

Zero Suicide Team Leaders



Beaver County

05/21/2021

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
- ▶ Mental Health Awareness Month
- ▶ Marketing Committee
- ▶ Community Outreach and Education Team
- ▶ Trainings
- ▶ Next Meeting
- ▶ Resources



	Zero Suicide Team Meeting	04/23/2021
	Name	Partner agency
1	Jennifer Boeringer	ETC
2	Elisia Majors	BCBH
3	Barbara Reed	OARS
4	Dave Aiken	NAMI
5	Abby Opal	MHA
6	Michele Kelley	Southwood
7	Rachelle Shea	Pressley Ridge
8	Jim Boaks	HVHS
9	Traci Hughes	BCRC
10	Johnathan Hughes	TPN
11	Jodi Platz	Community Alternative
12	Stephanie Hobel	PHN
13	Patty Hodovanich	Nicolina's Wishes
14	Stephanie Santoro	AHCI
15	Lynn Bourcier	Butler Co. CISM LOSS Team
16	Courtney Dawson Rainey	UPMC Crisis
17	Lesley Hallas	CYS
18	Marissa Moyer	CRS
19	Kim Hall	ETC
20	Nora Stocum	Wesley Family Services
21	David Simons	ABC & Associates
22	Liz Pelesky	HVHS
23	Lauren Tomayko	Merakey



04.23.2021 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



Community Alternatives

StepUP Summer Camp

- ▶ a job-oriented camp showing youth what kind of training, schooling and/or skills are required to obtain certain jobs/careers.

Location:

Beaver Valley Church of God
1013 Beaver Hollow Road

Beaver, Pa 15009 (directly across from Heritage Valley-Medical Center)

- ▶ First Session: June 14-July 9 from 1pm-4pm.
- ▶ Second Session: July 12-August 6 from 1pm-4pm.

Contact:

Jodi Platz

Jplatz@communityalt.org

724-777-8041 call or text

Heritage Valley Health System

Mental Health Awareness Month Activities:

- ▶ Walking Challenge
- ▶ wearing green for MH awareness
- ▶ displaying and distributing the Zero Suicide yard signs
- ▶ wellness zoom calls with staff

Other Updates:

- ▶ Also the clinic is closed to incoming referrals right now, with the exception of inpatient discharges



American Foundation for Suicide Prevention

New Program:

Introduction to Supporting Those at Risk

When someone in your life attempts suicide or experiences suicidal thoughts, it can be difficult to know how to best support them in their recovery. *Introduction to Supporting Those At Risk* is designed to provide you with information and resources on how to support someone in your life with lived experience. In the context of this presentation, the term “lived experience” refers to someone's experience with suicidal thoughts and/or a past suicide attempt.

Suggested Participants:

- Those who have supported or are supporting a loved one who has struggled or attempted suicide
- Those interested in learning more, because anyone may need to support someone at some point in time



Geneva College

- ▶ completed another QPR training just for students on 04/17 - 30 students in attendance
- ▶ plan to continue QPR training for faculty/staff/students next academic year.
- ▶ highest number of student hospitalizations this year
 - ▶ analyze this over the summer to identify trends/potential themes - 11 in total.



Beaver County Behavioral Health

- ▶ Partnered with AFSP to offer Workplace Suicide Prevention Training
- ▶ 134 people attend the training.
- ▶ Representation from the following offices:
 - ▶ MH, ID, Early Intervention, Drug and Alcohol Services, BCBH Administration, CYS, Aging, JPO, APO, Jail staff, Fiscal, Clerical, Community Development, District Courts, Library System, Child Custody, AHCI, Beacon, Deputy Sheriff, Controller's Office, and Orphan's Court



Mental Health Association

- ▶ FREE Brown Bag lunch Monday April 26 from 12-1:30 here at the MHA.
 - ▶ Includes coupon for FREE Hanks Frozen Custard.
 - ▶ This is in Partnership with Hanks and the Sisters of St. Joseph
 - ▶ Flyer included include today's meeting handouts
- ▶ New May 2021 calendar is up for the Phoenix Drop in Center - see attached flyer
- ▶ Drop in center open from 10 AM - 2 PM Tuesday - Friday



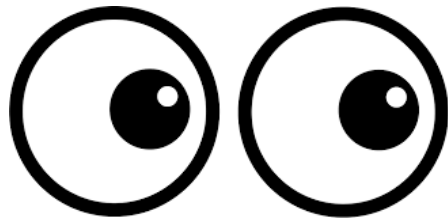
Lets Talk About Mental Health

- ▶ May 1 seminar at FPC Beaver for First Responders and Law Enforcement.
 - ▶ Update
- ▶ June 5 seminar at Mt. Pleasant EPC on Anxiety, Depression and Suicide Prevention - how the church can help.



