

## Action Alliance for Suicide Prevention (AASP)

Date: March 20, 2019, 1:00 – 4:00pm

Webinar with an in-person option: Department of Health Tumwater office, PPE, Room 310



Attendees: John Wiesman, Charissa Fotinos, Julie Garver, Therese Hansen, Duncan MacQuarrie, Donn Marshall, Dan Overton, Rebecca Peters, Billy Reamer, Jeff Rochon, Peter Schmidt, Jennifer Stuber, Beth Vandehey, David Windom, Rebecca Wolf, Jason Alves, Reese Holford, Don McMoran, Katie Seymour, Liz Clement, Jenny Arnold, Brett Bass, Sigrid Reinert, George Banks, Neetha Mony

### Meeting Notes

Topic	Lead	Notes	Discussion
<b>Welcome and agenda review</b>	Sec. John Wiesman, DOH		
<b>Introductions</b>	ALL		<ul style="list-style-type: none"> <li>Between the <a href="#">Suicide Prevention Education Day</a> and the <a href="#">annual firearm fatality and suicide prevention report</a>, we know that suicide numbers are increasing.</li> </ul>
<b>WA National Guard</b>	<a href="#">Rebecca Wolf</a> , National Guard	<ul style="list-style-type: none"> <li>Joint Services Support (JSS) serves every veteran branch, even active duty. In JSS, if any of the 14 programs are working with a soldier, the priority is to not lose them to suicide.</li> <li>For the National Guard, the biggest risk factors are unemployment and housing. Many who serve in the National Guard are not considered veterans and can't access many services.                             <ul style="list-style-type: none"> <li>Note: Must have 6+ consecutive months of deployment to be considered a veteran or injured in the line of duty.</li> </ul> </li> <li>For active duty, the most common problems tend to be relationships and legal/financial issues.</li> <li>The suicide rate in the Guard and Reserves is almost double than active duty. Attempts are higher in active duty maybe due to better reporting.                             <ul style="list-style-type: none"> <li>Trying to improve data on military spouses and kids but it's challenging since it's not required.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Question: Are there any differences in preventative factors?                             <ul style="list-style-type: none"> <li>Answer: Not necessarily. It mainly depends on the person, their support network, and self-care habits.</li> </ul> </li> <li>Question: Does suicide prevention come up during training?                             <ul style="list-style-type: none"> <li>Answer: It typically depends on the unit. The army no longer does an annual suicide prevention training but <a href="#">ACE cards</a> (Ask you buddy, Care for your buddy, and Escort your buddy) are still passed out.</li> </ul> </li> <li>Question: What can we do to be helpful?                             <ul style="list-style-type: none"> <li>Answer: Community trainings and the state suicide prevention plan are helpful. Raising community awareness and how to improve it is essential.</li> </ul> </li> </ul>
<b>Veterans Conservation Corps (VCC)</b>	<a href="#">Jason Alves</a> , WA Department of Veterans Affairs	<ul style="list-style-type: none"> <li>The VCC program began in 2005 in community colleges throughout the state. It pairs veterans with farming opportunities to learn skills without personal financial investment.                             <ul style="list-style-type: none"> <li>DVA offers internships to support employment and access to healthcare and benefits. The training also includes information on</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Question: What about equine therapy?                             <ul style="list-style-type: none"> <li>Answer: Not through this programs but there is Healing Reins and option on the Max Impact TBI app.</li> </ul> </li> </ul>

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		<p>military-related skills to aid with employment if they choose work other than agriculture.</p> <ul style="list-style-type: none"> <li>○ The goal is to increase self-efficacy and resiliency. Individuals get to choose what they want to get out of the program.</li> <li>● Agriculture partners become part of the peer support group after the cultural competency training, which includes suicide prevention.</li> <li>● Outcomes <ul style="list-style-type: none"> <li>○ In 2017-2018, 77 veterans have completed their internship. About 30% have gained employment as a direct result of their VCC internships and 7% pursued high education.</li> <li>○ About 40% of veterans received assistance with other services and resources.</li> </ul> </li> <li>● Eligibility to apply: Anyone who has served in the military and hasn't committed a violent crime.</li> <li>● At the Veterans farm in Orting, veterans can lease one acre of land and be part of the same training and services.</li> <li>● Moving forward <ul style="list-style-type: none"> <li>○ SHB 1736 didn't make it out of the House but it would have provided a tax exemption for ag-related equipment to help with occupational impairments.</li> <li>○ \$350K for micro-grants for farms if they promote resources or suicide prevention trainings.</li> <li>○ New <a href="#">WA Chapter for Farmer Veterans Coalition</a></li> <li>○ Working with a lot of Vietnam-era veterans who are now principal operators. Possibly they've never used or connected with veterans services.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Note: see this <a href="#">article from Columbia University on equine therapy for veterans with PTSD</a>.</li> <li>● Question: Is there a need to do more? <ul style="list-style-type: none"> <li>○ Answer: Meeting current needs but no capacity to do more if they want to offer more.</li> </ul> </li> <li>● Note: For the next decision package, let's look at policy asks and what has been proposed before and didn't pass, like SHB 1736.</li> </ul>
<b>Improving Behavioral Health and Suicide Prevention in the Agricultural Industry</b>	<a href="#">Reese Holford</a> , DOH <a href="#">Don McMoran</a> , WSU Skagit Extension <a href="#">Kate Seymour</a> , WSU Skagit Extension	<ul style="list-style-type: none"> <li>● HB 2671 became law in March 2018.</li> <li>● Task Force members met October 2018 and submitted findings and recommendations, found <a href="#">here</a>, to legislature December 2018.</li> <li>● Farmers and Ranchers face unique stressors and require individualized, discreet, and convenient services to address suicide prevention and behavioral health issues.</li> <li>● Pilot program is in Skagit County and administered by WSU Skagit County Extension (Web Page to go live this spring).</li> <li>● Trainings for industry leaders to start in April.</li> <li>● Task Force meets again in May.</li> <li>● Program Manager is seeking feedback from experts in agriculture and suicide prevention.</li> <li>● If you wish to be kept informed on pilot progress or have feedback email <a href="#">Reese Holford</a>.</li> </ul>	<ul style="list-style-type: none"> <li>● Comment: In WY, they found a lot of farmers were dying by suicide because they didn't want to go into a care home but wanted to die on their farm.</li> <li>● NIOSH will work with the Center for Health Statistics to improve occupational data.</li> </ul>

