Suicide Task Force Minutes

11-20-18

In attendance:

Mathew Daniels – Pinedale Computer

Aaron Preece – High Country Behavioral Health

Stephanie Lund – Sublette County Public Health

Trisha Scott – Sublette County Public Health Prevention

Kelsi Sluyter – UW School of Social Work

Discussion

- Review of suicide statistics state wide and in Sublette County, identify at risk/vulnerable groups.
- Review significance of ACEs in primary prevention. Discussed upcoming ACE scale survey and suicidality scale in Sublette county.
- Discuss need for increased mental health resources, open discussions about suicide and decreased stigma.
- Introduce the idea of QPR (question persuade refer) training for 10% of Sublette County (goal from previous years).
- NAMI training for schools.
- Discussed need for primary prevention goal: countering isolation, strengthening families, empowering individuals – giving them permission to have the conversation about suicide (QPR).

Goals

1. Develop broad based support for suicide prevention (national goal #1).

Action Steps

- Enlist 10 people from community to become QPR trainers — Start: December 3, 2018
  Query QPR to check on availability of trainer coming to Pinedale — End: January 31, 2019
  - Responsible party: Trisha, Kelsi, Stephanie
  - Working list of individuals: Stephanie Lund, Matt Daniels, Trisha Scott (will contact SCSCO, clinic staff, school administration, PAC, Oil/Gas companies).

- Discuss a NAMI training with school administration and counseling staff — Start: December 15, 2018
  End: Spring Break 2019
  - Responsible party: Kelsi, Aaron, Trisha

- Check on status of healthy relationship curriculum in Pinedale High School — Start: December 3, 2018
  End: December 14, 2018
  - Responsible party: Stephanie