

TSPN CALL TO ACTION

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TENNESSEE SUICIDE PREVENTION NETWORK



ADVISORY COUNCIL HOLDS RETREAT AT MONTGOMERY BELL STATE PARK

Members of the Advisory Council, TSPN's gubernatorial appointed governing body, gathered at Montgomery Bell State Park on June 29-30 for a two-day retreat, which included presentations on topics relevant to suicide prevention and a business meeting of the Council itself. Members of TSPN's Intra-State Departmental Group and Emeritus Group were also in attendance.

This is the first retreat TSPN has held since 2012. The retreat was made possible by Mental Health America of Middle Tennessee, which has administrative oversight over TSPN, and a grant from the Baptist Healing Trust.

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Dr. Michael Warren, Deputy Commissioner for Population Health within the Tennessee Department of Health (TDH), (standing at far right) provided opening remarks during the first day of the retreat. He spoke on the subject of collaboration between TSPN and state departments, especially TDH and the Tennessee Department of Mental Health and Substance Abuse Services, as part of the state's public health approach to suicide prevention.

Warren also addressed the role for primary prevention efforts, such as suicide prevention education and promoting mental wellness, in reaching people in crisis before they reach the critical stage. He acknowledged TSPN's ongoing role as a major resource for suicide prevention information and awareness.

The retreat also included opening remarks from Melissa Sparks, MSN, RN, Director, Crisis Services and Suicide Prevention for the Division of Mental Health Services within the Tennessee Department of Mental Health and Substance Abuse Services (TDMHAS), on behalf of Sejal West, Assistant Commissioner for Mental Health Services within TDMHAS.

Other presenters included:

- Ken Tullis, MD, of Primacy Oaks within the Psychological Trauma & Wellness Center in Memphis, and his wife Madge Tullis, TSPN Advisory Council Chair Emeritus. The Tullises, co-founders of the Network, presented an overview of TSPN's foundation and development for the benefit of new and current Advisory Council members.
- Jennifer D. Lockman, MS, Program Evaluator for Centerstone Research Institute (CRI). Lockman presented findings from research evaluating the strategy and approach of the TSPN network, developed using interviews and survey results from TSPN members. The project was a collaboration between TSPN, CRI, and the Tennessee Department of Health. She discussed Phase 2 of the evaluation process with those present at the retreat.
- Hongyan Ma, MS, an epidemiologist within the Tennessee Department of Health's Division of Family Health and Wellness, provided an overview of statewide suicide statistics and demographic trends.

Alongside the business and committee meetings of the Council, the retreat also included brainstorming for future network projects and discussion of next steps. Minutes from the meeting will be made available on the TSPN website. The next edition of the *TSPN Call to Action* will include photos from the retreat as well as a summary of action steps for the next fiscal year.

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Dr. Michael Warren (standing at far right) addresses the Advisory Council during the first day of its retreat. Also pictured, seated from left to right: TSPN Executive Director Scott Ridgway, TSPN Advisory Council Chair Tim Tatum, and Advisory Council Chair Emeritus Jennifer Harris.

TSPN WELCOMES NEW WEST TENNESSEE REGIONAL COORDINATOR

TSPN welcomes Joanne Perley, MPH as our new West Tennessee Regional Coordinator. She began work out of Behavioral Health Initiative's offices in Jackson on June 8. Perley takes over the job from Kendra Taylor, who resigned in April to take a position as a Life Coach for the Roxbury Youthworks GIFT Program in Boston, Massachusetts.

Perley will be responsible for coordinating suicide prevention training sessions associated with TSPN's Substance Abuse Outreach Program. She will also coordinate training sessions for university staff and students as part of the ongoing Tennessee Higher Education Suicide Prevention Network (THESPN), and training sessions associated with the Columbia Suicide Severity Rating Scale (C-SSRS) and the ASIST (Applied Suicide Intervention Skills Training) protocol. Taylor will also disseminate regional TSPN resources to members across West Tennessee; arrange for presentations and speakers at local conferences, workshops, and training sessions; coordinate regional TSPN meetings and projects within the West Tennessee area; and assist with postvention operations at schools, businesses, and other agencies affected by recent suicide deaths.



