



**VTSPC Coalition Meeting
June 16, 2020
Go To Meeting due to COVID19**

Meeting Notes, Key Points, and Resources

Participants n=63:

Alison Krompf, Daisy Berbeco, Samantha Sweet, Cheryl Wilcox (DMH)
(Vermont Dept of MH)
Thomas Delaney (UVM COM)
Psyche "Lisa" Boedigheimer (Dept of Veterans Affairs)
Dillon Burns (Vermont Care Parents)
Stephanie Busch, Jennifer Hicks, CaitlinJelinek (VDH)
Laurie Emerson (NAMI Vermont)
Charlotte McCorkel (Howard Center)
Sally Kerschner (Vermont Dept of Health)
Eliot Nelson (UVM)
Alison Krompf (DMH)
Terri Lavelly (NKHS)
Ruth Marquette (Northeast Kingdom Human Services)
Thomas Moore (UVMCMC)
Melissa Southwick (SASH at Cathedral Square)
Bob Wubbenhorst (United Counseling Services of Bennington County)
Matt Wolf (VFFCMH)
Becca Bell (UVM)
Caitlin Miller (HCRS)
MJ Trask (Vermont Adult Learning)
Amos Meachum (Pathways)
Julie Parker (Vermont Health Access)
Kate Wilcox (RMHSCCN)
Katie Wilson (The Copeland Center)
Victoria Tilson (Landmark College)
Michael Hartman (Lamoille County Mental Health)
JoEllen Tarallo, Eric Jones, Debby Haskins, Melissa Farr (CHL)

Meeting Notes

Date: 6.16.20

Begin Meeting: 10:30am

Close Meeting: 12:00pm

| Time | Agenda Item and Key Points | Additional Resources/Action Steps |
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| <p>10:30-10:35am</p> <p><u>Welcome</u></p> <p><i>JoEllen Tarallo, Executive Director, CHL</i></p> | <p><u>Welcome and Overview</u></p> <ul style="list-style-type: none"> ● Welcome members ● Shared correct language about suicide ● Overview of agenda and purpose of meeting ● Sharing of Rutland Hope Tulip Garden as part of YYA Umatter® Community Action Project <p><i>Please join the Department of Mental Health and statewide stakeholders for an actionable conversation about the latest resources for reducing suicide risk factors.</i></p> | <p>Umatter® Youth and Young Adults</p> <p>https://healthandlearning.org/umatter-youth-young-adults-program-umatter-yya/</p> |
| <p>10:35-10:55am</p> <p><u>DMH Update</u></p> <p><i>Commissioner Sarah Squirrel</i></p> <p><i>Alison Krompf, Director of Quality Assurance, DMH</i></p> | <p><u>Vermont COVID 19 and Mental Health Increased Risk Factors due to COVID19</u></p> <p><u>Increased suicide risk factors</u></p> <ul style="list-style-type: none"> ● Economic stress ● Social isolation ● Reduced accessibility to religious and social supports ● Barriers to treatment ● Health care providers experience increased suicide rates ● Illness and medical problems ● Increased anxiety due to 24/7 news coverage ● Increased fire arm sales ● Seasonal variation (Northern hemisphere has increased suicide rate in late spring and early | <p>Please email Alison and Daisy with any additional thoughts or questions.</p> <p>alison.krompf@vermont.gov daisy.berbeco@vermont.gov</p> <p>Vermont state web pages for information on Suicide Prevention:</p> <p>https://mentalhealth.vermont.gov/suicide-prevention</p> |

