

TSPN CALL TO ACTION

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MARCH 2017

TENNESSEE SUICIDE PREVENTION NETWORK



COMMISSIONER ADDRESSES MEETING OF TSPN ADVISORY COUNCIL



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TSPN hosted a particularly well-attended and active Advisory Council meeting on February 8 at Goodwill Industries of Middle Tennessee in Nashville.

Marie Williams, LCSW, the newly appointed Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services, addressed the approximately 70 people in attendance, introducing her leadership staff. She acknowledged the continuing work of the leaders and members of the Advisory Council, as well as Tennessee's Zero Suicide Initiative, and articulated her support for TSPN's ongoing suicide prevention efforts. She also referenced her anticipated appearance during TSPN's symposium "Steps Toward a Safer Tennessee", scheduled for April 19 in Nashville.

Additionally, Dr. Adele Lewis, Deputy State Chief Medical Examiner for the State of Tennessee, provided the group with information about Tennessee Medical Examiner System, including the process for referral of suspected suicides to regional forensic centers and the process for certification of death by suicide. She also discussed her office's efforts to confirm the accuracy of suicide death data reported by county medical examiners and attempts to emphasize the importance of accurate cause-of-death classification. Furthermore, she thanked the Network for its interest in assisting state and local medical examiners with addressing the needs of families who have lost loved ones to suicide.

The business meeting saw passage of the following resolutions from the Advisory Council:

- The Council approved the evaluation piece for the 2017 revision of the Tennessee Strategy for Suicide Prevention, the state plan which sets priorities for the state and regional networks.
- Ben Harrington, Executive Director of the Mental Health Association of East Tennessee, was unanimously elected to TSPN's Emeritus Group. This group recognizes Council members who have rotated off the group but are still involved with Network projects and activities, honors Council members who have provided outstanding service to TSPN and to suicide prevention efforts within our state.
- The Council approved the re-introduction of the Ken and Madge Tullis Suicide Prevention Act during the 110th General Assembly, as well as legislation related to the suicide prevention license plate.
- The Council endorsed submission of a letter to the Commissioner of the Tennessee Department of Health encouraging the state to apply for inclusion in the National Violent Death Reporting System (NVDRS). This active surveillance system initiated by the Centers for Disease Control collects data regarding violent deaths in the United States, including suicides. Data obtained from NVDRS has helped several other states develop proactive suicide prevention strategies.
- The Council established a workgroup to partner with the State Office of the Chief Medical Examiner to support its efforts and work with medical examiners to support families affected by suicide.
- The Council authorized TSPN to secure a new home for the International "Faces of Suicide" Memorial Wall to be located in Nashville (currently housed in Columbia) in order to support the wall's continued development and availability to those who have contributed to it thus far.

Guests also received an overview of the latest youth suicide data for Tennessee, updates regarding TSPN's symposium planned for April (see pages 2 and 4), and details on outreach to state licensure boards regarding suicide prevention requirements. Guests were also briefed on the next meeting of the Advisory Council, set to convene during the annual retreat at Montgomery Bell State Park in Burns on June 7-8.

446 METROPLEX DRIVE
SUITE A-224
NASHVILLE, TN 37211
PHONE: (615) 297-1077
FAX: (615) 269-5413
E-MAIL: TSPN@TSPN.ORG
WWW.TSPN.ORG



“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.”

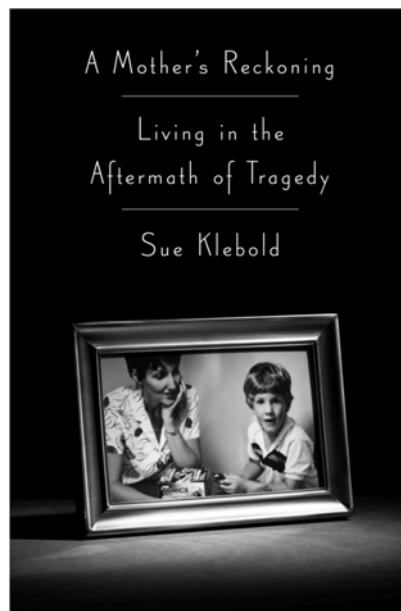
The event is expected to draw approximately 400 people, primarily healthcare professionals, mental health advocates, survivors of suicide and those with lived experience, and state department employees. Several companies/organizations have already committed to sponsoring this event; they are showcased 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. The full list of current sponsors is available on page 4 of this publication.

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 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.

TSPN ANNOUNCES PARTNERSHIP WITH CRISIS TEXT LINE

The Tennessee Suicide Prevention Network (TSPN) and Crisis Text Line, a free, 24/7 text-messaging support line for people in crisis, announce the launch of a partnership bringing crisis support to anyone in the state.

