



"Saving Lives in Tennessee"

Advisory Council Meeting
Wednesday, September 14, 2016
1:00 PM - 2:30 PM
Trevecca Community Church
335 Murfreesboro Pike
Nashville, TN 37210

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 Stamps, Center Director, Cumberland Mountain Mental Health Center/Dale Hollow Mental Health Center (Advisory Council Co-Secretary / Upper Cumberland Regional Chair)

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

Ursula Bailey, JD, MBA, Attorney, Private Practice

Vickie Bilbrey, Marketing Recruiting Coordinator, Oakpoint Center

Sherri Feathers, LCSW, Division Director, Specialty Services

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

Brenda Harper, Community Advocate/Retired

Rita McNabb, Coordinated School Health Director, Cocke County Schools

Wanda Mays, Hamilton County Sheriff's Office

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)

Stephenie Robb, Executive Director, Behavioral Health Initiatives, Inc.

Katie Rosas, Behavioral Health Outreach Coordinator, BlueCare Tennessee

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

Becky Stoll, Vice President of the Crisis and Disaster Management, Centerstone

Ellen Stowers, Assistant Director, Contact Lifeline

Eileen Wallach, LCSW, C-GC, CEO/Founder, Your Heart on Art, Inc. (Mid-Cumberland Regional 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)

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)

Michelle Bauer, Suicide Prevention Program Manager, Tennessee National Guard

Bruce Davis, PhD, Director of Behavioral and Psychological Services, Tennessee Department of Intellectual and Developmental Disabilities

Jennifer Dudzinski, RN, BSN, Assistant State Public Health Nursing Director, Tennessee Department of Health, on behalf of Michelle Ramsey, RN, State Public Health Nursing Director, Tennessee Department of Health

Gwen Hamer, MA, Director, Education and Development, Tennessee Department of Mental Health and Substance Abuse Services

Shannon Hall, MA, Assistant Director of Talent Management, Tennessee Department of Safety and Homeland Security

Melissa McGee, Council on Children's Mental Health Director, Tennessee Commission on Children and Youth
Morenike Murphy, LPC-MHSP, Grant Coordinator, TLC Connect & TARGET, Office of Crisis Services and
Suicide Prevention, Division of Mental Health Services, Tennessee Department of Mental Health and
Substance Abuse Services

Delora Ruffin, MA, Program Specialist, Division of Child Health, Tennessee Department of Children's
Services

Melissa Sparks, MSN, RN, Director, Office of Crisis Services and Suicide Prevention, Division of Mental
Health Services, Tennessee Department of Mental Health and Substance Abuse Services

Sara Smith, Director, AWARE Tennessee, Tennessee Department of Education

Jacqueline Talley, Treatment Specialist, Division of Alcohol and Substance Abuse Services, Tennessee
Department of Mental Health and Substance Abuse Services

Janet Watkins, Training Director, AWARE Tennessee, Tennessee Department of Education

Advisory Council Members Absent

Renee Brown, Suicide Prevention Coordinator, Memphis VA Medical Center

Joseph Chatman III, LBSW, MSW, Chairman,

Montgomery-Houston-Humphreys-Robertson-Stewart County Suicide Prevention Task Force

Patsy Crockett, BSW, Case Manager IV, Tennessee Department of Children's Services

Lisa Daniel, Chief Executive Officer, Memphis Mental Health Institute

Mary Jones, Children and Family Services

Mike LaBonte, Executive Director, Memphis Crisis Center

Bellis May, BS, Admissions/Marketing Director, Adamsville Healthcare & Rehabilitation Center

Debra K. Moore, Community Representative, Bradford Health Services

Eve Nite, Business Development Director, Omni Community (Southeast Regional Chair)

Lisa Tipton, Executive Director, Families Free

Intra-State Departmental Group Members Absent

Danielle Barnes, Deputy Commissioner and General Counsel, Tennessee Department of Human Resources

Mark Breece, Deputy Commissioner, Tennessee Department of Veterans Services

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

Sherlean Lybolt, M.A., Mental Health Programs Coordinator, Tennessee Department of Correction

Noel Riley-Philpo, LCSW, CPT, MSC, Ready and Resilient Campaign (R2C) Coordinator, Tennessee Army
National Guard

TSPN Advisory Council Emeritus Group Members

Jodi Bartlett, EdS, LPC-MHSP (Emeritus Group Chair)

Sam Bernard, Ph.D., the PAR Foundation (Advisory Council Chair, Emeritus)

Jennifer Harris, St. Thomas Hickman Hospital (Advisory Council Chair, Emeritus)

Morgan Marks, the Jason Foundation, Inc., on behalf of Clark Flatt, President/CEO, the Jason Foundation,
Inc.