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| <p>10:55-11:05am</p> <p><u>VDH Update Suicide Data Surveillance</u></p> <p><i>Caitlin Jelinek, Health Analyst, VDH</i></p> | <p>summer)</p> <ul style="list-style-type: none"> ● Relationship stress and interpersonal violence <p><u>Risk Mitigation</u></p> <ul style="list-style-type: none"> ● Telehealth ● Access to Mental Health Services ● Funding via SAMSHA ● MH Awareness campaign <p><u>Crisis Text Line</u></p> <ul style="list-style-type: none"> ● Suicide ideation has gone slightly down ● Depression, anxiety, relationship issues, and isolation are the top four reasons for texting ● Mostly young Vermonters are texting: 62% are under 25 yrs old ● Majority identify as LGTBQ+: 65% ● Texters are more racially diverse than Vermont: 47% are Black <p>Update on Suicide Prevention Data and Surveillance~</p> <p>Number of deaths in May were higher than in previous years</p> <p>As of June 12, 2020, suicide ideation and self violence accounted for less than 2% of emergent care visits.</p> | <p><u>https://www.healthvermont.gov/emergency/injury/suicide-prevention</u></p> <p><u>Crisis Text Line</u> Text # 741741</p> <p><u>https://www.crisistextline.org</u></p> <p><u>Weekly Suicide Report</u> <u>caitlin.jelinek@vermont.gov</u></p> <p><u>https://www.healthvermont.gov/health-statistics-vital-records/surveillance-reporting-topic/injuries</u></p> |
| <p>11:05-11:35am</p> | <p>Prevention Conversation Members put their responses into the chat and Alison and JoEllen shared themes and responses from members.</p> | |

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| <p><u>Coalition Member Conversation Prevention</u></p> <p><i>Alison Krompf, DMH</i></p> <p><i>JoEllen Tarallo, Executive Director, CHL</i></p> | <p>Also option offered to respond to questions directly.</p> <ul style="list-style-type: none"> • What is most important for prevention right now? • What is happening that we should know about? • What would you like to see happen? • What are the most important messages? What are we not saying that we should be? Who are we not reaching that we need to? | <p>Please connect with Alison, JoEllen, and/or Melissa regarding follow up to this dialogue.</p> <p>alison.krompf@vermont.gov joellen@healthandlearning.org melissa@healthandlearning.org</p> <p>All of the responses have been collated and will be shared.</p> |
| <p>11:35-11:50am</p> <p><u>Suicide Postvention</u></p> <p><i>Debby Haskins, Senior Suicide Prevention Trainer</i></p> | <p><u>Understanding the Importance of Postvention</u></p> <ul style="list-style-type: none"> • How suicide is handled can reduce the risk for further suicide events. • Vital to have a planned response • Understanding the complexity of circumstances and factors that lead to suicidality • Comprehensive approaches to prevention and postvention are most effective <p><u>Action steps you can take today</u></p> <ul style="list-style-type: none"> • Know your agency's postvention policies • Know and share local and national resources • Attend a Postvention training to learn best practices | <p>Postvention Protocols https://vtspc.org/suicide-resources/professional-protocols/</p> <p>SAMSHA Guidance https://www.samhsa.gov/resources/suicide-prevention-post-suicide-resources</p> <p>PDF:</p> |

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| <p><u>Help Card Information</u></p> | <p>HELP Cards</p> <ul style="list-style-type: none"> • Updated HELP Cards are located on the VTSPC website and available to print. • Posters will be available soon. <p>These resources can be requested in large quantities.</p> | <p>https://vtspc.org/wp-content/uploads/2020/04/VT-Help-postcard.pdf</p> <p>Share/Download: https://healthandlearning.org/mental-health-help-card/</p> <p>Contact: debby@healthandlearning.org</p> |
| <p>11:50-12:00pm</p> <p><u>Announcements</u></p> <p><i>JoEllen Tarallo, Executive Director, CHL</i></p> <p><i>All</i></p> | <p>Coalition Member Announcements</p> <p>Zero Suicide and Umatter Awareness Trainings</p> <p>Upcoming Coalition meetings Sept 10, Virtual December 10, Format TBD</p> <p>Vermont Suicide Prevention Symposium August 18, 2020</p> <p>Please visit our website as we will update it often with keynote speakers and sessions!</p> | <p>Suicide Prevention Webinar Series: https://www.eventbrite.com/e/suicide-prevention-webinar-series-registration-60130228131</p> <p>Trainings at CHL and VTSPC https://healthandlearning.org/trainings-and-events/ https://vtspc.org/events-training/</p> <p>Vermont Suicide Prevention Symposium Website</p> <p><i><u>Bringing Resiliency Into Focus</u></i> https://vermontsuicidepreventionsymposium.org</p> |