

The logo is a dark blue silhouette of the state of Tennessee with a white border. Inside the silhouette, the text "Tennessee Suicide Prevention Network" is written in white, bold, serif font.

Tennessee Suicide Prevention Network

"Saving Lives in Tennessee"

**Advisory Council Meeting
Grande Ballroom, Millennium Maxwell House Hotel
2025 Rosa L. Parks Boulevard
Nashville, TN
September 18, 2008
3 PM**

Advisory Council Members and Alternates Present

Pam Arnell, MA, Arnell's Counseling Service (South Central Regional Chair)

Stephanie Brooks Barger, M. Div., Crisis Services Manager, Family and Children's Services

Jodi Bartlett, Ed.S, MCRT Director, Northern Region, Volunteer Behavioral Health Care Services

Bernard G. Barton, MA, Pastor, Pleasant Hill Church of Christ

Sam Bernard, PhD, Bernard & Associates (Advisory Council Chair)

Carol Burroughs, MSCPS, Henderson County School System (Rural West Regional Chair)

Karyl Chastain Beal, M.Ed., CT, Retired/Community Advocate

Elizabeth Haren, LPC-MHSP, Camelot Schools

Benjamin T. Harrington, Mental Health Association of East Tennessee

Jennifer Harris, MS, Hickman Community Hospital (Advisory Council Secretary)

Anne Henning-Rowan, MS, Jackson-Madison County School System, District I

Janna F. Herbison, MS, YWCA of Greater Memphis

Michael LaBonte, Family Services of the Mid-South

Harold Leonard, MA, LPC-MHSP, Indian Path Pavilion (Northeast Regional Chair)

Cindy P. McCroskey, McCallie Middle School

Linda Moran, Dale Hollow Mental Health Center

Kim Rush, M. Ed., LPC-MHSP, Volunteer Behavioral Health Care System

Tim Tatum, MA, Bradford Health Services (Southeast Regional Chair)

Ken Tullis, MD, The Psychological Trauma & Wellness Center, Primacy Oaks
(Memphis/Shelby County Regional Chair, Strategies/Outcomes/Evaluation/ Committee Chair)

Madge Tullis, SPAN-USA (Advisory Council Co-Chair)

Joe T. Wood, ADM, SUPV, Director, Lexington City Schools

Misty Yarbrough, BBA, BSW, TeenScreen Case Manager, Tennessee Voices for Children

Intra-State Departmental Representatives Present

Pam Brown, MSSW, Director, KIDS COUNT, Tennessee Commission on Children and Youth

Gwen Hamer, MA, Office of the Medical Director, Tennessee Department of Mental Health & Developmental Disabilities

Angela McKinney-Jones, Alcohol and Drug Services, Tennessee Department of Mental Health and Developmental Disabilities

Thom Roberts, Executive Director, Tennessee Council for the Deaf & Hard of Hearing, Tennessee Department of Human Services

Angie Thompson, MA, Executive Director, Mental Health Association of Middle Tennessee

Lygia Williams, MA, Office of Special Populations, Tennessee Department of Mental Health & Developmental Disabilities

Guests

Sally Afflick, Family Services of the Mid-South

Allen Bell, VA Medical Center at Memphis

Carol Boone (?)

Rosa Newton, Hickman Community Hospital

Michael Lamma, Ph.D., American Foundation for Suicide Prevention

Advisory Council Members and Alternates Absent

Judith Johnson, AAS, CC, Advocate/Consumer

Sandy N. Smith, M.Ed, Hamilton County Department of Education

Pam Willis, MS, LCSW, Suicide Prevention Coordinator, James H. Quillen VA Medical Center

Patty K. Wright, MS, Lincoln Medical Center

Anne Young, MS, CAS, Director, Business Development, Peninsula Behavioral Health (East Tennessee Regional Chair)

Intra-State Departmental Representatives Absent

Judith Baker, BSBM/EM, Public Health Program Director, CLPPP, SIDS and CFR, Maternal and Child Health, Tennessee Department of Health