Deanne Ray, the Jason Foundation, Inc., on behalf of Clark Flatt, President/CEO, the Jason Foundation, Inc.

Anna Shugart, Director, Emotional Health & Recovery Center, Blount Memorial Hospital (Blount County
Mental Health and Suicide Prevention Alliance Chair, Emeritus)

TSPN Staff Present

Garrett DeVaughn, Field Placement Student, University of Tennessee

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

Joanne Perley, MPH, West Tennessee Regional Coordinator

Scott Ridgway, MS, Executive Director

Guests

Richard Bogle, Co-Chair, Behavioral Health and Suicide Prevention for Hickman-Perry Counties
Shirley Jennings, Volunteer Behavioral Health
Tammy Nance, Community Advocate (guest of E. Stowers)
Patrick Rathbun, Field Placement Student, Centerstone
Tom Starling, Ed.D., President/CEO, Mental Health America of Middle Tennessee
Brian Stowers, Contact Lifeline

Welcome, Remarks, and Introductions

- Tatum called the meeting to order at 1:08 PM, with introductions following.

Approval of Minutes from Previous Advisory Council Meeting

- Rosas noted that her job title was incorrect in the June meeting minutes.
- **With this amendment, Bilbrey motioned for approval of the minutes from the June retreat with Stowers seconding and no objections.**

Regional Reports

Northeast Region

- Stewart spoke about Frontier Health's new facility and recently inaugurated respite program.
- The regional Advisory Council has recommended Heatherly Sifford of Johnson City Medical Center as the regional alternate.
- QPR was incorporated into a recent CIT training for local law enforcement.
- Dr. David Wood of ETSU will facilitate a stakeholders meeting for child suicide prevention on October 31; regional members have been asked to participate on the planning committee for this event.
- The Greene County Health Council is sponsoring a mental health conference on October 20, to include content on substance abuse, co-occurring disorders, and suicide prevention. About 500 people are expected.
- There is no official event planned for the Northeast Region. The usual Awareness Walk was cancelled due to a competing awareness walk which was itself scrubbed. However, TSPN has maintained or will have a presence at every community event of note in the area this month.

East Tennessee Region

- Rosas provided the report on behalf of Regional Chair Young, who had to leave a few minutes ago due to a prior engagement.
- 181 people are registered for tomorrow's LGBTQ suicide prevention event, where Justin Sweatman-Weaver will provide the keynote address.
- Friday is the day of the regional "Stand Together for Suicide Prevention" social media campaign within the East Tennessee Region. Participants will post photos of themselves wearing purple or teal on social media with one or more of the designated hashtags: #TSPN, #ETNstandTogether, or #EndSuicide2016.
- The benefit concert at Open Chord on September 3, was attended by roughly 80 people (with only two regular regional members), had raised \$600 for TSPN and been covered by local media.
 - She noted that Open Chord has previously permitted TSPN to use its space for training sessions.

Upper Cumberland Region

- Stamps detailed the ongoing focus on providing QPR to school systems within counties covered by

the region.

- The annual “Light to Hope” event on September 8 had its highest turnout yet. The musical performances especially well received, as well as the remarks given by Dr. Christina Mick. Stamps thanked Tennessee Tech University for permitting use of the Cookeville Higher Education Campus.
- Stamps closed by noting the “Macon Memories” event planned in Lafayette on the 20th.

Southeast Region

- Tatum provided today’s report on behalf of Regional Chair Nite, who was unable to attend due to illness.
- Tomorrow will be marked by an awareness event at UT-Chattanooga from 11-1 and the “We Are Glass” event that evening at the Camp House in Chattanooga.
 - Mays explained that the latter is intended partly as an awareness event and partly as a networking opportunity to grow the core group.
 - She acknowledged all the hard work Nite had put into organizing this event.
- Additionally, several county health councils have requested presentations on suicide prevention. Rhea, McMinn, and Polk Counties have had presentations, with one in Bradley County next week. Tatum mentioned that recently, the Polk County Health Council Teen Advisory Committee of the Polk County Health Council will be wearing purple for suicide prevention awareness, independent of any involvement from TSPN.
- Tatum closed by referencing the anticipated provision of suicide prevention during a CIT session planned for the week of October 24.

