

Minutes

CHIP Mental Health Priority Team

January 13, 2021, 9 am – 11 am

Location: virtual

In attendance: 34 participants

Known attendees: Debbie Kelley, LCADA Way; Pam Waite, MHARS Board of Directors; Rebecca Jones, MHARS Board; Amber Smith, Nord Center; Clare Rosser, MHARS Board; Joanne Gleason; JVS; Elaine Georgas, MHARS Board; Tina Zimmerman, Nord Center; Tonya Birney, MHARS Board; Penny Morgan, Firelands Counseling; Pam Koutsaftis, ClearVista; Carrie McGlothlin, ClearVista; Liz Wolanski, ESC; Dave Kish, ESC; Kat Solove, Lorain Public Health; Tierney Payne, Nord Center; Marilyn Alejandro-Rodriguez, Cleveland Clinic; Craig Koehler, Avon schools; Judy Maldonado; Catherine Woskobnick, Mercy Health; Amy Szmania, LCCC; Rosemary Miles, Cleveland Clinic; Brooke Sherman, Nord Center; Elizabeth K. Biddulph, VHACLE; Jay Nimene, Oberlin schools; Tina Zimmerman, Nord Center; Kathleen Kern, Lorain County Health and Dentistry; Neil Hamilton, LC NAMI LOSS Team (if you were in attendance and are not listed here, contact crosser@mharslc.org)

DISCUSSION OF ACTION ITEMS

Strategy 1: Year 2: By December 31, 2021, identify at least two new settings based on Year 1 data where suicide prevention training should be implemented.

- Overview of progress
- Group discussion: where/who else to outreach to for trainings?

In addition to the schools, United Way collabs including Thrive Southern Lorain County and South Side Pride, and the APL, the group noted that business groups like Main Street organizations and housing groups including both homelessness activists and landlord/tenant organizations may be good groups to recruit for QPR trainings.

Clare Rosser noted that she had received a call from an OhioMHAS partner regarding an effort to reach hotel/hospitality staff with basic suicide prevention training/information. They are looking at our efforts in the parks to learn about reaching challenging or isolated locales. More information to come on that as it develops.

The group also noted the need to continue providing materials through pathways for meeting basic needs, like foodbank deliveries, Meals on Wheels, senior centers, the Mercy Health thrift shop, and active organizations like the Urban League and El Centro.

The group also noted the need to continue to engage with churches and faith communities, and a member shared about the Spiritual First Aid Certificate program from the Humanitarian Disaster Institute (<https://spiritualfirstaid.teachable.com>).

Another possibility is medical workers strained by COVID. While the mental health network offered support groups for essential workers early on in the pandemic, trainings for medical staff to help

recognize signs of suicidal thinking in coworkers also may be beneficial. Other suggestions from the group include: LGBTQ+ centers or groups, gun shops/ranges.

Clare noted that basic trainings are still available for free, to any member of the community. During the pandemic, statewide organizations have offered virtual trainings, relieving the burden on local trainers. This has been terrific for keeping training going and accessible, with the only drawback being that the state-level organizations do not track geographic information for participants, so we have not been able to track Lorain County involvement. This means that a major data point (# of people trained) for this CHIP strategy will be inaccurate for the year 2020 and into 2021. The number of people that we are able to verify will be low, but the real number of people trained is higher.

Trainings available:

Question Persuade Refer (QPR) basic suicide prevention:

QPR, which stands for Question Persuade Refer, teaches people to recognize suicide communications and actions, intervene safely and confidently, and connect the person in need to the right help. Short, simple training that can be offered in less than two hours.

The Ohio Suicide Prevention Foundation is offering these trainings remotely. If you are interested, coordinate a group through:

Austin Lucas, Program Director, Ohio Suicide Prevention Foundation
614-429-1528 (Office)
austin.lucas@ohiospf.org

Mental Health First Aid:

You are more likely to encounter someone having a mental health crisis than encounter someone having a heart attack. Earn a professional credential in Mental Health First Aid and learn about how to react and what to do if someone is struggling. Join our e-news list for notification of our next training. 8-hour certification course. Fill out the form at <https://mhaohio.org/get-help/mhfa/>.

Strategy 2: Year 1: Create a sub-committee to work with county hospital systems and other health care providers (ex: primary care providers, OB-GYN offices, etc.) that currently screen for depression and determine what tool is used.

- Overview of upcoming opportunities
- Group discussion: Subcommittee structure and potential for partnerships

Elaine Georgas led the discussion about the previously drafted strategy for standardize tools for screening for clinical depression. Members discussed the difficulty to translate systems' electronic medical records to a standardized tool. Discussion ensued that depression screening is occurring with our local medical systems but that assistance in assisting hospital personnel with supports for brief intervention and referral to treatment in the community was a needed component. Members discussed how screening is also part of the strategy for addressing binge drinking on another CHIP Priority (SUD).

Elaine will convene interested representatives from both priority workgroups to develop strategies including: introduce the Mental Health Navigator to health partners, assess primary screening sites to ensure the MH/SUD screens are in place and that systems have knowledge of community resources to refer for treatment and handoff patients for services.

Tonya Birney indicated she is a trainer on SBIRT and members also discussed potential to enhance Motivational Interviewing skills in our community.

Strategy 3: Year 1: Members of the Children’s Subcommittee of the Lorain County Suicide Prevention Coalition, in partnership with the Educational Service Center, create an inventory of prevention programming and intervention services that are available to Lorain County school districts.

