



"Saving Lives in Tennessee"

Advisory Council Meeting
Clement Room B, Montgomery Bell State Park Hotel Inn
1000 Hotel Avenue, Burns, TN
Wednesday and Thursday, June 7-8, 2017

Advisory Council Members Present

Anne Young, MS, CAS, Program Director, Women's Program, Young Adult Program, and Recovery Renewal Program, Cornerstone of Recovery (Advisory Council Chair/Executive Committee Chair)

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

Jack Stewart, MA, President, NAMI Greene County (Northeast Regional Chair and Advisory Council Secretary)

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

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

Richard Bogle, Co-Chair, Behavioral Health and Suicide Prevention for Hickman-Perry Counties

Joseph Chatman III, LBSW, MSW, Chair, Montgomery-Houston-Humphreys-Robertson-Stewart County Suicide Prevention Task Force

Audrey Elion, Ph.D., Mental Health Clinician, Coordinated School Health, Shelby County Juvenile Court

Sherri Feathers, LCSW, Division Director, Specialty Services, Frontier Health

Brenda Harper, Community Advocate

Tricia Henderson, LPC-MHSP, Assistant Director, Alcohol, Other Drug, & Mental Health Education, Office of the Dean of Students, University of Tennessee Chattanooga

Mary Jones, Executive Director, Children and Family Services

Mike LaBonte, Executive Director, Memphis Crisis Center

Cynthia W. Lynn, RN, PhD, GC-C, Adjunct Faculty, Carson-Newman University

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

Wanda Mays, CIT Coordinator, Hamilton County Sheriff's Office

Sandra Perley, Ed.D, MSN, RN, Associate Professor of Nursing, Columbia State Community College

Eve Nite, Southeast Regional Director, Omni Community Health (Southeast Regional Chair)

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

Lisa Tipton, Executive Director, Families Free

Katie Rosas Valentino, Behavioral Health Outreach Coordinator, BlueCare Tennessee (East Tennessee Regional Chair)

Intra-State Departmental Group Members Present

Terrence (Terry) Love, MS, CPC (Intra-State Departmental Group Chair), Injury Prevention Manager, Division of Family Health and Wellness, Injury and Violence Prevention, Tennessee Department of Health

Michelle Bauer, Suicide Prevention Program Manager, Tennessee National Guard

Maria Bush, LPC-MHSP, Project Director, TLC Connect & TARGET, Office of Crisis Services and Suicide Prevention, Division of Mental Health Services, Tennessee Department of Mental Health and Substance Abuse Services

Jennifer Dudzinski, RN, BSN, Assistant 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

Sherlean Lybolt, MA, Mental Health Programs Coordinator, Tennessee Department of Correction

Melissa McGee, Council on Children's Mental Health Director, Tennessee Commission on Children and Youth

Morenike Murphy, LPC-MHSP, Director, 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

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

Ursula Bailey, JD, MBA, Attorney, Private Practice

Vickie Bilbrey, Marketing Recruiting Coordinator, Oakpoint Center

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

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

Heatherly Sifford, BS, Trauma Injury Prevention Program Coordinator, Johnson City Medical Center

Tim Tatum, MBA, MA, LPC-MHSP, Director of Business Development, Focus Treatment Centers (Advisory Council Past Chair / Chair, Bradley, McMinn, Meigs, and Polk (BMMP) Counties Suicide Prevention Task Force)

Daniel Wolfshadow, Trauma Specialist, Freeman Treatment Center, Co-Chair, Behavioral Health and Suicide Prevention for Hickman-Perry Counties

Intra-State Departmental Group Members Absent

Mark Breece, Deputy Commissioner, Tennessee Department of Veterans Services

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

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

Ashley Fuqua, Legislative Liaison & Public Information Officer

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

and Homeland Security

Maj. James A. Saunders, Ed.S., CFLE, Resilience & Risk Reduction Program Coordinator,
Squadron Chaplain, 2/278th ACR, Tennessee Army National Guard

TSPN Advisory Council Emeritus Group Members Present

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

Sam Bernard, Ph.D., President, Bernard & Associates, PC / Executive Director and Lead
Clinician, the PAR Foundation (Advisory Council Chair, Emeritus)

Carol Burroughs, MSCPS, Counselor, Lexington High School (Rural West Regional Chair,
Emeritus)

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

TSPN Staff and Field Placement Students Present

Amy Dolinky, BA, East Tennessee Regional Coordinator

Vladimir Enlow, MTS, Executive Assistant

Misty Leitsch, BBA, BSW, Zero Suicide Coordinator

Joanne Perley, MPH, Middle Tennessee Regional Coordinator

Scott Ridgway, MS, Executive Director

Guests

Granger Brown, MSW, Community Advocate

Teresa Kimbro Culbreath, Community Advocate

Jackie Cavnar, COO, Mental Health America of Middle Tennessee

Abhikumar Shingala, Field Placement Student, Tennessee Department of Mental Health and
Substance Abuse Services

Welcome, Remarks, and Introductions

- Young called the meeting to order at 1:18 PM, with introductions following.
- She thanked the staff of TSPN for their hard work in putting together today's retreat.
- She thanked Cavnar and Starling for their efforts to incorporate the retreat into the three-year grant received by Mental Health America of Middle Tennessee, which provides administrative oversight to TSPN, from Baptist Healing Trust.
- She also acknowledged Brown for his contributions to the sponsorship, chairing, planning, and execution of "Steps Toward a Safer Tennessee", TSPN's 2017 symposium.
- She referenced the keychain featuring the National Suicide Prevention Lifeline, provided to each guest, and challenged those present to give them to someone over the next 24 hours.
- At this point, Young introduced Commissioner Williams, thanking her and her Department for its ongoing support, which is vital to the work of TSPN.

Remarks by Commissioner Marie Williams, LCSW, Tennessee Department of Mental Health and Substance Abuse Services

- Commissioner Williams began by thanking Ridgway for his work as a leader, negotiator, and spokesperson for TSPN.
- She also acknowledged the work of the Department's representatives on TSPN's Intra-State Departmental Group.
- She referenced the recent increase in the state suicide rate, which was covered in depth by the Tennessean earlier this week. She observed that most suicide deaths can be connected and correlated to mental illness and/or substance abuse, and people's lack of knowledge or inability to "get out of the hole".
- As a testament to the importance of TSPN's work, Commissioner Williams shared two recent e-mails her office had received. One was from a woman whose boyfriend had driven her truck to the location where he killed himself, and how she was being charged an unreasonable amount of money to get the truck out of impoundment. The other was from a mailing list to which Commissioner Williams subscribes, from a regular contributor who shared an account of the anniversary of his son's death. Both messages speak to the individual impact of suicide and the importance of TSPN's work to educate and reach out to the public.
- Commissioner Williams reviewed several recent developments within and affecting the Department relative to mental health and substance abuse treatment:
 - The Department had recently received funding to build additional community walk-in centers, staffed with psychiatrists with the authority to write prescriptions.
 - The Department has received \$6 million for substance abuse treatment, \$15 million for the creation of safety centers for people with substance abuse issues (to keep them from being housed in correctional facilities), a one-time funding increase to make up for previous cuts to state mental health services, and a provider-rate study in collaboration with TennCare, the Tennessee Department of Children's Services, and the Tennessee Department of Intellectual and Developmental Disabilities.
 - This is in addition to the \$13.8 million in federal funding, authorized by President Obama and preserved after President Trump took office, for mental health treatment services.
- However, as Commissioner Williams pointed out, even the combination of state and federal dollars only allows the State of Tennessee to provide treatment to one out of ten of the estimated number of people in our state with substance abuse issues, and only two out of five of people with mental health concerns. Commissioner Williams observed that state officials know what works and has the programs in place; we just need additional funding to support them.
- With that being said, Commissioner Williams appreciates the ongoing work of TSPN and looked forward to seeing everyone at the next meeting in September.