Mid-Cumberland Region

- Wallach reported that this year’s Middle Tennessee event will take place at the Theater Bug/New Life Baptist Church on the 22nd. It will feature a performance by the full cast of “7 Ways to Sunday”, remarks from Shannon Hall and Lucky Ametrudo, and a color guard presentation from a JROTC unit at Franklin High School.
- In other news, regional members are finalizing a new regional strategic plan and working to recruit additional volunteers from partner agencies to ease the logistical burden on TSPN staff and Council members.

South Central Region

- On behalf of Regional Chair Chastain Beal, S. Perley commented on several recent and pending local awareness walks, specifically the one held in Centerville, the one organized by the family of Michael Payne in Columbia, last night’s walk organized by Cowboy Up, and the one in Winchester next month.
- “Saving Lives in South Central Tennessee” at Columbia State Community College was a success, with about 75 people in attendance. Regional members anticipate holding the regional conference there again next year if possible.
 - Two QPR sessions are planned at Columbia State in the near future.
- Chastain Beal will host the next Grief After Suicide retreat in Columbia next month.

Rural West Region

- Ridgway presented this report as Regional Chair May was unable to attend.
- He said that the “Saving Lives in Rural West Tennessee” held on September 1 was the largest yet. He recognized Jackson/Madison County General Hospital for hosting and supporting this event.
- Ridgway added that he personally attended an awareness event/candlelight vigil in Paris on the 10th organized by a local family. He observed that the organizers charged for most of the activities and marketing items in order to cover expenses for materials.
- 250 people have received QPR training in this region since the retreat in June; Ridgway acknowledged J. Perley’s contributions her and her ongoing hard work in this part of the state.

Memphis/Shelby County Region

- Porter also acknowledged J. Perley's efforts on behalf of his region, noting that the "Saving Lives in Memphis/Shelby County" on September 9 both had good attendance (roughly 175 people in attendance) and excellent feedback. The keynote speaker was Dr. David Rudd, President of the University of Memphis and Past President of the American Association of Suicidology. He has been involved with suicide prevention research for the last 25 years, and just concluded work on a \$2 million research grant on military suicide prevention—the results of which he presented during the aforementioned conference.

Committee Reports

Executive Committee

- Tatum presented the Council on the new slate of officers for 2016-18.
 - Past Chair: Tatum
 - Chair: Young
 - Co-Chair: Stamps
 - Secretary: Stewart
 - Co-Secretary: Graham
- **The motion from the Executive Committee to approve the proposed slate of Advisory Council officers was seconded by Wallach and passed without objection.**

Strategies/Outcomes/Evaluations Committee

- On behalf of absent Committee Chair Young, Ridgway directed Council members to the handout with the revised Tennessee Strategy for Suicide Prevention, located in the event packets.
- Ridgway praised J. Perley who took the lead in reviewing the current Strategies and making recommended updates (with considerable input from the Committee) to reflect current priorities and future goals of the Network, all while keeping measurable outcomes in mind. She and others on the committee proofread the document for content and grammar ahead of its submission to the Council before the vote.
- If approved, the Strategies will be released in booklet form. Enlow has already selected a cover graphic featuring the iris, Tennessee's state flower.
- **The motion from the Strategies/Outcomes/Evaluations Committee to adopt the revised Tennessee Strategy for Suicide Prevention was seconded by Bartlett and passed without objection.**

Other Business

National Suicide Prevention Lifeline

- Recent call volumes from the Lifeline are included in the meeting packets; these were received from the Mental Health Association of New York City, which maintains the Lifeline's national switchboard.
- Ridgway pointed out the profound increase in call leakage out of state. He hopes to consult with contacts at the Lifeline for an explanation of this development.

TDMHSAS Update

- Sparks announced that over 900 people have been referred to follow-up services for both grants so far.
- TDMHSAS will be providing safety planning training for the Tennessee National Guard later this week. Sparks also mentioned a pending presentation on self-care, Mental Health 101, and community resources at a 911 dispatcher statewide conference in Chattanooga.
- The "Be the One" campaign continues to develop, with each state department taking this on as a project.