A Tennessee native, the suicide death of Perley's father in 2013 motivated her involvement with suicide prevention. She is an alumna of the University of Alabama at Birmingham, where she obtained a Master's in Public Health with a primary focus on the public health approach to suicide prevention. While at UA-Birmingham, she was a graduate student volunteer with the Alabama Suicide Prevention and Resources Center (ASPARC), which is funded by the Garrett Lee Smith grant through the Alabama Department of Public Health (ADPH). She is a certified QPR instructor and facilitated several training sessions on ASPARC's behalf. She also interned with ADPH, where she worked closely with the Department, ASPARC, and UA-Birmingham to coordinate the implementation of her state's Garrett Lee Smith grant, and was responsible for reporting and evaluating outcomes. As part of this internship, she both organized and spoke at ASPARC's annual conference.

Additionally, Perley's studies at UA-Birmingham included coursework on suicide prevention and injury prevention strategy, as well as a term as President of the School of Public Health Student Association.

Perley may be reached via e-mail at jperley@tspn.org or (931) 215-3954.

SUICIDE PREVENTION CONFERENCE HELD IN MURFREESBORO



Roughly 100 people attended the Suicide Prevention Conference held at the Fleming Training Center in Murfreesboro on June 11. The event was organized by the Rutherford County Suicide Prevention Coalition.

The theme of this conference was "Empowering Faith Communities to Foster Resilience: Promoting Safe Stable Nurturing Relationships and Environments". This conference focused on the impact of Adverse Childhood Experiences (ACEs) on children's development and included a panel discussion of the issue led by members of the Nashville Steering Committee for All Children Excel within Healthy Nashville, which is itself an initiative of the Metro Public Health Department. The All Children Excel Program seeks to reduce child maltreatment and delinquency risk factors and builds resiliency in Metro Nashville families and children.

The event also included a community action panel that included local child and family welfare experts and a QPR training session provided by Kim Rush, Director, of the Guidance Center (a project of Volunteer Behavioral Health Services). The conference also included a therapeutic art presentation by Eileen Wallach, founder and CEO of Your Heart on Art, Inc., as well as local comedian Marquinta Richardson-Cash.

TSPN wishes to thank the sponsors who helped to this event possible: Amerigroup, BlueCare, the Guidance Center (a project of Volunteer Behavioral Health), the Tennessee Department of Mental Health and Substance Abuse Services, TrustPoint Hospital, UnitedHealthcare, and Vanderbilt Behavioral Health. TSPN would also like to acknowledge Lucy Utt for her contributions to this event, along with McDonalds and Starbucks for providing refreshments and snacks for the event.

TSPN PARTICIPATES IN AFSP ADVOCACY FORUM IN WASHINGTON



At top: TSPN Executive Director Scott Ridgway (far left) meets with U.S. Rep Marsha Blackburn (second from right) during the AFSP Annual Advocacy Forum on June 14.

Also pictured: Michelle Bauer, AFSP Middle TN Chapter board member (second from left, also a member of TSPN's Intra-State Departmental Group) and Kat Cloud, AFSP Tennessee Area Director.

The Middle Tennessee chapter of the American Foundation for Suicide Prevention (AFSP) invited TSPN Executive Director Scott Ridgway to attend this year's annual Advocacy Forum in Washington, DC, on June 12-15. Over 300 people from across the United States participated in this year's event.

Each year, AFSP brings survivors of suicide, survivors of suicide attempts, and suicide prevention activists to Washington, DC, to receive relevant mental health and suicide prevention information to bring back to their communities in order to support improvement in these areas. This event includes Advocacy Day on the Hill, where delegates meet with their representatives and/or staff in the U.S. Senate and House of Representatives to engage their support for legislation relevant to mental health and suicide prevention.

Tennessee's delegation participated in Tennessee Tuesday, in which they met with Sens. Lamar Alexander and Bob Corker during a breakfast reception on the 14th. There, Kat Cloud, AFSP Tennessee Area Director presented Alexander with this year's AFSP Federal Award in recognition of his efforts to advance the Mental Health Awareness and Improvement Act and the Mental Health Reform Act, which both include funding for the National Violent Death Reporting System (NVDPRS) and grants supported by the Garrett Lee Smith Memorial Act.

Additionally, Tennessee's own Shannon Hall was one of this year's winners of the Sandy Martin Grassroots Awards. These honors are presented to AFSP field advocates who have made unique contributions to suicide prevention advocacy. AFSP honored Hall for her role in organizing AFSP Tennessee's annual State Capitol Day, her efforts to involve local suicide prevention agencies (including TSPN) in local projects, and her role in the expansion of the Jason Flatt Act (see the item on "Jared's Law" on page 6).