Remarks by Morgan F. McDonald, MD, FAAP, FACP, Assistant Commissioner, Director, Division of Family Health and Wellness, Tennessee Department of Health

- Morgan began by circulating copies of her Department’s 2017 youth suicide infographic flyer, intended for distribution within schools across the state. The document uses 2015 TDH data, the most recent available.
- Morgan referenced her personal connection to the issue of suicide, having been deeply affected by the suicide death of a beloved neighbor two years ago. It serves as a reminder to her that beyond that data and statistics cited, suicide personally affects everyone.
- The recent increase in suicide rates, especially among youth, is disheartening. While we as experts understand the “who”, “how”, and “when” of suicide deaths in Tennessee, we cannot emphasize enough the value of interpersonal and family connections in preventing suicide.
- TDH has made a priority of engagement with TSPN and TDMHSAS for suicide prevention awareness, outreach to the public, and establishing partnerships between agencies.
- TDH is also working to improve the quality and the timeliness of the suicide death data collected by the state.
- Finally, the Department is acting on the root causes of suicide deaths and attempts, advocating for increased mental health and substance abuse prevention efforts. The Department is also focused on creating supportive environments through initiatives such as anti-bullying curricula.
- McDonald thanked TSPN for the “fantastic” work it has done in providing a voice, as evidenced by its media mentions and coverage, its efforts to engage people in developing networks and systems of care, its partnership with schools for prevention/intervention/postvention efforts, its work as a voice for families, and as a liaison between multiple state departments and other agencies.
- McDonald closed by thanking Ridgway, Love, the staff of TSPN, and the Department’s representatives within its Intra-State Departmental Group.
- “What you do is critical. What you do gives life. Your successes are in the ones who are not counted. You are up against all of the hardest things to change about our society-- poverty, depression, enabling policies, cultural stigma, ambivalence, addiction, hopelessness. Most of all hopelessness. And yet you have hope, you have restless hope. You keep moving forward, working harder. “
- She encouraged TSPN’s members to continue engaging people locally, statewide, and nationally.

Advisory Council New Member Orientation Presentation

- Prior to the start of this segment, Ridgway announced that this would be the last Council meeting Shugart would attend in a professional capacity, as she is retiring from Blount Memorial Hospital at the end of June. He thanked her for her years of work on behalf of TSPN and the Blount County Mental Health and Suicide Prevention Alliance.
- Shugart explained that once the Emeritus Group was initiated, its first objective was to articulate its role and explore what it can offer the full Council.
 - During their discussion of this point, Emeritus Group members talked about how overwhelming it can be for newly appointed Council members to be confronted with the apparent scope of responsibilities before them. They opted to come up

with an orientation process for these new members, and developed the concept and process over a series of conference calls and e-mails. Today's presentation of the orientation PowerPoint presentation is the culmination of this process.

- Shugart encouraged Council members to recall their own experiences in coming onto the Council when reflecting upon the presentation, considering what parts of the presentation work, what parts need improvement, and what parts are the most important.
- Ridgway pointed out that the actual presentation will include references to the Advisory Council binders to be presented to new members.
- With that, the presentation began with Ridgway summarizing the history of TSPN, starting with the early contributions of the Weyrauchs and Tullises, the formal establishment of TSPN in 2001, and its development over the course of the years.
- Shugart handled the next section: an overview of the Tennessee Strategy for Suicide Prevention and its status as the guiding document of the Network. She commented that regional networks have the option of customizing their approach to focus on particular strategies that are relevant to their area.
- Burroughs handled the section outlining the role of the Advisory Council, which covers its structure, the regional networks' oversight of the implementation of the Tennessee Strategy for Suicide Prevention, the sharing of projects and ideas between regions, and the recommendations it provides to TSPN leadership. The section also covered the meeting schedule, term lengths, the roles of its committees, and the supporting roles of the Emeritus and Intra-State Departmental Groups.
- Burroughs also covered the regional information section, which discusses regional boundaries, regional chairs, the resources available on the TSPN website, the online ED curriculum, the Regional Suicide Prevention Awards, and the available support groups.
- Bernard and Shugart closed out the presentation with the section on projects and resources, including the Zero Suicide Initiative, the Status of Suicide in Tennessee report, and the annual Suicide Prevention Awareness Day event. Bernard included a mention of TSPN's postvention response teams.
- Shugart reemphasized that new members will receive copies of the binder and be directed to the TSPN website.
- The orientation will conclude with a Q&A section and referral to a local Emeritus member for additional information as needed.
- Shugart asked guests present to make notes on their feedback on the presentation and leave these on the table at the back of the room during the upcoming break.
- Young thanked the Emeritus Group for their work on this project.

“TSPN Procedures”

- Ridgway referenced select documents within the meeting packets associated with training sessions and other events—specifically, the training sign-in sheet, the post-training form, the CONNECT/TARGET training form, and the materials distribution form. STATE
- After a review of each of these forms, Ridgway directed members to the legal-sized graphical display in the packets, created by J. Perley to depict TSPN outcomes over the last few years. This graphical display demonstrates the importance of timely and complete submission of forms by regional members, as they help create a profile of TSPN's outreach efforts.
- At this point Ridgway gave J. Perley the floor for discussion of the outcomes report,

which she projected onscreen.

- Each table has received printouts of the CONNECT, TARGET, and STATE outcomes as derived from the outcomes report.
- The outcomes report divides outreach efforts up into three different funding streams—CONNECT (which involves youth and people who work with them and is primarily school-based), TARGET (work involving adults, which includes the Zero Suicide Initiative), and STATE (the State of Tennessee). These outcomes represent the work of both TSPN staff and volunteers.
- These outcomes are broken down by Tennessee Grand Regions and by federal and state fiscal year.
- All the information that TSPN collects from the forms submitted by regional members is fed into this report and submitted to TDMHSAS on a monthly or bi-monthly basis, depending on the data requested. The report allows TSPN staff to identify where the figures it reports to TDMHSAS are coming from, down to individual exhibits and training sessions.
- As shown on the spreadsheet, 13,004 people have been reached with QPR training since July 1, 2015 through the CONNECT grant alone.
- The outcomes report covers not only training sessions, but outreach activities and media coverage.
- The bulk of the work chronicled in these reports is conducted by volunteers, who may represent TSPN exclusively or incorporate TSPN information and materials into their professional responsibilities—for example, including TSPN brochures in an exhibit set up by their own agency.
- Most Advisory Council members are diligent in reporting outcomes. It is regional members not on the Council who are more likely to lose track of outcomes and materials.
- As noted on the legal-size spreadsheet, the number of training sessions and people included increases with each fiscal year, serving as justification for additional funding and staff. Even so, staff cannot handle every exhibit and training request, so we continue to rely on our volunteers across the state.
- Ridgway articulated plans to run an analysis of the money TSPN and its members saved the state in terms of volunteer hours. A calculation of volunteer hours for the year 2012 generated an estimate of \$237,837.85.
- In response to a query from Watkins, Ridgway explained that media mentions were previously tracked using the Tennessee Clipping Service. But now TSPN receives daily updates from TDH and TDMHSAS's Public Information Offices, as well as Google Alerts on mentions of TSPN. Admittedly this misses any newspaper that isn't part of the Tennessee Press Association, but should cover most of them.
- As calculated in the outcomes report, over 13 million people (admittedly with some overlap) were reached by articles or reports about TSPN, based on readership and viewership estimates.
- Ridgway noted that the STATE contract doesn't require tracking of ASIST and suicide2Hope training sessions, but outreach goals for same are included the CONNECT and TARGET grants.
- J. Perley pulled up the current outcomes report on the screen, demonstrating how the report notes the type of outreach or training, the date, the quarter of the fiscal year, the location by city and Grand Region, and the member responsible for the outcome.