Rose Boyd, Public Health Educator, Integrated Core Injury Surveillance, Prevention, and Control Program, Division of Emergency Medical Services, Tennessee Department of Health

Tommy L. Brame, Mental Health Specialist, Department of Children's Services

Nicole Cobb, Director of School Counseling, Tennessee Department of Education

Laura M. Gattrell, MA, LEAP, Director, Tennessee Lawyers Assistance Program

Mike Herrmann, Director of School Safety and Learning Support Programs, Tennessee Department of Education

Yvette Mack, Director, Adolescent Health & Asthma Programs, Tennessee Department of Health

Angela McKinney-Jones, Alcohol and Drug Services, Tennessee Department of Mental Health and Developmental Disabilities

Jeanine C. Miller, PhD, PE, Director of Mental Health, Tennessee Department of Correction

Kimberly A. Moore, Program Specialist, Adult Protective Services, Tennessee

Frank Stevenson, MA, Office of Minority Health, Tennessee Department of Health

Pam Townsend, Consumer Advocate, Office of Consumer Affairs, Tennessee Department of Mental Health and Developmental Disabilities

Sterling van der Spuy, Tennessee Department of Labor & Workforce Development

TSPN/TLC Staff Present

Dustin Keller, **LPC-MHSP, NCC, B.C.E.T.S. Project Coordinator, Tennessee Lives Count**

Vladimir Enlow, Executive Assistant, Tennessee Suicide Prevention Network

Scott Ridgway, MS, Executive Director, Tennessee Suicide Prevention Network

Welcoming Remarks and Introductions

- Bernard called the meeting to order at 3:06 PM.
- He noted the special nature of the meeting and thanked all those present for their participation in this meeting and the symposium to follow. Introductions followed.

Approval of Minutes from the Previous Meeting

- Copies of the minutes from the June meeting were distributed and reviewed by the Council.
- The following corrections were noted:
 - In the section addressing FCS, Barger observed that the United Way shortfall was \$57,000, not \$5,700.
 - The figure given for the total FCS shortfall in the June minutes-- \$280,000—was incorrect, but Barger was unsure of the precise number.
 - The 211 service did not actively agree to answer crisis calls in the coming months, but anticipated fielding them regardless due to FCS's reduced staffing and hours.
 - P. Brown also contributed to the research and preparation of the articles which ran in the state EAP newsletter.
 - Rush's LPC-MHSP degree was omitted.
- Motion to amend the minutes accordingly was made by Arnell, seconded by K. Tullis, and ratified with no objections.

Regional Highlights

Northeast Region

- Leonard reported on the Veteran's Picnic in the Park held in Johnson City in July, the keystone of the region's 10-Tenn Challenge initiative. While it was not as well attended as anticipated, the event did figure into a remote broadcast courtesy of WKOS-FM.

- Speakers included Charlene Ehret, Senior Medical Director of the James H. Quillen VA Medical Center in Johnson City, and Judge James Nidiffer, General Sessions and Juvenile Court judge for Washington County.
- In other news, the region has four regular QPR trainers who have run sessions for 56 people this week at various Mountain State Health Alliance hospitals. Training sessions in local schools will begin soon.
- Regional members continue to circulate resource directories, with 125 copies recently provided to the Kingsport Police Department.

East Tennessee Region

- Haren provided her region's report on behalf of Young. She provided updated regarding the regional 10-Tenn Challenge project, which involves outreach to the deaf and hard-of-hearing (DHH) community.
 - Regional members coordinated several in-service sessions at the Tennessee School for the Deaf, training about 80 people and getting back roughly 60 evaluation forms.
 - Young continues to oversee the adaptation of "Red Flags" for presentation to a DHH audience, with plans for future presentation at the Tennessee School for the Deaf.
 - Meanwhile, Bob Rittenhouse of the Knoxville School for the Deaf has requested training sessions as well.
- In other news, the region now has six active QPR trainers. Also, presentations on youth depression took place at various Roane County schools this week.