TSPN Executive Director Scott Ridgway co-presented a breakout session on promoting state-level legislation for training health professionals in suicide prevention, providing details on past and current legislative efforts within Tennessee.

"This is an exciting time for suicide prevention and mental health in Washington, and I was honored to be asked to attend this year's event," Ridgway said. "AFSP did an outstanding job with this event, which allowed us to see what other states are doing in the area of suicide prevention and make connections with other activists nationwide."



At left: Cloud (second from right) presents Sen. Alexander (second from left) with the AFSP Federal Award during the Tennessee Tuesday segment of the Forum on June 14. Also pictured are Ridgway (far right) and Michelle Bauer, Suicide Prevention Program Manager for the Tennessee Army National Guard.

DIDI HIRSCH TO STAGE SUPPORT GROUP FACILITATOR TRAINING

Didi Hirsch Mental Health Services, home of the nation's first suicide hotline, is hosting a two-day Survivors of Suicide Attempts (SOSA) Support Group Facilitator Training on August 20-21 at its headquarters in Culver City, California.

The purpose of the training is to prepare the trainees with the abilities to develop, facilitate, assess and manage risks associated with conducting a SOSA group. Continuing Education Credits are available for LMFTs, LCSWs, LPCCs and LEPs.

The training will run from 9 AM-5 PM each day, at a cost of \$395 per person.

TSPN will provide the registration link to as soon as Didi Hirsch makes it available, but you may want to go ahead and make travel arrangements.

Didi Hirsch Mental Health Services is located at 4760 South Sepulveda Blvd. Nearby recommended hotels/motels include:

- Sunburst Motel: 3900 Sepulveda Blvd, Culver City, (310) 398-7523; cost per night \$117.00
- Travelodge Culver City: 11180 Washington Place, Culver City, (310) 839-1111; cost per night \$119.00
- Ramada Inn Culver City: 3930 Sepulveda Blvd, Culver City, (310) 390-2189; cost per night \$121.00

Again, we will send out the registration link for the course as soon as it is available. This message is intended as a preliminary announcement so that interested parties can make financial and travel arrangements accordingly.



The main offices of Didi Hirsch Mental Health Services in Culver City.

STUDY REVIEWS 12-MONTH FATALITY RATE AMONG ATTEMPTERS



3.2% of all American adults who attempt suicide will ultimately die by suicide within the year, according to a study recently published in the *Journal of Psychiatric Research*.

This figure includes both persons who died following a first attempt during a 12-month period as well as people who died as a result of a repeat attempt later on. This number was generated by the study authors' review of pooled data from the National Surveys of Drug Use and Health and the U.S. Mortality Files from the National Vital Statistics System.

Demographic analysis of suicide case rates was consistent with known facts about who is more likely to die by suicide—more males than females, more whites than non-whites, decreasing in correspondence with advanced educational level (i.e. people who had not finished high school were more likely than college graduates), and substantially higher among men aged 45 years and up than any other sex-race group. The study authors closed their report with a reminder about the importance of connecting suicide attempt survivors with immediate mental health aftercare, especially for the higher-risk demographics referenced above.

The citation for this study is as follows: Han, B., et al. (2016). Estimating the rates of deaths by suicide among adults who attempt suicide in the United States. *Journal of Psychiatric Research*, 77, 125-133.

TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in bold and in steel pink indicate alternate meeting dates intended to accommodate state holidays or other previously scheduled events.

East Tennessee Region

monthly, 3rd Thursday, 12:15 PM
Third Floor Conference Room, Cherokee Health Systems, 2018 Western Avenue, Knoxville, 37921
July 21, August 18 (at Helen Ross McNabb Center), no meeting in September, October 20, November 17, no meeting in December

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105
July 19, August 16, no meeting in September, October 18, November 15, no meeting in December

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211
July 14, August 11 (location TBD), no meeting in September, October 13, November 10 (location TBD), December 8

Northeast Region

monthly, 4th Thursday, 9:00 AM
Frontier Health, 1167 Spratlin Park Drive, Gray, 37615
July 28, August 25, September 22, October 27, and November 17

Rural West

monthly, 3rd Wednesday, 10:30 AM
Fifth Floor, West Tennessee Healthcare Building, 1804 Highway 45 Bypass, Jackson, 38305
July 20, August 17, no meeting in September, October 19, and November 16