- Bush and Murphy commented on the “phenomenal” number of hours involved in maintaining this database and the labor it saves TDMHSAS in procuring outreach figures.
- Ridgway pointed out that while all TSPN staff have contributed to the outcomes report, it was J. Perley who generated the reports and graphic displays provided at today’s meeting. Aggregating and arranging the data for today’s meeting was her exclusive project for two weeks’ time.
- Brown remarked that the marked rise in outreach figures over the last three years demonstrates the effects of increased central office staffing.
- Rosas Valentino noted that while TSPN maintains paper and online distribution forms, sometimes TSPN has accepted handwritten memos from volunteers about what they did recently.
- In response to a question from Bauer, Murphy and Ridgway explained that training sessions coordinated by agencies besides TSPN are not included in the outcomes report, although any TSPN materials they might provide during would be added.

Strategic Planning for TSPN, Fiscal Year 2018

- Graham, the facilitator of this session, explained that the purpose of this exercise was to form clear statewide directives for the coming fiscal year and to generate synergy from multiple TSPN regions all working towards the same driving goal or set of goals.
- He wanted guests to focus on deliverables—what they want to have done by the time of next year’s retreat—broken down by “who”, “what”, and “how”—who do we want to approach, what is the message that we want to give them, and how do we give them that message.
- It is a known fact that white non-Hispanic middle-aged males are overrepresented in Tennessee’s suicide statistics and have been overlooked by previous outreach efforts. TSPN has been challenged by the effort to reach a population that is less likely than most to seek out mental health resources or respond to traditional suicide prevention outreach.
 - The question, then, is what new approaches can we use to reach this group. What public awareness tactics should be used? How do we engage previously suggested avenues (e.g., employers, local Chambers of Commerce)? What message do we convey to get their attention?
- Graham explained that over the next 20 minutes, members will break off into regions to discuss the “who”, “what”, and “how” of our outreach to white males in midlife. Participants should keep deliverables in mind during the exercise—what do they want to see accomplished?
 - Ahead of the split-up in to regional groups, Ridgway apprised members of several potentially relevant statistical displays in the meeting packets:
 - A ranking of the top 25 counties in Tennessee by suicide rate for the last five years, color-coded by region
 - A full ranking of all 95 counties in Tennessee by suicide rate, also for the last five years
 - Spreadsheets showing veteran and teen death numbers and rates for the last several years
 - A chart showing the changes in the state and national suicide rate over the last five years; the reverse includes changes in state death rates for homicide and

- motor vehicle accidents
 - A summary of responses from the tabletop exercise conducted during the symposium
- At this point, the regional delegations and the Intra-State Departmental Group broke off for discussion, reconvening at 3:30 PM. Each region's findings will be typed up this evening and printed off for review by the Council at large during tomorrow morning's session. They will also be e-mailed out to the group following the meeting.
- Following this exercise, Graham then counted guests off into five groups for an additional networking exercise. Guests were asked to consider, based on the data at hand, what they would like to see happen in their region if money was not a consideration. What projects and initiatives would "move the needle" in terms of suicide prevention in their areas? Guests were asked to come up with their top five priorities and reconvene at 4:15 PM to present these to the group.
- After the brainstorming period, the Council reconvened with the following members presenting on behalf of their assigned groups:
 - Group 1: Elion
 - Group 2: Feathers
 - Group 3: May
 - Group 4: Rosas Valentino
 - Group 5: Nite
- Graham noted several recurring themes within the wish lists the groups developed, most notably the idea of having a regional coordinator for each TSPN region instead of Grand Region.
- A summary of these results will be e-mailed to the Council alongside the results of the earlier men-in-midlife exercise.
- Ridgway pointed out that the outcomes spreadsheet provided earlier shows several "bumps" in training associated with the addition of new instructors. This is evident in FY 2010, during which TSPN coordinated a series of QPR instructor trainings, and in FY 2016, when TSPN arranged for instructor trainings in QPR, AMSR, ASIST, and suicide2Hope in October 2015
 - Many of these trainers, especially during the 2015 sessions, were embedded within mental health agencies and hospitals to provide training to staff. However, these trainers may change jobs or leave the industry entirely. Also, trainers also report that they do not feel supported or encouraged to lead sessions after the course is done. Completing the course is one thing, but conducting a training session on one's own can be intimidating.
 - Ridgway noted that only 10 of the 24 ASIST instructors from the 2015 sessions are actively leading sessions. Only two of the 22 AMSR instructors from this round are active, and only half of the roughly 100 QPR trainers listed on the TSPN website regularly conduct sessions. Considering the \$300,000 expense in arranging for master trainers and materials, these results are hardly optimal.
- Ridgway thanked those Council members who are regularly providing training sessions and encouraged regional members to support the trainers in their area wherever possible.
- Additionally, Ridgway encouraged those present to promote the distribution of materials through exhibits (their own or someone else's) as this is a critical part of the grant.
- Ridgway also noted the increased demand for postvention services suggests the need for

a full-time TSPN staff person to focus on postvention consults. Postvention operations are emotionally and logistically demanding for those taking part, and a full-time postvention specialist could ease some of the burden placed on participating mental health agencies and others coordinating the efforts.

- Even though TSPN is training people across the state in postvention procedures, what Ridgway is hearing is that no one wants to take the lead on these operations because they end up overseeing these efforts in addition to their regular job duties.
- Brown and LaBonte commented on the preparations involved with ASIST courses—they run two days, require two co-facilitators, and since the training is provided free of charge there are usually multiple no-shows.
- Ridgway noted that the costs for the kits keep going up—in retrospect, Lygia William’s copyright on the TSPN version of QPR was a wise investment as this has kept costs for QPR booklet re-orders down.
- Nite explained that most of the eligible gatekeepers in her region have already been through QPR training, and she needs a new way of selling it.
- Ridgway commented on continuing efforts to update our marketing materials to keep TSPN’s message fresh and upfront in the public consciousness.
- Love observed that the institutional changes within state departments have allowed the Intra-State Departmental Group to engage far more people in their efforts. He would like to see state departments and TSPN at large to move towards more policy changes, like encouraging businesses to adopt mental health policies—a strategy which could help us with the men-in-midlife issue.
- Graham noted that another game-changer has been increased access to autopsy reports and suicide trends, courtesy of local health departments (especially Davidson and Shelby Counties).
- Lynn pointed out that organizations outside TSPN—schools especially—often have their own health outcomes to meet. The Farragut High suicide cluster, for example, has encouraged Knox County School officials to place as much importance on mental health as they do on physical health. However, the approach to these outcomes varies from one school to the next, often at the authority of the principle. Many of them just use videos for suicide prevention training, but they also appreciate the way TSPN does it.
 - Lynn asked about the prospect of combining efforts and funding with such agencies to develop an ongoing response to their mental health/suicide prevention training needs.
- Meanwhile, Stewart referenced next year’s state and local elections. This is an opportunity to educate candidates on mental health issues and find out where they stand on points such as mental health funding. Ridgway recalled the Network’s Election 2010 initiative, in which most of the gubernatorial candidates either addressed Council meetings or sent a delegate. A similar initiative will be launched ahead of the 2018 elections.
- On the training issue, Ridgway commented that we can brand our own curricula but it costs money. Both the “Shield of Care” juvenile justice curriculum and the “Suicide Prevention in the Emergency Department” online training cost upwards of \$90,000 to create and they are already outdated. It also costs money to update and print our brochures. Ridgway explained that the group would discuss barriers and obstacles during tomorrow’s review of the strategic planning exercises.

