

Zero Suicide Team Leaders



Beaver County

03/26/2021

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
- ▶ Partner Updates
- ▶ Zero Suicide Implementation-updates
- ▶ Supporting Staff
- ▶ Mental Health Awareness Month
- ▶ Marketing Committee
- ▶ Trainings
- ▶ Next Meeting
- ▶ Resources



	Zero Suicide Team Meeting	02/26/2021
	Name	Partner agency
1	Jennifer Boeringer	ETC
2	Elisia Majors	BCBH
3	Bonnie Palmieri	AHCI
4	Dave Aiken	NAMI
5	Abby Opal	MHA
6	Michele Kelley	Southwood
7	Dianne Funkhouser	PA CareerLink
8	Rachel Kyle	HVHS
9	Traci Hughes	BCRC
10	Johnathan Hughes	TPN
11	Bree Piper	VA
12	Kelly Nardone	BCBH
13	Patty Hodovanich	Nicolina's Wishes
14	Stephanie Santoro	AHCI
15	Jesse Putkoski	AFSP
16	Marissa Moyer	CRS
17	Marcy Scott	CRS
18	Melissa Coakley	Aurora
19	Kim Hall	ETC
20	Erin Rathbun	Beacon Health Options
21	Rick Mattia	Community Alternatives, NAMI
22	Jaci Palmer	PRISM
23	Liz Pelesky	HVHS
24	Lauren Tomayko	Merakey
25	Rose Milani	Garrett Lee Smith Grant Team - PA
26	Perri Rosin	Garrett Lee Smith Grant Team - PA
27		



2.26.2021 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)



PARTNER UPDATES



Beaver County Behavioral Health

- ▶ Partnering with AFSP to offer Suicide Prevention Education for the Workplace Setting
- ▶ Dates: Tuesday, April 6th and Wednesday, April 7th
- ▶ This training has been offered to all county employees
- ▶ Over 100 people have registered to date!



Mental Health Association

- ▶ Phoenix Drop-in Center is open Tuesday - Friday from 10AM-2PM. Lunch is served and we do a variety of activities and groups. Please call 724-775-4165 for reservations. Slots are filling up a week in advance, so please plan accordingly when making reservations.
- ▶ Ladies' Lounge is meeting virtually on the 4th Tuesday of each month. Call the MHA for log in/dial in info. We have gone the extra mile to make this a huge kick-off for our ladies and this month talked about influential women.
- ▶ Peers are beginning to meet people in the community again with proper Covid protocol.
- ▶ The Rep Payee program is expanding - stay tuned for more info.
- ▶ The ENGAGE program has several new volunteers who are interested in engaging with our folks; we will be holding a training in mid to late April.



Lets Talk About Mental Health

- ▶ Let's Talk About Mental Health
- ▶ Our upcoming seminar for Law Enforcement and First Responders has been rescheduled for Saturday May 1.
- ▶ The flyer and details are coming out next week.



Providers, please post in an area accessible to your members.



Suicide Survivors

According to a report by the U.S. Centers for Disease Control and Prevention (CDC), suicide rates for adults in the United States are on the rise; since 1999, suicide rates in 25 states increased by more than 30%. Each person who dies by suicide leaves behind about six or more suicide survivors. Suicide survivors are people who have lost someone they care about deeply and are left grieving and struggling to understand. Experiencing grief is always difficult, but a loss through suicide is like no other. It can be extremely complex and traumatic. People who are coping with this kind of loss sometimes need more support than others but might get less. Survivors might not want to relay that the death of their loved one was self-inflicted. And sometimes when others know the circumstances of the death they may feel uncertain how to help. The death of a loved one is never easy to experience, whether it comes without warning or after a long struggle with illness. But several circumstances set death by suicide apart and make the process of bereavement more challenging.

Suicide survivors may find counseling and support groups to be helpful. There are many general grief support groups, but those focused on suicide appear to be much more valuable. Some people might find that being in a group with or for a similar reason may be of great support, such as parents talking to other parents, etc. Also it can be helpful for parents to be in a group hearing from those who have lost a sibling, learning more about what it is like for their remaining children. Some support groups are facilitated by mental health professionals, others by laypersons. Whoever leads the group is not as important as feeling comfortable enough to open up about how a person is feeling.

