

VT Suicide Prevention Coalition (VTSPC) Meeting Notes December 10, 2020

For more information: Melissa Farr, Program Specialist, melissa@healthandlearning.org

Attending: See participant list

AGENDA - Topics	Discussion/ Decisions	Actions/Resources
Current State of Suicide Prevention Efforts in Vermont Alison Krompf, Department of Mental Health	COVID Relief Suicide Prevention Funding	<p>Actions:</p> <ul style="list-style-type: none"> Expand Zero Suicide and Suicide Prevention Lifeline Develop targeted resources for at risk groups Support youth mental health first aid Support elder outreach <p>Resources: https://mentalhealth.vermont.gov/suicide-prevention</p>
	Support elder outreach – This topic included Support and Services at Home (SASH) input about increasing number of those trained in Mental Health First Aid for older adults (in order to better respond to dementia and cognitive changes).	<p>Actions:</p> <p>Participants were invited to connect with JoEllen Tarallo-CHL and Charles Gurney-DAIL about additional training focused on risk and protective factors and strategies for working with older adults. Training also identifies the importance of connection as a protective and preventive factor rather than reliance on solely diagnostic approaches. Charles cited programs such as Meals on Wheels in Pennsylvania that provides suicide screening training to all volunteers.</p> <p>Resources: https://sashvt.org https://www.agewellvt.org https://www.mealsonwheelsamerica.org/</p>
Vermont Department of Health Update, Stephanie Busch, VDH	Information was shared about a five-year grant from the CDC that supports the implementation and evaluation of the state's comprehensive public health approach to suicide prevention in VT.	<p>Actions:</p> <p>VDH is anticipating actively recruiting more Lifeline Centers in VT.</p>
	Discussion regarding suicidality disproportionately impacting certain populations (older adults, BIPOC, LGBTQ+, indigenous). CHL will be collaborating with community partners to develop and implement a series on cultural considerations for at-risk populations.	<p>Actions:</p> <p>Further review on whether or not Vermont collects data that would help inform work on this topic will be taken up by the Data and Surveillance Work Group.</p>



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<p>Suicide Prevention at the Statehouse 2021, Melissa Farr, VTSPC</p>	<p>Discussion of alternatives to meeting at the statehouse.</p>	<p>Actions: CHL will be asking for input from legislators for creating policy and best approach to reaching legislators for the coming year.</p> <p>Please send ideas regarding virtual collaboration and policy measures to focus on to: melissa@healthandlearning.org</p>
<p>Peer Support JoEllen Tarallo, VTSPC</p>	<p>Invitations have been made to peer support organizations to join VTSPCoalition meetings to share work, resources and challenges.</p> <p>Discussed the importance of Gatekeeper training for all peer support workers.</p>	<p>Resources: https://www.anotherwayvt.org/ https://www.youtube.com/watch?v=u7IOZ2SGxgc</p>
<p>People with Lived Experience (PWLE) Malaika Puffer, Peer Outreach Coordinator Health Care Rehabilitation and Support Services (HCRS)</p>	<p>Discussion about the importance of PWLE sharing their experiences. Dialogue about how to create safety for those asking for and seeking help when struggling with mental illness and/or challenges without suicidality being policed. This includes the challenges of Title 18 (involuntary psychiatric hospitalization) and the fear that it creates for those seeking help. Malaika shared her experiences accessing health care.</p>	<p>Actions: DMH will release more data on Act 114 in January.</p> <p>More discussion is needed on the importance of addressing barriers within the system of care and hearing from those with lived experience. To provide input: melissa@healthandlearning.org</p> <p>Resources: https://namivt.org https://www.vermontpsychiatricsurvivors.org/ http://www.westernmassrlc.org/alternatives-to-suicide https://www.alyssum.org/ https://recoveryvermont.org/</p>