Adjournment

- Proceedings for the first day of the retreat broke off at 4:36 PM.
- Members were reminded of the optional “White Elephant” gift exchange, beginning at 7 PM.
- Retreat proceedings will resume with Advisory Council committee meetings at 8:30 AM.
 - Young announced a change in tomorrow’s agenda: discussion of the strategic planning exercises will lead off the proceedings, with the Advisory Council business meeting following.
 - A brief meeting of the Executive Committee will convene shortly after the official dismissal of the group.

Day 2, Thursday, June 8, 2017

Strategic Planning Exercise Discussion

- Young convened the meeting at 8:35 AM and gave Graham the floor.
- This morning will be devoted to a review of the two strategic exercise discussions held yesterday.
 - Summaries of both exercises, transcribed by Enlow yesterday, were distributed to all those in attendance. They will also be e-mailed out.
- The review will be broken into 30-minute segments: the first will review the themes raised in the exercises, the second will focus on overall directives, and the last will be devoted to the obstacles and challenges connected with these goals.
- Shugart observed that to reach a certain demographic, we need to have said demographic highly involved in the planning process. In the case of the men-in-midlife issue, we will need to involve more white men ages 35 to 64 as trainers in the desired curriculum, and consult with them regarding our outreach targets.
- Nite asked about the availability of demographic data on men in this age group who die by suicide, specifically education, marital, and veteran status. Ridgway told those present that while this data is not available statewide. He pointed out that we could have received it from NVDRS if Tennessee participated. At any rate, this data can be obtained from local medical examiners. State departments balk at the release of real-time suicide death data, but such information is readily available from local departments which have more latitude in answering such requests.
- Love recalled recently passed legislation requiring local medical examiners to conduct investigations of every death associated with childbirth, and wondered if we could arrange for something similar for suicide deaths.
- Love raised the issue of marketing the cause of suicide prevention to middle-aged men. He suggested contacting companies whose consumer base matches this demographic. We may not need them intensely involved in the effort, but we can at least obtain information on how they market their products.
 - Murphy referenced a recent partnership with TDH to crosswalk data from TDMHSAS’s Mobile Crisis Units with suicide death data to determine how many people died by suicide within 90 days of their last contact with mobile crisis.
 - Young cautioned that such data may not be comprehensive as it would only cover people who are on TennCare.

- Love pointed out that many middle-aged men at risk for suicide have chronic diseases, and offered to reach out to TDH’s Division of Chronic Disease Prevention to help with outreach to PCPs.
- On this note, Graham spoke briefly about the point of “getting better data from the people who can use it”.
- Jones explained her agency’s work in HIV and hepatitis testing, and how her agency is called upon to reach out to diverse populations, including the LGBTQ community and correctional facilities. Suicidal ideation is a common first reaction to diagnosis with a chronic disease with a potentially terminal outcome, and her staff is not equipped to respond. She would like people at Children and Family Services (her agency) trained, with some of them becoming instructors themselves. She knows which people, programs, and agencies need the education; it is a matter of reaching them.
- Dolinky observed that the marketing discussion reminded her of a presentation she attended during the AAS conference which also focused on “changing the conversation” and engaging target demographics in marketing and outreach efforts.
- J. Perley mentioned the issue of not forcing “the S-word” on this population, along with the “perceived burden of privilege” common among white males in midlife.
- Graham encouraged members to communicate with possible contact points for this demographic as well as relevant community partners so we can get appropriate buy-in and input for this project.
- The second 30-minute section on overall objectives was skipped as the summary document from the “wish list” session appeared to capture everything. Hence, the group moved on to a discussion of obstacles, challenges, and barriers. The greatest obstacle is obviously funding, but Graham wanted additional observations on this point.
- Nite commented that the Flatt Act and the “Jared’s Law” expansion to that legislation had helped “enormously” in her region. Teachers and administrators had been extremely resistant to suicide prevention training but were grateful to have had it afterwards. The problem is that we have the same people showing up to all the training sessions and we need to engage different people.
 - She suggested the idea of a press kit outlining the benefits of partnering with TSPN of its training sessions. Not only would it generate more interest in the group, it would also make participation in TSPN seem more official and provide additional impetus for remaining involved.
- Jones wanted to know if it was possible to get a state mandate for suicide prevention training, like the ones in place for substance abuse and HIV/AIDS education training.
 - Jones mentioned that transportation remains a barrier to training and outreach—especially in her part of the state, which is largely rural and lacking in mass transit options.
- Lynn recommended identifying a committed person in each target organization/agency and personally engaging with them. She recalled how she had attended county commission meetings as part of an ultimately successful effort to connect with a county mayor and obtain a proclamation signature from a previously unreachable county.
- Brown remembered how when he was TSPN’s Substance Abuse Outreach Coordinator, he would not only train A&D facility counselors and staff but also the clients of those programs, who interacted with other people in recovery and were in an even better position to tell when someone was in distress.

- Elion recalled past suicide prevention trainings at conferences of the American Counseling Association (she is past president of its Tennessee counterpart), and how she is planning to present something similar at the next state conference in November. She pointed out how participants appreciated having certificates demonstrating their completion of suicide prevention training in addition to the usual CEUs.
 - She also acknowledged how juvenile court judges' receptiveness to training allowed them to provide training to staff, and believes that approaching judges in adult court will pay similar dividends. We need to find judges who have influence over training curricula.
- Graham noted that the comments thus far on making personal connections are borne out by the successes of the Gun Safety Project, which uses similar tactics.
- Averitt testified to the enduring sense of “fear, ignorance, and denial” that prevents people from acknowledging the issue of suicide. Even today, he still works with families through the Cookeville Police Department who refuse to acknowledge that a loved one has died by suicide.
- Dudzinski supported the idea of reaching out to middle-aged men for insights into the campaign, having run several potential ideas by her own husband.
- Love cautioned against members getting too “comfortable” with their outreach efforts. Some people are content with putting materials out on display and calling it “awareness”, when what is really needed is policy change that they don't feel equipped to call for or organize.
- In reflecting upon yesterday's discussion, Bernard believes that much of what has been said so far is reactive, and we need proactive solutions. What qualities, characteristics, of life skills prevent people from attempting suicide, and how do we help build those skills within the general population?
 - Brown pointed out that people are already doing this in various capacities (e.g., child care, healthcare, social services) even if it is not connected to suicide prevention. Reframing this in a suicide prevention context may help us with the change in emphasis and messaging that we need.
- Henderson spoke about the lessons she has learned providing suicide prevention in a college environment. She talked about the need to talk about suicide postvention separate and distinct from prevention. She also commented on the need to make suicide prevention, intervention, and postvention part of a sustained effort that will withstand changes in staffing, just how colleges do with substance abuse education.
- Graham applauded the observations everyone had contributed and looked forward to everyone's action on these points. He expressed hope that by the time of the next retreat, we will have made some progress on the objectives outlined during the strategic exercises.

Committee Meetings

- At this point, the group will break off for committee meetings and will report out during the business meeting.
- Young announced the selection of Lynn as the new chair of the Outreach Committee.

Approval of Minutes from Previous Advisory Council Meeting

- The Council reconvened at 10:20 AM for the business meeting.
- Following review of the minutes from the February meeting, Rosas Valentino and motioned for approval, Averitt seconded, and there were no objections.

Regional Reports

Northeast Region

- Stewart reported that the Washington County Mental Health Court will celebrate 10 years on March 10.
- The Professor and Chair of the Department of Pediatrics at ETSU—and organizer of last fall's Pediatrics Conference/Teen Suicide Prevention Forum—plans to start a youth suicide prevention group focused on this part of the state.
- The region has planned an August 7 exhibit at the Johnson City Cardinals baseball team.
- Dolinky served on a panel at a recent mental health event hosted by the VA
 - The Northeast Region will also be partnering with the VA for their September event
- Distribution of Gun Safety Project materials has been a focus in this last quarter for our region, with members staging exhibits at local gun shows as well.
- 15,000 people attended the Greeneville Iris Festival on May 20-21. Stewart set up a table for TSPN and one for NAMI.
- TCCY partnered with TSPN for an event held in April that focused on LGBT issues, and was a great success.
- The 2nd Annual Aaron Hartman Foundation Poker Run will be held on June 17, with proceeds will be given to TSPN.

