

Zero Suicide Team Leaders



Beaver County

12/18/2020

Welcome!!!! 😊



- ▶ Today's meeting
 - ▶ A reminder of how this works
- ▶ Sign-in
- ▶ Chat box



Today's Agenda

- ▶ Minutes
- ▶ Partner Updates
- ▶ Marketing Committee
 - ▶ Caring Contacts
- ▶ Trainings
- ▶ Website Update
- ▶ Resources
- ▶ Next Meeting



Zero Suicide Meeting	10.23.2020
Jennifer Boeringer	ETC
Elisia Majors	BCBH
Rachel Kyle	HVHS
Randi Livengood	JTBC
Melissa Coakley	Aurora
Abby Opal	MHA
Courtney Dawson-Rainey	UPMC
Melissa Pfeuffer	MHA
Marcy Scott	CRS
Missy Watson	PHN
Heather Prince	TPN
Erin Rathbun	Beacon
Stacie Scheel	The Women's Center
Stephanie Hobel	PHN
Bree Piper	VA PGH
Dave Aitken	AARP/NAMI
Bonnie Palmieri	AHCI
Amy Solman	Geneva College
Kelly Nardone	BCBH
Jonathan Hughes	TPN
Dianne Funkhouser	PA Careerlink
Jesse Putkoski	AFSP
Sarah Woodring	VA PGH
Stephanie Santoro	AHCI
Rachelle Shea	Pressley Ridge
Ronda Hovancik	ABC Associates



10.23.2020 PowerPoint

<http://www.bc-systemofcare.org/zero-suicide/>

Please use this PowerPoint as the minutes from the last meeting.

Zero Suicide Team Leader Meetings
(follow our progress)



PARTNER UPDATES



American Foundation for Suicide Prevention

- ▶ **101 Volunteer Orientation Presented by AFSP Western Pennsylvania**
 - ▶ Virtual Orientation to find out how to get involved with the fight to stop suicide.
 - ▶ 12/21 6-7:30 pm
- ▶ **It's Real: College Students and Mental Health**
 - ▶ AFSP-produced film *It's Real: College Students and Mental Health*. By featuring real stories and experiences, *It's Real* conveys that depression and other mental health conditions are real illnesses that can be managed through specific treatments and interventions. It encourages students to be mindful of the state of their mental health, to acknowledge and recognize when they are struggling, and to take steps to seek help.
 - ▶ 1/12 7-8:30pm
- ▶ For more information or to register, go to:
<https://afsp.org/chapter/western-pennsylvania#events>



Geneva College

- ▶ Despite COVID, we were able to stay on campus and finish up our semester on Friday December 4th.
- ▶ We were able to use a grant this semester from the Pennsylvania Higher Education Suicide Prevention Coalition to accomplish the following:
 - ▶ Assistant Director of Counseling Center completed training to become an official QPR Trainer
 - ▶ We were able to train a total of 119 Geneva College staff/faculty/students over the course of 7 trainings in QPR- 6 were done virtually and 1 in person. The number included 45 students and 74 faculty/staff.
 - ▶ We have already seen some results of staff/faculty becoming more aware of suicidal warning signs and connecting directly with students and referring them to Counseling Services
 - ▶ The President of the College and some of his key Cabinet members are now trained
- ▶ Our Human Resources Department has agreed to cover the cost of the QPR training booklets so we can continue these trainings in the spring semester
- ▶ We have applied for another grant for the spring semester to address and provide tangible resources that would help alleviate anxiety, mitigate self-harm, and reduce suicidality for our students who are in isolation/quarantine due to exposure to or a positive test for COVID-19. We are hoping to use the funds to put together care packages that include fidget toys, crafting tools, journaling tools or at-home exercise equipment for students. We also hope to decorate the rooms and involve other students to write notes to those students.



PRISM

- ▶ PRISM will be releasing a calendar of events soon to keep everyone updated on what we are doing during this shutdown to be supportive to our youth.
- ▶ We will be hosting virtual movie nights, virtual game nights, trivia, prizes and more.
- ▶ For the time being, we had to return to all virtual meetings.
 - ▶ Jaci Palmer remains available 24/7 for the youth.