Upper Cumberland Region

- Moran reports that three Volunteer Behavioral Health Care Service (VBHCS) Crisis Team employees led a training session for 100 people and received 75 evaluation forms back.
- Regional members are diligently working to obtain Suicide Prevention Awareness Month proclamations and coordinate the Light of Hope event planned for next Monday.
- This year's Light of Hope event will be held on the Tennessee Technical University campus, and students within the college's psychology department will assist with the proceedings.

Southeast Region

- Tatum announced that three additional trainers have been retained for the TDOH project, but there have been no large-scale trainings as of yet.
- The region is attempting to build alliances with local substance abuse providers, in line with its 10-Tenn Challenge project, and is interested in staging early intervention trainings for local clergy.

Mid-Cumberland Region

- Yarbrough remarked that this was her first Advisory Council meeting.

- The first annual memorial walk took place earlier on September 16 in Nashville's Centennial Park. It was emceed by Laura Faber of Fox affiliate WZTV, who covered the event during that night's 9 PM broadcast.
 - The event featured the formal dedication of a memorial bench. The region plans to return to the park every year, adding something to the site with each ceremony.
- Three trainers have been recruited to assist with the TDOH training.
- Yarbrough has scheduled trainings for the local fire department, and another one on the subject of depression among seniors during the holidays.
- She recognized Roberts for his assistance in engineering the Nashville Sounds activity in July.
- As part of the region's "Taking It to the Streets" project (part of the 10-Tenn Challenge), members are distributing TSPN resources through the local library and the Farmers' Market.

South Central Region

- This region's 10-Tenn Challenge project involved elder suicide prevention outreach, focused on training people who work with older adults. Members have been working to locate training opportunities at area assisted living facilities and nursing homes.
- Arnell personally led a training session for 95 Columbia State Community College students and continues to lead training sessions for the Giles County Sheriff's Department as necessary. She is also overseeing an analysis of QPR evaluation data as her dissertation for her doctoral degree at Columbia State.
- Janet Vanzant, Mayor of Giles County, has signed on to TSPN's Suicide Prevention Ambassador project.
- A Teenscreen session is scheduled for next week at Bridgforth Middle School next week.
- The region continues to recruit trainers for the TDOH project.
- Speaking on behalf of the Hickman County Suicide Prevention Task Force, Harris announced that the local support group has continued to grow since its foundation in March, with an average of six people at each meeting.

Rural West Region

- Burroughs reports that as per the regional 10-Tenn Challenge objective, members provided the rapid assessment charts to regional doctor's offices and clinics.
- Four more trainers have received instruction as part of the TDOH initiative.
- In May Henning-Rowan provided information about TSPN during a lecture.
- Suicide Prevention Awareness Month proclamations have been obtained from every assigned county.
- Earlier this week, Burroughs ran a training session for the entire ninth grade at Lexington High School.
- The regional display board recently appeared at the Family Affairs event in Henderson County, as well as the Madison County Fair.

Memphis/Shelby County Region

- K. Tullis reports that the last regional meeting convened on July 16; this month's meeting was scrubbed to accommodate regional members' participation at the symposium.
- New Advisory Council member Janna Herbison has been appointed the regional media liaison; her first project was developing a press release for submission to Nashville-area papers.
- Bishop Michael Barringer of Wisdom Temple Ministries serves as the region's new ministerial liaison.
- In the final stretch leading up to the symposium, regional members distributed over 1,000 resource directories, mostly at grocery stores and retail outlets.
- The region is planning an activity related to the "Means Matter" campaign this fall, possibly involving a meeting with the local branch of the National Rifle Association regarding possible involvement in a safe-storage promotional campaign—Herbison has an NRA contact.
- Other possible initiatives include a tree-planting project in conjunction with the American Foundation for Suicide Prevention (AFSP) or Family Services of the Mid-South.
- LaBonte led a QPR training session for 60 students earlier this month.

Addenda to Northeast Regional Report

- Leonard mentioned that 20 people attended the third annual memorial walk at Warrior's Path State Park.¹
- The Emergency Nurses Association (ENA) offers a rapid assessment poster for suicide risk which Leonard plans to order for placement in MHSA hospitals.

