



**VTSPC Coalition Meeting  
September 10, 2020**

**Meeting Notes, Key Points, and Resources**

**Participants n=17**

Representatives joined us from:

Department for Mental Health  
UVM College of Medicine  
National Alliance on Mental Health VT  
Vermont Department of Health  
Department of Veterans Affairs  
Vermont Federation of Families for Children's Mental Health  
People with Lived Experience  
Private practice clinicians  
Department of Veterans Affairs  
Support and Services at Home  
PATHWAYS VT  
Center for Health and Learning

***Date: 9.10.20***

***Begin Meeting: 8:30am open Chat, Network, and Connect  
9:00am Start of Meeting  
11:00am Close Meeting***

Time	Agenda Item and Key Points	Additional Resources/Action Steps
<p>8:30 to 9:00am</p> <p><i>All members</i></p>	<p><b><u>Welcome Chat and Connect</u></b></p> <ul style="list-style-type: none"> <li>• Look at registration list prior to meeting to welcome members</li> </ul>	
<p><b>9:00-9:05am</b></p> <p><i>Melissa Farr, Program Specialist CHL, Coordinator of VTSPC</i></p>	<p><b><u>Welcome and Review Agenda</u></b>  <b><i>Let Members know this meeting will be recorded.</i></b></p> <p><b><u>Welcome and Overview</u></b></p> <ul style="list-style-type: none"> <li>• Welcomed members</li> <li>• Shared correct language about suicide</li> <li>• Overview of agenda and purpose of meeting</li> <li>• Reviewed check on audio and how to get assistance</li> </ul>	

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9:05-9:20am

**Coalition Policy  
Focus**

*JoEllen Tarallo,  
Executive  
Director CHL,  
Director of  
VTSPC*

**Voices of Vermont Stakeholders for  
Suicide Prevention**

We asked an open ended question to those who represent various views, perspectives, and points of view.

Other stakeholders are being sought and will be included as we include additional voices, we very much consider this a work in progress. That includes faith leaders, people with disabilities, etc.

***As you are listening, what program, practice, and policy issues are identified?***

**Some Issues identified:**

- I agree stigma and informing/educating providers is an issue. However, as a family member survivor...I can tell you...in Vermont it is very difficult to find adequate, affordable care for family members seeking help.
- Messages from video: Issues of stigma underneath many of the voices. Issues people encounter in a health system. People need to know where to get help. Need for the health system to seek feedback, and need to follow people's experience. More information from consumers to drive change.
- Need to listen to the voices of consumers. Supporting PWLE (People With Lived Experience) and peer support which offers the lack of

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<https://www.youtube.com/watch?v=u71OZ2SGxgc>

<p><b>Coalition Policy Focus for the Coming Year</b></p>	<p>judgement and empathy that is critical.</p> <ul style="list-style-type: none"> <li>● Building trust in the health care system which actively seeks feedback.</li> <li>● Stigma is a huge fear among veterans</li> <li>● People are seeking and buying transformation. Collect qualitative data about an individual's story that reflects the voice and needs of the person. What is the feedback loop?</li> <li>● Health care system</li> <li>● BIPOC (Black, Indigenous, People of Color)</li> <li>● Veterans</li> <li>● Youth</li> <li>● LGBTQ+</li> <li>● Older Adults</li> <li>● Peer support and Community</li> </ul> <p>Recognize that the symposium can only hold so much content and experience</p> <p>We wanted to put together something that had a longer impact on suicide prevention in Vermont.</p> <p><b>How do these influence our policy directions for the next year?</b></p> <p><b>We want to identify these in advance of February.</b></p> <p><b>We will be making a plan for February for Suicide Prevention Day because we will not be able to meet in person at the Statehouse.</b></p>	
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<p><b>9:20-9:40am</b></p> <p><b>Symposium Debrief</b></p> <p><i>Beth Shrader, Senior Program Specialist, CHL</i></p>	<p>Beth gave an overview of symposium and shared results of evaluation, both quantitative and qualitative.</p> <p>Registered: 373</p> <p>Attended: 319</p> <p>Very good to excellent reviews given for overall experience as well as for the sessions.</p> <p><b>How did your attendance lead to any next steps for you personally, professionally and/or in your organization?</b></p> <p>Continuing the conversation with community partners, like the local Recovery community.</p> <p>People with Disabilities need to be included, yes</p> <p>Accessibility for individuals who are Deaf and communicate in American Sign Language and need interpreters present for full accessibility.</p> <p>Materials online will be available on Sept 14, 2020.</p> <p>Share that people can still register and engage with the content.</p>	<p><a href="https://vermontsuicidepreventionsymposium.org">https://vermontsuicidepreventionsymposium.org</a></p>
<p><b>9:40-10:05am</b></p> <p><b>AHS Report and Legislative Updates</b></p> <p><b>DMH Update</b></p>	<p><b><u>Current State of Suicide Prevention Efforts in Vermont:</u></b></p> <ul style="list-style-type: none"> <li>● Overview of summary of feedback from Coalition September 2019 meeting</li> <li>● Micro and Macro Opportunities and Strategies</li> <li>● AHS Recommendations and Process</li> </ul>	<p>Please email Alison and Daisy with any additional thoughts or questions.</p> <p><a href="mailto:alison.krompf@vermont.gov">alison.krompf@vermont.gov</a></p> <p><a href="mailto:daisy.berbeco@vermont.gov">daisy.berbeco@vermont.gov</a></p>

