

TSPN CALL TO ACTION

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TENNESSEE SUICIDE PREVENTION NETWORK



“STEPS TOWARD A SAFER TENNESSEE” SET FOR APRIL 19 IN NASHVILLE

TSPN continues to take registrations for "Steps Toward a Safer Tennessee", a statewide symposium planned for Wednesday, April 19, at Trevecca Community Church, located at 335 Murfreesboro Pike in Nashville, ZIP 37210.

Our keynote speaker will be Sue Klebold, mother of one of the students involved in the Columbine High School incident. Since then, Mrs. Klebold has become a mental health and violence prevention advocate, and is the author of *A Mother's Reckoning: Living in the Aftermath of Tragedy*. (The date of the symposium is one day before the 18th anniversary of the Columbine shooting.)

“Between 2010 and 2015, 4,921 men, women, and children in the state of Tennessee have died by suicide. Meanwhile, the problem of other-directed violence has become a major concern within Tennessee and nationally. The two issues are more tightly connected than they first appear—in any given year, nearly two-thirds of the of the suicide deaths mentioned earlier, and about half of those nationally, involved firearms,” explains TSPN Executive Director Scott Ridgway. “It is our belief that educating the public, especially those who use firearms, about suicide risk and safe storage is the key to preventing future tragedies and reducing the incidence of suicide.”

“I am pleased to announce that Granger Brown, MSW, LMSW, TSPN's former Substance Abuse Outreach Coordinator, has agreed to chair this upcoming symposium and has invested financially in its success,” Ridgway added. “A retired therapist and longtime mental health advocate, it was Brown's recommendation to have a suicide prevention symposium focused on violence prevention. Granger is not only a longtime supporter of TSPN, but a truly dedicated mental health professional.”

The event is expected to draw approximately 250 people, primarily healthcare professionals, mental health advocates, survivors of suicide and those with lived experience, and state department employees. Several companies/organizations have already committed to sponsoring this event; they are showcased on page 2 of this publication. TSPN is currently seeking additional sponsors for this event; sponsorship levels and benefits are outlined on the sponsorship form (<http://bit.ly/2ibSr9U>).

Registration for those wishing to attend is available at a cost of \$35 and is available online at tspn17.eventbrite.com. A paper version of the form for those who wish to pay by check is available at <http://tinyurl.com/TSPN17REG>.

This forthcoming symposium will address emerging issues not only in suicide prevention, but also personal and public safety. We look forward to having you as our guests at this event and partners in the effort to help create a safer Tennessee.



Photo of Sue Klebold courtesy of the BrightSight Group.

A Mother's Reckoning
Living in the
Aftermath of Tragedy
Sue Klebold



A Mother's Reckoning was published last February by Crown and features an introduction by author and mental health activist Andrew Solomon. It was recognized by the Washington Post in its "Best Memoirs of 2016" listing.

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“STEPS TOWARD A SAFER TENNESSEE” SPONSORS

Interpreting services provided by **Bridges** Serving the Deaf, Hard of Hearing and Hearing Communities

Endorsed by

TSPN would also like to recognize Granger Brown, MSW, LMSW, who has not only agreed to chair the 2017 symposium but is also a major sponsor.

TSPN will give out certificates for 5 contact hours for this event.
 CEUs: 0.55 Continuing Education Units from the University of Tennessee at Martin are available for nursing students, social work students, LPCs, LFMTs, etc. (\$20 per participant).
 ACLF: 5.25 hours of certification for assisted living administrators approved.
 NAADAC: 5 credit hours towards certification for LADACs participating in this event; no charge.
 TDMHSAS: up to 5 Continuing Education Hours for current Certified Peer Recovery Specialists towards annual recertification renewal; no charge.
 POST: 5 hours toward POST certification continuing education hours for law enforcement personnel.