Intra-State Departmental Group

- Williams reports that in accordance with the group's 10-Tenn Challenge project, articles on suicide prevention will run for the next year in rEAP the Benefits, the EAP newsletter which reaches 45,000 state department employees and contractors each month. Williams thanked Boone for her coordination of this project.
- Also, the National Suicide Prevention Lifeline magnets should be distributed to all state departments within the next eight months.
- With Boone's assistance, the group is trying to assemble packets of suicide prevention information for provision to state employees.
- The round of QPR trainings within state office buildings is almost concluded.
- Finally, Roberts will present "Shaken, Not Stirred: A Sobering Observation on Mental Health Services in the Deaf Community" at the upcoming NAMI Tennessee conference.

¹ Redaction: counting organizers and regional members, the true attendance number at this event was 54.

- Keller and Williams will run a training session for the Metro Nashville Police Department in December.

Committee Reports

Advocacy Committee

- Tatum reminded those present to submit all relevant information on public officials who sign off on Suicide Prevention Awareness Month proclamations or agree to participate in the Suicide Prevention Ambassador project to the central office. Consolidation of this information will assist the central office in generating statewide support for relevant local or national legislation.

Strategies/Outcomes/Evaluations Committee

- K. Tullis reported that the second half of the Tennessee Strategy for Suicide Prevention had been reviewed with objectives for fiscal 2009 drawn up and finalized. These have been submitted to Ridgway for review. K. Tullis thanked all committee members for their contributions.

Special Activities Committee Report

- This report was skipped as M. Tullis was busy greeting symposium guests in the hotel lobby.

Awards Dinner and Symposium

- This week's event hosts guests from five states. Approximately 300 people are expected at the dinner and/or symposium.
- Gross income from registrations, sponsorships, and exhibits amounts to about \$21,000. The net comes out to roughly \$11,000, which will be used for the printing of TSPN resource documents and/or disbursed to the individual regions.
- The symposium will also include a display board contest.
- Ridgway recognized M. Tullis, chair of the symposium organizational effort, for her various contributions.
- The awards dinner will begin at 6 PM tonight in the banquet hall on the tenth floor.
- Enlow, Keller, and Ridgway were recognized by the Council for their contributions in programming, graphic design, sponsor correspondence, and miscellaneous symposium organization.

Other Business

National Suicide Prevention Lifeline

- The Federal Communication Commission continues its oversight of the National Hopeline Network's 1-800-SUICIDE number as Reese Butler of the Kristin Brooks Hope Center is petitioning for a return of the number to their agency. SAMHSA will probably not make any definite decisions until after the presidential elections.

- Meanwhile, VBHCS is now taking NSPL calls; its coverage overlaps the Southeast and Upper Cumberland Regions. VBHCS included, there are now nine NSPL call centers in Tennessee with close to 98% of all calls being handled in-state.
- Bishop William Young, who served on the Advisory Council as a delegate of the Memphis/Shelby County Region, has been appointed to the Survivors Subcommittee of NSPL's Religion Committee.

10-Tenn Challenge

- K. Tullis described the 10-Tenn Challenge as the most successful suicide prevention project he has been involved with in the last ten years. He thanked Ridgway for coordinating the statewide effort and generating interest in the endeavor.
- All reports were submitted on time; details regarding each region's project will be presented during the symposium tomorrow. The judges' panel has made its decision and will make this announcement during tomorrow's proceedings.
- K. Tullis observed that the energy harnessed by invoking the spirit of competition proves an effective tool in motivating members across the state, as demonstrated during this project and the original 10-Tenn Challenge conducted in 1998.
- Bernard stated that "the true winners are the people of Tennessee".

