white paper and recommended it for a floor vote.
- It was noted that TDMHSAS was scheduled to have a budget hearing before the State Senate today; the hearing should be available for viewing on the General Assembly's website.
- **Bartlett issued a motion endorsing the "Rebuilding for Recovery" white paper issued by TCMHSAS. Harper seconded, and the motion passed without objection.**

### Strategies/Outcomes/Evaluation Committee

- Young noted the Zero Suicide Initiative update provided by Leitsch during today's Committee meeting, summarizing progress by partner agencies on various aspects of the Initiative.
- The Committee reviewed a new TSPN brochure, "Saving College Student Lives in Tennessee", copies of which are available in the packets. The brochure and its contents are based on Perley's research as presented earlier. The Committee helped make edits which will be incorporated into the brochure.
- **The Strategies/Outcomes/Evaluation Committee issued a motion in favor of the "Saving College Student Lives in Tennessee" brochure. Harper seconded the motion, and it passed without objection.**

### Outreach Committee

- Ridgway recognized Starling, President/CEO of MHAMT (which has administrative oversight over TSPN) for inserting a request for funding a TSPN retreat into MHAMT's recent advocacy grant application from Baptist Healing Trust. (The request was justified by the fact that the Governor's Office appoints the Council.)
  - If funding is approved, TSPN will stage a two-day retreat for members of the Council, the Intra-State Departmental Group, the Emeritus Group, and staff at Montgomery Bell State Park.
  - The retreat will follow roughly the same schedule as the retreats TSPN used to hold: Advisory Council business from 1-4 PM on Wednesday, a group dinner at the park inn restaurant, a social activity that evening, and further TSPN business from 8 AM-12 PM the following day. Following adjournment, participants can either have lunch at the restaurant or leave for home.
  - The Baptist Healing Trust grant would partially fund reservations at the hotel as well as meals at the venue.
- Harper, reporting on behalf of the Committee, discussed the possibility of the retreat and the three objectives it had for this event: 1) "make it fun"; 2) "make it informative"; and 3) "make it have a slightly different twist".
  - In terms of the "fun" aspect, the Committee discussed the idea of multiple ice-breaker activities and/or a silent auction featuring artwork by local survivors or

contributions from Council members—the proceeds from this auction going back to TSPN.

- In terms of the “informative” aspect, the Committee considered inviting the new state medical examiner to speak during the event.
- In terms of a “twist”, Committee members recommended programming on self-care for suicide prevention advocates and mental health caregivers. Your Heart on Art may be able to assist.
- The Committee concluded the meeting with discussion of the “Love Never Dies” Memorial Quilt project. The designer of the previous set of quilts is no longer available to contribute this project. Committee members discussed simply having people submit photos of their lost loved ones with their dates of birth and death, or recruiting a graphic design school to adopt the quilts as an ongoing project.
  - Chastain Beal said that some people have taken issue with the current style of the quilts because they do not seem as personalized as the ones that came before it.
  - The Committee plans to reach out to graphic design agencies and schools, but will need to move quickly on this in order to have the next quilt ready for September.
  - Tatum thanked Chastain Beal for her ongoing involvement with the quilt project.

### **Intra-State Departmental Group Update**

- Love noted that a record number of Group members had turned out for this meeting, and had them stand and be recognized by the Council for the work they have done this year.
- Since the Group’s retreat in August, departments and agencies represented have moved forward with the implementation of suicide prevention, intervention, and postvention protocols for their employees and clients.
  - Love noted that the Tennessee Department of Health had scheduled Ridgway to train HR employees on Monday, but this had been cancelled due to the snow. Love reassured the Council that the training will be rescheduled.
  - Plans are also in place to train all the Department’s county public health nurses—about 1,000 in total—in QPR statewide.
- Hall was recognized for her recent facilitation of a QPR training session for all Tennessee State Park rangers (285 total). It had been noted that there are about ten suicides every year in state parks, with one ranger lost to suicide within the last two years.
  - Hall has also provided training to 249 Tennessee Highway Patrol officers and other employees within the Tennessee Department of Safety and Homeland Security. She has another training scheduled for the Tennessee Police Association; they hope to train over 800 Tennessee Highway Patrol officers by the end of September.
- All members of the Tennessee Army National Guard have undergone a mental health assessment, with commanding officers notified if any of their soldiers requires intervention.
- Sparks provided the Group with an update regarding Tennessee’s TLC-CONNECT and TARGET grants.
- Allen notified the group about the incorporation of a screening tool into the new health and wellness contract so that employees can receive instant mental health referrals as necessary.
- Love closed by recognizing the element of synergy and the sense of intergroup

competition that had contributed to the impressive outcomes achieved by Group members since August. He also recognized Enlow for his accurate and attentive recording of the Group meeting minutes.