If you are a suicide survivor and are having a difficult time coping with the death of your loved one, please tell your friends, family, or a professional how you are feeling. Please see the next page for support groups for suicide survivors.

Source: www.suicidencentrationalliance.com/about/

Upcoming Event: [Prevent Suicide PA's Virtual Conference](#) on May 13 and 14, 2021.

Do you or someone you know continue to struggle with a past suicide attempt?
Have you hidden your story because you didn't know where to find a recovery-based group of peers who understand that your story isn't done being written?

Suicide ; SURVIVORS Group

Starting in April, Center for Community Resources is offering a six-week program for suicide survivors ages 25+. This group is open for numerous counties and will offer a judgement-free and safe ZOOM session for survivors to work with Ph.D. level clinicians in working through SAMHSA's workbook *A Journey Toward Health and Hope*.

If you or anyone you know are interested in learning more information, please contact a CCR grant liaison:

Sarah Miller: 814-907-1558 or samiller@ccrinfo.org

Madison Rinker: 814-470-0548 or mrinker@ccrinfo.org



Center for
Community
Resources
Connecting People to Services

Other Updates



“ArtAbility 2021” Art Exhibit

- ▶ BC SOC holds this Annual event in recognition of SAMHSA’s National Recovery Month, September!
- ▶ We needed to do ArtAbility differently (virtually) last year, due to COVID-19:

“No Strolling, Just Scrolling”

- ▶ It is our 5th year and we are looking for talented artists from the Beaver County RECOVERY community.
- ▶ Questions / comments / feedback: ArtAbility@ahci.org
- ▶ Multiple submissions permitted! Keep creating!





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**VETERANS
STAND DOWN
SATURDAY, APRIL 24, 2021,
NOON TO 4PM**

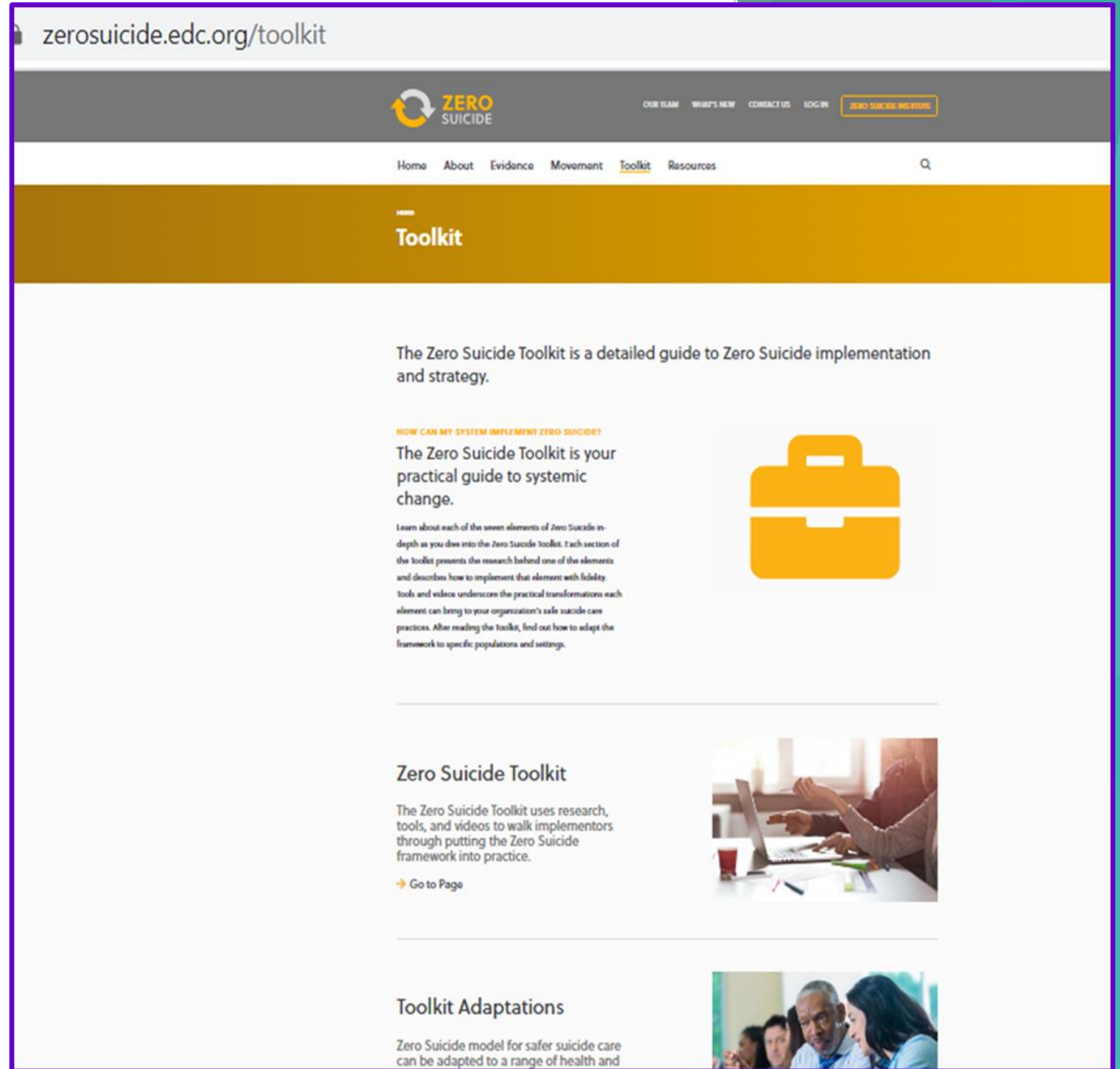
**At the Baden American Legion
271 State Street, Baden, Pa
15005**

