

Zero Suicide Team Leaders



Beaver County

02/26/2021

Welcome!!!! 😊

- ▶ Today's meeting
 - ▶ A reminder of how this works
- ▶ Sign-in
 - ▶ Type your name and organization into the chat box



Today's Agenda

- ▶ Minutes
- ▶ Garrett Lee Smith Grant
- ▶ Partner Updates
- ▶ Marketing Committee
- ▶ Trainings
- ▶ Next Meeting
- ▶ Resources



Zero Suicide Team Meeting	01/29/2021
Name	Partner agency
Jennifer Boeringer	ETC
Elisia Majors	BCBH
Bonnie Palmieri	AHCI
Dave Aiken	NAMI
Abby Opal	MHA
Michele Kelley	Southwood
Barb Reed	OARS
Rachel Kyle	HVHS
Randi Livengood	JTBC
Johnathan Hughes	TPN
Bree Piper	VA
Kelly Nardone	BCBH
Patty Hodovanich	Nicolina's Wishes
Stephanie Santoro	AHCI
Susan Smith	BCRC
Jesse Putkoski	AFSP
Marcy Scott	CRS
Melissa Coakley	Aurora
Stacie Scheel	TWBC
Erin Rathbun	Beacon Health Options
Denise Palguta	Nicolina's Wishes
Courtney Dawson-Rainey	Crisis
Jaci Palmer	PRISM
Liz Pelesky	HVHS
Lauren Tomayko	Merakey
Amy Solman	Geneva College



1.29.2021 PowerPoint

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

Please use this PowerPoint as the minutes from last meeting

Zero Suicide Team Leader Meetings
(follow our progress)



WELCOME GLS TEAM!

Rose Milani

Project Director, SAMHSA GLS State Grant in PA
Project Coordinator, Higher Education Suicide
Prevention Coalition
Project Coordinator, JeffHELP CHATT

Perri Rosen, PhD, NCSP | Consulting Psychologist,
Bureau of Children's Behavioral Health Services
Office of Mental Health and Substance Abuse Services
Department of Human Services

<https://www.preventsuicidepa.org/gls/>



PARTNER UPDATES



American Foundation for Suicide Prevention



Suicide Prevention Education for Workplace Settings

Developed by the American Foundation for Suicide Prevention (AFSP), **Talk Saves Lives™: Suicide Prevention Education for Workplace Settings** is a standardized, 60-minute education presentation designed to be delivered in workplace settings, to organizational leadership, managers/supervisors, and employees.

Talk Saves Lives™ provides participants with the scope of the problem of suicide, key research findings, including risk factors and warning signs for suicide, along with recommendations for the role we can all play in suicide prevention.

Topics covered include:

- **Scope of the Problem:** The latest data on suicide in the U.S. and worldwide
- **Research:** Information from the latest suicide prevention research
- **Risk Factors and Warning Signs:** Information on health, historical, and environmental factors that put individuals at risk for suicide along with suicide warning signs
- **Prevention:** An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
- **What You Can Do:** Guidance on how to get help for yourself or someone else in a suicidal crisis

afsp.org/talksaveslives



American
Foundation
for Suicide
Prevention



- Trained on the new Talk Saves Lives for Workplace Settings.
- Trained on a youth-aged program in connection with Gizmo and have scheduled a presentation for this on April 10th.
- Here is the link to register: <https://wpagizmo410.attendase.com/>.

Heritage Valley Health System

- ▶ Heritage Valley Sewickley, Inpatient Psychiatric Unit is moving to the Heritage Valley Kennedy campus
- ▶ Culture Committee is developing a survey for our clients in order to obtain feedback about meeting their needs culturally, to inform staff training

Mental Health Association

- ▶ Beginning March 2, Phoenix Drop-in Center will be open Tuesday - Friday.
 - ▶ Reservations are required.
- ▶ Virtual drop-in center and Ladies' Lounge continue.
 - ▶ The virtual drop-in center, Thursday's from 1-2
 - ▶ Ladies' Lounge, 4th Tuesday of the month, 6-7 PM.



Lets Talk About Mental Health

Seminar for First Responders and Police Officers

- ▶ April 10th hopefully both in person and virtual options
- ▶ The goals:
 - ▶ As law enforcement and first responders engage people in the community who may be struggling with a mental health crisis we want to make sure they are aware of:
 - ▶ warning signs and risk factors
 - ▶ Available resources

Other Partner Updates



How are you supporting your staff?

- ▶ COVID Fatigue
- ▶ **BURN OUT**
- ▶ STRESSED!!!
- ▶ **EXHAUSTED**
- ▶ **OVERWHELMED**

What are you doing??

What have staff found helpful??

Any ideas to share?



Kuddos!!!