## **Other Business**

### **National Suicide Prevention Lifeline**

- The latest call volumes for Tennessee Lifeline call centers are included in the meeting packet.
- As the spreadsheet demonstrates, Lifeline calls are being picked up almost entirely in state, and call numbers are on a general upward trend.
- Ridgway served six years on the Steering Committee for the National Suicide Prevention Lifeline. Nadler was recently appointed to the Lifeline's Consumer/Survivor Subcommittee and will attend her first Subcommittee meeting February 18-19 in Rockville, Maryland.

### **Zero Suicide Initiative Task Force Update**

- Ridgway continues to be impressed with the progress made on this initiative in partnership with TDMHSAS. He recognized Leitsch for the leadership and support she had provided to partner agencies.
- He noted that several new agencies have come on board with the Initiative—specifically Family and Children’s Services (headquartered in Nashville) and Tennessee Voices for Children. Meanwhile, Youth Villages is considering implementation of the Initiative within its agency.
- Partners in the Initiative continue to participate in monthly Learning Collaborative conference calls, including one just recently.
- He noted that during a recent SPRC conference call, that agency held up Tennessee as an example of a state that is demonstrating high outcomes with regards to the Initiative.

### **Executive Director’s Report**

- Ridgway introduced TSPN’s newest staff member: Kendra Taylor, the new West Tennessee Regional Coordinator, who began in that position on December 1.
  - Amy Dolinky has transitioned into the role of East Tennessee Regional Coordinator following the resignation of Scott Payne.
- TSPN was exempted from a planned MHAMT/TSPN audit by TDMHSAS since it already had the requested materials and documentation on hand. Ridgway acknowledged his staff’s efforts to consolidate outcomes and Enlow for compiling the information.
- Ridgway and several TSPN volunteers and staff attended the AFSP-Tennessee State Capitol Day event last Wednesday. Information from this event is in the meeting packets. TSPN is encouraging AFSP and JFI to partner with them for next year’s Suicide Prevention Advocacy Day on the Hill, where TSPN has a stronger presence. Each agency would have its own display booth.
- Ridgway appreciated the support from AFSP for the Tullis Act. “This is about us working together and not working in silos,” Ridgway said. He will keep members updated as to when the bill will be considered by the Health Committee.

- Hall announced that the Tullis Act recently acquired a new sponsor: State Sen. Thelma Harper of Nashville.
- Ridgway plans to provide Council members with talking points to promote the bill later.
- He once more thanked Tatum for securing Howell and Watson as sponsors of the bill.
- Both Dr. and Mrs. Tullis are keeping up with the progress of the bill and are excited about its progress.
- While there was some initial pushback against the Tullis Act by mental health professionals, most of them now understand that the training this bill would mandate is needed. This is backed up by the surveys conducted as part of the Zero Suicide Initiative. The Workforce Survey of Centerstone's 2,000 employees found that 48% of them did not feel comfortable working with a suicidal client. Other mental health facilities participating in the Initiative have reported similar numbers.
- Ridgway acknowledged Burgess, who graduates with her UT MSW this May, for assembling a policy brief on suicide prevention for healthcare professionals (included in the meeting packets.) Her research was able to confirm that no fiscal note would be attached to the Tullis Act.
- Ridgway commented that TSPN's newly established partnership with AFSP had been advantageous for both agencies, especially in terms of training. He noted that Bauer and Leitsch will conduct an ASIST training seminar on Friday and Saturday for Zero Suicide Initiative agency staff who cannot take time off during the week to participate in such a training. Some AFSP volunteers will also take part.
  - AFSP will also host a safeTALK instructor training at the TSPN central office this spring, and has graciously offered TSPN staff and volunteers free seats at this training. Ridgway acknowledged Hall for arranging this opportunity.
  - The meeting packets include a handout from AFSP on suicide facts, which references TSPN.
- The central office is assembling the latest *Status of Suicide in Tennessee* report and expects to have this out by month's end. This document is provided to legislators, community leaders, and others to give them a better understanding of the problem of suicide and the work of TSPN.
- Mental Health Day on the Hill is scheduled for March 15 at the War Memorial Auditorium in Nashville. TSPN will promote the white paper developed by TCMHSAS (of which TSPN is a member) to legislators. Ridgway conveyed his appreciation to the Advocacy Committee for its endorsement of the white paper. Over 500 people attended last year's event.
  - TSPN is also sponsoring Children's Advocacy Days, scheduled for March 8-9.
- Ridgway advised Council members that the meeting packets include a roster of current Council members and their current terms. He noted that while several vacancies remain, several new members have come on board. Here Ridgway specifically welcomed Graham and Perley.
  - Ridgway continues working with the Governor's Office to fill vacancies and has made several recommendations.