East Tennessee Region

- Rosas Valentino reported the group discussed the need for changing curriculum in graduate programs to give students the opportunity to learn suicide prevention before getting into the field.
 - Regional members are working with UTK BSW students to receive suicide prevention training, as well as an ASIST course for master's-level counseling students.
 - There were four veteran suicide prevention trainings across the East Tennessee Grand Region in March.
- Articles referencing TSPN events or projects have run in the *Knoxville News Sentinel* and the *Mountain Press* out of Sevierville.
- Also in May, Members are considering a possible partnership with Moms Demand Action for Gun Sense in America to assist with its Gun Safety Project.
- East Tennessee regional members purchased 10 tickets for “The Listeners” screening, which included a panel discussion afterwards. This was a benefit for Contact CareLine.
- The Tennessee Smokies game will take place on June 30. This project, along with a veterans' event held last month, is part of the region's efforts to reach males in midlife.

- Plans are underway for the regional Suicide Prevention Awareness Month event. Flatt has committed to provide the keynote address, and TSPN will partner with several local organizations.
- Finally, regional members have been responding to the recent youth suicide cluster at Farrugut High and corresponding media inquiries.

Blount County Mental Health Awareness & Suicide Prevention Alliance

- In May, the Blount County Task Force will raise awareness for mental health awareness month by having four articles in the newspaper, having a community QPR training, a Youth Mental Health First Aid training, and teen mental health screening.
- The *Maryville Daily Times* printed weekly articles about mental health for the entire month of May for Mental Health Awareness Month.

Southeast Region

- Nite reported that Southeast Regional members provided a total of four interviews for local TV stations in the month of May.
- Members circulated the “13 Reasons Why” press release and information sheet to local papers.
 - Nite commented on the marked shift in the way local media addresses the issue of suicide, demonstrating more sensitivity in coverage and providing the Lifeline number more frequently.
- Regional members volunteered for the Love Yourself event at the Community Kitchen in February. The event is focused on human connection and self-care. Over 320 meals were served, and guests received self-care packets including TSPN materials.
- “Bridging the Gap for a Stronger Community” is planned for September 15 at Hixson United Methodist Church.
- Nite closed by discussing collaborations with local health councils and other organizations on early identification and resolution of Adverse Childhood Events (ACEs), given their correlation to later-life suicide risk.
 - Research shows that children with an ACEs score of 4 or above are twelve times more likely to attempt suicide than the general population in adulthood.

Bradley, McMinn, Meigs, and Polk (BMMP) Counties Suicide Prevention Task Force

- Nite stated that the Task Force’s recent community form was well-attended, with positive and useful feedback provided on the needs assessment.

Upper Cumberland Region

- Averitt reported this year’s “Light to Hope” event will be held September 5 at Cookeville Higher Education Campus.
- “Macon Memories” has been confirmed for September 19 at Key Park in Lafayette.
- UC is looking at mini-conference for local ministers in the fall; the group will work with Monty Burkes, Director of Faith Based Initiatives with TDMHSAS.
- A major postvention took place at the Ficoso plant in Cookeville following the murder-suicide incident there on April 12. Seventeen counselors from representing numerous different agencies present. Everyone who participated did a great job and many employees appreciated the postvention efforts.

- Averitt complimented Ridgway on his contributions to the effort and acknowledged the value of his skill set in assisting with the operation.
- The Upper Cumberland region hosted a veteran suicide prevention training at Brotherton Missionary Baptist Church in May.

Mid-Cumberland Region

- Graham reported the September event for the Mid-Cumberland region is planned for September 21st from 5:30-6:30 PM at Centennial Park. TriStar is sponsoring this event.
- Strategic planning has led to much movement in this region. During each meeting, members report on action items they left the previous meeting with to more succinctly accomplish goals in this region.
 - These efforts include outreach to different associations in the region including the Junior Chamber of Commerce, Chamber of Commerce, and the Society for Human Resource Management (SHRM) of Middle Tennessee. The goal is to engage at least three of these organizations in TSPN outreach during 2017.
 - Strategic planning also led to a regional focus within these associations to focus on at-risk populations such as males in midlife.
- Numerous trainings have taken place in the region including QPR, YMHFA, AMSR, safeTALK, and the newer ACEs training that will be being offered more throughout the state.

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

- Chatman reported that every gun shop in the Task Force area has been reached with Gun Safety Project materials.
- The local Suicide Prevention Awareness Month event is scheduled for September 22 and will feature a panel of community faith leaders. The event will focus on how different faiths approach the topic of suicide, how their faith views suicide, and how faith leaders assist those left behind.
- The Task Force is also working with a local Boy Scout working to incorporate suicide prevention training into scouting activities as part of his Eagle Scout project.
- The Task Force has five local QPR trainers in our area who are actively scheduling sessions, with an emphasis on churches.

South Central Region

- S. Perley announced that “Saving Lives in the South Central Region” is scheduled for September 15 at the Coffee County Convention Center in Manchester.
- Numerous QPR trainings have taken place in the region including, but not limited to, Maintenance works at Commissioner Williamson County Schools, Marshall County School Counselors, Leadership in the Boys and Girls Club, and several trainings at Columbia State Community College in their various locations.
- The Maury County School System served as the pilot program for the Local Education Authority (LEA) protocols addressed in the “Jared’s Law” expansion. All Maury County faculty and support staff have been trained in QPR with counselors, administrators, and other trained in the Columbia Suicide Severity Risk Scale and the Counseling on Access to Lethal Means (CALM) curricula.

- Regional members are working closely with the Maury County Health Department on their suicide prevention Primary Prevention Initiative (PPI) project. They provided TSPN materials to the Health Department in March, with plans for additional sets to be provided in September and December.

Behavioral Health & Suicide Prevention Hickman and Perry Counties

- Bogle was unable to attend today's business meeting, but did provide S. Perley with a regional report before he left yesterday.
- The group has formed a 501(c)3 called Behavioral Health and Wellness Initiative. This organization is an umbrella organization for BHSP as well as the Coalition for Prevention and Recovery.
 - The group is currently developing by-laws and has prepared a three-month event calendar. Among the events scheduled is a poker run to raise money for veterans in need of emergency funds.
- Elizabeth Tibbs, Community Outreach Coordinator, received the Hickman County Safety Award from the Hickman County Chamber of Commerce.
- Perry County is organizing a special veteran's appreciation program for October.
- S. Perley circulated a handout for the Garden of Hope, with plans for dedication this spring. Fundraising for the project has begun, with plans to raise \$7,500 through sponsorships and in-kind donations.
- BHSP has selected Joe Kearns and Cassandra Young as additional coordinators to assist Tibbs with outreach projects.

Rural West Region

- Jones reported that "Saving Lives Rural West Tennessee" is scheduled for September 7 at the auditorium of Jackson/Madison County Hospital.
- Team Micas has staged several walk/runs including the event in Bolivar in March.
- Several sessions including but not limited to AMSR, Mental Health First Aid at UT Martin, QPR, and ASIST have taken place across the Jackson area in recent months.
- UT-Martin displayed "The Journey No One Should Walk", the traveling art project developed by Your Heart on Art, as part of a mental health awareness event. TSPN materials were also provided during this month at the university.
- NAMI chapters have been established in Madison County, Dyersburg, as well as at the UT-Martin campus.

