

Suicide Prevention Meeting Minutes

Wednesday April 10, 2024 | 2:00pm-4:00pm | Otter Tail County Government Services Center + Microsoft Teams Meeting

Introductions:

In attendance: Tammy Murdock, John Sethre, Eric Schwirian, Allen Westby, Dale Hexum, Jordan Schroeer, Leah Jesser, Emily Frustol, Sheila Piippo, Krystal Crance, Alison Olson, Abby Drouillard, Beth Rader, Nicki Linsten-Lodge, Jody Lien, Maesey Seals, Melissa Dahl, Sarah Tabbut, Alicia Roelofs, Jayne Hallstrom, Devonie Smith, Mandi Scheel, Payton Dittman, Amber Branca, Jess Steinbrenner

Meeting 1 Review and Mental Health Updates:

Meeting 1 Review

Official Group Name: Otter Tail County Community Partnerships for Suicide Prevention

Vision: The OTC Community Partnerships for Suicide Prevention envisions an engaged community that is free from judgment and united in fostering hope and saving lives.

Mission: Rooted in the belief that every life is valuable, we aim to create a safe and supportive environment and to promote wellbeing for all people by offering hope, building support, and preventing suicide across all of Otter Tail County.

Core Values: We CARE

Community engagement

Awareness of mental health struggles as well as available resources and services

Resiliency building across all ages and all areas of the community

Empower every individual with hope and support

Mental Health Updates:

John Sethre: QPR training for Agriculture – [Agricultural Community QPR for Farmers and Farm Families](#)

***Registration is closed**

Allen Westby: His church puts on a “Blessing of the Seeds” in March for local farmers. They had a great turnout, and he did mention the Suicide Prevention Group and the work that is being done.

Nicki-Linsten Lodge: [SPF Application for Prevention Success Training – April 2024 – Minnesota Prevention Resource Center \(mnprc.org\)](#)

***Registration is closed**

Activities: Attendees went through 3 different “activities”.

Prior to the start of the activities, the 5 main priority populations were introduced with their main strategic issues.

1. General Population: Resiliency building
2. Female Youth: Suicidal Ideation; Self harm; Social media use
3. Middle Age Men: Recognition of signs and risk factors; Treatment seeking
4. Faith Community: Broad comfort and support for faith leaders to address and refer out mental health issues
5. Chemical Dependency: Establishing care; Community support

Activity One: The first activity was just to answer the following questions in relation to each population. Attendees rotated between two different tables.

- What work is or has been focused on this issue?
- What resources are available to address this issue?
- Who in the community would support work on this issue?
- What potential barriers are there to addressing this issue?

Activity Two: The second activity was used to narrow down the thoughts and ideas that arose from the first activity. This was done by circling work and resources that have worked well in the past, adding resources that were missing, finding community partnerships that are already a part of this group and identifying those that are not, and identifying strengths of the community that may help reduce the barriers mentioned.

Activity Three: The third activity was “brainstorming”. Based on the answers from activity one and two, attendees brainstormed strategies that this group could do, participate in, or promote. They used the following questions to help guide their answers:

- Is there any current work/resources that this group could participate in or help promote?
- Are there any gaps in the work and resources that this group could help fill? How?
- When looking at the barriers vs strengths, are there any barriers this group could help reduce or eliminate? How?

****Results of these activities can be found on the separate attachment titled: Activities Outcome***

May is Mental Health Month:

Sheila Piipo: WCCO is collaborating with NAMI for Mental Health Awareness Month. The first week of May will be focused on mental health needs in rural Minnesota. The newest affiliate in Alexandria will be addressing how they are starting support groups in the smaller communities in and around Alexandria. There will also be a segment on QPR for Agricultural communities some time that week. Sheila will be talking about the needs in rural Minnesota on May 2nd. No links available at this time.

Beth Rader: BCOW Mental Health Spring 2024 Workshop. The workshop is Free and will be held in DL on May 9th. [Here is a link to register.](#)

Sarah Kemp Tabbut: Free CALM training on June 4th, 12:30pm – 3:30pm virtually via MS Teams. Registration and questions: sarah.kemptabbut@va.gov.

[Here is a link to the Fargo VA Suicide Prevention Newsletter](#) that has other resources and educational opportunities.

Lake Region Healthcare: Plans to do social media posts for Mental Health Month

Otter Tail County:

Current messaging going out

- OTC Public Health Mental Wellbeing Newsletter
- Press Release and announcement of CredibleMind
- THRIVE Billboard
- MDH Toolkit: “Go Green”

Suggestions for the SP Group

- Suicide Prevention Buttons
 - Most attendees agreed this could be a good use of our material funds to order and pass out during the month of May.
 - Reese to price out and order
- Gun Locks
 - Most attendees like the idea of lethal means safety (training and promotion), and suggested the follow groups to reach out to in order to partner with on gun locks. This may be ongoing – not just for May.
 - Gun ranges
 - Gun Classes
 - Someplace safe
 - Community courses
 - Legion (in Fergus and Underwood)

Other Resources/Links/Articles that were sent:

1. Article: Psychiatric Times
 - a. [A year of Record-High Suicide Rates](#)
 - b. [Preventing Clinician Suicide](#)
2. Training: [Ministering to Faith Communities Affected by Suicide](#)
3. Report: Protect MN Final Report “Preventing Firearm Suicide Among White Men who Own Firearms in Greater Minnesota”. *Attached separately in email.*
4. Training: BCOW Mental Health Spring 2024 Workshop. The workshop is Free and will be held in DL on May 9th. [Here is a link to register.](#)
5. Training: Free CALM training on June 4th, 12:30pm – 3:30pm virtually via MS Teams. Registration and questions: sarah.kemptabbut@va.gov. [Counseling on access to lethal means](#) (handout).
6. Links/Information: [MDH Minnesota Student Survey](#)
7. Links/Information: [CDC Behavioral Risk Factor Surveillance System](#)