UPDATE REGARDING STAFF TRANSITIONS WITHIN TSPN

TSPN wishes to announce that Middle Tennessee Regional Coordinator Samantha Nadler has resigned to take a position with HCA TriStar Behavioral Health Triage Call Center to obtain her licensure hours; her last day with TSPN was January 13. Nadler worked for TSPN and its member in Middle Tennessee, and while she will still be involved with the Network on a volunteer basis, she will still be greatly missed.

West Tennessee Regional Coordinator Joanne Perley has been offered and has accepted the position of Middle Tennessee Regional Coordinator recently vacated by Nadler. “We are grateful to have had a series of gifted and committed professionals who ably handled the position of West Tennessee Regional Coordinator before transitioning elsewhere within TSPN or leaving the agency,” says TSPN Executive Director Scott Ridgway. “We are confident of finding a similarly qualified and successful candidate to fill the vacancy Joanne leaves behind.”

TSPN’s Regional Coordinators are responsible for coordinating and occasionally facilitating suicide prevention training sessions, including those associated with the Tennessee Higher Education Suicide Prevention Network (THESPN), the Columbia Suicide Severity Rating Scale (C-SSRS) and the ASIST (Applied Suicide Intervention Skills Training) protocol. They also disseminate regional TSPN recourses to members across their respective Grand Regions; arrange for presentations and speakers at local conferences, workshops, and training sessions; coordinate regional TSPN meetings and projects; and assist with postvention operations at schools, businesses, and other agencies affected by recent suicide deaths.

TSPN is currently soliciting applications for the vacant West Tennessee Regional Coordinator, which will be based out of Jackson. The job description is available on the TSPN website. Resumes should be submitted to the TSPN central office at tspn@tspn.org.



Samantha Nadler on left; Joanne Perley on right.

AFSP PARTNERS WITH NATIONAL SHOOTING SPORTS FOUNDATION



The American Foundation for Suicide Prevention and the National Shooting Sports Foundation (NSSF) recently established a partnership to prevent firearm suicide deaths.



NSSF is a trade association for the firearms industry, representing approximately 8,000 gun manufacturers, sellers, shooting range proprietors, and sports club managers. The NSSF is the second-largest gun lobbying group in the United States, after the National Rifle Association, and has increased in both size and lobbying expenditures in recent years.

The current partnership seeks to reduce the number of gun suicides in the U.S. by 10,000 over the next ten years by educating people who sell, own, and use firearms about suicide warning signs and following safe storage protocols—especially to keep a suicidal or severely depressed person from gaining the means to take their own life. Pilot programs launched in four states last year—Alabama, Kentucky, Missouri, and New Mexico—proved successful and now the project is set for nationwide rollout, launched during an industry trade show in Las Vegas on January 17.

"As with most relationships, we had to get to know one another a bit. We had to see that they were serious, and I'm sure that they had to see that we were not going to be gun control activists," said Robert Gebbia, CEO of AFSP, in a January 17 Associated Press article on the alliance. "We're interested in not taking guns away, but in limiting access by those who have serious mental health problems and are at risk."

Firearms were the method of death in 51% of all suicide deaths in the United States during the last five years according to the Centers for Disease Control and Prevention, and 63% of all suicides in Tennessee according to the Tennessee Department of Health. According to the Harvard Injury Control Research Center, 83% of suicide attempts involving firearms are fatal, making it the most lethal means of suicide death.

DEFENSE SUICIDE PREVENTION OFFICE ADOPTS C-SSRS

The Defense Suicide Prevention Office within the United States Department of Defense has officially recommended the use of the Columbia Suicide Severity Rating Scale (C-SSRS) for use within military communities—a major endorsement for what is quickly becoming the international mental health community's preferred suicide screening metric.

While C-SSRS is already widely used in all branches of the U.S. military, this announcement officially endorses the use of C-SSRS for use by counselors, chaplains, first responders, and others who work on or with military bases and personnel.

