

ACSPC January Meeting Minutes

Date: Thursday, January 9, 2020

Time: 2:30 - 3:30

Location: Clarity PROS, Room C; Wellsville, NY

Mission: We are committed to embracing life by being a resource for suicide prevention, intervention and postvention.

Vision: All people know they are valued and therefore are empowered to live.

Core Belief: We believe all people have inherent value, deserve respect, and have purpose.

I. Commencement of Meeting

a) Attendance & Call to Order

Irene Dieteman, Casey Jones, Theresa Moore, Jose Soto, Brent Tincher, Trisha Tuttle, Ann Weaver, Undersheriff Kevin Monroe, Sheriff Rick Whitney, Jonathan Chaffee, Debra Miller, Jan Porter, Gina Kocsis

b) Approval of the Agenda

Motion to approve: A. Weaver

Motion seconded: T. Moore

II. Approval of Previous Meeting Minutes

Previous Meeting Date: November 14, 2019

A. Weaver identified two names that needed to be corrected.

Motion to approve with revisions: R. Whitney

Motion seconded: T. Tuttle

III. Old Business

a) ISOSLD/Survivor Day/SOS Day

The ACSPC Survivor Day event, supported by the American Federation for Suicide Prevention, was held on November 23 at the David A. Howe Library. Ten survivors attended the event, which centered around the documentary and its message of hope and healing. Participants engaged in conversation and structured discussion, and experience art therapy by creating resilience jars to reinforce the themes of hope, healing, and understand the need for time and strength in the healing process. Survivors appreciated the safe environment and the opportunity to connect with others, and some expressed interest in having more survivor events throughout the year.

b) safeTALK

B. Tincher informed the Coalition that the December 6 safeTALK training was successful and well-attended. Participants indicated that the content and skills presented were user-friendly and they felt better equipped to reach out to a possible person with thoughts of suicide. Ten registered for the training, and eight participated. The training was facilitated by Amy Mann, Coordinator of the Cattaraugus County Suicide Prevention Coalition.

c) Coalition Summary

B. Tincher provided a document summarizing the core tenets and goals of the ACSPC along with program options, 2019 events, possible future actions/activities, and its needs aligned to the ACSPC

goals. He referenced the Allegany County Community Wellness Committee's CHA/CHIP/CSA plan regarding the goal to "reduce the age-adjusted suicide mortality rate by 10%." C. Jones asked about specific numbers for suicide mortality rate in Allegany County, and T. Moore said she would compile the numbers and email them.

d) Increasing Coalition meeting attendance- proposals

The Coalition will meet every other month at Clarity PROS, Room C and will have alternating times of 2:30-3:30 or 4:00-5:00 to help increase attendance by members. B. Tincher encouraged members to continue to think about possible ways to increase attendance and membership for the future.

IV. New Business

a) 2020 ACSPC Meeting Schedule

Possible date and time options were presented to the Coalition and were accepted by membership.

March 5- 2:30-3:30

May 7- 4:00-5:00

July 9- 2:30-3:30

September 3- 4:00-5:00

November 5- 2:30-3:30

Motion to approve: Jan Porter

Motion seconded: Irene Dieteman

b) Holiday season donations: Scio Central administrative staff, Alco Federal Credit Union- Wellsville branch

In December, the ACSPC received monetary donations to support the mission of the Coalition. The administrative staff of Scio Central School pooled Secret Santa money and donated it in memory of Colin McCabe. Michael Miller, treasurer and CEO, and Jolene Dickens, VP of Operations of Alco Federal Credit Union reached out to the Coalition to donate and actively participate in ACSPC work. Both donors expressed gratitude for our work and hope to end the stigma surrounding mental health and suicide.

c) Review of Sheriff Whitney recommended webinar: *Words Matter: How to Safely Communicate about Suicide*

B. Tincher thanked Sheriff Whitney for sharing the webinar opportunity. The webinar was geared to improve awareness strategies to prevent suicide specifically with first responders and public safety personnel. Brent stated that the webinar went into public messaging and imagery about suicide emphasizing the need to present information in a way that empowers individuals to take action by making suicide a manageable and preventable social problem. The message continued with the urge to avoid oversimplification and present how suicide is complicated in an organizations messaging and resources. Panelists repeatedly pointed out that everyone can be part of this movement to prevent suicide, but each must understand and accept that s/he may not be an expert, but s/he can connect a person with thoughts of suicide to services that can keep him or her safe for now. The webinar showed silence and fear as the enemy of suicide prevention, but an enemy that can be defeated by thoughtful, balanced communication, a focus on what people can do, and how others have been helped.

d) Ardent Solutions, Inc. website remodel update

B. Tincher moved this topic to a future meeting because of a technology issue. He shared that Ardent Solutions, Inc. stated the web updates are progressing with the work being done by a contracted web developer.

e) ASIST Training for Trainers (T4T)- January 27-31

B. Tincher reported that he is attending a week-long training in Canada to certify him as an ASIST trainer for the ACSPC and Ardent Solutions, Inc. The certification will help the Coalition work

toward its goals and expand the regions capacity to save lives and see suicide as manageable social issue.

f) County Suicide Prevention Coalitions Bridge building

B. Tinchler stated that he has reached out to connect with neighboring Suicide Prevention Coalitions to expand his knowledge about the role of coordinator and actions/activities that those Coalitions support and carry out to improve the strength and safety of their communities.

V. Good of the Order/Member Choice

- National Law Enforcement Appreciation Day- the coalition thanked Sheriff Rick Whitney and Undersheriff Kevin Monroe for the work and support they provide to make our communities safer.
- Coalition members were thanked for their participation and dedication to help make Allegany County home to suicide-safe communities. Gun locks were distributed for members to have on hand for intervention work and to be an accessible to help keep a person with thoughts of suicide safe for now. Sheriff Whitney and Undersheriff Monroe reminded members that the gun locks are a deterrent for access to lethal means because they can be removed if a person's will is strong enough.
- C. Jones voiced concern about Youth Mental Health First Aid and Mental Health First Aid programs requiring participants to renew certification yearly for a fee without making this clear during initial training. J. Soto is looking into the concern and will address it in future trainings.
- ACSPC members were given reference documents from Suicide Awareness Voices of Education, save.org, to review, use, and discuss in March.

VI. Next Meeting

Date: March 5, 2020

Time: 2:30—3:30

Location: Clarity PROS, Room C; Wellsville, NY

Motion to approve: R. Whitney

Motion seconded: J. Porter

VII. Adjournment

Motion to approve: A. Weaver

Motion seconded: D. Miller