Nicolina's Wishes

Check out the video!!



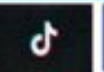


Nicolina's Wishes

Safe Spot

3140 Brodhead Rd. 2nd Floor Aliquippa, PA 15001
nicolinaswishes@yahoo.com Facebook: @Nicolinaswishescharitablefoundation1 or 724-462-0403





Social Media



Kindness Video Contest

First Place Price

\$1,000.00



Promoting acts of kindness

Rules to Enter:

- Be within age range of 13—30 years old.
- Create and post a video till the end of April on any Social Media Platforms
- Video must include the following: Expressions of Kindness, Hopeful and Positive Words, Uplifting Music, Dancing, Singing or Acting
 - Picture of Nicolina's Flower.

7 Video Finalist will be chosen.

Then reposted Nicolina's Social Media Platforms.

One winner will be chosen with the most likes ,
Best Representation of Kindness.

The Kindness Winner will be asked to come to
Nicolina's Wishes Charitable Foundation, on May 26 , 6:00pm
to claim their \$1,000.00 CASH PRIZE.

LETS FILL ALL MEIDA PLATFORMS WITH KINDESS TO HONOR NICOLINA HODOVANICH
"May" Mental Health AwarenessGood Luck and have Fun!

be kind to one another

families helping families youth helping youth

Donated: Facebook@Nicolinaswisheschartiabloundation1



Other Updates



Did you take the annual Zero Suicide survey?



- ▶ <http://www.bc-systemofcare.org/do-you-have-a-couple-minutes-to-complete-a-quick-survey/>

May- Mental Health Awareness Month

✓ What have you done to raise awareness?





Video: Reducing health disparities through culturally competent care

- ▶ May as Mental Health Awareness Month: On May 20, 2021, Beacon's Associate Director of Behavioral Health Services Dr. Charma Dudley discussed the ways in which disparities in access, awareness and treatment affect behavioral health outcomes for diverse populations and how Anthem is increasing cultural competency among providers to address health inequities.
- ▶ To find more information and resources acknowledging May as Mental Health Awareness Month, click [here](#) to go to our State of the Nation's Mental Health website.
- ▶ <https://www.youtube.com/watch?v=u0MFCNFsVlc>



Annual Wellness Walk and Ice Cream Social

It's Virtual!

The event is on "Wellness Wednesday", May 26, 2021. For safety, everyone gets to choose their best way to do this activity ... alone or in a group of choice. They can also pick the time and location of their walk (or substitute with a different wellness activity, if walking isn't "their thing".)

We're inviting everyone to share photos of their "journey" with us as they do their wellness activity. Have they noticed any of the Zero Suicide Yard Signs? Take photos of those, too! Email your pics to: SOCwebmaster@ahci.org. We'd love to share them on our social media.

Just 3 Easy Steps to Participate:

1. Register now! (by 5/26) Here: <https://forms.gle/H73mbcMKXh74EX5y9> (more details can be found on the registration form).
2. Do your Wellness Wednesday Celebration on 5/26/21.
3. Print your coupon for a small Ice Cream Cone at Hank's!

Success!

Marketing Committee: Yard Sign Campaign

Over **XXX** signs were distributed
throughout Beaver County.



Community Outreach and Education Team

- ▶ Veteran Stand Down April 24
- ▶ District VFW meeting with State President May 2
- ▶ Memorial Day
- ▶ WE NEED YOU!!!!!!!!!!!! Who wants to join the team???
- ▶ Interested in joining the team?
 - ▶ Email: Marcy at mscott@crscares.org



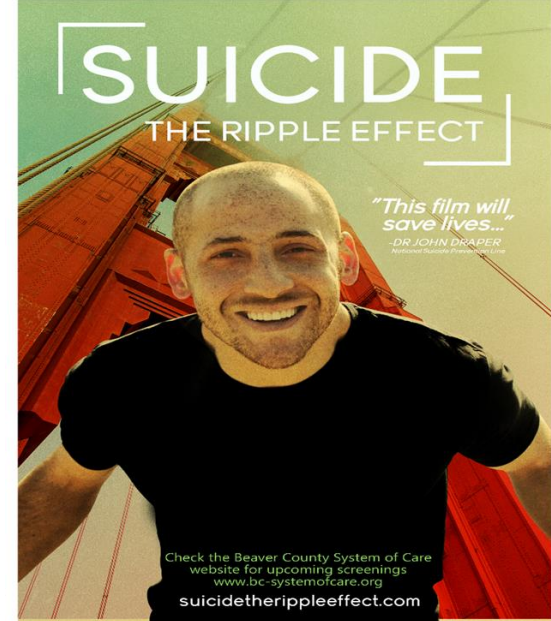
MAY TRAINING UPDATE

Virtual Trainings

- 5/17/21 Safety First: Basic Suicide Prevention Training
- 5/19/21 Screening of - Suicide: The Ripple Effect
- 5/21/21 QPR Training