Memphis/Shelby County Region

- Elion, the new regional chair, announced that previous chair Pastor Waring Porter stepped down from his post after accepting the pastorate at First Presbyterian Church in Corinth, Mississippi. He will be greatly missed by regional members.
- Several QPR trainings have taken place in the region, including but not limited to the Sheriff's Office, Crisis Center Volunteers, and staff at the Shelby County Juvenile Court.
- The Suicide and the Black Church Conference is scheduled for June 14-15 at the University of Tennessee Health Science Center.
- A postvention training session is planned for this Monday at the Crisis Center.

- “Saving Lives in Memphis/Shelby County”, the regional Suicide Prevention Awareness Month event, has been confirmed for September 19 at Hope Church. Six sponsors will be allowed to sponsor the event with Addiction Campuses taking one of those slots.
- LaBonte thanked Ridgway for his assistance with the postvention at Murphy’s Bar, scene of a highly publicized Facebook Live suicide last month.

Intra-State Departmental Group Update

- Love reported that this group met in May and distributed handouts with information about TDE and Project Aware information.
 - Love commented on members’ efforts to dispel the widely held misconception that school districts can be held liable for mental health referrals.
 - Watkins added that schools are the logical place for therapists, there are less barriers to treatment including transportation, access, finances, etc. Watkins stated some schools believe they are financially responsible for providing services if they make the referral. The reality is the school only needs to sign an MOU with the provider or providing agency and provide a space for the sessions to occur.
 - Love stated another challenge is the lack of providers and mental health counselors in rural areas.
- The Tennessee Department of Corrections (TDC) lost three correctional officers to suicide between March and April. One of these deaths involved a corrections officer who worked at the Turney Center Industrial Complex, site of an inmate disturbance/hostage situation in April. Furthermore, another facility lost a popular nurse in a car accident.
 - TDC is working to train correctional institution staff in suicide prevention and hat CIT training has started for correctional officers in hopes of teaching officers how to deescalate crisis situations.
- Love informed the group that TDH is piloting the Enhanced Follow-up services at the Montgomery County Health Department, with positive outcomes and great feedback. Three additional county health departments are scheduled to roll out the Enhanced Follow-Up services next month, with hopes of instituting this program throughout the Mid-Cumberland Region.
 - Meanwhile, Dudzinski and Love have provided QPR training to every public health department nurse in the state of Tennessee.

TDMHSAS Report

- Murphy reported that other state departments are interested in implementing the “Be the One” campaign and the project has been promoted heavily by TDMHSAS executive leadership.
 - For the benefit of Council members, Murphy explains that the project began as a TDMHSAS initiative to provide customize QPR training for Department staff to use to help clients and co-workers. The initiative and its marketing materials were designed for eventual adoption by other state departments.
 - There is increased interest in spreading “Be the One” outside state departments to the private sector.
 - The Department is developing a promotional video for the initiative which will be posted on the TDMHSAS website.
 - Anyone interested in bringing the “Be the One” project to their agency or

workplace should contact Bush and/or Murphy.

- In other news, Murphy has noted the need for a full-time postvention specialist for TSPN and will promote this suggestion within the Department.
- Murphy discussed the \$3.5 million earmark in the state budget referenced by Commissioner Williams yesterday. These recurring funds will cover the establishment of eight walk-in crisis stabilization units across the state. They are intended to provide people in crisis with an alternative to emergency departments and inpatient hospitalization.
- TDMHSAS is also working on training for all regional mental health hospitals to ensure all staff are trained in suicide prevention. Bush is spearheading this project with the assistance of TSPN staff and volunteers. J. Perley is facilitating training sessions at the Middle Tennessee Mental Health Institute as a part of the project.
- Murphy referenced the inclusion of an FAQ in the meeting packets, addressing common questions about Mobile Crisis, the emergency involuntary admission process, Mandatory Pre-screening Agents and Crisis Stabilization Units (CSU). The document is also available on the TDMHSAS website. It was developed in collaboration with the Tennessee Hospital Association.
- Murphy closed by noting the Department's efforts to clear up the misconception about school-based referrals as referenced by Love and Watkins earlier.

Committee Reports

Advocacy Committee

- Stewart reported that members of the Committee reviewed the Suicide Prevention Awareness Month proclamation and requested significant changes to clause 5 in the document.
 - This clause states that “suicide prevention has been declared a national priority by the President and Congress”, but thus far there have been no statements from the current presidential administration on this issue. Also, the clause uses the TSPN acronym even though the agency has not been previously acknowledged in the document.
 - Committee members came up with the following rewrite for clause 5:
 - “Whereas, the Governor of Tennessee and the Tennessee Department of Mental Health and Substance Abuse Services have declared suicide prevention as a state priority and the legislature, and in partnership with the Tennessee Suicide Prevention Network (TSPN) implements the Tennessee Strategy for Suicide Prevention based on the National Strategy for Suicide Prevention; and...”
 - Correspondingly, the reference to “the Tennessee Suicide Prevention Network” in clause 8 will be contracted into the TSPN acronym.
- With those changes noted, they asked for a floor vote approving the revised document.
- **The Committee motioned for the approval of the revised Suicide Prevention Awareness Month proclamation; Henderson seconded and the motion passed without objection.**
- The Committee also discussed the need for additional funding for suicide prevention in the light of TSPN's current and planned projects. They considered the prospect of

reaching out to members of the Tennessee General Assembly regarding this point.

- The Committee also plans to seek a sponsor within the Assembly to introduce legislation creating the new license plate approved at the February meeting.
- Regarding next year's local and national elections, the Committee would like to send members of the state Congressional delegation letters thanking them for their support of the Network and updating them on our projects.
 - The Committee will ask TSPN staff to generate handwritten letters to all members of the Tennessee General Assembly and the congressional delegation thanking them for their contributions.
- Finally, the Committee will work with AFSP to set a date for Suicide Prevention Day on Capitol Hill and discuss TSPN contributions to same.

Outreach Committee

- Lynn reported that Members of the Committee discussed plans for this year's Suicide Prevention Awareness Day event, scheduled for September 13 at Trevecca Community Church.
 - Vanderbilt Behavioral Health has agreed to sponsor this year's event.
 - Scott Couch of Fox 17 in Nashville will be asked to emcee.
 - The request for Regional Suicide Prevention Award nominations went out on Monday afternoon.
- The Outreach Committee considers "Steps Toward a Safer Tennessee" 2017 symposium to be a great success, and they are interested in scheduling another symposium next spring to capitalize on the momentum of this past event. The evaluation of the symposium is in the meeting packets.
- The Committee recommends the TSPN central office to explore avenues for funding next year's proposed symposium.
- In terms of programming, the Committee wanted to explore the intersection between research and clinical observations in survivors of suicide and suicide attempts, and to bring in professional speakers who can explain these in layman's terms, bringing the loss survivor and lived experience communities together.
 - Suggested speakers included Carol and Mark Graham, Chamique Holdsclaw, Thomas Joiner, Lisa Klein, and Deserae Stage.
 - The symposium would, like the last one, emphasize the problem of suicide among middle-aged males.
- In other developments, Committee members hoped for a viewing of "The S Word", Klein's highly anticipated follow-up to "Of Two Minds" during this year's Suicide Prevention Awareness Month event.
- They anticipated both the Suicide Prevention Awareness Month event and the 2018 symposium having a lived experience segment.
- **The Committee motioned for the TSPN central office to begin organizing another symposium tentatively scheduled for the spring of 2018. Jones seconded and the motion passed without objection.**

Strategies/Outcomes/Evaluation Committee

- Young reported the social media brochure was reviewed and, with minor corrections, approved for relay to the full Council.

