



Social Emotional Wellness Coalition of the Tri-Lakes Area

Sponsored by NET, a program of Tri-Lakes UMC

Meeting Minutes – Monday, June 17th

In Attendance:

High School Student: Flynn Bohanan
Post High School Student: Ashlin Gray
D-38 Board of Education: Theresa Phillips
Lewis Palmer District Administration: Lori Benton
Lewis Palmer HS: Bridget O’Conner, Robyn Hudson, Bill Benton
PRHS & LPHS Social Worker: Debbie Sell
Lewis Palmer MS: Jennicca Mabe
Bear Creek Elementary: Jessica Miller
Parents: Cindy Bohanan, Sarah Norwood, Gabriele Lacrampe
Tri-Lakes YMCA: Holly Brandon
Kiwanis: Mike Luginbuhl, RF Smith
Mental Health Counselor: Dana Garofalini
Tri-Lakes UMC: Sheli Gray, Sam Hastings, Nancy Fritzsche
Regional Youth Suicide Prevention Coordinator: Heather Pelser

Featured Partner Presentation: Heather Pelser - Regional Youth Suicide Prevention Coordinator

- Heather’s previous work experience was with troubled youth. Crisis situations with youth were always immediately referred to the hospital. She realized that the community was failing our kids.
- El Paso county has one of the highest youth suicide rates in the state.
- As a coalition, it’s important to know what’s going on at the county, state and national level, so we can align our efforts and not duplicate services.
- National Level: Zero Suicide Program - for medical and mental health centers to provide continuity of care, so individuals don’t get lost in the system. Local Participants: Memorial, Center Health, AspenPointe.

Guidelines:

- 1) **ALL** employees must be trained in suicide prevention.
- 2) Must use a Risk Assessment to identify those at risk for suicide. Those identified must be put on a Suicide Pathway and seen 2x/week by a counselor for three consecutive weeks until they no longer show suicidal signs.

- State Level:

- 1) Colorado Office of Suicide Prevention (Data Dashboard) - manages grants
- 2) CNC - Colorado National Collaborative: Colorado was chosen by the CDC, Injury Control Resource Center and other big national agencies as the one state on which to focus. By putting initiatives in place, the goal is to reduce suicide by 20% by 2024. There are six pillars that are the heart of this collaborative. The program span all ages, and focuses especially on the LGBTQ+ population and the veteran community. As a coalition we should strive to align our work with these six pillars.

SIX PILLARS:

- 1) Increase Connectedness
- 2) Increase Economic Stability
- 3) Increase Education and Awareness
- 4) Improve Access to Suicide Care
- 5) Lethal Means Safety
- 6) Post-vention - what happens next after a suicide attempt

3) Garrett Lee Smith Grant: Provides a Regional Youth Suicide Prevention Coordinator for: El Paso/Pueblo, Larimer/Weld, Jefferson, Mesa/Delta/Montezuma Counties.

- Local Level: El Paso County Suicide Prevention Task Force - to address the CNC efforts El Paso County Youth Suicide Prevention Work Group - meets 1x/month Open to all. For more information contact Kelsey Leva, Youth Health and Development Planner for El Paso County Public Health: 719-578-3218
- Pikes Peak Suicide Prevention - <http://www.pikespeaksuicideprevention.org>. Offers group therapy using art, all programs are free Tri-Lakes SEW Coalition: tlumc.org/sew
- The El Paso County suicide rate went down last year for the first time.
- QPR - free evidence based training on how to recognize the warning signs of suicide, become comfortable asking the question, and steps to take. Open to the whole community.
- CAMS: <https://cams-care.com/about-cams/>: Collaboration Assessment of Suicide Modality. Addresses the continuity of care. A youth should be able to walk into any door and that adult should know exactly what to do and where to go to get appropriate care. If given a safety plan, this should end up in the school counselors hands.
- Heather is a proponent of outpatient treatment for suicidality. If counselors learn suicidal modalities, treatment can be at the outpatient level.
- MST Therapists - multi systemic therapists that incorporate everyone in the youth's system in their care
- How can SEW Coalition make a difference?
 - Talk about suicide
 - Advocate - ask questions of therapists - which treatment modalities they use

Listen to the voices of our youth: “This is my Brave” - their mission is “...to bring stories of mental illness and addiction out of the shadows and into the spotlight.”
website: <https://thisismybrave.org>

Communication and stigma reduction

Mission Document

There was discussion about the Mission Document and a few minor changes were made. Lori Benton moved to adopt the Mission Document. RF Smith seconded the motion. All were in favor of adopting the Mission Document as written.

Work Groups

Work Groups were discussed and it was decided to offer work groups that aligned with the CNC's Six Pillars

Tentative work groups:

- Community Outreach and Education
- Research and Data Collection
- Community Spaces and Family Connections
- Resources and Partnerships

The steering committee will meet prior to the next meeting to determine the work groups and how they align with the Six Pillars.

Asset Mapping Presentation by Ashlin Gray, a former PRHS graduate and senior at Baylor University. Ashlin has offered to make an Asset Map using Tableau, for our local area; and will present this at the August SEW Coalition Meeting. Asset mapping involves:

- Data Collection: what services are offered in our area?
- Geographical Mapping - map the organizations to show where they are and color code them to show what services they provide.
- Goal is to connect and empower the people of the Tri-Lakes Area
- We will send out a Survey Monkey to determine the criteria (geographical boundaries and types of organizations) you would like to see used to create this Asset Map.

Announcements:

QPR Training: Saturday July 13 2:00 - 4:00 Tri-Lakes United Methodist Church 20256 Hunting Downs Way in Monument - Free - Open to anyone in the community - Appropriate for high school age and over.

Action Items for Next Meeting

Complete the Asset Mapping Survey Monkey which will be e-mailed to you

Work Group Categories will be e-mailed to you with a brief description. Decide which work group you would like to join. Think of one or two measurable goals for this work group. Plan to break into work groups at the August meeting to formulate goals.

Next Meeting

Monday August 6 - 6:30-8:00 - Lewis Palmer High School - Distance Learning Lab
SEW website: tlumc.org/sew