



"Saving Lives in Tennessee"

**TSPN Emeritus Group
Conference Call Meeting
Friday, November 18, 2016
9 AM Central / 10 AM Eastern
Call-in number: (641) 715-0861
Access code: 403540#**

Minutes

Members Present

Pam Arnell, Ph.D., Arnell's Counseling Service (South Central Regional Chair, Emeritus / Giles County Suicide Prevention Task Force Chair, Emeritus)

Jodi Bartlett, Ed.S, LPC-MHSP, Community Advocate (Upper Cumberland Regional Chair, Emeritus / Past Emeritus Chair)

Carol Burroughs, Lexington County Schools (Rural West Regional Chair, Emeritus)

Clark Flatt, President/CEO, the Jason Foundation, Inc. (Advisory Council Member, Emeritus)

Harold Leonard, MA, LPC-MHSP, Cognitive Behavioral Specialists of the Tri-Cities (Northeast Regional Chair, Emeritus)

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

TSPN Staff Present

Vladimir Enlow, MTS, Executive Assistant

Scott Ridgway, MS, Executive Director

Proceedings

- Shugart called the meeting to order at 9:05 AM and turned the floor over to Ridgway for an update from the TSPN central office.
- The minutes from the previous meeting were approved without objection.

TSPN Update

- Ridgway noted that the Executive Committee, which has also started holding monthly meetings, has requested a pre-developed central office update for their review ahead of the meeting. In future calls for the Emeritus Group, Ridgway plans to provide the same.
- Earlier this week, Ridgway and Zero Suicide Coordinator Misty Leitsch went to New York City for a nationwide conference on mental health, to be attended by mayors from cities across the country. Ridgway and Leitsch are presenting information on Tennessee's Zero Suicide Initiative.
 - Chirlane McGray, the First Lady of New York City, has adopted mental health as her platform during the Mayor's term in office, and the city recently procured an \$851 million grant to support its ThriveNYC mental health program.

- This week's invitation-only conference includes public officials from across the country. Outside of Ridgway and Leitsch, the only representative from Tennessee is Dr. William Paul, Director of the Metro Public Health Department who is attending in place of Mayor Megan Barry.
- During their segments of their assigned panel discussion, Ridgway provided information about TSPN's private-public partnership and Leitsch discussed the state's progress on the Zero Suicide Initiative.
- Ridgway plans to promote some elements of ThriveNYC and promote them to cities in Tennessee. Dr. William Paul, Director of the Metro (Nashville) Health Department (the only other person from Tennessee in attendance) has already shared details of ThriveNYC with Mayor Megan Berry for possible replication there.
- Last night's proceedings featured a reception at Gracie Mansion, the residence of the Mayor of the City of New York.
- A reception honoring outgoing TDMHSAS Commissioner Doug Varney was held at Tennessee Tower last week, with about 250 people in attendance. Incoming Commissioner Marie Williams served as emcee and Governor Bill Haslam was among those present.
 - Williams has already named some deputy commissioners, including Sejal West as Deputy Commissioner of the Department.
 - Melissa Sparks has been asked to serve as Deputy Commissioner on Hospital Services. Williams and West noted Sparks's past work in hospital settings and believe her skill sets will prove useful in tackling several major projects.
 - Morenike Murphy has stepped in to Sparks's previous post as Director of Crisis Services and Suicide Prevention within TDMHSAS's Division of Mental Health Services.
 - Williams has been invited to the February meeting of the Advisory Council, set for February 8 at a location to be determined.
 - Interviews of the new Assistant Commissioner for Mental Health Services are in progress; a selection will likely be announced early next month.
 - Budget hearings for state departments are in progress; Ridgway plans to attend the one for TDMHSAS set for Monday at 3 PM local time.
- TSPN staff and volunteers have provided some form of suicide prevention training to almost 10,000 people since July 1. This number represents more people than TSPN trained during the entirety of FY 16.
- Ridgway participated in a pediatric conference and community panel on teen suicide as part of ETSU's Grand Rounds, held at Johnson City Medical Center on October 31. About 125 doctors were present.
- Ridgway circulated copies of the model suicide prevention policy recently approved by the Tennessee Department of Education (TDE). This policy and a list of supplementary resources—numbers to call, points of contact, etc.—will be provided to school districts across the state.
 - Many schools are dispensing with previously adopted requirements for students referred to mental health services for suicidal ideation to obtain notes from their physicians certifying they were no longer at risk before being allowed to return to school. This policy, based on one adopted by Memphis City Schools, had proved unworkable since many physicians were unwilling to issue such notes for liability reasons.
 - Enlow will send out a copy of the Model Suicide Prevention Policy and Student Suicide Resources to the Group via e-mail.