The announcement came in the form of a memorandum issued by Keita Franklin, PhD, LCSW, Director of the Defense Suicide Prevention Office on December 30. "While psychotherapeutic and pharmacologic interventions administered by medical and mental health professionals... are critically important, our data and surveillance points toward the majority of service members never choosing to access behavioral health," Franklin said. "As a result, a broader-scale, public health approach to suicide prevention is warranted... It involves training of multiple gatekeepers on how to identify risk factors and warning signs for suicide, and to assess for suicide risk."



C-SSRS is designed to measure suicide risk in adults and children over the age of 12. It provides a quantifiable measure of suicidal intent—for example, passive suicidal impulses versus a deliberate intent to die with a plan to attempt suicide. The scale is considered the most reliable metric of its kind and, since its introduction in 2007, has been adopted for use in assessments and research by healthcare, academic, military, and governmental entities across the world. The Centers for Disease Control and Prevention has adopted the C-SSRS's definitions for suicidal behavior and recommended its use for data collection. The Food and Drug Administration has adopted it as the standard for classifying suicidal ideation in clinical trials.

OBAMA SIGNS 21ST CENTURY CURES ACT



The 21st Century Cures Act signed by President Barack Obama on December 13 includes provisions long requested and campaigned for by mental health and substance abuse treatment advocates.

While much of the press related to the legislation has focused on cancer research and Obama's Precision Medicine Initiative, the 21st Century Cures Act includes measures and funding that correlate to previously passed or introduced mental health bills such as the Helping Families in Mental Health Crisis Act of 2016 and the Mental Health Reform Act of 2016.

This AP photo, which accompanies a December 13 CBSNews.com report on the 21st Century Cures Act, shows President Barack Obama signing the bill as (from left to right) Vice President Joe Biden, his wife Jill Biden, Rep. Frank Pallone (D-New Jersey), Sen. Lamar Alexander (R-Tennessee), House Minority Leader Nancy Pelosi (D-California), and Rep. Fred Upton (R-Michigan) look on.

Alexander, Chairman of the U.S. Senate Committee on Health, Education, Labor, and Pensions, played a critical role in the passage of the bill.

Items of note, included in a December 29 NAMI press release on the bill, include the creation of an Assistant Secretary for Mental Health and Substance Use within the U.S. Department of Health and Human Services, and language that reiterates the permissibility of same-day billing for mental health services within Medicaid. It funds Crisis Intervention Team (CIT) and other de-escalation training for law enforcement to help them deal with suspects and others with mental illness. It also compels new federal guidance for existing mental health and substance abuse treatment parity requirements in private insurance. A full listing of mental health provisions within the 21st Century Cures Act is available on the NAMI website (<http://bit.ly/2gDP7ku>).

Relative to suicide prevention, the 21st Century Cures Act reauthorizes the Garrett Lee Smith Memorial Act, which provides suicide prevention grants for states and colleges (and funds Tennessee's ongoing TLC-CONNECT and TARGET grants). It also creates a new federal adult suicide prevention and intervention program.

Originally proposed in 2015, the 21st Century Cures Act has been amended numerous times and was the subject of intense lobbying for those for and against the bill. A briefing from the Center for Responsive Politics estimates that over 1,400 lobbyists for corporate or non-profit interests were involved in work related to the bill at some point during its journey through Congress.

VETERANS CRISIS LINE EXPANDS WITH ATLANTA OFFICE



The Department of Veterans Affairs (VA) is expanding operations for the Veterans Crisis Line, opening a new call center in Atlanta and doubling the number of operators.

As noted in a December 20 *Military Times* report, the expansion is a response to both increased call volumes and reports of unanswered calls to the line. "The work at the Veterans Crisis Line is some of the most important work we do in VA," department Deputy Secretary Sloan Gibson said in a statement issued for the report. "Today we follow through

on our commitment to give those who save lives every day at the Crisis Line the training, additional staff and modern call center technology they need to make the Veterans Crisis Line a gold standard operation."

The new site will support the Veterans Crisis Line's existing call center at Canandaigua VA Medical Center in New York state. With the expansion, the hotline will have over 500 operators standing by and about 80 social service assistants available for additional consultation.