Did you know that our First Stand Down will serve homeless veterans as well as service members and their families? Services that we hope to provide during the Stand Down include but are not limited to medical screenings, behavioral health services, job search support, housing assistance, social services, haircuts, food and donations. We need your help.

If you and your staff are interested in exhibiting at our First Veterans Stand Down, please complete the following and return to Tom Stachura at legionbaden@comcast.net or call 724-869-7179. Reserve your space as soon as possible.

Implementation of Zero Suicide: Partner Updates

- ▶ <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?



The screenshot shows the Zero Suicide Toolkit website. The URL in the browser is zerosuicide.edc.org/toolkit. The page has a grey header with the Zero Suicide logo and navigation links: OUR TEAM, WHAT'S NEW, CONTACT US, LOGIN, and ZERO SUICIDE INSIGHTS. Below the header is a white navigation bar with links: Home, About, Evidence, Movement, Toolkit (highlighted), and Resources. A search icon is on the right. The main content area has a large orange banner with the word "Toolkit" in white. Below the banner, the text reads: "The Zero Suicide Toolkit is a detailed guide to Zero Suicide implementation and strategy." This is followed by a section titled "HOW CAN MY SYSTEM IMPLEMENT ZERO SUICIDE?" with the text: "The Zero Suicide Toolkit is your practical guide to systemic change." To the right of this text is a large orange briefcase icon. Below this is a section titled "Zero Suicide Toolkit" with the text: "The Zero Suicide Toolkit uses research, tools, and videos to walk implementors through putting the Zero Suicide framework into practice." Below this text is a "Go to Page" link and a photograph of two people working at a laptop. At the bottom, there is a section titled "Toolkit Adaptations" with the text: "Zero Suicide model for safer suicide care can be adapted to a range of health and" and a photograph of a group of people.

zerosuicide.edc.org/toolkit

OUR TEAM WHAT'S NEW CONTACT US LOGIN ZERO SUICIDE INSIGHTS

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

Heritage Valley Health System

- ▶ Allegheny County & the Western Behavioral Health Network are integrating Zero Suicide into our current practices, this will support Staunton's growth!
- ▶ We are in the process of revising our current Suicide/Homicide Risk Assessment and Wellness Plans to focus on recovery oriented language and to support with identifying strengths and supports prior to identifying triggers.
- ▶ 2021 goal is to better integrate postvention into our current practices



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?



