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” Boedigheaimer (Dept of Veterans Affairs)
Dillon Burns (Vermont Care Parents)
Stephanie Busch, Jennifer Hicks, Caitlin Jelinek (VDH)
Laurie Emerson (NAMI Vermont)
Charlotte McCorkel (Howard Center)
Sally Kerschner (Vermont Dept of Health)
Eliot Nelson (UVM)
Alison Krompf (DMH)
Terri Lavely (NKHS)
Ruth Marquette (Northeast Kingdom Human Services)
Thomas Moore (UVMMC)
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item and Key Points</th>
<th>Additional Resources/Action Steps</th>
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| 10:30-10:35am | **Welcome and Overview**  
                ● 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 | Umatter® Youth and Young Adults  
https://healthandlearning.org/umatter-youth-young-adults-program-umatter-yya/ |
|               | *Please join the Department of Mental Health and statewide stakeholders for an actionable conversation about the latest resources for reducing suicide risk factors.* |                                                                       |
| 10:35-10:55am | **Vermont COVID 19 and Mental Health**  
                **Increased Risk Factors due to COVID19**  
                Increased suicide risk factors  
                ● 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 | Please email Alison and Daisy with any additional thoughts or questions.  
alison.krompf@vermont.gov  
daisy.berbeco@vermont.gov  
Vermont state web pages for information on Suicide Prevention:  
https://mentalhealth.vermont.gov/suicide-prevention |
### VDH Update

#### Suicide Data Surveillance

**Caitlin Jelinek, Health Analyst, VDH**

- **Summer:**
  - Relationship stress and interpersonal violence

**Risk Mitigation**

- Telehealth
- Access to Mental Health Services
- Funding via SAMSHA
- MH Awareness campaign

**Crisis Text Line**

- 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

### Update on Suicide Prevention Data and Surveillance~

**Number of deaths in May were higher than in previous years**

As of June 12, 2020, suicide ideation and self violence accounted for less than 2% of emergent care visits.

**Weekly Suicide Report**

[caitlin.jelinek@vermont.gov](mailto:caitlin.jelinek@vermont.gov)


### Prevention Conversation

**Members put their responses into the chat and Alison and JoEllen shared themes and responses from members.**

[https://www.crisistextline.org](https://www.crisistextline.org)

**Crisis Text Line**

Text # 741741

[https://www.crisistextline.org](https://www.crisistextline.org)
<table>
<thead>
<tr>
<th>Coalition Member Conversation Prevention</th>
<th>Also option offered to respond to questions directly.</th>
<th>Please connect with Alison, JoEllen, and/or Melissa regarding follow up to this dialogue.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alison Krompf, DMH</td>
<td>● What is most important for prevention right now?</td>
<td><a href="mailto:alison.krompf@vermont.gov">alison.krompf@vermont.gov</a></td>
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<tr>
<td></td>
<td>● What is happening that we should know about?</td>
<td><a href="mailto:joellen@healthandlearning.org">joellen@healthandlearning.org</a></td>
</tr>
<tr>
<td>JoEllen Tarallo, Executive Director, CHL</td>
<td>● What would you like to see happen?</td>
<td><a href="mailto:melissa@healthandlearning.org">melissa@healthandlearning.org</a></td>
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<td></td>
<td>● What are the most important messages? What are we not saying that we should be? Who are we not reaching that we need to?</td>
<td>All of the responses have been collated and will be shared.</td>
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<tr>
<th>11:35-11:50am Suicide Postvention</th>
<th>Understanding the Importance of Postvention</th>
<th>Postvention Protocols <a href="https://vtspc.org/suicide-resources/professional-protocols/">https://vtspc.org/suicide-resources/professional-protocols/</a></th>
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<tbody>
<tr>
<td>Debby Haskins, Senior Suicide Prevention Trainer</td>
<td>● How suicide is handled can reduce the risk for further suicide events.</td>
<td>SAMSHA Guidance <a href="https://www.samhsa.gov/resources/suicide-prevention-post-suicide-resources">https://www.samhsa.gov/resources/suicide-prevention-post-suicide-resources</a></td>
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<td>● Vital to have a planned response</td>
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<td>● Understanding the complexity of circumstances and factors that lead to suicidality</td>
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<td>● Comprehensive approaches to prevention and postvention are most effective</td>
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**Action steps you can take today**

- Know your agency’s postvention policies
- Know and share local and national resources
- Attend a Postvention training to learn best practices

**PDF:**

VTSPCJuneSpecialMeeting 6.23.20.MAF

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<td></td>
<td>● Updated HELP Cards are located on the VTSPC website and available to print.</td>
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<td>● Posters will be available soon. These resources can be requested in large quantities.</td>
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<tr>
<th>11:50-12:00pm Announcements</th>
<th>Coalition Member Announcements</th>
<th>Suicide Prevention Webinar Series: <a href="https://www.eventbrite.com/e/suicide-prevention-webinar-series-registration-60130228131">https://www.eventbrite.com/e/suicide-prevention-webinar-series-registration-60130228131</a></th>
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<tr>
<td>JoEllen Tarallo, Executive Director, CHL</td>
<td>Zero Suicide and Umatter Awareness Trainings</td>
<td>Trainings at CHL and VTSPC <a href="https://healthandlearning.org/trainings-and-events/">https://healthandlearning.org/trainings-and-events/</a> <a href="https://vtspc.org/events-training/">https://vtspc.org/events-training/</a></td>
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<tr>
<td>All</td>
<td>Upcoming Coalition meetings</td>
<td>Vermont Suicide Prevention Symposium Website <a href="https://vermontsuicidepreventionsymposium.org">https://vermontsuicidepreventionsymposium.org</a></td>
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| | Sept 10, Virtual | Vermont Suicide Prevention Symposium 
August 18, 2020 |
| | December 10, Format TBD | Bringing Resiliency Into Focus [https://vermontsuicidepreventionsymposium.org](https://vermontsuicidepreventionsymposium.org) |
| | | Please visit our website as we will update it often with keynote speakers and sessions! |