In-Person Trainings

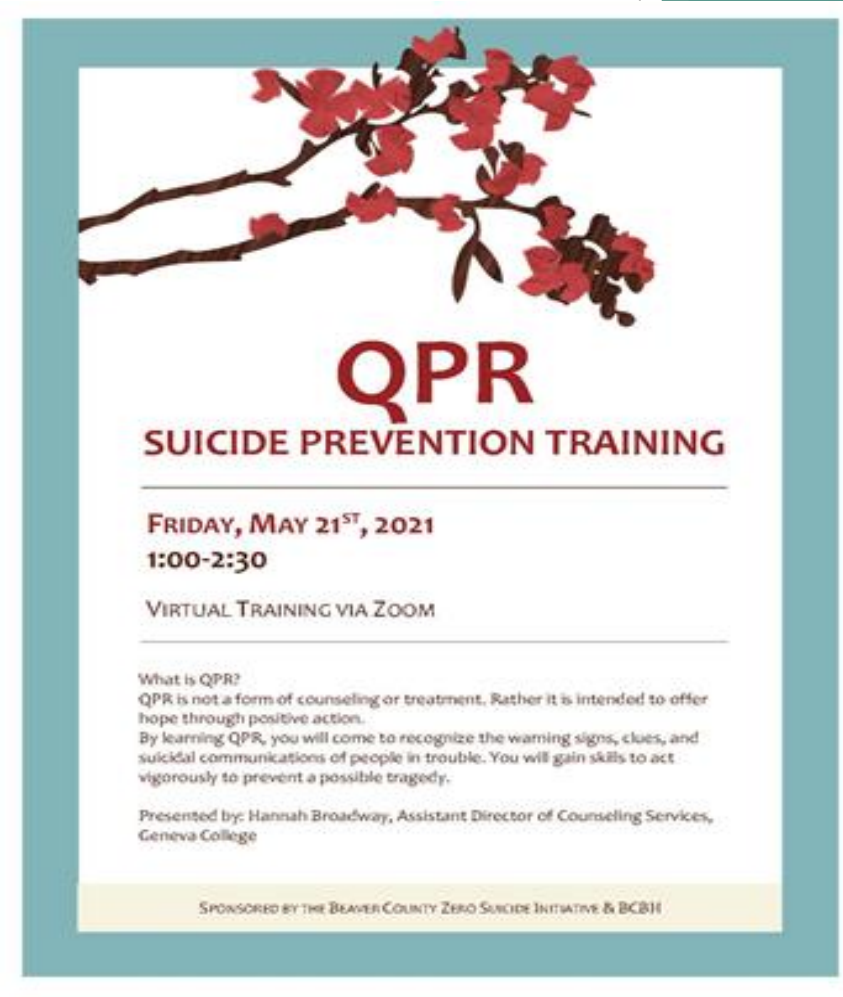
- 5/20/21 Mental Health First Aid
- Check out the archived webinars!
- Zero Suicide trainings
- System of Care trainings
- Co-Occurring Disorder Trainings



QPR (Question, Persuade, & Refer)

- ▶ Partnering with Geneva College to offer training to Beaver County
- ▶ Upcoming dates scheduled:
 - ▶ Today, May 21st from 1-2:30pm
 - ▶ June 17th 10:30-12:00pm

www.bc-systemofcare.org/training/



The flyer features a light blue border. At the top is a branch with red cherry blossoms. Below this, the text 'QPR' is in large, bold, red letters, followed by 'SUICIDE PREVENTION TRAINING' in smaller, bold, red letters. A horizontal line separates the title from the date and time: 'FRIDAY, MAY 21ST, 2021' and '1:00-2:30'. Below this, it says 'VIRTUAL TRAINING VIA ZOOM'. Another horizontal line follows. The text 'What is QPR?' is in bold, followed by a paragraph: 'QPR is not a form of counseling or treatment. Rather it is intended to offer hope through positive action. By learning QPR, you will come to recognize the warning signs, clues, and suicidal communications of people in trouble. You will gain skills to act vigorously to prevent a possible tragedy.' Below this, it says 'Presented by: Hannah Broadway, Assistant Director of Counseling Services, Geneva College'. At the bottom, in a yellow box, it says 'SPONSORED BY THE BEAVER COUNTY ZERO SUICIDE INITIATIVE & BCBH'.