Wellness items shared:

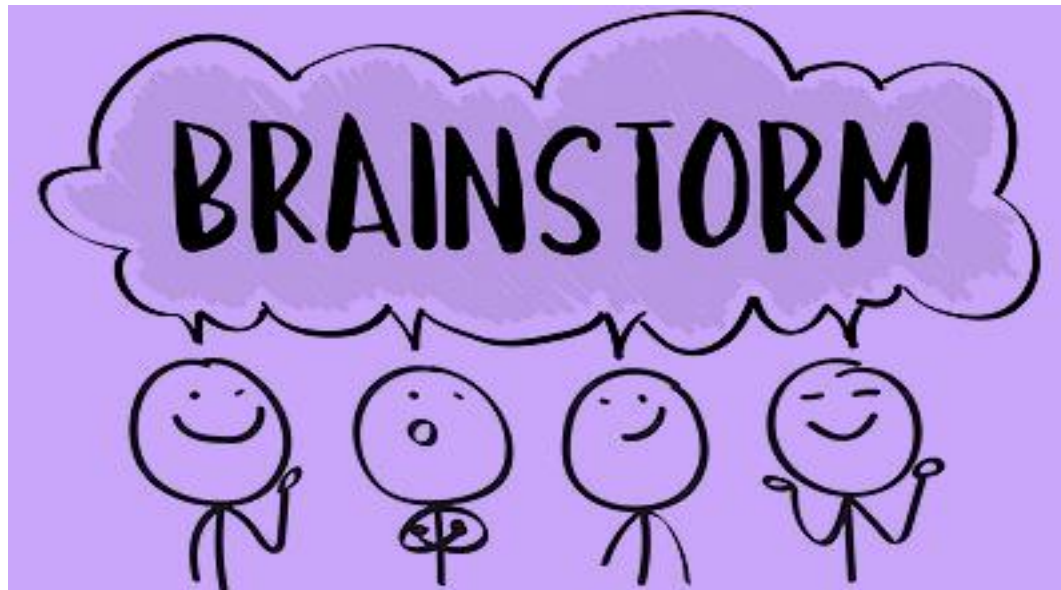
- ▶ Daily Wellness Calls via Zoom
- ▶ Safety Plans/Precautions - being able to supply with PPE, chairs, workflow modifications, sanitizing resource guide for clients
- ▶ Implementation of the Telehealth Platform
- ▶ Pride Month Tables
- ▶ Culture Change Calls: specific to current events, supporting ending bias and racism among staff, educating others to support staff in perspective, talking and coming together as a group
- ▶ Wellness Week Events/Tables (annually in September)
- ▶ Winter Holiday Party/Virtual Events
- ▶ Getting Vaccinated
- ▶ Wellness Challenges: Active Minutes, Step Challenge
- ▶ Black History Month Events/Tables
- ▶ Staff choose their supervision based on schedule (phone, Zoom, in person)
- ▶ Built wellness discussions into each supervision session



May- Mental Health Awareness Month

Lets plan!!!!

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



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.



18" x 24"



Yard Sign Competition Update:

- ▶ We received 23 submissions!!!!
- ▶ Next Steps:
 - ▶ Work with printing company to finalize designs
 - ▶ Create a short video to recognize and thank all participants
 - ▶ Print and obtain numerous copies
 - ▶ Partner with the Community Outreach and Education Team to distribute widely!!