- Overview of youth prevention programming during COVID
- Update on K-12 Prevention funding projects

Dave Kish from the Educational Service Center (ESC) provided an update on mental health in the schools during the pandemic. The ESC team has been working with districts to meet the social and emotional needs of students in a changing environment. He also noted the efforts to reduce adult burnout, and the need to continue getting mindfulness and mental health information and resources to families and teachers/personnel.

He shared a link to an interactive professional development catalog that the ESC has developed and will maintain: <https://sites.google.com/escl.org/pd-events-catalog-jan-june-21/home?authuser=0>.

Dave also noted the progress of Ohio House Bill 123, which provides for youth suicide awareness and training (see full text here: <https://www.legislature.ohio.gov/legislation/legislation-documents?id=GA133-HB-123>).

Tonya Birney updated the group on the K-12 prevention funding to support the social and emotional needs of students, teachers and families. The Ohio Department of Mental Health and Addiction Services (OhioMHAS) and the Ohio Department of Education (ODE) distributed \$18 million to support prevention education for students in grades K-12. The MHARS Board received an allocation of \$433,986 for local public, private and charter schools that successfully complete the funding request process.

Multiple school districts are working with MHARS Board staff to assess their needs and resources, and develop creative plans for wellness. The first cohort of districts to finish their plans and receive funding approval are Avon Lake City Schools, Clearview Local Schools, North Ridgeville City Schools and Wellington Exempted Village Schools. For more information, contact tbirney@mharslc.org.

GENERAL SUICIDE PREVENTION DISCUSSION/INFORMATION SHARING

Suicide Prevention Coalition

- **Strengthening and Sustaining Ohio’s Suicide Prevention Coalitions learning project**

Rebecca Jones of the MHARS Board gave an update, and asked for volunteers for reviewing or commenting on parts of the SSOSPC grant process. Carrie McGlothlin, ClearVista; Liz Wolanski, ESC, volunteered.

The next Suicide Prevention Coalition meeting is Feb. 1. Contact rjones@mharslc.org to be added to the distribution list.

Black youth suicide: Life is better with you here campaign

Rebecca briefly discussed this campaign, which can be found here: <https://www.withyouhere.org/>.

Updates from the group

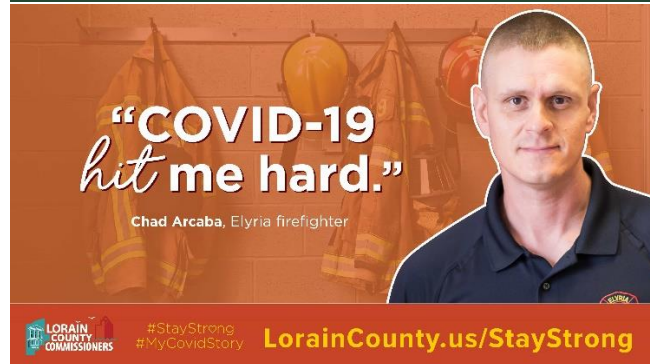
- Suicide Survivor Support group occurs 2nd and 4th Monday of the Month. Mike Brummitt is the facilitator: mbrummitt@nordcenter.org.
- Elaine shared the following information about the Ohio School Wellness Initiative, a Miami University-led project to aid mental health and substance use supports for Ohio’s K-12 students and staff, was selected to receive \$6 million from the Governor’s Emergency Education Relief (GEER) fund: <https://www.miamioh.edu/news/top-stories/2020/01/cricket-meehan-geer-funds-for-ohio-school-wellness-initiative.html>
- Clare has participated in the Community Protection Team of elected officials and health leaders who share information with the public about COVID needs/progress/developments, and reports that Lorain County continues to keep a focus on mental health and addiction concerns. The county has launched the “Stay Strong” campaign to help people continue coping with COVID, and Clare will provide social media shareables to the group:

Commercials to share:

Tina: <https://vimeo.com/497333604>

Mark: <https://vimeo.com/491803068>

Chad: <https://vimeo.com/497477700>



Suggested wording to accompany a Stay Strong post:

Stressed about COVID-19? Talk through your emotional distress using these free, confidential resources:

Crisis Text Line: text 4hope to 741741

Ohio CareLine: 1-800-720-9616

Find local help: mharslc.org/find-help

www.loraincounty.us/staystrong

- Kathy Boylan sent a request to the group to keep a focus on older adults in isolation. The Ohio Department on Aging has a video to share about their Staying Connected program: <https://youtu.be/Z3e0igbepic>

FOR REFERENCE:

Our Goals and Strategies:

CHIP Mental Health Goal: Arrest upward trend of overall suicide deaths by staying at or below the last 5-year average (2013-2017 average of 49 suicides per year, or 16 deaths per 100,000 population) for the period of 2018-2022.

Strategy 1: Community-based education to promote positive mental health

Shorthand Objective: QPR basic suicide prevention in new settings

Strategy 2: Screen for clinical depression for all patients 12+ using a standardized tool

Shorthand Objective: Increase # of people screened using standard tool

Strategy 3: School-based prevention programs and policies

Shorthand Objective: Offer new or expanded youth programs that influence mental health outcomes for 8th to 12th graders

2021 MEETING SCHEDULE:

All from 9 am to 11 am:

January 13, 2021

April 14, 2021

July 14, 2021

November 17, 2021