

Zero Suicide Team Leaders



Beaver County

9/25/2020

Welcome!!!! 😊

- ▶ Today's meeting
 - ▶ A reminder of how this works
- ▶ Sign-in
- ▶ Chat box



Today's Agenda

- ▶ Minutes
- ▶ Partner Updates
- ▶ Marketing Committee
- ▶ September 10, 2020, World Suicide Prevention Day & Virtual Town Hall Meeting
- ▶ Next Meeting



Zoom Attendance
 Zero Suicide Team Leaders (28)
 08.28.2020]

Name	Partner
Elisia Majors	BCBH
Jennifer Boeringer	ETC
Stephanie Santoro	AHCI
Rachel Kyle	HVHS-Staunton
Dave Aitken	NAMI
Abby Opal	MHA
Erin Rathbun	Beacon Health Options
Barb Reed	ABC Associates
Jonathan Hughes	TPN
Traci Hughes	BCRC
Jan McGinnis	Catholic Charities
Sara W	VA Pgh Healthcare Services
Bonnie Palmieri	AHCI
Marcy Scott	CRS
Elizabeth Pelesky	HVB BH unit
Amy Solman	Geneva College
Jesse Putkoski	AFSP
Jessica Weller	Pressley Ridge
Teresa Popp	BBBS
Susan Smith	BCRC
Kelly Nardone	BCBH
Jaci Palmer	PRISM/Community Alternatives
Patty Hodovanich	Nicolina's Wishes
Lauren Tomavko	Merakey
Melissa Coakley	Aurora
Staci Scheel	Women's Center
Diane Flick	PHN
Stephanie Hobil	PHN

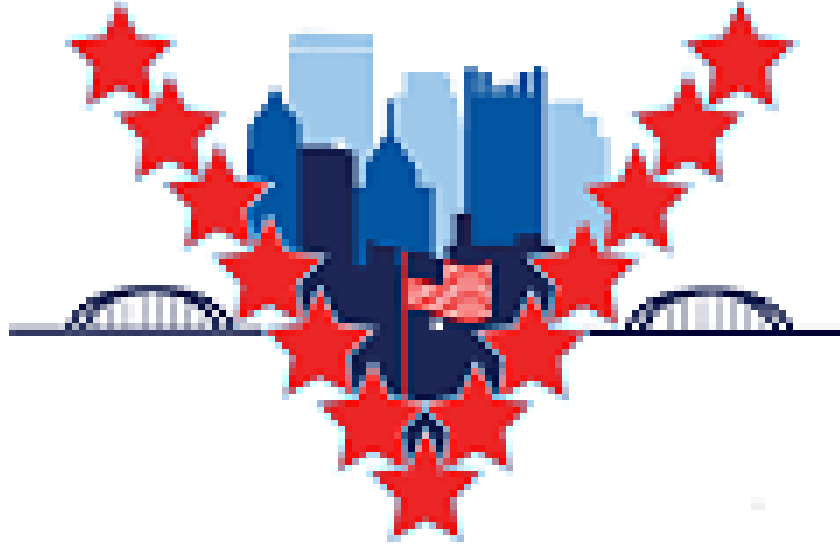
8.28.2020 PowerPoint
<http://www.bc-systemofcare.org/zero-suicide/>
Please use this PowerPoint as minutes from the last meeting.



PARTNER UPDATES



PITTSBURGH



HIRES VETERANS

Dayna Brown

Executive Director

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Merakey Case Management programs (BCM/DACM)

- ▶ Based on both consumer choice and ability to meet adhering to CDC guidelines, BCM and DACM have resumed in-person services. If CDC guidelines are not able to be met, telehealth services will continue. Both programs continue to accept referrals. F/ACT continues to provider vital in-person services (medication management, groceries, etc.) and maintains face-to-face services for consumers who do have phones/telehealth capabilities.



BC SOC Annual Recovery Art Show

<http://www.bc-systemofcare.org/september-is-recovery-month-artability-2020/>



“ArtAbility 2020” Art Exhibit

- ▶ BC SOC holds this Annual event in recognition of SAMHSA’s National Recovery Month, September! It is open for viewing from September 20th - September 30th.
- ▶ We needed to do ArtAbility differently (virtually) this year, due to COVID-19.

“No Strolling, Just Scrolling”

- ▶ It is our 4th year and it’s been hosted by the Mental Health Association, Aurora and The Prevention Network in previous years.
- ▶ The artists are all talented members of the Beaver County RECOVERY community.
- ▶ They use and create art to support their wellness and recovery, we invited them to showcase their “art ability” on the Beaver County System of Care Website:
www.bc-systemofcare.org
- ▶ Questions / comments / feedback: ArtAbility@ahci.org



September is Suicide Prevention Month

- ▶ What did you do to raise awareness during the month of September?



