

**Baraga County Communities That Care  
Suicide Prevention Workgroup Meeting Minutes 12.12.17**

**Members Present:** Pam Dove, Sherrie Larson, Carrie Rich, Tim Marczak, Michele Serafin, Margie Makela, Ann Marie Amsler, William Seppanen, Wanda Seppanen, Terry Derocher, Sarah Woodruff

**Members Absent:** Tammy Hollon, Karen Harris

Topic	Discussion	Follow-Up
Agenda	<ul style="list-style-type: none"> <li>● Reviewed</li> </ul>	<ul style="list-style-type: none"> <li>● Approved</li> </ul>
Meeting Minutes	<ul style="list-style-type: none"> <li>● Reviewed</li> </ul>	<ul style="list-style-type: none"> <li>● Approved</li> </ul>
Suicide Prevention Walk	<ul style="list-style-type: none"> <li>● Decision needs to be made whether to continue with AFSP or coordinate own event. Pros and cons reviewed. If go out on own, a few items to consider:               <ul style="list-style-type: none"> <li>○ Registration process online</li> <li>○ Individual walk fee vs. donation vs. sponsorship</li> <li>○ Marketing needs: flyers, postcards, PSA's, Facebook, walk signage prior to event, route directional signage, premade scripts</li> <li>○ Fundraising Items: t-shirts, "I walk for" pins, balloons/ribbon, fundraising trinkets</li> <li>○ Beads</li> </ul> </li> <li>● Funds raised from AFSP Out of the Darkness walk must be used to purchase AFSP programs or supported programs (ie. More than Sad, Signs Matter, ASIST, MHFA). Difficult to get approval for non-AFSP program (ie. SOS).</li> <li>● Summary of AFSP programs and associated cost would be helpful in making decision.</li> <li>● Will also be helpful to see what program is selected by CTC to address depressive symptoms. If non-AFSP approved program selected, could walk be used to raise funds for this program given that depression is linked to suicide risk? Or could we continue with AFSP OOTD walk and do local fundraising on side if the work group decides that ongoing AFSP programs are needed in the community? Could also consider doing AFSP walks every few years if go out on own.</li> <li>● KBOCC may have intern to assist with marketing.</li> </ul>	<ul style="list-style-type: none"> <li>● Summary of AFSP programs and associated costs to be developed. Pam to send to work group members for input in January.</li> <li>● Summary of expected expenses if coordinate a local walk (ie. beads, yard signs, poster printing, t-shirts, fundraising supplies, etc.).</li> <li>● Await CTC decision re: program to address depressive symptoms.</li> </ul>
Annual Program Plan	<ul style="list-style-type: none"> <li>● ASIST (Applied Suicide Intervention Skills Training): Scheduled for January 25th and 26th at BCMH. Limited to 40 participants. 26 people already on interest sheet. Need to advertise. Flyer attached. Will provide to CTC Outreach/PR workgroup.</li> <li>● MHFA (Mental Health First Aid): Copper Country Mental Health working on 2018 calendar. Charges \$35 per person. Carrie states that funding is available through Northcare to offer free MHFA trainings.</li> <li>● SOS (Signs of Suicide): BAS awaiting new copy. Unsure if currently offering at LAS.</li> <li>● More Than Sad: Materials provided to LAS and BAS for parent and educator presentations. No dates set. Will AFSP provide funding for food and daycare</li> </ul>	<ul style="list-style-type: none"> <li>● Provide ASIST flyer to CTC Outreach/PR workgroup for dissemination.</li> <li>● Carrie to contact individuals on ASIST interest sheet to provide update on January 25/26th class.</li> <li>● Carrie to follow up with Northcare re: free MHFA training.</li> <li>● Pam to follow up with AFSP re: BAS SOS program.</li> <li>● Pam to follow up with Heather Greutz re: implementation of SOS at LAS.</li> <li>● Pam to follow up with AFSP re: possibility of funding food and daycare during parental More than Sad presentation.</li> </ul>