QPR
SUICIDE PREVENTION TRAINING

FRIDAY, MAY 21ST, 2021
1:00-2:30

VIRTUAL TRAINING VIA ZOOM

What is QPR?
QPR is not a form of counseling or treatment. Rather it is intended to offer hope through positive action. By learning QPR, you will come to recognize the warning signs, clues, and suicidal communications of people in trouble. You will gain skills to act vigorously to prevent a possible tragedy.

Presented by: Hannah Broadway, Assistant Director of Counseling Services, Geneva College

SPONSORED BY THE BEAVER COUNTY ZERO SUICIDE INITIATIVE & BCBH



“ArtAbility 2021” Art Exhibit (Share the news!)

- ▶ BC SOC holds this event in recognition of SAMHSA’s National Recovery Month, every September!
- ▶ The ArtAbility Exhibit occurred virtually last year, due to COVID. We might do the same or a “hybrid” version this year.

“No Strolling, Just Scrolling”

- ▶ 2021 is our 5th year and we are looking for talented artists from the Beaver County RECOVERY community. Each artist’s “gallery” will be featured on his/her own webpage on the SOC Website!
- ▶ *“If your artwork helps in your recovery, it is eligible for the exhibit!”*
- ▶ Questions / comments / feedback: ArtAbility@ahci.org
- ▶ Submissions are welcome from now until August 31st.





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

Send updates to:
SOCwebmaster@ahci.org

SOC YouTube channel:
<https://www.youtube.com/watch?v=GY4rLQJRAcM&list=PL6lF8gWeCfKyHgu4A5Rkl1SX7kH2BJrC-&index=2>



Next meeting

June 25th 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

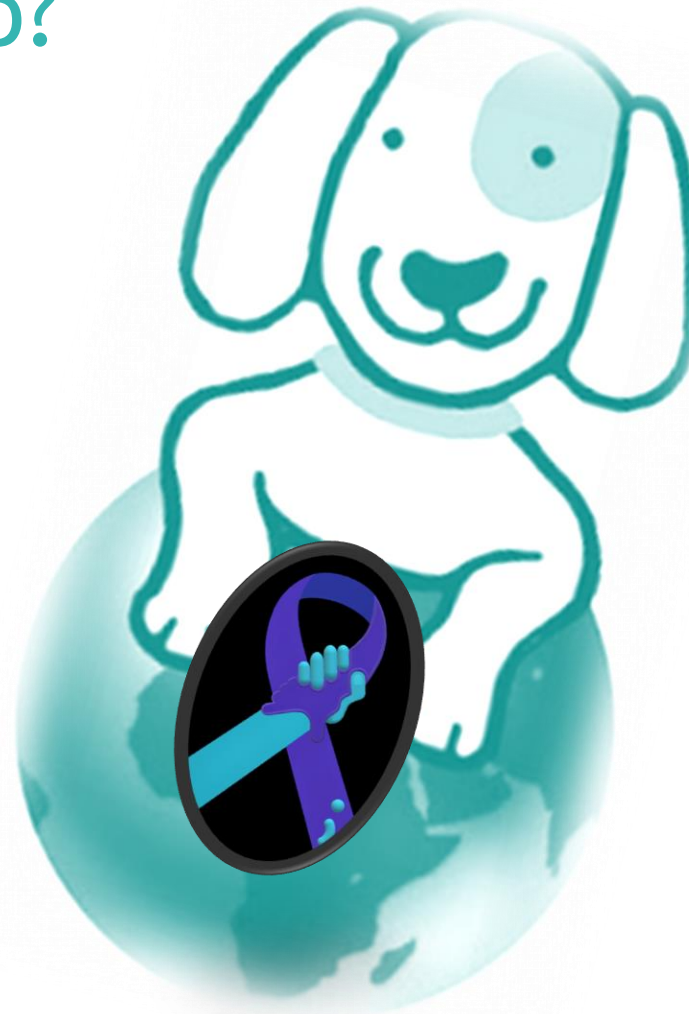
- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- ▶ <https://mhanational.org/covid19>
- ▶ <https://psychhub.com/covid-19>



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!*