<p><i>Alison Krompf, Director of Quality Assurance, DMH</i></p> <p><i>Daisy Berbeco, Senior Policy Analyst, DMH</i></p>	<ul style="list-style-type: none"> <li>● Continued valued collaborations and partnerships with CHL and others</li> <li>● COVID Relief Suicide Prevention Funding Received!!! <ul style="list-style-type: none"> <li>○ Expand Zero Suicide</li> <li>○ Expand Suicide Prevention Lifeline</li> <li>○ Develop Targeted Resources for at Risk Groups</li> <li>○ Support Youth Mental Health First Aid</li> <li>○ Support Elder Outreach</li> </ul> </li>   <li>● Current state of legislation</li> <li>● Update on another grant- <ul style="list-style-type: none"> <li>○ Governor Phil Scott today announced that Vermont has received \$3.8 million in federal funding for suicide prevention.</li> <li>○ The five-year grant from the Centers for Disease Control and Prevention (CDC) will support the implementation and evaluation of the state’s comprehensive public health approach to suicide prevention in Vermont.</li> <li>○ The announcement coincides with today’s observance of World Suicide Prevention Day.</li> </ul> </li> <li>● We are hoping to actively recruit more Lifeline centers in Vermont (hopefully through DAs but could also be other organizations).</li> </ul>	<p><b>Vermont state web pages for information on Suicide Prevention:</b></p> <p><a href="https://mentalhealth.vermont.gov/suicide-prevention">https://mentalhealth.vermont.gov/suicide-prevention</a></p>
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<p>10:05-10:10am</p> <p><b><u>VDH Update Suicide Data Surveillance</u></b></p> <p><i>Caitlin Quinn, Health Analyst, VDH</i></p>	<p>Update on numbers for Vermont (This report is for the week of September 7th. The data from the week before was shared at the meeting).</p> <p>As of September 11<sup>th</sup> there have been 74 suicide deaths in Vermont this year.</p> <p>So far in September there has been 1 death. The number of suicide deaths in August and July was similar to previous years, June was lower, and in May numbers were higher.</p> <p>We cannot yet determine whether there has been a statistical increase or a decrease in suicide deaths this year or in the past few months. This data is preliminary and subject to change.</p>	<p><u>Weekly Suicide Report</u></p> <p><a href="mailto:caitlin.jelinek@vermont.gov">caitlin.jelinek@vermont.gov</a></p> <p><a href="https://www.healthvermont.gov/health-statistics-vital-records/surveillance-reporting-topic/injuries">https://www.healthvermont.gov/health-statistics-vital-records/surveillance-reporting-topic/injuries</a></p> <p><a href="https://www.healthvermont.gov/emergency/injury/suicide-prevention">https://www.healthvermont.gov/emergency/injury/suicide-prevention</a></p>
<p>10:10-10:40am</p> <p><b><u>Peer Support Presentation</u></b></p> <p><b>Bringing a Focus on Peer Recovery to Suicide Prevention in Vermont: Lessons Learned from Symposium 2020</b></p>	<p><b><u>JoEllen shared context of Peer Support in State and CHL Learnings</u></b></p> <ul style="list-style-type: none"> <li>● <b>Lessons learned</b></li> <li>● <b>Work that CHL is doing to respond</b></li> <li>● <b>Invitation to peer support organizations to join us at these meetings moving forward and talk about their work, share resources and challenges</b></li> <li>● <b>Importance of Umatter Gatekeeper for all Peer Support Workers</b></li> </ul> <p>Shared in presentation:</p> <ul style="list-style-type: none"> <li>● Their audience of peers</li> <li>● How they got involved through their own experience</li> </ul>	