Community Alternatives

- ▶ Check out our new Facebook Page for our mentoring program. It can be found by searching for “StepOut Mentoring Program”.
- ▶ We currently have volunteers ready to provide support to local schools and their students that may be struggling with virtual learning, completing school work on time, etc.
- ▶ If any schools are interested in the StepOut Mentoring Program, they can contact Jaci Palmer j.palmer@communityalt.org or Jodi Platz jplatz@communityalt.org



NAMI

- ▶ NAMI Beaver County just finished up our Family to Family class virtually in November and had a decent amount of participants.
- ▶ We are continuing to do our virtual support group every Tuesday at noon through Zoom. Details are on Facebook and our website.
- ▶ We will be getting an intern in January to assist us with some new virtual support groups and program planning.
- ▶ We are currently finishing up our re-affiliation through the state and that should be finalized in the first quarter of the new year.
- ▶ We are providing Christmas baskets full of nonperishable foods, Christmas items, and gift cards to families in need at the Beaver Valley Church of God.
- ▶ Our winter newsletter should be out this weekend. We will have it on the website and it is emailed out to individuals on our mailing list. If anyone would like a copy, please have them email Rick Mattia at rmattia@namibeavercounty.org

Mental Health Association

- ▶ Our drop-in center is closed again, until at least after the first of the year.
 - ▶ We will be updating our website and social media with reopening information as available.
 - ▶ Virtual meeting information will be coming soon
- ▶ Delivering holiday gifts to our members
- ▶ Warm Line is still operating from 6-9pm, 7 days a week

Lets Talk About Mental Health

- ▶ For First Presbyterian Church of Beaver, we will be holding a Spring “Let’s Talk About Mental Health Seminar” in March.
- ▶ Information will be forthcoming; we hope to be able to do a hybrid (online and in person), but that is COVID-dependent at that time.



Beaver County Behavioral Health

- ▶ BCBH still has reinvestment funding left for providers to get PPE, sanitizing products, and/or technology/equipment into next year.
 - ▶ Contact Matt Stahoviak at mstahoviak@bcbh.org for additional information

Beaver County Drug and Alcohol Services

- ▶ Increase in accidental overdoses
- ▶ Narcan is available
- ▶ Training is also available
- ▶ Contact Kate Lowery KLowery@bcbh.org or 724-847-6225 for additional information





Beacon Member and Family Zoom Meeting

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting.

The purpose of the call is to share information, updates and provide opportunities to network with other Beacon members and family members. The call will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us.

All calls are from 1:00 pm - 2:00 pm every other Monday.

Dates of calls are:

December 21, 2020
January 4, 2021
February 1, 2021
February 15, 2021
March 1, 2021
March 15, 2021
March 29, 2021
April 12, 2021
April 26, 2021

(Please note that on January 18, 2021 there is not a meeting due to the Martin Luther King Holiday)

The Beacon Prevention, Education and Outreach Department is inviting you to a series of scheduled Zoom meetings.

Join Zoom Meeting

<https://beaconhealthoptions.zoom.us/j/96366685245?pwd=RGVweE5CaJduS3U1bE5Obk1rY1JDUT09>

Meeting ID: 963 6668 5245

Passcode: 773174

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone. The Meeting ID and Passcode are listed above.



Please share with
families and
members that may
be interested in
attending



First Baptist Church of Rochester

- Unfortunately, due to COVID the free haircut day scheduled for 12/21 has been cancelled.

Other Provider Updates



Beacon Health Options of PA December ValueAdded Newsletter



Coping with Holiday Stress and the Blues During COVID-19

For the past several months, we all have been dealing with stress due to the COVID-19 pandemic. This pandemic has kept us isolated, separated, and have many quarantined. Every health care organization has been addressing COVID-19 and the impact on mental health including suicide risk factors and the detrimental impact this illness has on communities of color. COVID-19 has greatly impacted the health, safety, and well-being of the broader population, as well as taken a significant and disproportionate toll on health care and other essential workers. COVID-19, disparities in the health care system, ongoing systemic racism, oppression and social unrest has come to the forefront in 2020 and has also had an impact on organizations that provide mental health services to the workforce.