- Tabi Upton, who had been appointed for the Southeast Region, has turned in her resignation. She has been in Germany for most of her term on the Council, providing mental health services to Army personnel. Attempts for her to participate in meetings via Skype were unsuccessful, and she agreed with Ridgway that the region needed someone more locally available.
- Additionally, Christopher Morris within the Rural West Region rotated off following his transfer to another high school.
- Ridgway remarked that the three longest-serving Advisory Council members were Chastain Beal, Tatum, and Young. Harris had been one of the longest-serving before she rotated off.
- At this point, Ridgway circulated demographic forms to all those in attendance. These forms need to be completed as per federal grant requirements. Everyone will mark whether they are on the Council, the Intra-State Departmental Group or staff.
- Pre/post-test and demographic forms for training sessions are available on the table at the rear of the Community Room. All trainers are encouraged to pick up some before they leave. Ridgway pointed out that the forms have been redesigned for compatibility with the new Snap Survey software.
  - According to TSPN's last semester report, TSPN staff and volunteers provided QPR training to 5,593 people during the first six months of fiscal 2015-16. Updated counts show this number should probably be revised upward to roughly 6,700. Only about 9,373 people were reached in all for fiscal 2014-15, so we should easily surpass last year's numbers.
  - Ridgway added that copies of TSPN brochures are also on the table for pick-up as needed.
  - Nadler explained that some QPR trainers are still using the old forms. This has required field placement students to transfer information from the old forms to the new ones—they processed 500 of them just last week.
- Most staff members will attend the American Association of Suicidology (AAS) conference in Chicago in April. Ridgway plans to present during the pre-conference on building state suicide prevention plans.
- Ridgway welcomed Deputy Commissioner Breece, the new delegate from the Tennessee Department of Veterans Services. He takes over from Deputy Commissioner Wendell Cheek following his transfer to another department.
- Ridgway announced that TSPN has been named the Charity of Choice for the Bingham Cup, an international rugby tournament that will be held in Nashville over Memorial Day weekend. TSPN will provide suicide prevention training to players before the tournament.
- Jennifer Lockman of the Centerstone Research Institute has informed Ridgway that Phase 1 of the state plan evaluation research project is complete and that Phase 2 will begin soon. Ridgway hopes to present the final results of the project at next year's AAS conference. The handout about the progress is in your packets.
- The emergency department outreach initiative is underway, and response has been so overwhelming that TSPN has run out of the "After an Attempt" brochures provided as part of the Emergency Resource Department Toolkits. These are ordered from SAMHSA and are currently on backorder. Once they are available, TSPN will order more and resume distribution of the toolkits.

- So far, 80 people have completed the online training course.
- Several hospitals approached as part of the project, especially those in rural areas, expressed surprise that these materials are available free of charge.
- Chastain Beal provided the group on the upcoming “20/20” interview with Sue Klebold, mother of Dylan Klebold (one of the Columbine High School shooters). The interview was conducted ahead of the release of *A Mother's Reckoning: Living in the Aftermath of Tragedy*, Klebold’s book about her attempts to cope with the aftermath of the massacre and understand the reason behind it. Chastain Beal had met Klebold personally and spoke of her interest in suicide prevention.

### **Special Presentations**

- At this time, Ridgway recognized Hall, who has provided QPR training to nearly 300 people since going through the instructor course in October. She is now an officially certified QPR Trainer. She was presented with a QPR Instructor certificate from the TSPN and QPR Institute.
- Ridgway also recognized Hamer for her years of service to the TSPN and her work in the area of suicide prevention.
  - Ridgway had intended to present her with a plaque honoring her at the Suicide Prevention Awareness Day event in September, but there was an error on the plaque and it could not be redone in time for the event.
  - Ridgway noted that Hamer’s involvement in mental health and suicide prevention issues predates the Network.
- Nadler was presented with a signed card from the Council congratulating her on her upcoming wedding, scheduled for March 5 in Jamaica.

### **Adjournment**

- There being no further business, Bartlett motioned for adjournment of the meeting, Harper seconded and there were no objections.
- The meeting adjourned at 2:09 PM.
- The next meeting of the Advisory Council will convene during the TSPN retreat, to be held on Wednesday, June 29 and Thursday, June 30 at Montgomery Bell State Park Inn, located at 1000 Hotel Avenue in Burns, ZIP 37029. Proceedings will begin at 1 PM Central on Wednesday and end at 12 PM Central on Thursday.
- Members were also asked to mark their calendars for the Suicide Prevention Awareness Day event, set for 10:30 AM Central on Wednesday, September 14, at Trevecca Community Church, located at 335 Murfreesboro Pike in Nashville, ZIP 37210. A meeting of the Advisory Council will follow lunch.