Tennessee Lives Count (TLC) Project

- Williams observes that the project is concluding its final year with some funds left over. She has received notice from the Substance Abuse and Mental Health Services Administration that the state has received a second grant in the amount of \$500,000 yearly for the next three years. Williams thanked Hamer, Keller, Thompson, and all the others who participated in the second application process.
- Williams has also learned that the Department of Juvenile Justice has received a smaller grant intended for suicide prevention training of adults working in the juvenile justice system, including group homes.
 - In preparation for the training sessions, the TLC Task Force is developing a training program incorporating guidelines from the Centers for Disease Control and Prevention (CDC) and the Jason Foundation curriculum, with an emphasis on resiliency training.
- TLC's original training goal was 14,000; to date it has provided training to more than 16,000 people and counting across the state.
- Williams recognized Keller's efforts here, as well as that of Centerstone and MHAMT.
- Next week, Williams and Dr. James Schut of Centerstone will present their findings on the roles of certain protective factors, such as resiliency and connectedness, to the CDC. Out of all the grantees across the country, it was the overseers of the Tennessee grant, along with its Maine counterpart, who were selected as presenters for this program.

- Finally, the *Journal of Professional Psychiatry* has accepted the article Keller and Williams submitted regarding their findings.

New Business

Executive Director's Report

- Ridgway reports that half of Tennessee's 95 counties have signed and submitted Suicide Prevention Awareness Month proclamations; these include the entire South Central region. Most of the proclamations were covered by local newspapers, copies of which have been received by the central office through the Tennessee Press Association's Clipscan service.
- These include a two-page spread in the opinion section of yesterday's *Tennessean*, including editorials from Dr. Morrison of Centerstone; Clark Flatt, President/CEO of the Jason Foundation; and Virginia Trotter Betts, MSN, RN, JD, FAAN, Commissioner of the Tennessee Department of Mental Health & Developmental Disabilities. The spread also included statistics on suicide in Tennessee.
 - The article was supposed to have been published the week before; consequently the central office fielded 15 calls from people attempting to register for the symposium who regrettably had to be turned away.
- As Yarbrough mentioned earlier, the walk in Centennial Park was a great success. Faber has expressed interest in follow-up stories, possibly on a quarterly basis.
- Additional memorial walks are planned for Chattanooga, Memphis, and Nashville in coordination with AFSP.
- The TLC PSA has reached roughly 500,000 people across middle Tennessee through regular broadcast on WSMV—including a slot during the station's broadcast of the Olympic opening ceremonies.
- K. Tullis appears in a televised spot for Lakeside which also promotes TSPN's website; Ridgway thanked him for the reference.
- The central office continues to keep track of possible Ambassador project participants; Ridgway observes that this project evolved out of an MHAMT brainstorming session. Members of TSPN's regional networks and task forces are recruiting them to release statements supporting suicide prevention and authorize the posting of city-limit signs recognizing their counties as Suicide Prevention Ambassador Communities. Response so far has been enthusiastic, with several county mayors signing on.
- In regards to the situation at Fort Campbell, the base has made great strides in addressing suicide risk among service personnel and the larger community. It recently hired a suicide prevention coordinator and is working with NAMI to develop support groups. It is worth noting that tomorrow's keynote speaker, Carol Graham, is a leading activist within the field of suicide prevention within the armed forces.
- Ridgway noted the publication of a poster promoting NSPL's veteran hotline. 6,000 of these have been ordered for regional distribution to National Guard

units, armories, and other venues; they can be obtained from the Suicide Prevention Coordinator at your local VA hospital.

Miscellany

- Williams put forth the idea of compiling the results of the 10-Tenn Challenge and submitting it to a journal.
- The central office plans to create a new page on the website promoting the Tennessee Lawyers Assistance Program's gatekeeper training.
- Enlow updates the website on almost a daily basis.
- The central office is interested in updating the site format; while functional, its graphics could stand updating. Something definite should be decided within the next three months.
- A luncheon/planning session for the Suicide and the Black Church was held on September 11 in Memphis; the conference itself will convene this summer.
- Anyone interested in arranging a Teenscreen session should see Yarbrough after the meeting.
- Bernard announced that AFSP is still accepting site registrations for the National Survivors of Suicide Day telecast.
- Bernard concluded by announcing that the awards dinner was set to begin in two hours on the tenth floor, and that he looked forward to seeing Council members there.

Adjournment

- Motion to adjourn was made by K. Tullis, seconded by Yarbrough. The motion carried and the meeting adjourned at 4:07 PM.