Primary Health Network

Check out the video PHN made to raise awareness!

▶ <https://www.youtube.com/watch?v=j2ayHDQw6ww>



Geneva College

- ▶ September Suicide Prevention Awareness Month:
 - ▶ The Instagram account [@Genevacounseling services](#), has been very active with many posts to raise awareness.
 - ▶ The Assistant Director, Hannah Broadway is a certified QPR instructor and she will be training the Residence Life staff on QPR this month and then offering an all campus virtual training event in early October.
 - ▶ Center for Student Engagement office - huge sign posted in the Student Center for students/faculty/staff to write words/thoughts to complete the sentence: “Reason to have hope...”-it’s been encouraging to see what students are sharing. This sign will be present until the end of the month.



WHATS

reasons to have HOPE...

HOPE (with 'GOD' written inside the 'O')

NATIONAL SUICIDE PREVENTION WEEK *

Beaver Falls CHALLENGE! Take Card

THIS IS TEMPORARY. (written in red with arrows pointing to the word 'HOPE')

Baseball!
This is the first day of the rest of your life.
It's Day One!
REpentance

God!
Lent & Bollen
Family
Loving People
The Office
PINK FLOYD
BFGAT
Because of babe Lezer
Because of small things
AMAZ
God's steadfast Love
Geneva Memes
SUPER MARIO BROS ALL-STARs
A miracle will come. Great yet this.
Surprises and Twists

Genova BSU
cute dogs
High School is the best
Lani Sarina

Jesus
your best chapter isn't written yet
Just give Me Jesus!

God's Love
God loves you unconditionally!
God loves you like you are!
God loves you like you are!
God loves you like you are!

Family
petting a dog
Dolly
I am Sheetz run :)
My Girl AND JESUS
Metroid Prime 4!
family
flowers
Hank's T-shirt
In the grand scheme of things, this has to be your little significance.

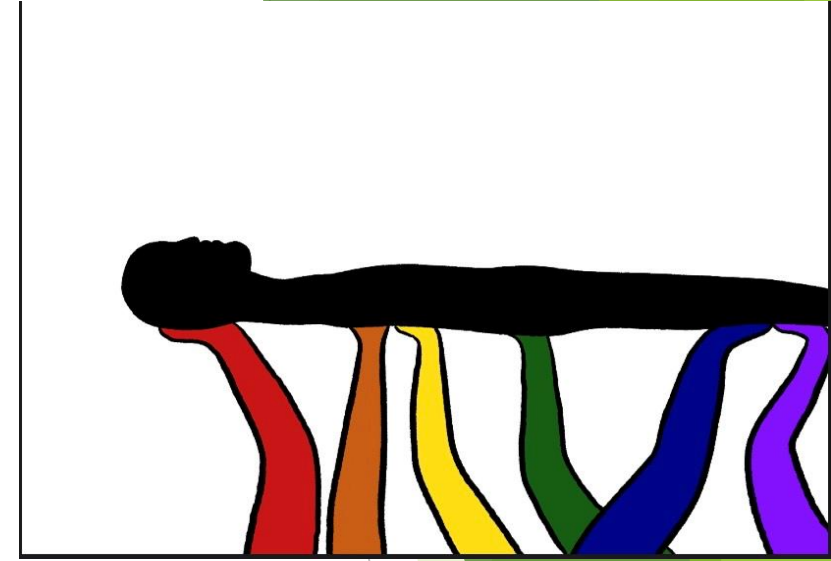
Music
BTS
Friends
music
Laughter & Strangers
because you are loved
Two Bill
KAREN TUX
Jesus Loves you
Because God loves you
My loving professor

Other:
Mario SMASH BROS
Spring-time
Cory's
Coffee
having all your senses
Cows
Genova BSU
writer and stickers
Jesus Loves you
Because God loves you
My loving professor



PRISM

- ▶ We have been working on opening up the conversations about self harm and suicide.
- ▶ We have spent a lot of time discussing the importance of reaching out and providing support to who are in need, or asking for help.
- ▶ Our young adults wrote something that they wanted to share (included on next slide)
- ▶ One of my youth drew a picture representing being LGBTQ and finding a safe place and support.
- ▶ This Saturday, we are making Hope rocks that we are going to decorate with supportive messages. We will leave them throughout our community over the next few weeks.
- ▶ We are also starting up our HOPE Boxes again.
 - ▶ (Letter with additional information was included in today's handouts)



Suicide Awareness

There's been many-a-time in my life where I've contemplated suicide. Probably more than I'd like to admit. It started in high school, where I had been on the cusp of the more troubling part of life. Then I graduated and it was like my entire world, my entire identity, had been swept up right from under me. When I graduated, started college, then dropped out soon after, it's like I let the world swallow me up and spit me out. No one in my life thought to ask how I was. It's a surprise I even started therapy, as most of the people in my life were more bothered with my failures than my actual mental health. It had even gotten to a point where someone told me, after I had admitted I wanted to kill myself, that I was a disgrace to my family and I was just using my parents for financial needs.

