

**MINUTES - SUICIDE PREVENTION TASK FORCE 2/7/19**  
**BOCES Room 150 12pm**

In attendance:

Randy Belton, St. Andrew's Church, Veteran	Stephanie Lund, Nurse Manager, SCPH
Aaron Preece, LPC, HCBH	Sarah Hixson, LCSW, HCBH
Jackie Downie, LCSW, Private Practice	Renae Dorrity, MD, SCRHD
Hilary Tolleson, Sergeant, SCSO	Melinda Bobo, Priest, St. Andrew's Church
Kelsi Sluyter, Intern, UW	John Kelly, Veteran, Concerned Citizen
Trisha Scott, Prevention, SCPH	

**Agenda Items:**

- Update Task Force on developments in QPR and Reducing the Risk training and curriculum
- Review CDC Risk and Protective Factors
- Review CDC Strategies and Approaches
- Identify gaps and unmet needs
- Identify approaches that may be effective in Sublette County

**Main Points:**

CDC Strategies the task force identified that would strengthen the Sublette community's ability to prevent suicide and promote mental health:

- **Strengthen economic supports:** recognize that there are "pockets of poverty in the county where people are subsistence living". Small group working to bring Bridges out of Poverty training to clinic, schools, and businesses.
- **Strengthen access and delivery of suicide care:** Current clinic challenged by ability to provide effective care to MH patients in crisis. With CAH designation, providers would be able to hold and observe MH crisis patients long enough to find best treatment for them. Important to support CAH designation to provide effective MH care. Providers unable to access important patient hx across state lines, need legislative support.
- **Create protective environments:** Increase awareness of gun safety (lethal means). Participate in prevention coalition activities to decrease excessive alcohol use.
- **Promote connectedness:** Decrease stigma: "As promoted in Suicide – the Ripple Effect, hold events, parties for those who have contemplated self-harm/suicide, and their family and friends" to celebrate life.
- **Teach coping and problem-solving skills:** Support HS teachers to implement "Reducing the Risk" curriculum in high schools to promote relationship skills training.
- **Identify and support people at risk:** Decrease stigma with Gatekeeper training; educate employers (SCSO, schools, businesses, etc) on value of EAP's and significance/importance of employee mental health; continue to identify negative stigma for MH and increase positive talk ("change the language") about MH ("fresh expressions").

**From brainstorm session, post formal meeting agenda:**

- Gatekeeping trust and support (check in with first responder and vice versa for unified approach)  
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- Begin with however small a group of survivors of attempts, or people who have felt the urge and supporters of these folks (us and others) and have regular – movies, food, get togethers – to bring it out of the shadows.
- And involve churches (interfaith?) i.e. St. Andrews "Fresh Expressions" (coming soon).
- Join with WAG on local gun safety initiative, like Hunter Safety classes taught in schools.

- Have team dream/brainstorm/strategize/imagine what effective clinical care and community support might look like on the ground in our “frontier” community. Research other communities (Deer Lodge, MT and Pagosa Springs, CO, both mentioned as communities with new CAH designated hospitals that can provide better continuum of care for MH crisis patients). I