Established in 2007, the Veterans Crisis Line connects veterans and their families with confidential mental health and crisis intervention services via phone (1-800-273-8255, and press 1), online chat (www.veteranscrisisline.net), and text (send a text to 838255). Since it went into operation, the hotline has participated in more than 2.6 million calls, chat sessions, and text exchanges. It was the subject of the documentary *Crisis Hotline: Veterans Press 1*, which won the Academy Award for Best Short Subject Documentary for 2014.

TSPN offers a directory of veteran/military mental health and crisis intervention resources on its website (<http://tspn.org/veteran-resources>) as well as a brochure on veteran suicide prevention (pictured at right) available for free printing and download (<http://tspn.org/brochures-2>).



TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in **bold and in forest green** 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
February 16, March 16, April 20, May 18, June 15, July 20, August 17, no meeting in September, October 19, November 16, no meeting in December

Memphis/Shelby County Region

monthly, 3rd Tuesday, 11:30 AM
Memphis Crisis Centers Training Facility, 70 North Pauline, Memphis, 38105
February 21, March 21, April 18, May 16, June 20, July 18, August 15, no meeting in September, October 17, November 21, no meeting in December

Mid-Cumberland Region

monthly, 2nd Thursday, 9:30 AM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211
February 9, March 9, April 13, May 11, June 8, July 13, August 10, no meeting in September, October 12, November 16, and December 14

Northeast Region

monthly, 4th Thursday, 9:00 AM
Accounting Conference Room, Frontier Health, 1167 Spratlin Park Drive, Gray, 37615
February 23, March 23, April 27, May 25, June 22, July 27, August 24, no meeting in September, October 26, and **November 30**, no meeting in December

Rural West

monthly, 3rd Wednesday, 10:30 AM
Behavioral Health Initiatives (BHI), 15 Executive Drive, Jackson, 38305
February 15, March 15, **April 12**, May 17, June 21, July 19, August 16, no meeting in September, October 18, November 15, no meeting in December

South Central

monthly, 1st Wednesday, 11:00 AM
February 1, May 3, August 2, and November 1
Conference call line (641) 715-0861; access code: 403540#
March 1, June 7, September 6, and December 6
Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401

Southeast Region

monthly, first Thursday, 11:30 AM
Omni Community Health, 1635 Chestnut Street, Chattanooga, 37408
February 2, March 2, April 6, May 4, June 1, July 6, August 3, no meeting in September, October 5, November 2, and no meeting in December

Upper Cumberland Region

monthly, 4th Thursday, 9:00 AM
Volunteer Behavioral Health, 1200 Willow Avenue, Cookeville, 38502
February 23, March 23, April 27, May 25, June 22, July 27, August 24, no meeting in September, October 26, **November 16**, and **December 14**

Intra-State Department Meetings

2 PM–4 PM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, TN 37211
May 10, August 9, and November 8

Advisory Council

February 8 (Goodwill Industries of Middle Tennessee, 937 Herman Street, Nashville, 37208)
June 7-8, 2017 (Montgomery Bell State Park Inn, 1000 Hotel Avenue, Burns, 37029)
September 13 (Trevecca Community Church, 335 Murfreesboro Pike, 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
February 3, March 3, April 7, May 5, June 2, July 7, August 4, no meeting in September, October 6, November 3, and December 1

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

monthly, 2nd Wednesday, 11:30 AM
United Way of the Ocoee Region, 85 Ocoee Street Southeast, Cleveland, 37211
February 15, March 8, April 12, May 10, June 14, July 12, August 9, no meeting in September, October 11, November 8, and no meeting in December

Davidson County Suicide Prevention Task Force

monthly, 2nd Thursday, 10:30 AM
TSPN central office, 446 Metroplex Drive, Suite A-224, Nashville, 37211
February 9, March 9, April 13, May 11, June 8, July 13, August 10, no meeting in September, October 12, and November 16