South Central

monthly, 1st Wednesday, 11:00 AM
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401
no meeting in July, August 3, no meeting in September, October 5, November 2, and December 7

Southeast Region

monthly, first Thursday, 11:30 AM
Omni Community Health, 1635 Chestnut Street, Chattanooga, 37408
July 7, August 4, September 1, October 6, November 3, and December 1

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502
July 28, August 25, no meeting in September, October 27, November 17, and December 22

Intra-State Department Meetings

2 PM–4 PM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, TN 37211
August 10 and November 9

Advisory Council

September 14 (Trevecca Community Church, 335 Murfreesboro Road, Nashville, 37210)

Blount County Mental Health Awareness and Suicide Prevention Alliance

monthly, 1st Friday, 12:00 PM
Boys and Girls Club Meeting Room, Fort Craig Elementary School, 520 South Washington Street, Maryville, 37804
Executive Committee meeting in July, August 5, September 2, October 7, November 4, and December 2

Bradley-McMinn-Meigs-Polk Counties Suicide Prevention Task Force

monthly, 2nd Wednesday, 11:30 AM
Pine Ridge Treatment Center, Tennova Healthcare, 2800 Westside Drive Northwest, Cleveland, 37312
July 13, August 10, September 14, October 12, November 9, and December 14

Davidson County Suicide Prevention Task Force

monthly, 4th Tuesday, 3:00 PM
Large Conference Room at Mental Health Cooperative, 275 Cumberland Bend Drive, Nashville 37228
July 26, August 23, no meeting in September, October 25, November 15, no meeting in December

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 10:30 AM
Giles County Career Center, 125 South Cedar Lane, Pulaski, 38478
September 19, and December 19

Behavioral Health and Suicide Prevention for Hickman-Perry Counties

monthly, 4th Friday, 12:00 PM (lunch served at 11:30 AM)
Conference Room, St. Thomas Hickman Hospital, 135 East Swan Street, Centerville, 37033
July 22, August 26, no meeting in September, October 28, November 18, no meeting in December

Montgomery-Houston-Humphreys-Stewart Suicide Prevention Task Force

monthly, 3rd Friday, 9 AM
Youth Villages, 651 Stowe Court, Clarksville, 37040
July 15, August 19, September 16, October 21, November 18, December 16

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 5:15 PM
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129
July 5, August 2, September 6, October 4, November 1, and December 6



Governor Bill Haslam (seated at center) signed Jared's Law, an expansion of the Jason Flatt Act of 2007, at a ceremony at the Capitol on June 9. TSPN had been among the agencies supporting this legislation, which requires all employees of a Local Education Association (LEA) to complete two hours of training annually in suicide prevention and awareness and for each LEA to develop a policy on suicide prevention awareness. It also requires the Tennessee Department of Education to develop a model policy for use by school districts.

Also pictured, from left to right: State Sen. Kerry Roberts (a sponsor of the bill); Shannon Hall of the American Foundation for Suicide Prevention (and a member of TSPN's Intra-State Departmental Group); TSPN Zero Suicide Coordinator Misty Leitsch; TSPN Executive Director Scott Ridgway; Cameron Eanes and Kelsey Neeley of the Jared's Keepers Foundation (the non-profit which helped develop Jared's Law); Diane Roberts; and State Rep. Mary Littleton (another sponsor of the bill) (photo courtesy of the *Tennessean*).

ADVISORY COUNCIL CONTACT INFORMATION

If you are interested in getting involved with TSPN on a local level or have other questions, contact the chairperson of your region as indicated by the map provided below:

East Tennessee region

Anne Young, MS, CAS
(865) 216-9884

anneyoung@cornerstoneofrecovery.com

Memphis and Shelby County

Pastor Waring Porter
(901) 233-2175

wporter@allsaintspres.com

Mid-Cumberland region

Eileen Wallach
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eileen@yourheartonart.org

Northeast region

Jack Stewart, MA
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Rural West region

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Southeast region

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Upper Cumberland region

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Executive Director

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Amy Dolinky, BA, East Tennessee Regional Coordinator: (847) 309-4340 or adolinky@tspn.org

Samantha Nadler, LMSW, Middle Tennessee Regional Coordinator: (615) 312-3116 or snadler@tspn.org

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