As fall turns into winter and the days get shorter and colder in many parts of our country, many communities become more at risk for heightened stress, anxiety, and depression. The holiday season is here, and it is usually a time of joy, excitement and reflection, but it can also be a time of loneliness, isolation, anxiety and depression.

If this is so, should we be concerned about the risk of suicide during the holiday season? As mental health professionals, we know that the holidays are a time when many of us or those that we care about feel anxious and stressed about holiday plans, buying gifts, traveling, etc. Some of us refer to those feelings as the holiday blues.

Many are reluctant to venture out due to the virus, so this year is more stressful and anxiety-provoking than any other year in most of our lifetimes. Dealing with COVID-19 is stressful enough but with the holidays the added stress can affect our sense of wellbeing and mental health.

With the holiday blues we assume that there is an increase in the suicide rate but according to *Psychology Today* the suicide rate is at its lowest in the United States during the holiday season. Most of us think and have heard through the media that the holiday season is linked with an increase in suicides. A study conducted by Annenberg Public Policy Center found that 70% of newspaper stories mentioning suicide and the holidays perpetuated the myth. Although the holiday blues are a real phenomenon, there is no real correlation or link to suicide. According to the U.S. Center for Health Statistics, the suicide rate is highest between April and August. The months of November, December, and January actually have the lowest daily suicide rates.

According to a recent survey, the National Alliance on Mental Illness (NAMI) reports that approximately 24% of people with a diagnosed mental illness find that the holidays make their condition "a lot" worse and 40% "somewhat" worse. NAMI offers these key points that can raise awareness and can be shared with members and their families.

- Holiday blues are different from mental illness, but short-term mental health problems must be taken

seriously. They can lead to clinical anxiety and depression.

- People already living with mental illness are often affected by the holiday blues.
- Individuals, families, and friends should know symptoms and watch out for each other.
- Remind friends and family members that alcohol is a depressant and should not be consumed when feeling stressed or down.
- Share with others that it is a myth that suicides increase during the holidays, but suicide risks are always serious.
- Children and teens get the blues too. The highest rate for child psychiatric hospitalizations occurs during the winter months.

If you feel lonely or isolated, seek out organizations in the community such as religious or other social groups or communities by connecting to websites, online support groups, social media sites, or virtual events. Many organizations offer support and opportunities for social interaction. Reaching out and connecting with others (remember CDC guidelines) can be helpful and reduce anxiety and depressive symptoms during the holidays. Here are some examples of activities and techniques that may be effective:

- Include regular physical activity in your daily routine.
- Get enough sleep.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol, and drug use.
- Decrease your input of social media.
- Find an activity you enjoy.
- Watch a funny movie.
- Take a break by yourself for about 10-15 minutes when feeling overwhelmed or stressed by taking a walk, listening to music, or reading a book.

When these strategies don't seem to work or if your normal functioning becomes significantly impaired, such as feeling persistently sad, irritable, angry, anxious, hopeless or having sleep disturbances or somatic/physical complaints for an extended period of time, seek help from a doctor or a mental health professional.

Local NAMI affiliates can be a source of support. For more information on holiday blues click on: www.nami.org/newsroom

Source: NAMI <https://www.nami.org/holidayblues>



Kuddos!!!



Marketing Committee: Resource Card

It's
OK
to
NOT
be
OK



You are not alone. Help is available.



HELP IS AVAILABLE!

If you are experiencing a life-threatening emergency call 911.

