

October 31, 2017

Community Suicide Prevention and Local Advisory Council Meeting

Present: Jenny Tollefson, Phillips County Health Dept., Lonna Crowder and Janice Reichelt, Phillips County Hospital, Mary Hughes, Eastern Montana mental Health Center, and Amy Shy, Malta School.

Jenny reported that the suicide walk raised \$1800, but \$800 went to t-shirt expense. A good turnout was noted. Gina Lamb had given a moving speech about a personal experience with a family member suicide. The goals of increased awareness, decreased stigma, and education of the topic were attained. Plans of improving the event and redoing it next year are in the works.

Janice and Mary gave a report on the Mental Health Triangle meeting in Harve last week. The Ranchers Stewardship Alliance has teamed up with Montana State University and helped fund a psychiatrist and a biologist to study and find ways to deter Montanans from committing suicide. They found that many of the current programs such as Mental Health First Aid and Assist and QPR are gatekeeper programs that help the people in association with the suicidal person, but do not prevent suicides. They stressed the YAM program for teenagers and admitted that it is costly, but has documentation indicating that it decreases suicides by 50%. They are also sponsoring a program called THRIVE that is a cognitive Behavioral online program that is promising. They are looking for depressed adults to participate and the information to sign up is on line.

We reviewed the minutes of the Transfer Work meeting that took place in conjunction with law enforcement and noted that each transfer is being done on a case to case basis depending on the availability of a treatment bed and the personal available to transfer. Lonna noted that this plan is very frustrating and time consuming for all involved. No good solutions or acceptable protocol could be penned at this time.

Amy commented that the school had done a SOS program with Karl Rosston 12 years ago. Karl continues to give educational speeches with current data. Unfortunately, in the 10 years of having suicide prevention coordinator the problem has not dissipated.

Mary told us that the mental health counselor Melanie Burner is now finished with maternity leave and will be returning to the Malta Business Center next Wed., Nov. 1st. Michelle Hurst, a licensed addiction counselor, will also staff this office one day per week. The new teemed equipment will be placed in their office there. Prescription needs will continued to be addressed per the local physicians, Jen Durwood/Harve, and Melinda Truesdale, a Billings, one time per month @ Glasgow provider. Mary apologies for the gap in service due to an emergency maternity leave and no staff to cover. Mary noted that Kathy Bagley is going to be an on- site monitor and this will enable EMMH to keep appointments if weather is inclement or to do 2 time per week appointments for a person in need of that.

Lonna mentioned that they are giving an appropriate book and an up to date list of resources to the persons with mental health needs at the hospital.

Janice is to find the status of the Warm Line and Mental Health of Montana.

Amy stated that the schools have good counselors and most needs seem to be met at present.

We discussed the need of up to date information especially for new employees who may have not encountered manic symptoms before. Crisis Intervention Training for the police.

Janice commented that Jennifer Marshall is Phillips County Repr. to ESAA meetings.

Mary spoke on the Glasgow Health fair and the mental health surveys that were filled out in hopes of winning a Yeti cooler.

Guns, Alcohol, and Depression remain the causes of the increased suicide numbers.

Discussed who else should be invited to be in this group and Youth Dynamics was suggested.