**Don't miss out on
this live discussion!!
Saturday at 2 PM.**

<https://www.youtube.com/watch?v=LNQ1eWxMpio>

**Breaking the Stigma of
Suicide Prevention in
African American
Families
featuring
Raven Alade**



**Families for
Depression Awareness**

**JOIN US LIVE FOR
BREAKING THE STIGMA OF
SUICIDE PREVENTION IN
AFRICAN AMERICAN
FAMILIES**

FEATURING RAVEN ALADE

**SATURDAY, FEBRUARY 27, 2021
2 PM ET / 1 PM CT**

Suicide Prevention Alliance

- ▶ Suicide Prevention Alliance kicked off their new task force on 2.17.2021
- ▶ website: www.suicidepreventionalliance.org



Marketing Committee: Yard Sign Campaign



WE NEED YOUR HELP

Beaver County Zero Suicide Yard Sign Design Competition

We need your help to raise awareness and support suicide prevention efforts in our community. We're looking for recovery-oriented messaging that offers education, provides resources, and inspires hope.

Up to 7 winners will be awarded a gift card and use of their design throughout Beaver County this Spring. **GOOD LUCK TO ALL!**

(All submissions are welcome! We encourage representation from all of the different parts of the System of Care including service providers, schools, churches, first responders and the community.)

Follow these simple steps:

1. Design an 18" x 24" yard sign with your message and image on the front. (The back will display resource info.)
2. Your original design concept can be created on a piece of 8-1/2" x 11" construction paper or poster board.
3. Capture a photo of the image and send your submission to Elisia Majors (emajors@BCBHL.org) by 3/19/2021.





All submissions
are welcome.

Thank you, everyone!!!!

► <http://www.bc-systemofcare.org/yard-sign-design-competition-you-can-participate/>

Marketing Committee

- ▶ Resource Cards
 - ▶ Food Pantries
 - ▶ The Cornerstone of Beaver County “Love Thy Neighbor Event”
- ▶ Next plan for distribution: food pantries, meal distributions, COVID vaccination sites
- ▶ If interested in obtaining the resource cards, contact Elisia Majors emajors@bcbh.org

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



Community Outreach and Education Team

- ▶ We are excited to announce another way for YOU to get involved and help spread awareness!
 - ▶ Join the Community Outreach and Education Team
- ▶ Goal of the subcommittee are:
 - ▶ On behalf of the BC Zero Suicide Initiative, develop and build relationships within the community
 - ▶ Conduct community outreach and education with local businesses and SOC partners
 - ▶ Distribute the different resource materials developed by the marketing committee
- ▶ Interested in joining the team?
 - ▶ Email Marcy at mscott@crscares.org

Trainings

QPR (Question, Persuade, and Refer)

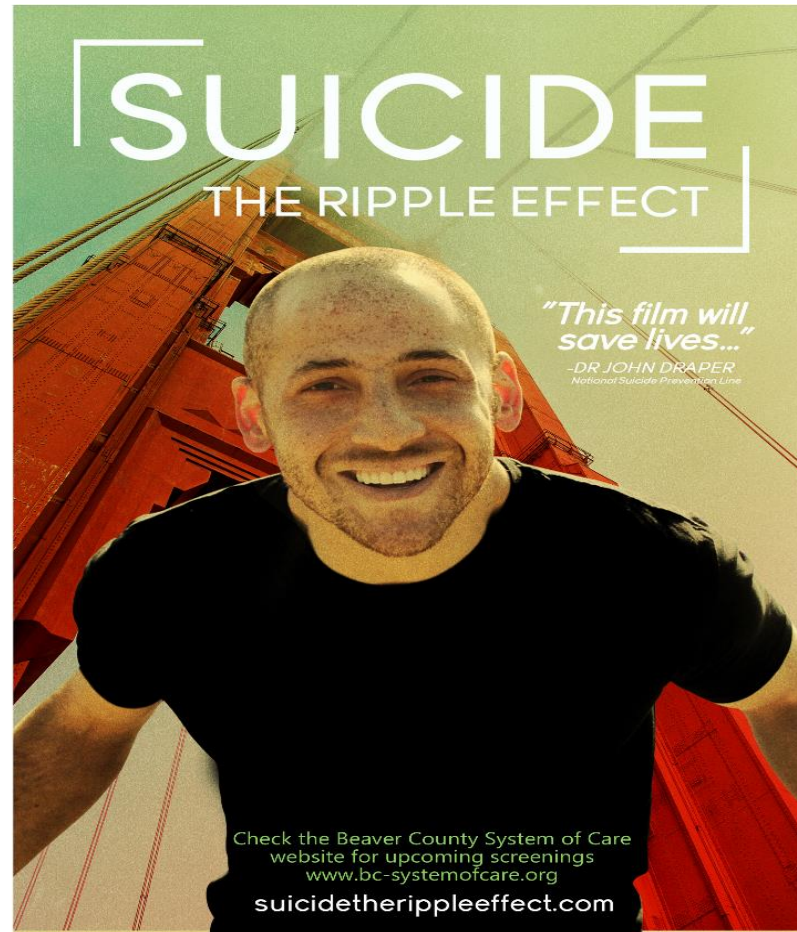
- ▶ Partnering with Geneva College to offer training to Beaver County
- ▶ 1st training scheduled for March 22nd from 1-2:30pm
 - ▶ Plan to hold the training virtually for now
- ▶ Flyer and registration information is listed on the SOC website
- ▶ Class size is limited- register today!

www.bc-systemofcare.org/training/



Suicide: The Ripple Effect

- ▶ First virtual screening was held on February 19th 1-3 pm.
- ▶ The screening went well.
- ▶ 17 people in attendance
- ▶ Resources were shared
- ▶ If anyone is interested in hosting a virtual screening, please contact:
 - ▶ Elisia Majors at [emajors@bcbh.org](mailto:majors@bcbh.org) .