Giles County Suicide Prevention Task Force

quarterly, 3rd Monday, 10:30 AM
Pulaski Police Department, 205 South First Street, Pulaski, 38478
March 20, June 19, and December 18

Behavioral Health and Suicide Prevention for Hickman-Perry Counties

monthly, 3rd Friday, 12:00 PM (lunch served at 11:30 AM)
Conference Room, St. Thomas Hickman Hospital, 135 East Swan Street, Centerville, 37033
February 17, March 17, April 21, May 19, June 16, July 21, August 18, no meeting in September, October 20, November 17, and no meeting in December

Montgomery-Houston-Humphreys-Rutherford-Stewart Suicide Prevention Task Force

monthly, 3rd Friday, 9 AM
Youth Villages, 651 Stowe Court, Clarksville, 37040
February 17, March 17, April 21, May 19, June 16, July 21, August 18, no meeting in September, October 20, November 17, and December 15

Rutherford County Suicide Prevention Coalition

monthly, 1st Tuesday, 5:15 PM
TrustPoint Hospital, 1009 North Thompson Lane, Murfreesboro, 37129
February 7, March 7, April 4, May 2, June 6, **July 11**, August 1, no meeting in September, October 3, November 7, and December 5



On January 26, TSPN Executive Director Scott Ridgway presents Lindsay Blevins, Regional Director of Specialized Crisis Services within Youth Villages's West Tennessee office, with a certificate recognizing her as a certified QPR instructor. As part of her certification, Blevins provided QPR to 250 people across West Tennessee.

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

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catherine_rosas@bcbst.com

Memphis and Shelby County

Pastor Waring Porter
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wporter@allsaintspres.com

Mid-Cumberland region

Eileen Wallach, LCSW, C-GC
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Northeast region

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Rural West region

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South Central region

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Southeast region

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Upper Cumberland region

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Advisory Council Chair

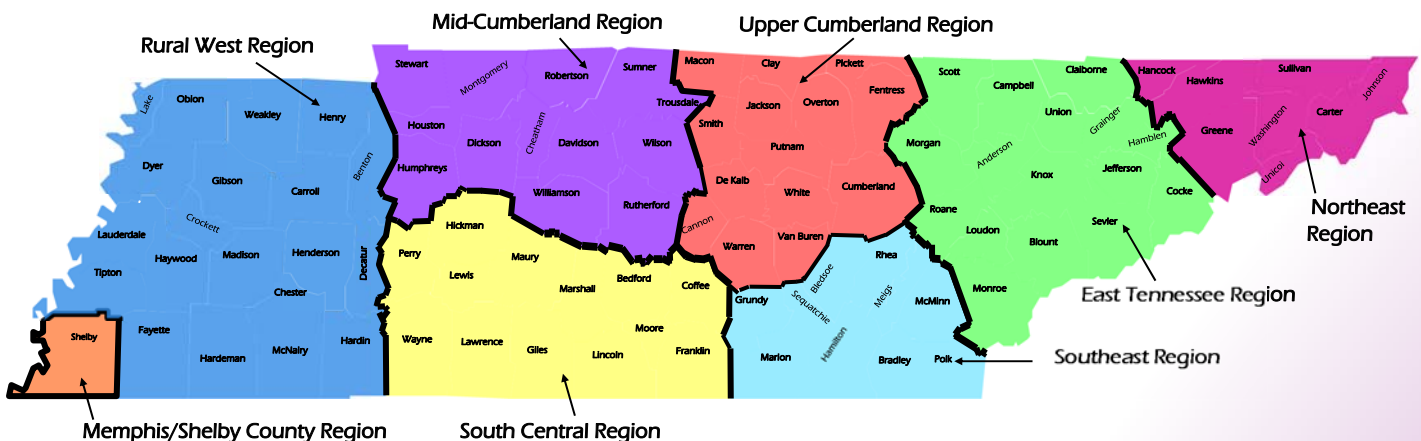
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