- Since the last meeting Terry Love, Injury Prevention Manager for the Division of Family Health and Wellness within TDH, indirectly connected Ridgway with Teddy Wilkins, the director of the state boards for social workers, LFMTs, LADACs, and others in the mental health and substance abuse treatment fields. She has added Ridgway to the agenda for these boards to discuss adoption of suicide prevention training licensure requirements. This may be an alternative to having these mandated via the Tullis Act, passage of which has been stymied by procedural issues during past General Assembly sessions.
 - TSPN continues to gauge interest for introducing the Tullis Act during the upcoming session. Northeast Regional Chair Jack Stewart has met with Rep. Jeremy Faison about sponsoring the latest version of the bill. Similarly, Advisory Council Past Chair Tatum has met with Sen. Bo Watson.
 - Meanwhile, members of the Executive Committee are working with contacts on the LPC and LADAC boards to bring up the issue.
- Ridgway spoke about TSPN's recent partnership with the Crisis Text Line, noting the press release about same that went out yesterday. This partnership will allow the Crisis Text Line to track call volumes within our state to measure changes related to local or national promotion efforts.
 - Ridgway anticipates holding a press conference about the Crisis Text Line partnership during the February Advisory Council meeting, possibly with the Commissioners of TDE and/or TDMHSAS in attendance.
 - Enlow will sent out a copy of the Crisis Text Line contract alongside the minutes from this call.

Mentorship of New Council Members

- Shugart thanked Burroughs and Sabrina Anderson (Rural West Regional Chair, Emeritus) for their work on the mentoring recommendations circulated to the group earlier.
- Burroughs provided an overview of the document, which was developed following conversations about what the information a mentor to Council members needs to provide and review of documents from other agencies that provide mentors to new board members.
- Following brief discussion by Group members, Arnell motioned for approval of the Advisory Council Mentor Outline as submitted. Shugart seconded and the motion passed without objection.

Review of TSPN Binder

- Several members of the Group were not at the last Advisory Council retreat this June and did not receive a copy of the new binder. It was suggested that the new materials could be sent out via e-mail.
- Leonard observes that this document will continue to evolve with the Network.
- Bartlett led an overview of the binder recommendation document, which was typed up by Harris.
- Bartlett and Harris observed that despite some minor discrepancies, the new version of the binder follows the same format as the previous edition.
- The greatest issue facing Bartlett and Harris during the review process was trying to figure out which items in the new binder need to be in there and which can be omitted.

- Ridgway explained that the binder was intended as a user-friendly one-source resource guide for Council members. Creation of the new binders was financed by a Baptist Healing Trust grant for non-profit advocacy.
- Still, Bartlett and Harris had questions about the inclusion of certain items within the binder—for example, the gubernatorial application document.
- Ridgway explained that this document, required for submission by new members to the Office of the Governor along with a resume, was intended in the event it was needed for Council alternates recommended for appointment, as well as for existing members of the Advisory Council or Intra-State Departmental Group who wished to recommend someone for appointment.
- Bartlett questioned the necessity of including the Conflict of Interest statement, considering that it is circulated to Council members on an annual basis. Additionally, Harris observed that Bartlett’s copy of the “Roles and Structures” document had a signature space and that hers had no such option.
 - Ridgway explained that new members of the Council sign off on both the Conflict of Interest statement and the “Roles and Structures” document. Some members request copies they can sign and scan back to the central office.
 - He added that over the years, TDMHSAS’s position on whether such documents require signature, so versions of both have been included in the binder at one time or the other.
 - Ridgway noted that only gubernatorially appointed members of the Council need to sign the documents—in other words, alternates do not. Ahead of every retreat, Ridgway checks for any signed documents that are missing and has Council members who do not have these one file sign off on it.
 - At any rate, Bartlett recommended shifting both these documents towards the front of the binder since they are “maintenance items”.
- Bartlett also recommended shifting the official history towards the front for easy reference during orientation.
 - Shugart recommended having volunteers consider and recommend changes in order of the various parts of the binder, rather than having the Group sort it all out during today’s call.
- Harris asked if all the strategies listed in the Tennessee Strategy for Suicide Prevention were equally important, or if some were more critical than others.
 - Ridgway explained that TSPN’s contract with TDMHSAS requires monitoring on all listed strategies, to determine if they are being implemented as per the evaluation piece. However, it is not necessary for each region to cover every last strategy included. For one thing, the strategies themselves are broadly written, and secondly the Council has committees and task forces that handle some of these. While each strategy represents a priority related to suicide prevention awareness and education, the Network is not penalized if every TSPN region does not hit every strategy—they have the option of working on it next year as circumstances permit.
 - In past program audits, TDMHSAS has praised TSPN for its neatly defined strategies for action and its clearly delineated outcomes. Then again, the National Strategy for Suicide Prevention provided a solid blueprint for these items.
- Bartlett and Harris commented that they enjoyed the binder review process because it helped them gain a new understanding about certain aspects of Network history and strategy.