Beaver County Crisis	1.800.400.6180
Crisis Text Line	Text "PA" to 741-741
Warmline of Beaver County	1.877.775.WARM (9276)
Pressley Ridge Transition Age (14-24) Mobile Crisis	724.630.5189
Additional Community Resources	Dial "211"
PA Get Help Now (support for addiction)	1.800.662.HELP
Safe2Say -or- www.safe2saypa.org	1.844.723.2729
Trevor Lifeline (LGBTQ+ Youth)	1.866.488.7386
National Suicide Prevention Hotline	1.800.273.TALK (8255)
Línea Nacional de Prevención del Suicidio	1.888.628.9454
Veteran Crisis Line (Text "838255")	1.800.273.8255 (press 1)
For additional information & resources go to Beaver County System of Care Website	www.bc-systemofcare.org

These warning signs of suicide indicate a person may be experiencing a mental health emergency:

- ◊ Talking about wanting to die or kill oneself
- ◊ Having a plan to kill oneself
- ◊ Talking about feeling hopeless or having no purpose
- ◊ Increasing use of drugs or alcohol
- ◊ Acting anxious, agitated, reckless, or displaying mood swings
- ◊ Sleeping too much or too little
- ◊ Withdrawing or isolating
- ◊ Showing rage or seeking revenge
- ◊ Giving away possessions
- ◊ Talking about feeling trapped or being in unbearable pain

Marketing Committee

- ▶ Thank you video was created and posted on the SOC website, YouTube, and social media accounts
- ▶ Resource Cards
 - ▶ Holiday Meals
 - ▶ S.H.A.Y. (Spreading Hope Amongst Youth) Foundation
 - ▶ Al's Corner
 - ▶ Salvation Army
 - ▶ Light of Salvation Church
- ▶ If interested in obtaining the resource cards, contact Elisia Majors [emajors@bcbh.org](mailto:majors@bcbh.org)



Caring Contacts



Hi _____

I'm writing to see how you're doing. Follow up is very important!

Your next appointment is with _____ at _____

Hang in there! Call us if you need us!

Sincerely,

(The Warm Line)
(724) 775-9507
6-9pm



Beaver County Crisis
(800) 400-6180
(24/7)



Caring Contacts



Hi _____

I hope you are doing well. In case you are having trouble, I just wanted to let you know that we are here for you.

Remember that if you are having a tough day, take a moment, breathe, and tackle one thing at a time. You have an opportunity to make a new start every day!

Call us if you need us!

Sincerely,

(The Warm Line)
(724) 775-9507
6-9pm

Beaver County Crisis
(800) 400-6180
(24/7)



Trainings



1/22 10am-12pm

**Register TODAY!!!
Encourage staff to
attend!!**

www.bc-systemofcare.org/training/

**SAFETY PLANNING
FOR THE MENTAL HEALTH
PROFESSIONAL**

PRESENTED BY MATTHEW WINTERSTEEN
THOMAS JEFFERSON UNIVERSITY
DEPARTMENT OF PSYCHIATRY & HUMAN BEHAVIOR

This training will provide an overview of safety planning, a brief clinical intervention that empowers individuals to recognize and utilize their own strengths and resources to manage periods of rumination and contemplation of suicide behavior. The second half of the training will be a Safety Planning demonstration and Q & A session.

VIRTUAL TRAINING
January 22, 2021
10am-12pm

Register at: <https://us02web.zoom.us/join/joinMeeting/register/70kf-yhrTwE1Q2ZomFNwMO-11A6730Z>

Sponsored by the Beaver County Zero Suicide Initiative



Website Update

← → ↻ ⚠ Not secure | bc-systemofcare.org/protective-mitigation-efforts/ 🔍 ☆ ⚙ E



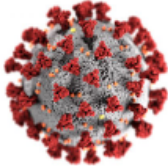
Beaver County
System of Care

What We Do... » Youth Ambassador Program Families/Young Adults eSP Login

New Protective Mitigation Efforts in PA / Local Provider Updates

Home > Announcements > New Protective Mitigation Efforts in PA / Local Provider Updates

[The new, limited-time mitigation orders went into effect at on Saturday, December 12, and remain in effect until January 4, 2021.](#)



Beaver County Regional Council of Governments
[COVID-19 Database](#)

***** Beaver County Provider Updates *****

Beaver County Behavioral Health (BCBH)





TAKE
CARE OF
YOURSELF



International Critical Incident Stress Foundation, Inc.