<p>Laurie Emerson, Executive Director, NAMI VT</p>	<ul style="list-style-type: none"> <li>• How their role supports Peer Recovery work</li> <li>• Where people can find out more information</li> <li>• Importance of PWLE in assisting others in building resiliency, coping strategies, and understanding of experiences</li> </ul> <p><b>What resources should we be thinking about to support peer recovery?</b></p> <p>Ideas:</p> <ul style="list-style-type: none"> <li>• We need a framework, guidance and tools that would be worthy to build out.</li> <li>• Recovery Vermont is working on trying to expand remote Peer Support. Audrey Garfield is the contact.</li> <li>• Recovery Vermont is looking intently at marginalized groups - BIPOC, LGBTQ+, and Deaf &amp; Hard-of-Hearing.</li> <li>• There is an Alternatives to Suicide (western mass RLC model) mutual support peer group based out of the Pathways Vermont Community Center that meets weekly (currently virtual). It is peer founded and run. I facilitate it!</li> <li>• DMH's 10 year plan highlights peer support as a valuable service. We need to fund this resource</li> <li>• By speaking about our lived experience will open the dialogue. We need leaders as role models</li> <li>• Peer support in the VA is a very important program that I am tapping into more and more</li> <li>• Pathways will be offering Conversations about Suicide trainings this year- with the goal of supporting peers and mental</li> </ul>	<p><a href="https://namivt.org">https://namivt.org</a></p> <p><a href="https://recoveryvermont.org">https://recoveryvermont.org</a></p> <p><a href="http://www.westernmassrlc.org/alternatives-to-suicide">http://www.westernmassrlc.org/alternatives-to-suicide</a></p> <p><a href="https://www.alyssum.org">https://www.alyssum.org</a></p> <p><a href="https://www.vermontpsychiatricsurvivors.org">https://www.vermontpsychiatricsurvivors.org</a></p> <p><a href="https://www.pathwaysvermont.org/what-we-do/our-programs/">https://www.pathwaysvermont.org/what-we-do/our-programs/</a></p> <p><a href="https://www.anotherwayvt.org">https://www.anotherwayvt.org</a></p>
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	<p>health workers becoming more comfortable simply talking about suicide with people. Can provide more info if that's useful. Continuing to support and learn from organizations that have been doing this work for a long time (Alysumm Inc, VT psychiatric survivors, VT Recovery, Pathways, NAMI, Another Way)</p>	
<p>10:40-10:50am</p> <p><b>Suicide Prevention Month</b></p> <p><i>CHL and others</i></p>	<p><b>CHL Plans are the following: Please send us your events and opportunities for education and we are happy to share them</b></p> <p><b>Suicide Prevention Month</b></p> <ul style="list-style-type: none"> <li>● Marketing</li> <li>● Events</li> <li>● Other plans for health education</li> </ul>	<p>Send to:</p> <p><a href="mailto:melissa@healthandlearning.org">melissa@healthandlearning.org</a></p> <p>or</p> <p><a href="mailto:eric@healthandlearning.org">eric@healthandlearning.org</a></p>

10:50-11:00am

**Coalition  
Member  
Announcements**

*Melissa Farr,  
CHL and JoEllen  
Tarallo, CHL*

**Coalition Member Announcements**

- CHL Trainings in fall
- Webinars, ongoing
- Post symposium happenings
- Next meeting of VTSCPC is on December 10, 2020 and will be virtual

Suicide Prevention  
Webinar Series:  
<https://www.eventbrite.com/e/suicide-prevention-webinar-series-registration-60130228131>

Trainings at CHL and  
VTSPC  
<https://healthandlearning.org/trainings-and-events/>  
<https://vtspc.org/events-training/>

Vermont Suicide  
Prevention Symposium  
Website

**Bringing Resiliency Into  
Focus**

<https://vermontsuicidepreventionsymposium.org>

**Johnny's Ambassadors  
1st Annual Walk**

<https://TinyURL.com/Vermontwalk>

**Hope Rising Online  
Event on Sept 26**

[www.hoperising.one](http://www.hoperising.one)

<p><b>Crisis Text Line Cards</b></p> <p><i>JoEllen Tarallo, CHL</i></p>	<p>We want to make these readily available to everyone.</p> <p>You can find them on our website to download and also request that we mail them to you.</p>	<p><a href="https://vtspc.org/wp-content/uploads/2020/04/VT-Help-postcard.pdf">https://vtspc.org/wp-content/uploads/2020/04/VT-Help-postcard.pdf</a></p> <p>Share/Download:  <a href="https://healthandlearning.org/mental-health-help-card/">https://healthandlearning.org/mental-health-help-card/</a></p>
<p><b>Thank you everyone</b></p>	<p>Thank you to everyone who joined us today as we honor World Suicide Prevention Day and month.</p>	