- QPR training will be rolled out first to technical staff in the TDMHSAS central office and then to staff at the state hospitals.
- The campaign logo has been finalized and the pins have also been designed.
- Sparks had hoped for a launch this month in order to coincide with Suicide Prevention Awareness Month, but a delay in the receipt of marketing materials has forced a rollback to October.
- The QPR training presented as part of the campaign will be presented in two rounds for the benefit of state department employees who cannot make the first round of training dates.
- All participants in the campaign will receive a special “Be the One” lapel pin
 - The internal workgroup is also creating a crisis intervention protocol tip sheet, similar to the one used for bomb threats for all state employees.
- Sparks acknowledged the efforts of her staff within the Office of Crisis Services and Suicide Prevention for their assistance with these and other projects.
- She noted that at least one loss to suicide has been experienced by TDMHSAS and employees working for the Tennessee Departments of Correction and Children’s Services may be at especially high-risk due to the stress of their job responsibilities.

Intra-State Departmental Group

- Love reported how Suicide prevention has been incorporated into the Primary Prevention Initiative (PPI) which the Tennessee Department of Health (TDH) is marketing to county health departments.
 - Ridgway pointed out that TDH employees are required to devote 5% of their time to PPI.
 - He recalled how earlier this week, a TDH employee assembled 350 Suicide Prevention Awareness Month ribbon cards and delivered these to the central office; some of these were distributed at today’s event.
 - TDH employees who introduced to the PPI are encouraged to contact TSPN for information on how they can assist us on the local and statewide level.
 - Having TDH’s endorsement of suicide prevention by way of the PPI is a “big win” for the Network.
- Love yielded the floor to Dudzinski, who spoke about her efforts to train nurses and other staff within county health departments.
 - Love stated that as of this week, she has met her quota of 250 employees, but did not have to opportunity to relay this information to the central office in time for today’s ceremony.
- In other news, next month Hall is scheduled to provide QPR training for human resource officers within state departments. She also continues her outreach to the Tennessee Department of Military.
- Watkins reported that Youth Mental Health First Aid training is being implemented statewide as part of a larger anti-stigma project within the state’s LEAs. The associated grant is currently in its second year and has seen over 1,500 people trained in Youth Mental Health First Aid, with a resulting 5,000 referrals of children and youth to mental health services.

Executive Director’s Report

- Ridgway commented that the number of Suicide Prevention Awareness Month events scheduled across the state and the record attendance at today’s event (roughly 325 people) is evidence of the continued growth of TSPN. He recalled how years ago, Suicide Prevention Awareness Day guests could comfortably fit in the Old Supreme Court Chambers at the State Capitol.
 - Preliminary feedback regarding today’s event has been extremely positive.
 - Ridgway hopes that next year Governor Haslam can attend in person, noting that will be his last one in office.
 - Ridgway acknowledged and thanked his staff for their efforts to organize and set up this year’s event.
- Three regional QPR T4T sessions are planned for next month to train QPR instructors.
 - He observed that several of the ASIST, AMSR, and QPR instructors trained during last year’s round of training sessions have yet to run a single session. This represents a lost

