

**Baraga County Suicide Prevention Coalition
Meeting Minutes December 8, 2016**

Present: Pam Dove, Wanda Seppanen, Kim Hendrickson, Ann Marie Amsler, Michele Sarafin, Tammy Hollon, Waba Alakayak, Sherrie Larson, Terry Lerma, Isabella Welsh

Topic	Discussion	Follow-Up
Out of the Darkness Walk	<ul style="list-style-type: none"> • Walk held on September 10, 2016 • Excellent participation despite rain. Good showing from BHS and LHS football and cheerleading teams who work “Boys of Fall – Do it for Daniel” shirts. • Raised \$9,050 of \$10,000 goal. Funds go to AFSP who supports our local efforts financially upon request. • OOTD subcommittee did a fabulous job coordinating the event in a short amount of time. 	<ul style="list-style-type: none"> • Will need to decide on speaker for next year’s event.
Paint the Field Blue Event	<ul style="list-style-type: none"> • Roster with prevention tips was not handed out at Baraga. It was handed out in L’Anse. • Police provided walk postcard to every car that arrived for the BHS game. Postcards were distributed around the field to spectators of the event at LHS. • Suicide Prevention Announcements were made at half time of both BHS and LHS games. • BHS wore blue socks for game. • LHS cheerleaders wore “Boys of Fa11” t-shirts for game. 	<ul style="list-style-type: none"> • None required.
Healing Garden	<ul style="list-style-type: none"> • “Buy a Brick” fundraiser no longer being pursued due to ongoing school buy a brick fundraiser, expense, and upkeep needs of garden once built. • \$150 was donated by two donors. Will need to decide what we plan to do with the funds and keep them informed. • Ongoing discussion about bench or table with quote or general resource info, as well as donor names. Should be handicap accessible. • Michele mentioned a little “lending library” house for resource info in it. 	<ul style="list-style-type: none"> • Coalition members to let Pam know of any benches/tables they like, or of any other ideas for use of the funds in that area. • Pam to keep donors informed once decision made.
Middle School/High School Prevention Programs	<ul style="list-style-type: none"> • High School counselors recently met with Pam Dove, Kim Hendrickson and Kevin Weir to compare More Than Sad and SOS programs for schools. • Both counselors preferred SOS because it is evidence based, has a better system for follow through, and includes a program for middle school. • Botvin’s Lifeskills also being offered in L’Anse and Baraga middle schools. 	<ul style="list-style-type: none"> • Pam to order a copy of SOS from AFSP for L’Anse Area Schools. Also, to find out if Alternative School might be interested and in need of a copy.

	<ul style="list-style-type: none"> • KBIC planning to bring in American Indian Lifeskills Development Curriculum to LHS, BHS, SHS and alternative school. A few questions raised regarding the program: whether it is appropriate for students younger than 14 years, and whether it is suitable for all populations as it has been developed specifically for Native American tribes. Terry will share contact information for the developer, Dr. LaFromboise. It is suggested that she be contacted to clarify any questions or concerns prior to implementing. • Prime for Life (PFL) and Guiding Good Choices (GGC) are two programs that are being coordinated through CTC. PFL will be initiated in the alternative school this January, and on a referral basis through the court. 	<ul style="list-style-type: none"> • American Indian Life Skills Development information attached along with contact information for Dr. LaFromboise. • Prime for Life brochure attached. • Guiding Good Choices flyer attached.
College Prevention Programs	<ul style="list-style-type: none"> • Terry introduced a trauma curriculum that may be implemented at KBOCC. Historical Trauma Course Series by Ms. LaVerne Parker and Ms. Anne Johnstone at Stone Child College in Montana is a three course series on historical trauma: 1) Theory of Historical Trauma, 2) Cycles of Trauma and Addiction, and 3) Researching the Phenomenon of Historical Trauma. This was developed for Native American students at Tribal Colleges and Universities. Students develop research skills while learning concepts and examining the impact of historical trauma on their own lives. • No current suicide prevention programs. • KBOCC would be interested in additional programs for suicide prevention. 	<ul style="list-style-type: none"> • KBOCC to let Pam know of any suicide prevention programs/materials they may be interested in. • Pam to research suicide prevention materials/resources for colleges.
Postvention Efforts	<ul style="list-style-type: none"> • Not many options for grief support groups in Baraga County following community crisis. Pam reached out to Houghton county grief group, awaiting response. • The ISD has developed a team to respond to school related crisis. • Kim Hendrickson plans to attend the Critical Incident Stress Management team meeting in Houghton county in January to learn more about possibilities for Baraga County. 	<ul style="list-style-type: none"> • Pam to follow up with Houghton grief support group. • Kim to keep coalition informed of Houghton county CISM team meeting.
Community wide resources	<ul style="list-style-type: none"> • Discussion about putting together packets of suicide prevention materials to be distributed to key groups/organizations/agencies throughout Baraga County. 	<ul style="list-style-type: none"> • Pam to work on putting together a sample packet for approval at next committee meeting.

	<ul style="list-style-type: none"> • Organizations could call for replacement materials and/or coalition could follow up once per year and offer supplies. • Some of the materials were reviewed. Group feels that a sample packet could be put together for approval by the board rather than everyone trying to figure out what to put in them. • List was developed by coalition members where to distribute packets including churches, youth centers, DHHS, schools, hospital/clinics, Legions, Armory, VFW, etc. 	<ul style="list-style-type: none"> • Draft of distribution list attached. Coalition members can make requests for additions to the current list as it may not be all inclusive at this time.
Miscellaneous	<ul style="list-style-type: none"> • Waba asked if ASIST training would be coming back to Baraga County. At this time, no plan to bring it back. Last offered in September 2015. However, if there is a demand, it could be possible. Would require funding source. • Waba asked for suicide prevention activity ideas for youth. Considering bringing in a speaker from NHL. • Shortage of mental health care providers/options in Baraga County. • Great Lakes Recovery Center now available in Houghton, instead of Ishpeming. • Veteran suicide prevention – Gordette unable to attend today’s meeting. However, Gordette is interested in partnering with other groups working on suicide prevention in the community. 	<ul style="list-style-type: none"> • Coalition members to let Pam know if there is an interest in additional ASIST and/or Mental Health First Aid trainings. • Any ideas for youth suicide prevention activities can be submitted to Waba or Pam. • Follow up with CTC to see if the resource group is able to compile a local list of counselors and support groups. • Gordette spoke with Pam via phone regarding the Baraga County Community Foundation Youth Advisory Council Suicide Intervention Project (SIP). Info to be available at next meeting.
Next Meeting	<ul style="list-style-type: none"> • Meetings will be held quarterly, more often as needed. • Please plan to attend as attendance is crucial to the success of the coalition. 	<ul style="list-style-type: none"> • Save the Date: Thursday, February 9, 2017 at 9 a.m. BCMh Conference Center.

Respectfully submitted by:
Pam Dove, MS, RDN, CDE
Baraga County Suicide Prevention Coalition, Chair