

# Suicide Prevention Meeting Minutes

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Wednesday July 17, 2024 | 2:00pm-4:00pm | Otter Tail County Government Services Center + Microsoft Teams Meeting

## Introductions:

In attendance: *Eric Schwirian, Allen Westby, Dale Hexum, Sheila Piippo, Krystal Crance, Joanna Chua, Abby Drouillard, Beth Rader, Jody Lien, Payton Dittman, Jean Hoskins, April Scharnberg*

## Recent Updates:

### Updates

- Comprehensive Plan has been officially completed.
- Website has been updated and will continue to be updated with meeting minutes and implementation efforts. Also includes a subscribe to newsletter button. Here is the link: <https://ottertailcounty.gov/assistance-and-support/health-and-wellbeing/community-health/suicide-prevention/>
- Buttons are here! *If you'd like some, please let me know and I can drop some off for you.*

## Upcoming Events/Trainings

- OTC West and East Fair – OTC Public Health will be hosting a table at each fair and will include mental health and suicide prevention information/creatives.
  - West: July 19<sup>th</sup> from 1-3 (went well).
  - East: July 25<sup>th</sup> from 1-3
- SafeTalk Trainings: Contact Aaron Cadayong to register: [acadayong@lmhc.org](mailto:acadayong@lmhc.org).
  - July 30<sup>th</sup> 8:00am-12:00pm in Moorhead Law Enforcement Center
- Dandelion Day/Downtown Suicide Prevention Block Party on September 7<sup>th</sup> in Fergus Falls from 12-5pm.
- Trinity Church: Mental Health and Suicide Prevention Speaker/Panel Discussion on September 15<sup>th</sup> from 4-6pm.
- Scott Geiselhart: No scheduled speaking engagement yet, but is interested in working with us, a school, and/or Never Alone for a speaking engagement during suicide prevention month in September.
  - The group discussed the possibility of him or Aaron speaking for Trinity Church's speaking event, depending on funding. More to come.

## April Meeting Activity and Outcome Review:

- Student Perspective – met with a student and discussed the following
  - What are common struggles among youth?
    - Perfectionism and not feeling like you measure up. They set high expectations for themselves and feel disappointed when they don't "live up" to their expectations.

- Comparison – comparing skills and abilities in school, sports or extracurricular activities; or even comparing their family to their friend’s family.
    - Body Image- comparing body size/shape against those around you or your own expectations of how you should look.
  - What is the knowledge of available resources and willingness to use them?
    - 988 is well known and well promoted throughout the school.
    - Unwillingness to call 988: calling someone you don’t know to share such intimate details in very uncomfortable; there is fear of what will happen when you call and who you speak with.
    - Student agreed that trainings could help them gain an understanding of this resources (and others) and create some comfort using it. Could also start pushing the chat/text features when talking with youth, as that may be a little more “comfortable”.
  - What do you think would help or benefit youth mental health?
    - Lead in Me classes in school, or something similar. Creating a peer-to-peer connection with mental health could be very valuable.
    - Trainings/presentations for students during the school day. The school to provide a free period, half day, or full day for students to participate in various trainings and activities.
    - Stands during festivals or being a part of a parade for promotion efforts.
- Main Ideas/outcomes of April Meeting:
  - Developing new partnerships
  - Creating one-page resources, posters, and flyers
    - Specific to the population we are trying to reach
  - Provide trainings:
    - Social Media Use
    - Suicide Prevention Trainings (QPR, ASIST, SafeTalk, Changing the Narrative, etc).
    - Train the trainer
    - Lethal Means Access
  - Attending events for promotion and education
    - Community events, festivals, parades, etc.
  - Becoming knowledgeable about healthcare provider’s policies and procedures around screening for mental health struggles and follow ups.
- Common Themes – *Looking at the main ideas from the April Meeting and Student Prospective, there were some main “themes” or overall strategies we would like to focus on:*
  - **Raise Awareness and Reduce Stigma** – done through communications, promotions, and engaging community in shared activities.
  - **Educate Community Members** – done through trainings, lethal means safety, and teaching coping and problem-solving skills through THRIVE and CredibleMind
  - **Restore Hope** – not discussed heavily in April meeting, but it is a big part of our vision and mission. Done through postvention resources and safe suicide preorting.

- **Increase knowledge of health care supports** – done through utilizing and advocating for our partnerships with healthcare providers.

### SMART Objective Activity:

- What is SMART?
  - S: Specific – the goal will be clear and detailed.
  - M: Measurable – the goal will have concrete criteria for measuring progress toward the attainment of the goal.
  - A: Attainable – the goal can stretch the goal setter; however, it should be within reach.
  - R: Relevant – the goal must be in-line with the goal-setter’s long-term vision.
  - T: Time-Specific – the goal will have a deadline to help focus efforts on completion.
- Objectives reviewed through SMART:
  - Raise Awareness and Reduce Stigma
    - Objective: Develop a communications and promotion plan. Include: usage of website, newsletter, social media posts, events and creative materials.
  - Educate Community members
    - Objective: Develop an educational plan. Include: suicide prevention trainings; lethal means access safety talks and equipment; coping skills through programs like THRIVE and CredibleMind; handouts with resources and helpful information.
- Outcomes: *See attached SMART Activity Outcome*

### Committee Formation:

There was discussion on forming committees to oversee each “strategy” to create the action and evaluation plans. Each committee would meet **virtually once a month to once every other month for no longer than an hour** (*this can be planned out between committee members*). These meetings would be facilitated by the Health Educator, Reese, to ensure similar processes are followed to create the action and evaluation plans. *She will be leaving for maternity leave beginning sometime in November, so any meetings between committee members while she is away would be delegated to them to plan and facilitate.*

Communication Committee: Would oversee our "Raise Awareness and Reduce Stigma" strategy to create a general communication and promotion plan.

Education Committee: Would oversee our "Educate Community Members" strategy to educate the community on risk factors and what to look for, treatment seeking, suicide prevention, lethal means access, as well as coping skills through THRIVE and Credible Mind.

Postvention Committee: Would oversee our "Restore Hope" strategy aimed at providing postvention resources and help to those who experience a loss in our community.

Please fill out this form so we can begin creating these committees:

<https://forms.office.com/g/5GAGukJ5zm>