It's with a support system that I was able to come out of that alive. I had my best friends and my mom. I had PRISM. I started to gain support in my life that I never thought would be granted to me. That's probably the most important thing a suicidal person needs, people who know where they are in their lives and are willing to go through all the ugly parts of it. Sure, that isn't a sure-fire way to help someone who is suicidal, but it is a strong step in the right direction. Therapy should follow, as a support system of friends and family can only go so far.

Suicide still haunts me. It's behind every door I keep closed. I've gotten better. I've gone far in my life, farther than I ever thought I would, because from a young age, I didn't think I'd be alive to live it. Taking steps to better my life has been hard and it's still a struggle to this very day. It's not easy looking for help. It's a difficult road to get better. And, to be honest, it's a road you'll probably be on for the rest of your life. That's the key phrase though, "Rest of your life." It says that there *will* be more. That maybe this road will be hard, maybe you'll have to traverse it for the rest of your life, but the longer you stay on it, the longer you'll survive. The longer you breathe, the longer you move, the longer you hang on, is one step longer in a life you deserve to live. It is *always* worth it.

Mental Health Association

- ▶ Our drop-in center did Suicide Prevention posters on 9/10;
 - ▶ they are on display in our front windows -
- ▶ MHA staff did a sidewalk chalk art gallery for Suicide Prevention week on 9/16; it is still on display outside of our building -
- ▶ Our drop-in center lit candles on 9/23 for people who have lost a loved one to suicide, for people who have survived a suicide attempt and/or to say that life is valuable.



HVHS

Heritage Valley-Suicide Prevention/Awareness Month:

- ▶ Distributed information on trainings/webinars that are being offered and encouraged staff to attend
- ▶ Encouraged staff to discuss Suicide Prevention/Awareness Month with clients/their supports, to explore resources and create awareness
- ▶ Focused on "Suicide and People of Color" in the Culture Change Zoom call with staff
- ▶ Held annual Wellness Week for staff offering snacks, resources, Zoom call activities/lessons
- ▶ Continued protocol for making this a normal part of conversation and ongoing assessment for all clients across service lines



American Foundation for Suicide Prevention

- ▶ Updates for events surrounding the Lawrence County Out of the Darkness Experience.
 - ▶ We've scheduled three Talk Saves Lives presentations that will be taking place during the weeks leading up to and following the ceremony that is still set to take place on September 26th.
 - ▶ If people want to register for the experience, they can go to <https://afsp.org/newcastle>
- ▶ Here are the registration links for the 3 upcoming Talk Saves Lives presentations:
 - ▶ September 28th from 3pm to 4pm: <https://tsl-lawootd928.attendease.com/>



Youth Ambassador's Program

- ▶ Check out what our youth are doing to raise awareness and reduce stigma!



Kuddos!!!!



Marketing Committee

- ▶ Resource Card is ready for distribution
- ▶ Identified places to distribute the card
 - ▶ Local businesses
 - ▶ Restaurants
 - ▶ Schools
 - ▶ Pharmacies
 - ▶ PCP Offices
 - ▶ And more...




Resource Card

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 (14-25) 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)
Disaster Distress Helpline	1.800.985.5990

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

Beaver County Zero Suicide Town Hall

- ▶ September 10, 2020
 - ▶ Over 150 registered
 - ▶ Over 112 participated
 - ▶ 24 partners represented in the virtual vendor exhibit video.
- ▶ feedback



Suicide Prevention Resource Center

- ▶ SPRC is pleased to announce the launch of its new online tool, [Virtual Learning Lab: Care Transitions](#). This module can help psychiatric hospital staff ensure a support system, appropriate hand-off communication, and safety plans are in place when individuals at risk of suicide transition from inpatient to outpatient care.
- ▶ This self-paced training is designed for hospital staff, such as social workers, clinical nurses, therapists, and discharge planners.
- ▶ However, much of the information is also applicable to staff in other settings working with people at risk who will be discharged or transition to another treatment setting or level of care.
 - ▶ <http://www.sprc.org/training/virtualllearninglabs>



Check out the website:

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

Send updates to:

SOCwebmaster@ahci.org

What can we do to help?

E-mail us:

- ▶ Elisia Majors
▶ emajors@bcbh.org

- ▶ Stephanie Santoro
▶ ssantoro@ahci.org

- ▶ Bonnie Palmieri
▶ bpalmieri@ahci.org



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)
- ▶ 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>



*Thank you!!
Thank you!!
Thank you!!*