Suggestions for Sustaining Resilience during the COVID-19 Response

Emergency service and healthcare professionals bring high levels of commitment and dedication to their work. The COVID-19 pandemic is placing extraordinary demands to adapt, rapidly shift standard operating procedure and remain psychologically resilient. The following suggestions are offered to cope with the stressors of the Pandemic response.

Resilience building tips:

- Know your personal signs of stress and monitor yourself. now when you need to take action to reduce stress!
- Be careful of your own expectations of yourself...remember that you are human
- Pace yourself... take breaks to be able to function at your best
- Focus on the people you are helping rather than what is not being done. Remind yourself and your team that you are making a significant contribution to the community
- Use humor to reduce the stress when it is appropriate to do so.
- Get physical exercise as you can. It helps mood and can promote sleep
- Practice mindfulness to be focused in the present
- Practice stress reduction techniques such as deep breathing, meditation, progressive muscle relaxation, yoga, etc. every day.
- Eat and drink nutritiously and avoid excessive junk food, caffeine, alcohol, or tobacco.
- Get adequate sleep and rest.
- Limit exposure to media coverage when off shift...try to have a mental break when not working.
- Maintain Contact with your family/ friends on a regular basis.
- Use time off duty to recharge and connect with people who support you. Do things that you enjoy when you can to have more balance
- Have a buddy system with a peer as a source of support...talk it out at the end of each shift
- Write it out...keep a journal to express your reactions experience at the end of each shift.
- Be aware and avoid unhealthy coping strategies such as excessive alcohol or other substance use, complete withdrawal, or excessive risk taking
- Use peer support teams...they are there for you!
- Use professional support as needed. It is a strength to get help when you need it!



COVID-19 CRISIS COUNSELING PROGRAM

CONNECT WITH A **FREE**
CRISIS COUNSELOR



 **CALL 1-855-284-2494**



Do you feel...

*Stressed?
Overwhelmed?
Alone?
Afraid?
Anxious?*

*During these uncertain
times, you are not alone.
We are here to listen.*

Please call our Pennsylvania Support and Referral Helpline

1-855-284-2494 TTY: 724-631-5600

There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.

These services are **FREE & CONFIDENTIAL**.

This publication was made possible by FEMA Grant Number 4506-DR-PA, in collaboration with the Pennsylvania Department of Human Services.

Persevere PA Crisis Counseling Program (CCP) provides SAMHSA approved crisis counseling tele-health services, through the Center for Community Resources (CCR), and can be provided to people who need support related to the impacts of COVID-19. CCR provides the 24/7 Support and Referral Line that delivers the crisis counseling services.