Established in 2013, Crisis Text Line provides access to a trained crisis counselor who can provide immediate support and referrals not just for suicidal thoughts, but also for anxiety, depression, child and domestic abuse, substance abuse, eating disorders, human trafficking and beyond. Users simply text "TN" to 741-741 to connect with a crisis counselor.



"Not everyone in crisis is comfortable verbalizing their problems or talking to relative strangers on the phone. Meanwhile, many teens and young adults—a high-suicide-risk population group—use their phones for texting instead of talking," explains TSPN Executive Director Scott Ridgway. "The Crisis Text Line offers an alternative means of contact for people who might not reach out for help otherwise."

As part of the partnership between TSPN and the Crisis Text Line, the latter will provide TSPN with state-specific trends in texts sent to the line. An example of these trends is available at www.crisistextline.org/trends.

"We are psyched to partner with TSPN to bring Crisis Text Line to Tennesseans in pain. Our Tennessee-specific data trends will help TSPN continue to develop policies to save even more lives," said Nancy Lublin, Founder and CEO of the Crisis Text Line.

Crisis Text Line was founded in 2013, an outgrowth of the international community action non-profit Do Something, as a resource for members in crisis. As of the end of 2016, the service has processed over 28 million text messages from users across the US. AT&T, Sprint, T-Mobile, and Verizon all waive fees for use of the service, and texts to the line do not appear on cell phone billing records.

The service is available through Facebook Messenger ([facebook.com/crisistextline](https://www.facebook.com/crisistextline)) and has a partnership with Kik, a smartphone instant messenger popular with teens, where users in crisis receive referrals to the service.

More information about the Crisis Text Line is available via their website (<http://www.crisistextline.org>).



Commissioner Marie Williams, Tennessee Department of Mental Health and Substance Abuse, (holding sign, second from right) joins TSPN staff and members of the Network's Advisory Council, Intra-State Departmental Group, and Emeritus Group in a promotional photo for the Crisis Text Line during last month's Advisory Council meeting.

“STEPS TOWARD A SAFER TENNESSEE” SPONSORS

Endorsed by



Interpreting services provided by



TSPN would also like to recognize Granger Brown, MSW, 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.*

TSPN RESPONDS AFTER LOSS OF MNPD OFFICER



Photo of Officer Mumaw from his obituary on the Tennessean website.

TSPN provided resources to the community, including an interview for WTVF, following the death of Metropolitan Nashville Police Department Officer Eric Mumaw in the line of duty on February 2.

Mumaw, an 18-year MNPD veteran, died during the water rescue of a woman who attempted to drive her car into the Cumberland River. He was subsequently honored with tributes across the state of Tennessee for making the ultimate sacrifice in trying to save the life of another. Nashville’s Metro Courthouse, the Korean War Veterans Memorial Bridge and several other buildings were lit up in blue that evening, and Nashville Mayor Megan Barry ordered all Metro buildings to fly their flags at half-staff.

Ridgway provided an interview to WTVF’s Brandon Johnson which was included on that evening’s 10 PM news broadcast. He provided information about the National Suicide Prevention Lifeline (1-800-273-TALK, or 8255) and its availability for people in crisis. Viewers were also encouraged to reach out to police and other emergency services if they or someone they knew was suicidal.

A companion article on the WTVF’s website (<http://bit.ly/2kqnwGb>) provided the Lifeline number and a listing of common suicide warning signs.

TSPN sent out a press release to all Nashville-area TV stations on the afternoon of Mumaw’s death, acknowledging his bravery and the need for the public to understand more about suicide prevention: “The public needs to be aware of the warning signs of suicide and how they can intervene to prevent suicide. In the meantime, we applaud the bravery of the officers who worked to save a life, and especially the selfless sacrifice of Officer Eric Mumaw.”

TSPN REGIONAL CALENDAR

No December meetings are scheduled unless otherwise marked. Dates marked in bold and in Brandels blue 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
 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
 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
 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
 March 2, April 12, May 17, June 21, July 19, August 16, no meeting in September, October 18, November 15, no meeting in December

Rural West

monthly, 3rd Wednesday, 10:30 AM
 Behavioral Health Initiatives (BHI), 15 Executive Drive, Jackson, 38305
 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
 March 1, June 7, September 6, and December 6
 Conference Room A, South Central Regional Health Office, 1216 Trotwood Avenue, Columbia, 38401
 May 3, August 2, and November 1
 Conference call line (641) 715-0861; access code: 403540#

Southeast Region

monthly, first Thursday, 11:30 AM
 Omni Community Health, 1635 Chestnut Street, Chattanooga, 37408
 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

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
 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
 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
 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)
 Hickman County Emergency Management Center, 550 Highway 100, Centerville, 37033
 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
 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
 March 7, April 4, May 2, June 6, July 11, August 1, no meeting in September, October 3, November 7, and December 5

This promotional graphic, also seen on page 1, is designed for placement on posters and flyers to be distributed statewide.