	<p>for parent presentation? Can educator presentation be done on inservice day?</p> <ul style="list-style-type: none"> <li>● Signs Matter: 2 hour online training available to K-12 educators on suicide prevention and bullying. Cost \$35/individual; \$25 (50-99); \$15 (100-199); \$10 (200-499). Is this program Tim willing to review. Compare to free More than Sad presentation.</li> <li>● Suicide Prevention Binders given to LAS and BAS counselors containing: model school district policy, after a suicide toolkit for schools, LGBTQ resources, More than Sad parent, educator, student materials.</li> <li>● Interactive Screening Program examined for KBOCC and small businesses targeting young men/women who are not college bound. See attached summary. Anticipated obstacle will be person to administer questionnaire. Group recommends presenting information at Baraga County Chamber of Commerce meeting to assess interest and discuss administration options. Would need to work with Dial Help if offered.</li> <li>● Suicide Bereavement Clinician Training Program: Workgroup feels there is a need. Can this training be offered locally with invitation to outlying areas. Or can it be offered via web conference?</li> <li>● Survivor Outreach Kits: Available from AFSP - general, general kit with book, family kit. Could make available at Survivors of Suicide Loss Support Group and at funeral homes. Keep couple extras on hand with CTC coordinator.</li> <li>● AFSP Brochures/Information for local outreach (ie. hospital, clinics, care packages, lending library, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>● Pam to provide LAS/BAS superintendents with Signs Matter program information versus More than Sad presentation. Feedback needed.</li> <li>● Workgroup to present Interactive Screening Program to Baraga County Chamber of Commerce to assess interest.</li> <li>● Pam to follow up with AFSP re: possibility of offering Suicide Bereavement Clinician Training Program in Baraga County.</li> <li>● Ann Marie to review Survivor Outreach Kits to determine which are desired for Survivors of Suicide Loss Support Group.</li> <li>● Pam to order Survivor Outreach Kits from AFSP once type and number determined by workgroup.</li> </ul>
Lending Library	<ul style="list-style-type: none"> <li>● Supplies are still needed. Tim states that kids are still available to make the lending libraries in their woodworking class. If unable to locate donor, will post ad in Sentinel. May also help increase awareness and youth involvement.</li> </ul>	<ul style="list-style-type: none"> <li>● Pam to provide Carrie with list of supplies.</li> <li>● Carrie to follow up with Hoffman Lumber re: supplies.</li> <li>● Consider ad in Sentinel if needs remain.</li> </ul>
Care Packages	<ul style="list-style-type: none"> <li>● Order form reformatted into three sections by Pam and Ann Marie: <ul style="list-style-type: none"> <li>○ General Suicide Prevention Materials</li> <li>○ Personally struggling/After an attempt</li> <li>○ Support after a suicide</li> </ul> </li> <li>● Sample packet reviewed. Approved by workgroup. Will need to compile more.</li> <li>● AFSP willing to cover postage, however, hand delivery would be ideal. Will develop list and workgroup can select which places they are able to deliver to. Outliers will be mailed.</li> </ul>	<ul style="list-style-type: none"> <li>● Compile packets for distribution.</li> <li>● Pam to send out list of local businesses/organizations to deliver to. Workgroup members to select who they will hand deliver to.</li> <li>● Pam to work with AFSP on mailing any outlying businesses/organizations.</li> </ul>
Survivors of Suicide Loss Support Group	<ul style="list-style-type: none"> <li>● 3 in attendance this month.</li> </ul>	<ul style="list-style-type: none"> <li>● Order copies of outreach packets to be distributed as needed at support group meetings.</li> </ul>
Miscellaneous	<ul style="list-style-type: none"> <li>● KBIC counselor, Sarah Woodruff, exploring suicide prevention programs for local schools. Considering Red Cliff, Reconnecting Youth, &amp; Positive Action.</li> </ul>	<ul style="list-style-type: none"> <li>● Sarah to update workgroup on program selection.</li> </ul>
	<ul style="list-style-type: none"> <li>● Transportation for youth to mental health appointments discussed. KBIC does provide transportation to their clinic for native american students. CCMH can provide assistance to see</li> </ul>	<ul style="list-style-type: none"> <li>● Letter to be developed to assess need for counseling services offered at school during school hours.</li> </ul>

	<p>their counselors in Houghton/Hancock. Can also be scheduled at L'Anse clinic. Parents need to follow through if arrangements are made/available.</p> <ul style="list-style-type: none"> <li>• Would be easiest if youth could be seen at school to eliminate parents having to take off work and drive. Also, student would miss less school.</li> <li>• Terry states that Northcoast may be available to resume counseling in school if enough demand. Discussion regarding sending letters home to students to see if there is a need.</li> <li>• Parental consent would be needed for counseling services due to insurance billing.</li> <li>• Insurance copay can be difficult for some families to afford.</li> </ul>	
	<ul style="list-style-type: none"> <li>• \$40 in t-shirts sold after OOTD walk. Carrie deposited funds to Suicide Prevention account.</li> </ul>	
Next Meeting	<ul style="list-style-type: none"> <li>• All meetings are being updated on the Google Drive Calendar and linking to the website.</li> </ul>	<ul style="list-style-type: none"> <li>• Suicide Prevention Workgroup: March 8, 2017 at 9 a.m. at BCMH Conference Center</li> <li>• Community Board Meeting: Jan. 18<sup>th</sup> @5:30 / 6PM</li> </ul>

Respectfully submitted by: Pam Dove