

MINUTES: 11/1/2021 SUICIDE PREVENTION TASK FORCE

12 - 1 PM

Public Health and Zoom

Co-Chairs: Aaron Preece and Matthew Daniels

Present:

Aaron Preece, High Country Behavioral Health

Matthew Daniels, Business: My Satisfied Soul

Mardy Sleight, Business and LDS Church

Kelsi Sluyter, teton Behavior Therapy

Kayla Stevens, VA Suicide Prevention Community Engagement

Bill Lehr, Marbleton Senior Center

Trisha Scott, Coalition Coordinator

OUR GOALS:

GOAL #1: Train 10% of the county in QPR by June 2022.

PROGRESS ON GOALS: As of this month, 600 residents have been trained in QPR since November 2019. 400 to go between now and June 30, 2022.

GOAL #2: By June 2024, decrease the number of suicides in Sublette County.

PROGRESS ON GOALS: There was a decrease in the rate of suicide in Sublette from 2019 - 2020 by 1 death. (WDH)

GOAL #3: Decrease # of Title 25 incidents by increasing access to mental health services.

PROGRESS ON GOALS:

2018 total: 10 total

2019 total: 15 total

2020 total: 13 total

2021 January to November: 6 total.

Progress!

Discussion and Agreements:

Welcome to Kayla Stevens, attending over zoom from Sheridan where she is the coordinator for the VA Community Engagement & Partnership Coordinator (CEPC) in suicide prevention for Veterans. Sublette County is in their "catchment" area.

Discussion on Title 25 numbers for the year were looked at and noted that we are on target for 2021 to have 50% less Title 25 incidents in Sublette County than the average number (12) from 2018 - 2020. What can we attribute that to? Trisha will reach out to Sheriff Lehr for his thoughts and asked the team to reach out in their networks to gather information. We would like to think this is due to more media focus on mental health during the pandemic, and possibly more available local services and local funds for services. Is that true? How can we find out?

International Survivors of Suicide Loss Day, November 20 in Marbleton, 10 am - 12 pm:

Mardy and Trisha are signed up as planners. Please share our social media posts in your

networks. Mardy took posters to distribute in the community. Bill, Aaron, Mardy and Trisha will facilitate the event. Tentative agreement on the film is "A Daughter's Story".

Discussion on Sources of Strength (SoS): Kayla and Trisha both spoke to what makes SoS a "gold standard" primary suicide prevention strategy, how/where it is implemented in Sheridan County. Kayla emphasized that SoS offers age appropriate mental health/suicide prevention starting in elementary school with empathy training and emotional regulation. Both Sub1 and Sub9 have made requests that we help them provide more support for peer mentors. SoS would provide what they are requesting. The grant can pay for training advisors and schools. Team members voiced support to keep pursuing more info and sharing that info as best we can with the schools without scaring them with another obligation for teachers.

Next steps: Trisha set up an information gathering session on zoom with Sources for Friday 11/5 at 10:30 am with Jaymie Carson at SoS. Anyone can join. Link to information video will be emailed to the group and is here: <https://sourcesofstrength.org/implementationoverview/>

QPR for Big Piney health classes: Mardy volunteered to follow up in person with Mr. Makelky and Mr. Wilford to set up a time for Bill and Mardy to teach QPR to the health classes.

QPR for Skyline Academy: After today's discussion, Trisha contacted Mr. Snell to request that we teach the 3 requested classes on Monday November 15 at 10:30. Bill, Mardy, Melinda, Matthew, Trisha and Cassie have agreed to teach.

Report on local MH services:

Teton Behavior Therapy: Kelsi reported that there is no wait time for services with TBT, either in person or with telehealth. If people do not have private space in their home to do a zoom counseling session they can go to the local office and do their telehealth session there. TBT is providing all counseling services for Big Piney students on Wednesday mornings through zoom. TBT has a play therapy kit on site at the school that kids can use during telehealth.

High Country Behavioral Health: Aaron reported that after very few crisis calls all year he had 6 crisis calls in one week, last week. No common thread among all the calls, all different causes and crises. There is a current waiting list for substance abuse services at HCBH. There are 2 full time clinicians at HCBH, one half time clinician and 1 clinician doing remote work from Alabama. Affordable housing continues to be a barrier to hiring more clinicians.

New developments: Matthew reported that he has been asked to develop a church leadership seminar on mental health that will embrace all local church leadership. Matthew stated that this is an effort to reach a demographic that is not generally reached, with conversation and information on mental health.

Next meeting is scheduled for January 6.

On the agenda:

- Reports on Sources of Strength progress
- Report on November school QPR
- Welcome Sean Stone and hear about Wyoming peer specialist training

- Hear from Mary Bluemel and Dr. Dorrity on Mary's success story of mental health recovery