Take a look at your latest mitigation efforts on this Post:

<http://www.bc-systemofcare.org/protective-mitigation-efforts/>

Is it still accurate? Send in your updates?

Check out the website:

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

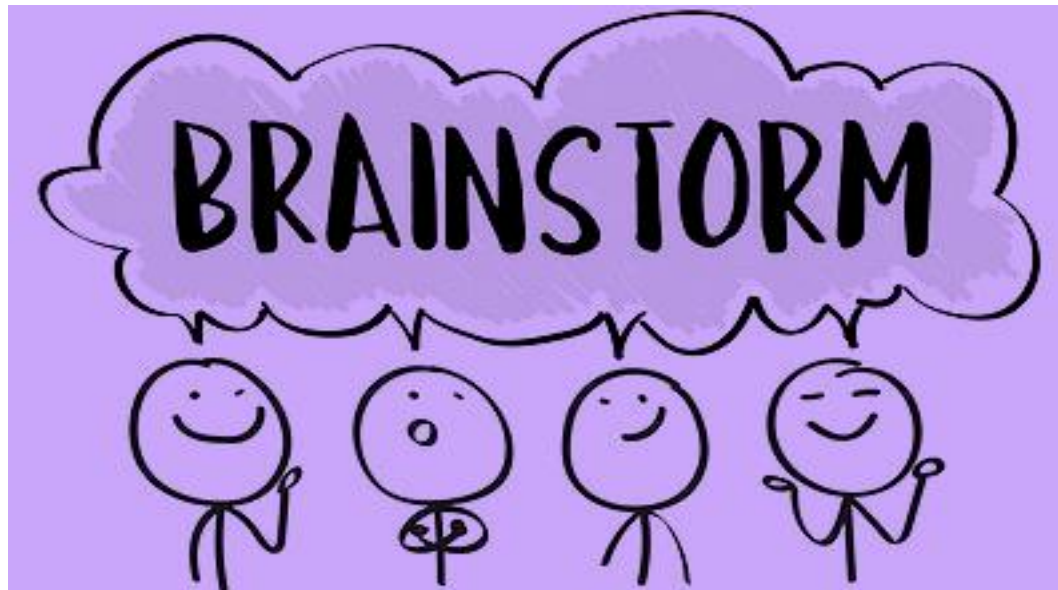
Send updates to: SOCwebmaster@ahci.org



May- Mental Health Awareness Month

March discussion:

- ✓ What do we as a task force want to do?
- ✓ What is your agency/organization going to do?



- ▶ <https://zerosuicide.edc.org/>
- ▶ What is your organization doing to implement Zero Suicide?
- ▶ Are you following the toolkit?
- ▶ Did you complete the Organizational Self Study?
 - ▶ Online or pdf version
 - ▶ General or inpatient version
 - ▶ Share your results- what did you learn? What are your strengths, areas for improvement? How can this group help?
- ▶ Are you aware of all of the resources available to you on the Zero Suicide website?

zerosuicide.edc.org/toolkit

OUR TEAM WHAT'S NEW CONTACT US LOGIN **ZERO SUICIDE HISTORY**

Home About Evidence Movement **Toolkit** Resources

Toolkit

The Zero Suicide Toolkit is a detailed guide to Zero Suicide implementation and strategy.

HOW CAN MY SYSTEM IMPLEMENT ZERO SUICIDE?

The Zero Suicide Toolkit is your practical guide to systemic change.

Learn about each of the seven elements of Zero Suicide in-depth as you dive into the Zero Suicide Toolkit. Each section of the toolkit presents the research behind one of the elements and describes how to implement that element with fidelity. Tools and videos underscore the practical transformations each element can bring to your organization's safe suicide care practices. After reading the toolkit, find out how to adapt the framework to specific populations and settings.



Zero Suicide Toolkit

The Zero Suicide Toolkit uses research, tools, and videos to walk implementors through putting the Zero Suicide framework into practice.

→ Go to Page



Toolkit Adaptations

Zero Suicide model for safer suicide care can be adapted to a range of health and



Next meeting

March 26th at 1:30pm

► Zoom link will be sent





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.

- 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!



Resources



Please share
the following
resources with
anyone who
can benefit



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



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>



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



*Thank you!!
Stay Well!*