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<b>Legislative updates</b>	Liz Clement, DOH ALL	<ul style="list-style-type: none"> <li>• We expect the House and Senate budgets soon.</li> <li>• Bills still going               <ul style="list-style-type: none"> <li>○ <a href="#">HB 1216</a>, <a href="#">SB 5317</a> Concerning non-firearm measures to increase school safety and student well-being (OSPPI's decision package proposal included)</li> <li>○ <a href="#">SB 5903</a> Concerning children's mental health</li> <li>○ <a href="#">SB 5027</a> Extreme Risk Protection Orders for juveniles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• HB 1648 and HB 1221 didn't make it out of the House so Forefront is looking at other options, like budget provisos for the higher ed task force, Safer Homes, Forefront in the Schools in 12 high risk schools, and suicide prevention plan for DVA.</li> <li>• <a href="#">SB 5082</a> Creating a committee to promote and expand social emotional learning.</li> </ul>
<b>CDC and NVDRS updates</b>	Therese Hansen, DOH	<ul style="list-style-type: none"> <li>• 18 states (not including WA) were part of a recent CDC report <a href="#">Suicides Among Lesbian and Gay Male Individuals: Findings From the National Violent Death Reporting System</a>. The research looked at 621 deaths from 2003-2014.               <ul style="list-style-type: none"> <li>○ Method: Suffocation use was highest among lesbians and gay male. CDC identified more work needs to be done on preventing suicides by suffocation.</li> <li>○ Circumstances: In reports, physical health and relationship problems were highest among gay males. For lesbians, intimate partner and relationship problems.</li> </ul> </li> <li>• WA will be included in future reports but we won't have statewide data until 2020 (for 2018 data).</li> <li>• News about the Action Alliance               <ul style="list-style-type: none"> <li>○ Neetha will present on the state plan and the Action Alliance during a quarterly call with other state suicide prevention coordinators.</li> <li>○ In Dec., DOH submitted the final report for the one year Lifeline grant from Vibrant Emotional Health. They commended WA's Action Alliance on the decision package, which highlighted the need for increased funding for Lifeline calls.</li> </ul> </li> </ul>	
<b>Annual report and resource for state employees</b>	Neetha Mony, DOH	<ul style="list-style-type: none"> <li>• The <a href="#">annual firearm fatality and suicide prevention report</a> is now online and includes the most recent death and activities from 2018. We had a record number of community partners who shared their activities and quotes.</li> <li>• The Enterprise Suicide Prevention Workgroup (supporting state agency employees) worked on a webpage to help staff personally and professionally. The <a href="#">Suicide Prevention and Intervention Resources page</a> is now up on the DES website and the workgroup is open to feedback. Email <a href="#">Cindy Guertin-Anderson</a> with suggestions.</li> </ul>	
<b>Announcements</b>	ALL		<ul style="list-style-type: none"> <li>• Safer Homes will have a table at the gun show in Republic on Memorial weekend. <b>Email <a href="#">Brett</a> if you want to volunteer.</b> You'll receive training on</li> </ul>

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			<p>their SAFER model and how to share information with people who come by the table.</p> <ul style="list-style-type: none"> <li>• <a href="#">OSPI's Student Support Conference</a> will be May 23-24 in Wenatchee.</li> <li>• <a href="#">Healthy Youth Survey data</a> is now available online. Press releases go out by topic.</li> </ul>
<p><b>Summary and Path Forward</b></p>	<p>Sec. Wiesman, DOH</p>	<p><i>We understand meetings during legislative session might be challenging so all our meetings until July will be in Tumwater.</i></p>	<ul style="list-style-type: none"> <li>• <b>It is our job to call out when data is moving in the wrong direction.</b> Consider: <ul style="list-style-type: none"> <li>○ What successes are we seeing and maybe not captured in data or in small pockets?</li> <li>○ Raise the alarm</li> <li>○ For supplemental decision package, emphasize we're in a crisis and need to make this a priority.</li> </ul> </li> </ul> <p>The next meeting will be rescheduled. More details to come.</p>