- J. Perley will work on a smaller, bookmark-sized version of the brochure and send it out to the Committee and will email to committee members when completed.
- Ahead of formal printing, the brochure will be posted on the website and highlighted on TSPN social media accounts once the corrections are made.
- **The Committee motioned for the approval of the social media brochure with the edits recommended by said Committee. Shugart seconded and the motion passed without objection.**
- Committee members reviewed the evaluations piece for the last three fiscal years. The Committee agreed to move forward, effective as of FY 2017, with more quantitative data to best illustrate the outcomes of TSPN in all strategy areas.
- The recommended that the Council, consider rebranding of TSPN brochures. A survey of different costs, from different agencies, will be done and ready to submit to the Advisory Council at the September meeting for review.

Emeritus Group

- Shugart provided an overview of eligibility criteria for the Group. She noted that that membership is not automatic upon rotating off the Council, but bestowed upon past members who have shown “energy and service” to the TSPN mission and who want to remain actively involved in its work.
- The Emeritus Group voted on the nomination of Teresa Culbreath to the Emeritus Group; her title, if selected, would be “Intra-State Departmental Group Member Emeritus”.
- The Emeritus Group also wished to nominate Granger Brown to the Group. While Brown was never a member of the Advisory Council, he was a longtime staff member and remains a solid supporter and contributor to the Network.
 - **The Emeritus Group motioned for the elevation of Granger Brown and Teresa Culbreath to the Emeritus Group; Averitt seconded and the motion passed without objection.**
- Meanwhile, the Group will review the Emeritus Group Nomination Form for possible streamlining.
- Based on feedback from the previous day’s presentation of the orientation PowerPoint, Emeritus Group members considered the prospect of including video segments with people who were involved in the foundation of TSPN telling their stories. They also wanted to make certain that all new Council members received “one-on-one” discussion time with Emeritus Group members in their area.

Executive Committee

- Young reported the Executive Committee will continue to meet monthly via Conference call.
- She provided an overview of current membership of the Committee—namely, the Executive Director; the Advisory Council Chair, Co-Chair, Secretary, and Co-Secretary; and the immediate Past Chair of the Council.
- The Committee considered a recommendation to rename the Corporate Articles as the TSPN By-Laws, since the original name was confusing.
 - It had been noted that these same By-Laws had not been updated since TSPN was founded in 2001. As such, the document contains several outdated references, particularly with allusions to state departments and agencies which have been

renamed or subsumed into other departments. The Committee will make a list of recommended edits and present these at the September meeting.

- The Committee also opted to change the title of “Co-Secretary” to Vice-Chair and make this position in charge of outreach and strategic planning. Graham, the current Co-Secretary, will grandfather into the position of Vice-Chair.
- **The Committee motioned for a renaming of the Corporate Articles as the TSPN By-Laws, a review and update of said By-Laws, and the conversion of the office of Advisory Council Co-Secretary to the office of Advisory Council Vice-Chair. Brown seconded and there were no objections.**
- The Committee commended Behavioral Health and Suicide Prevention Hickman and Perry Counties for taking on the “Garden of Hope” project. The promotional flyer for the project will be circulated to Council members later.
- **The Committee motioned for a seed donation of \$3,000 to support the creation of the Garden of Hope; Averitt seconded and the motion passed.**
- The Executive Committee voted and is making a recommendation to the full Council creating the TSPN Higher Education Task Force. This Task Force consisting of 22 appointed representatives of Tennessee colleges and universities will work to unite colleges/universities throughout Tennessee towards the goal of suicide prevention.
 - After Ridgway facilitated a postvention training in Chattanooga with staff at UT-Chattanooga (in response to a recent death), leaders at the college expressed interest in developing a comprehensive protocol for prevention, intervention, and postvention by the end of July. UTC would be the first college or university in Tennessee to have such a protocol in place. One of the deans would like to make a presentation at a nationwide conference on the protocol.
 - Henderson thanked Ridgway for facilitating this session and assisting UTC in the creation of its protocol.
 - The Task Force will meet to develop and execute action items to help the at-risk population of college students. Colleges and universities pose a unique problem for suicide prevention/intervention/postvention efforts. By employing the expertise of those invited to join the Task Force, we hope to expand it to other colleges and universities throughout the state, creating suicide-safer campuses throughout Tennessee.
 - The Task Force will be chaired by S. Perley and co-chaired by Ridgway.
 - S. Perley was selected as chair owing to her past research on suicide prevention resources for community college students.
 - Ridgway announced that the Tennessee Board of Regents has already agreed to participate and the Tennessee Higher Education Commission has also been invited.
 - Ridgway stated that the Task Force will presumably be the first group of its kind in the nation, since he knows of no other states with such a task force in place.
 - Averitt praised the selection of Christina Mick with Tennessee Tech University about involvement in the Task Force, noting her contributions to that college’s work in suicide prevention.
- **The Committee motioned for the establishment of the TSPN Higher Education Task Force. Rosas Valentino seconded and the motion passed without objection.**

Gun Safety Project

- Brown reported that the Gun Safety Project Task Force had its first meeting last month and anticipated that it will continue the momentum established during the symposium in April. Minutes from the inaugural meeting are in the meeting packet.
- Brown recalled that Leitsch suggested the idea of a shooting contest hosted by a local firing range to promote the project and its resources.
- The Task Force is exploring options for educating the community in the role guns play in suicides and promoting means reduction protocols.
- Brown reminded everyone that two-thirds of all firearm deaths nationally are suicides, and the figure is likely higher among the male midlife demographic. Most people think that accidents are responsible for the most deaths, when they really account for only 1 or 2 percent.
- The Task Force will
 - work to incorporate members of the “gun community”, such as firearm retailers, sportsmen, and law enforcement, in the effort
 - pursue assorted strategies for promoting the project (Brown referenced a suggestion to enter gun show participants for the giveaway of gun safes in exchange for listening to a Project presentation
 - pursue the incorporation of suicide prevention content in firearm safety courses
 - continue educating the community about the problem of firearm suicide
- In response to an inquiry from Lynn, most permit classes do not include suicide content, although individual instructors may include it.

Zero Suicide Initiative Task Force Update

- Leitsch provided an overall update on Zero Suicide Initiative partner agency progress. The percentage next to each objective reflects how many partners have completed it.

Implementation Committee Formed	100%
Lived Experience participation on Implementation Committee	81%
Organizational Assessment in progress	0%
Organizational Assessment Completed	100%
Completion of Second Organizational Survey	63%
Organizational Analysis Completed and Sent	92%
Policies and Procedures Reviewed	100%
Announcement of Implementation to Staff	100%
Workforce Survey in Progress	0%
Workforce Survey Completed	100%
Received Workforce Survey Results	100%
Second Round of Workforce Survey in Progress	0%

Second Round of Workforce Survey Completed	41%
Received Second-Round Workforce Survey Results	100%
Staff Trained on Zero Suicide Company Philosophy	100%
Staff Provided with Tailored Trainings	90%
ASIST Curriculum in Place	71%
QPR Curriculum in Place	81%
suicide2Hope Curriculum in Place	50%
AMSR	62%
CALM (Lethal Means Reduction)	67%
Online Suicide Training for ED	60%
Postvention	17%
Other (CBT, DBT, ETC,)	62%
Implement Screen tool ~C-SSRS	90%
Trained Staff on Screen Tool	90%
Screen/Risk Imbedded in EMR	80%
Policy For Positive Screen Created	75%
Standardized Risk Assessment	76%
Suicide Care Management Plan	80%
Care Plan embedded in EMR	65%
Collaborative with Patient	85%
Assess Fidelity (2nd round of Organizational and Workforce?)	14%
Assess Patient Outcomes	5%
Using Evidence Based Interventions	25%
Patient Consents for all Providers	29%
Safe Care Transition Policies Created	19%
Train Staff on Safe Care Transitions	19%
Patient Education Materials	38%
Collaborative Service Relationships	33%
Standard Root/Cause Analysis	29%
Collect Data: Attempts and Deaths	24%
ZS Data Elements Worksheet	0%
Track Policy Changes	24%

- Leitsch asked the Council if there were any other metrics they would like included in future reports.
- In response to an inquiry from Averitt, Leitsch explained that the Workforce Survey includes an assessment of employees' attitudes towards suicide, and these results are

compared with measurements conducted in the repeat Workforce Survey after the training sessions.