Marketing Committee

- ▶ Resource Cards
 - ▶ Food Pantries
 - ▶ CareerLink, Job Training of Beaver County,
 - ▶ pediatrician offices
 - ▶ BCRC COVID Vaccination Clinic
- ▶ Next plan: PCP Offices
- ▶ If interested in obtaining the resource cards, contact Elisia Majors [emajors@bcbh.org](mailto:majors@bcbh.org)



**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 still looking for some volunteers to 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)

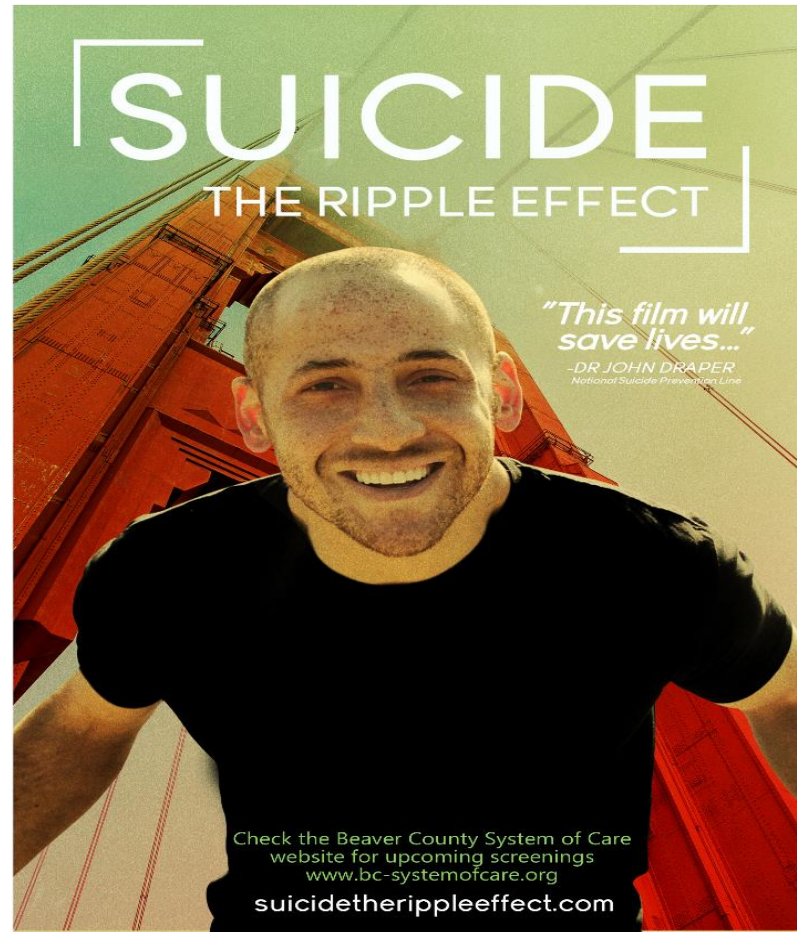
- ▶ Partnering with Geneva College to offer training to Beaver County
- ▶ 1st training held on for March 22nd from 1-2:30pm
- ▶ Upcoming dates scheduled:
 - ▶ April 21st, May 21st from 1-2:30pm
- ▶ Flyer and registration information will be forthcoming

www.bc-systemofcare.org/training/



Suicide: The Ripple Effect

- ▶ Next virtual screening scheduled for April 14th from 1-3.
- ▶ Flyer and registration information will be forthcoming.
- ▶ If anyone is interested in hosting a virtual screening, please contact:
 - ▶ Elisia Majors at [emajors@bcbh.org](mailto:majors@bcbh.org) .



AN INTRODUCTION TO MOTIVATIONAL INTERVIEWING



Virtual Training Description

Motivational Interviewing (MI) is a client-centered communication approach, which enhances intrinsic motivation for making behavior changes by exploring and resolving ambivalence.

At the conclusion of this introductory/refresher training, participants will be able to:

- Understand and feel the "spirit" of MI
- Learn and practice the person-centered foundational skills of MI using open-ended questions, affirmations, reflective listening, and summarizing skills (OARS)
- Apply MI in an interactive learning environment while discovering new perspectives on ways to interact with individuals to enhance their confidence, motivation and commitment to change

Presented by:

Kelly Burda, Allegheny Health
Choices, Inc.

**Space is limited,
choose from one
of two sessions**

April 16, 2021

9:00-12:30pm

OR

April 22, 2021

9:00-12:30pm

For additional information and to register:

www.bc-systemofcare.org/training/



Check out the website:

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

Send updates to: SOCwebmaster@ahci.org



Next meeting

April 23th at 1:30pm

► **Zoom link will be sent**





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!



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!*