- investment of approximately \$100,000.
 - TSPN cannot ask for the ASIST or AMSR materials back, since the Network signed agreements with the agencies sponsoring these instructors. Reimbursement is impossible given that these agencies have already paid, and any funds sent back would have to be sent back to the federal government.
 - However, TSPN does have and will exercise the option of asking for the QPR kits back so TSPN can provide these to the new crop of instructors.
 - In the meantime, Ridgway encouraged Council members to work with Regional Coordinators and local trainers (active and inactive) to schedule training sessions.
 - Ridgway noted that in the first three months that over 5,000 people had received QPR training, which suggests what the numbers might look like if all the QPR instructors trained had actually followed through with their obligations.
 - Several trainers have far surpassed their original quota of 250 trainees. For instance, Captain Robert Bigham of the Tennessee Highway Patrol (who was unable to attend today's event) has trained over 500 people, which S. Perley has trained over 400.
- Ridgway noted that Zero Suicide Initiative Task Force met on August 24; it was at this meeting that plans for the plaques provided during today's ceremony were finalized.
 - He observed that several other Initiative partner agencies are on their way towards implementation and will likely be recognized at next year's event.
 - He acknowledged Leitsch's continued leadership within the Task Force and for individual agencies participating in the Initiative.
- Ridgway announced that a series of postvention trainings are also planned, with the first one set for September 27 in Jackson. Trainings in the East and Middle Grand Regions will follow.
 - These sessions are intended only for Community Mental Health folks who will be actively involved in postvention operations and are invitation-only.
 - Each session will host staff from about five different community mental health centers or agencies.
 - These postvention training sessions come at a critical time—TSPN has been informed of five suicide deaths of school-aged children and teens since August.
 - The first session has been set in West Tennessee since most of the deaths occurred request assistance in this part of the state.
 - The objective is to make sure that mental health professionals responding to suicide incidents affecting schools operate using best practices and can direct school faculty and staff accordingly, in order to prevent suicide contagion and help the school return to normal functioning.
- In other news, Mental Health America of Middle Tennessee has tentatively confirmed receipt of grant funding from Blue Cross Blue Shield of Tennessee (BCBST) to support a spring symposium on firearm safety, organized by TSPN.
 - Granger Brown, TSPN's now-retired Substance Abuse Outreach Coordinator, has personally committed considerable funds to finance this event in addition to the BCBST grant.
 - Ridgway requested volunteers from within the Council to serve on a Planning Committee which would meet primarily by conference call. Volunteers included Averitt, Bilbrey, Hall, Rosas, Stewart, and Tatum.
 - The Network has been in talks with the BrightSight Group, which manages speaking engagements for Sue Klebold (mother of one of the perpetrators of the Columbine High School massacre and author of the highly-acclaimed *A Mother's Reckoning: Living in The Aftermath of Tragedy*) in regards to the prospect of her providing the keynote.
 - The Safe Tennessee Project and the Middle Tennessee Chapter of the American Foundation for Suicide Prevention (AFSP) have already pledged their support for the symposium.
 - It is Ridgway's goal that people leave the symposium with skill sets for safety planning and lethal means reduction by way of a series of workshops and training sessions.

- TSPN will partner with the Middle Tennessee AFSP to stage “Suicide Prevention Awareness Day on Capitol Hill” in March.
- Ridgway ceded the floor to Starling for a report on the Three Star Task Force.
 - Starling reported that among the Task Force’s recommendations are an expansion of Medicaid to support behavioral health treatment for people with severe permanent mental illness, including employment assistance and telemedicine opportunities.
 - The proposed funding, which was deemed too little to be of use for medical health care, will do much to support behavioral health.
 - It would also cover over 24,000 of the state’s veterans.
 - The Centers for Medicare and Medicaid Services are due to report back within the next ten days on the viability of the recommendations. If approved, it will likely be one of the first items voted on by the General Assembly when it reconvenes in January.
- Meanwhile, Ridgway said that an e-mail blast will likely go out sometime on Monday regarding mental health legislation due for a U.S. Senate vote. If approved, it will release \$38 million in funding for mental health services, some of which will go to Tennessee and likely TSPN.
 - The e-mail to go out will include contact information for Senators Lamar Alexander and Bob Corker.
- Over the last two weeks, TSPN’s central office has been in consultation with the Office of the Governor to fill current vacancies and those to result from pending rotations off the Council.
 - Ridgway encouraged any Council member who feels they cannot fulfill their obligations to this body to notify the central office. The Governor’s Office has several interested persons it is prepared to plug into vacant slots, and anyone who still wants to be involved with the Network may simply request nomination to the Emeritus group.
 - Ridgway stressed that an active Advisory Council is critical to the continued growth of the Network and the maintenance of its public-private partnership model.
- Ridgway observed that 2018 is a gubernatorial election year. The nature of the new administration and the priorities of the new governor could make or break the Network. In advance of this, Ridgway wants to have concrete numbers demonstrating how much TSPN was able to accomplish with its current funding and staff levels, and how much more it could do with further financial and logistical support from the Governor’s Office.
 - Part of this is demonstrating the Network’s increased use of technology—for example, the transition from SurveyMonkey to SnapSurvey for more efficient processing of training evaluation forms.

Adjournment

- The meeting adjourned at 1:51 PM.
- The next meeting will take place on Wednesday, February 8, 2017. As the Community Room at the Hermitage Precinct is reserved that day, TSPN is seeking another venue and will announce same when it is finalized.