National Suicide Prevention Lifeline Update

- 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.
 - Also included are excerpts from the most recent NASMHPD Commissioner's Report, which provides an overview of Lifeline operations within Tennessee.
- This handout shows that 16% of calls bounced to an out-of-state call center. The number of bounced calls has remained stable even as Tennessee call centers take on more calls overall.
- The handout also provides information on the seven centers currently taking calls within Tennessee. It notes that Behavioral Health Initiatives stopped taking these calls on December 1.
 - Ridgway explained that every call center is required to compile extensive follow-up details about each call and that BHI, which was already answering two other hotlines, found it increasingly difficult to collect all the necessary information.
- He noted the continuing trend of calls bouncing to out-of-state call centers. The state of Tennessee needs to make sure that no less than 75% of calls bounce out of state; otherwise we may lose federal funding for the Lifeline as per the recently issued RFP new application guidelines associated with the Lifeline and the Zero Suicide Initiative.
- Ridgway explained the roll-over issue for the benefit of Council members. Essentially, calls placed to a given call center roll over to another one elsewhere in the state if all the lines at the original call center are busy. If all the lines at all the state's call centers are busy, the call bounces to a center in another state. Basically, too many calls are coming in for our state's centers to accommodate.
- Bauer wanted to know which option we should pursue: establishing more centers, or getting more staff to answer the line at each center. Ridgway said that establishing more centers is probably the better option. Young added that we are not sure how much funding the centers have for hiring additional staff and, as is, each center is operating 24 hours a day.
- Ridgway noted recent recommendations to seek Lifeline accreditation for TDMHSAS's Mental Health Crisis Services number (1-855-CRISIS-1).
- Ridgway noted how the Council previously submitted a letter to then-TDMHSAS Commissioner Virginia Trotter Betts regarding oversight of the existing call centers. He suggested sending Commissioner Williams a new letter encouraging the establishment of additional Lifeline call centers across the state to prevent the level of in-state calls from dropping below the federal threshold.
- **LaBonte motioned for the TSPN Advisory Council submit a letter to TDMHSAS Commissioner Marie Commissioner Williams encouraging the establishment of additional National Suicide Prevention Lifeline call centers in Tennessee. Rosas Valentino seconded and the motion passed without objection.**
- The packet also includes a copy of the Crisis Text Line poster, as well as a report on texts to the service originating from Tennessee area codes. The report indicates that use of the service is increasing.

- Ridgway encouraged members present to take multiple copies of the Crisis Text Line poster.
- Future reports during Council business meetings will include updates on the Crisis Text Line alongside the Lifeline.

TSPN Executive Director's Update

- TSPN published its latest *Status of Suicide in Tennessee* report last month, and it has received significant coverage from media outlets across the state. Members interested in promoting the report to their local papers or broadcast outlets may provide them with the press release included in their copies of the report.
 - Ridgway circulated a printout of the *Tennessean's* coverage of the report, which was picked up by other papers. He recommended members check out the online versions and the graphical displays included.
 - Ridgway pointed out the press release included with each copy of the report and encouraged Council members to share it with local media outlets who have not yet reported on it.
- A bill has been introduced in Congress to designate a simple, easily remembered dialing code for use for a national suicide prevention and mental health crisis hotline system, similar to 911. Over the next six months, the Federal Communications Commission will take public comments on the bill and perform a cost-benefit analysis.
- The meeting packets include nomination forms for the Regional Suicide Prevention Awards. Ridgway reminded everyone that Regional Suicide Prevention Awareness nomination are due in two weeks' time.
- The packets also include TSPN's "13 Reasons Why" press release and info sheet provided to media outlets last month, both of which were widely circulated.
- Additionally, the packet includes a resolution from the Tennessee Medical Association on medical trainee wellness. It explicitly mentions TSPN as a potential partner on this initiative.
- Ridgway recognized Nite and Tatum for their efforts to promote TSPN projects and information in local media.
- He expressed interest in working with Regional Coordinators to locate loss survivors and lived experience spokespeople in each region for ready consultation when area media outlets express interest in doing a story on TSPN.
 - He acknowledged Annette Lake for providing survivor commentary during a Newschannel 5 interview on the *Status of Suicide in Tennessee* report on relatively short notice.
- The meeting packets also include an information sheet on the "Blue Whale" social media challenge. Despite widespread media attention, little has been confirmed about the subject, other than that the phenomenon originated in Russia (the information sheet provided is a direct translation of a Russian document) and has been blamed for several deaths in that country and allegedly one in Connecticut.
 - The user downloads a cell phone app that instructs him/her to do the acts listed over the course of a 40-day period, with the instruction to kill oneself by jumping off a building on the last day.
 - While TSPN has fielded some inquiries about "Blue Whale", most of them were from professionals seeking to determine whether this was actually happening—

some media outlets have dismissed it as a hoax or an urban legend.

- LaBonte announced that Snopes.com, a website which catalogues and verifies urban legends and online rumors, has a page on the “Blue Whale” phenomenon and categorizes it as “unproven”.
- Information about the statewide “Speak Up-Save Lives” awareness campaign, complete with sponsorship and t-shirt order information, can be found in the meeting packets.
- The Tullis Act has cleared the House and Senate and scheduled to be signed as part of a public signing ceremony at Nashville’s War Memorial Auditorium on June 21. AFSP Tennessee representatives will be invited to join TSPN members for the signing, and anyone else interested in participating should notify the TSPN central office. Additional information about the signing ceremony will go out via e-mail.
- The TSPN central office is working with the Office of the Governor to fill eight vacancies on the Council and resolve the reappointment of eight additional Council members whose terms expire September 30.
 - Ridgway anticipates several new faces at the next retreat, which makes the work of the Emeritus Group on the orientation project especially valuable. He thanked everyone on the Group for their contributions to the project.
- The Youth Suicide Prevention Data Working Group continues to collaborate with state departments and agencies to obtain real-time youth suicide death and attempt data.
 - Much of the data the Working Group seeks could be provided by NVDRS if the group subscribed to it, so the Working Group will need the cooperation of local health departments.
- The Suicide Behavior Procedure Checklist, which was piloted in Maury County earlier this year, is included in the meeting packet.
 - Multiple agencies and experts, including two past presidents of the AAS, consulted on the document.
 - It features intensive focus on the intervention aspect, noting that previous school-based protocols focused more on noticing warning signs and postvention procedures. The intervention aspect helps provide critical information to Mobile Crisis and other personnel.
 - It also includes guidelines for helping students re-entering school following an inpatient hospitalization.
 - The Checklist is presented as part of a two-hour training to school staff.
 - UT-Chattanooga has expressed interest in tailoring the document for use on its campus.
- Additional copies of the *Status of Suicide in Tennessee* report are on the table in the rear of the conference room.
- Young recognized Graham with a small gift in acknowledgment of his contributions to this year’s retreat.
- The meeting closed out with “The Opposite of Suicide”, an original presentation Graham made at the AAS conference this year.

Adjournment

- Young again thanked the staff of TSPN for their efforts in organizing this year’s retreat.
- Members were also asked to mark their calendars for the Suicide Prevention Awareness Day event, set for 10:30 AM Central on Wednesday, September 13, at Trevecca

Community Church, located at 335 Murfreesboro Pike in Nashville, ZIP 37210.
(immediately following the Suicide Prevention Awareness Day event and luncheon).

- There being no further business, Steward motioned for adjournment of the meeting, Brown seconded and there were no objections. The meeting adjourned at 12:16 PM.