TSPN is indebted to community activist Chelsea Brandon for her design work for this project.

Texters in TN experiencing Suicidal Thoughts also experience these issues in the same conversation

Anxiety	17%	Lgbtq Issues	4%
Bereavement	2%	Physical Abuse	5%
Bullying	3%	Relationships	15%
Depression	39%	School Problems	1%
Eating Disorder	3%	Self Harm	17%
Family Issues	19%	Sexual Abuse	3%
Friend Issues	8%	Stress	18%
Health Concerns	2%	Substance Abuse	2%
Isolation	10%	Suicidal Thoughts	100%

The Crisis Text Line already collects information on callers within Tennessee—for example, these figures on users of the line for the year 2016. TSPN anticipates its partnership with the crisis line providing additional insights into trends in suicidal ideation and self-harm within 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

Katie Rosas, BS
(865) 292-3967
catherine_rosas@bcbst.com

Memphis and Shelby County

Pastor Waring Porter
(901) 276-1478
wporter@allsaintspres.com

Mid-Cumberland region

Eileen Wallach, LCSW, C-GC
(615) 456-3777
eileen@yourheartonart.org

Northeast region

Jack Stewart, MA
(423) 787-1663
bluespringsdc@yahoo.com

Rural West region

Bellis May, BS
(731) 632-3301
bellisalexander@hotmail.com

South Central region

Karyl Chastain Beal, MEd, CT
(931) 388-9289
karylcb@bellsouth.net

Southeast region

Eve Nite
(423) 697-5952
enite@omnicommunityhealth.com

Upper Cumberland region

Anne Stamps, MA
(931) 484-8020 or 823-5678
jstamps@vbhcs.org

Advisory Council Chair

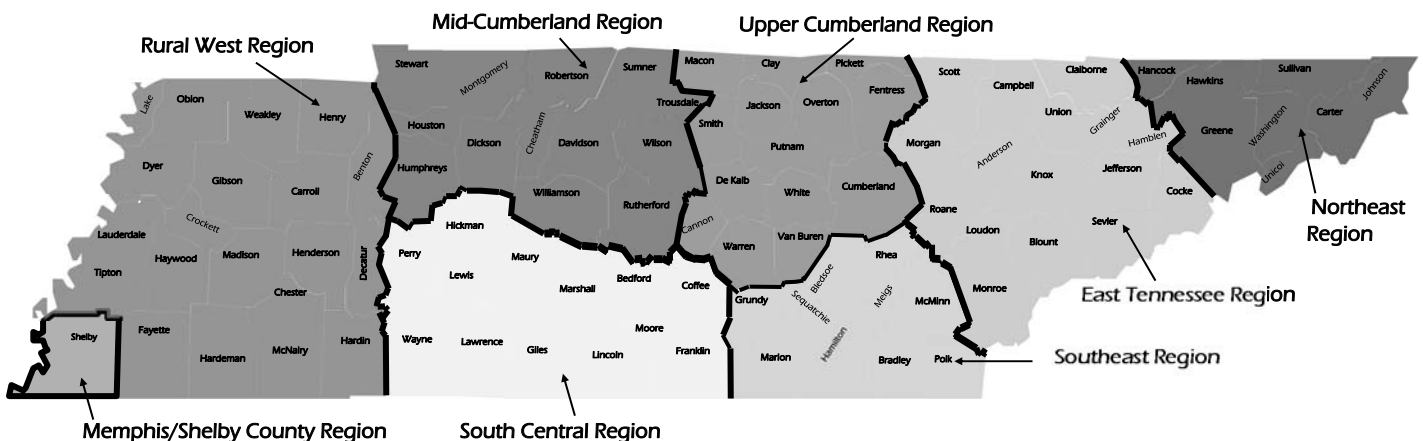
Anne Young, MS, CAS
(865) 216-9884
anneyoung@cornerstoneofrecovery.com

Executive Director

Scott Ridgway, MS
(615) 297-1077
sridgway@tspn.org

Advisory Council Emeritus Group Chair

Anna Shugart, MSSW
(865) 981-2306
ashugart@bmnet.com



TSPN Staff

Scott Ridgway, MS; Executive Director: (615) 297-1077 or sridgway@tspn.org
 Misty Leitsch, BSW, BBA; Zero Suicide Coordinator: (615) 312-3121 or mleitsch@tspn.org
 Amy Dolinky, BA, East Tennessee Regional Coordinator: (847) 309-4340 or adolinky@tspn.org
 Joanne Perley, MPH, Middle Tennessee Regional Coordinator: (615) 312-3116 or jperley@tspn.org
 Vladimir Enlow, MTS, Executive Assistant: (615) 297-1077 or vladimire@tspn.org