- Ridgway said that the stabilization of the TSPN staff positions creates the opportunity for a renewed focus on the Strategies. What parts of the Strategy have we not acted on significantly in the past few years? What updates, if any, are needed for the Strategies and the TSPN bylaws?
- Shugart recommended incorporating review of the binder into the previously discussed new member orientation during the Advisory Council retreats. Ridgway supported this idea, but reminded the Group that the retreats are contingent on continued funding.
- Shugart led a discussion of how long the orientation should be and when it should take place during the retreat.
 - Ridgway explained that the orientation could involve him presenting to the new members and each member of the Group following up with an assigned new member. Alternately, the orientation could be split between a presentation from Ridgway and one-on-one meetings between mentors and new members.
 - With respect to scheduling, Ridgway suggested holding it on the first of the two days, either at 1 PM directly ahead of the business meeting, or before lunch.
 - Ridgway commented that most board orientations in which he has participated lasted no more than 2 hours, and those typically included an overview of agency financials which our orientation will not.
 - Group members generally agreed that the orientation should run no more than 90 minutes, possibly including a break in the middle.
 - Participants in the orientation would include all Council members who came on board since the last retreat.
- Ridgway observed that technically, the Emeritus Group includes at least one person from each TSPN region. However, not all of them are actively involved in TSPN. Shugart responded that when the time comes, the Group will do the best it can to match new members up with mentors from their region.
- Leonard recommended a structured one-hour segment that includes review of the binder and a second segment where new members meet with designated mentors.
- Leonard pointed out that the website includes a considerable amount of material that should be included in the orientation.
 - Bartlett recalled that the binder contains practically no information about the website.
 - Ridgway posited the idea of Enlow developing a “cheat sheet” to serve as a quick reference guide for new members. He noted that even longtime members still call the central office for information that is readily available on the site.
 - Ridgway suggested incorporating the website into the orientation, referencing back to it as well as the binder. The TSPN App could also be included.
 - Bartlett mused that the new binder needs to include a section on the website and the app; Ridgway pointed out that it could also reference the Network’s social media platforms.
- Shugart recommended further review of the content to decide what parts of the binder should receive the most time during the orientation, as opposed to a mere reference or relegation to optional suggested reading.
- Flatt said that an additional meeting for mentors on the Emeritus Group, likely in-person might be needed ahead of the June retreat to brief them on the content of the orientation and how to address certain questions new members may have.
- Ridgway said that the February Advisory Council meeting agenda is already crowded—as is, this session will likely include remarks from the new TDMHSAS Commissioner and a

press release for the Crisis Text Line. However, it is conceivable that the Emeritus Group could discuss the orientation during the Committee meetings.

- Shugart endorsed the concept of an in-person meeting as trying to hammer out the details by conference call would be challenging.

Scheduling of Next Meeting

- After review of schedules, Group members agreed on another conference call for 9 AM Central / 10 AM Eastern on Friday, December 16.
- The Group will discuss the order of sections for the new binder (Arnell and Burroughs will research this issue and provide recommendations) and consider which content should be prioritized during the orientation (Bartlett and Harris will oversee this segment).
 - Bartlett asked Enlow to inform Harris about this latest assignment.
- Enlow will include the meeting date on the forthcoming transmission of the minutes as well as the school suicide prevention policy and the Crisis Text Line contract. Enlow will send out the binder content electronically to the Emeritus Group members.
- There being no further business, Shugart wished everyone a happy Thanksgiving holiday, and the meeting adjourned at 10:00 AM.