Food Resources

- ➔ https://www.agriculture.pa.gov/Food_Security/Pages/Resources.aspx

Mental Health Resources

- ➔ <https://www.pa.gov/guides/mental-health/>

Unemployment Benefits

- ➔ <https://www.pa.gov/guides/unemployment-benefits/>

COVID Testing

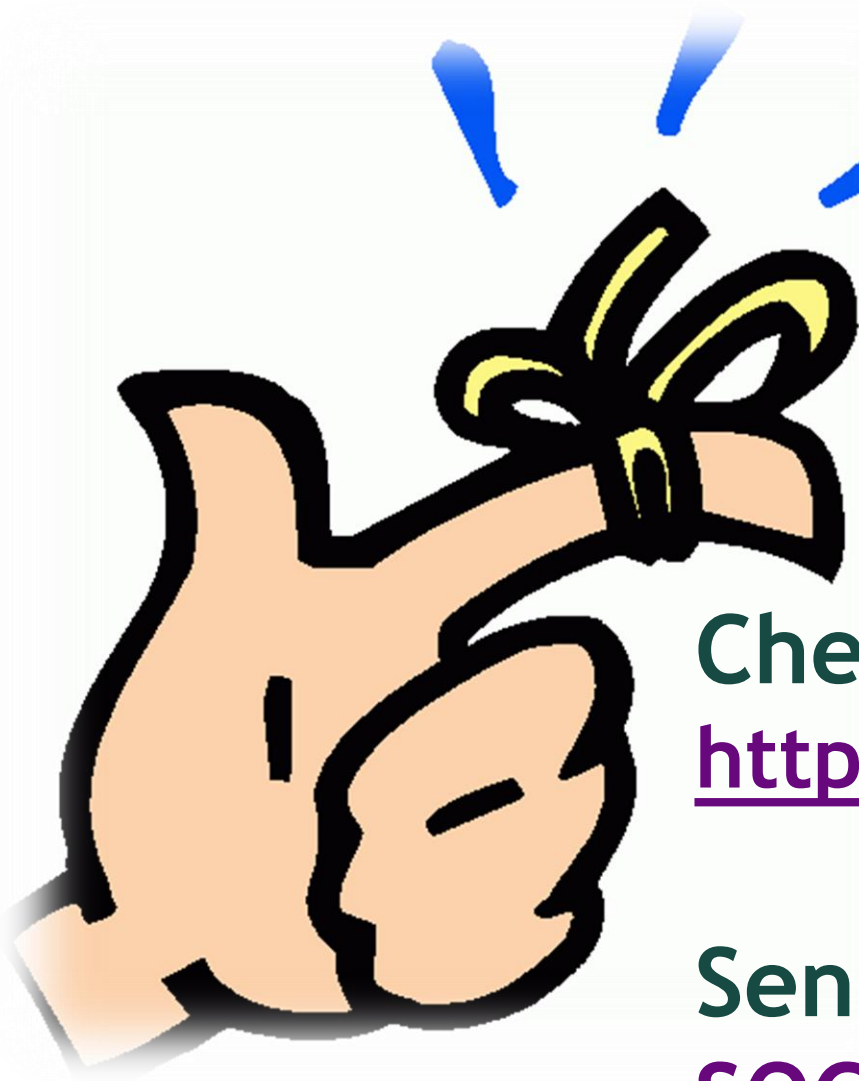
- ➔ <https://pema.maps.arcgis.com/apps/webappviewer/index.html?id=1a4c139769d646839e1549bcb6a668f1>

COVID Guidance and Resources

- ➔ <https://www.pa.gov/guides/responding-to-covid-19/>

PA COVID Resources





Check out the website:
<http://www.bc-systemofcare.org/>

Send updates to:
SOCwebmaster@ahci.org

What can we do to help?

E-mail us:

- ▶ Elisia Majors
▶ [emajors@bcbh.org](mailto:majors@bcbh.org)
- ▶ Stephanie Santoro
▶ ssantoro@ahci.org
- ▶ Bonnie Palmieri
▶ bpalmieri@ahci.org



Resources

The Mental Health Support Line

- ▶ Developed on April 1st
- ▶ Can be reached toll-free, 24/7 at 1-855-284-2494 from anywhere in PA.

Crisis Text Line

- ▶ Text PA to 741-741

PA Get Help Now Helpline

- ▶ Can be reached toll-free at 1-800-662-HELP (4357).
- ▶ A live chat option is also available online or via text message at 717-216-0905

Warmline of Beaver County

- ▶ Can be reached at 1-877-775-WARM (9276)
- ▶ Hours of operation 6pm-9pm

UPMC Beaver County Crisis

- ▶ Can be reached toll-free, 24/7 at 1-800-400-6180



PA Resources

Many other resources also remain available to Pennsylvanians in need of support, including:

- ▶ National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- ▶ Línea Nacional de Prevención del Suicidio: 1-888-628-9454
- ▶ Crisis Text Line: Text “PA” to 741-741
- ▶ Safe2Say: 1-844-723-2729 or www.safe2saypa.org
- ▶ Veteran Crisis Line: 1-800-273-TALK (8255) (Press 1)
- ▶ Disaster Distress Helpline: 1-800-985-5990
- ▶ Get Help Now Hotline (for substance use disorders):
1-800-662-4357



COVID Resources

- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- ▶ <https://mhanational.org/covid19>
- ▶ <https://psychhub.com/covid-19>



Thank you!!
Stay Well!



Happy
Holidays!