

**Statewide Suicide Prevention Council
August 26, 2014 Quarterly Meeting
Minutes**

Chairman William Martin called the meeting to order at 9:07 a.m.

Roll Call was taken. In attendance by videoconference were council members William Martin, Sharon Fishel, Brenda Moore-Beyers, Alana Humphrey, Sue May, Barb Franks, Kathryn Casello, Senators Berta Gardner and Anna Fairclough. In attendance by teleconference were council members Meghan Crow and Cynthia Erickson.

Absent: Fred Glenn, Lowell Sage, Christine Moses, and Representatives Jonathan Kreiss-Tomkins and Benjamin Nageak.

Staff members Kate Burkhart, executive director, and Eric Morrison, council assistant, were in attendance.

Reid Magdanz from Rep. Jonathon Kreiss-Tomkins was also in attendance.

Agenda

The agenda was moved and seconded for approval. Burkhart advised that the presentations by Pat Sidmore and James Gallanos were being swapped, due to a scheduling conflict. Sen. Gardner asked that the recent opinion pieces in the Anchorage Dispatch News be discussed. Council members agreed. The agenda was approved as amended.

Minutes

Sen. Fairclough moved to approve the meeting minutes from May 8, 2014. Fishel seconded the motion. Moore-Beyers asked that the discussion of the faith-based postvention training on page 20 of the minutes be clarified; she will send language to Morrison. Sen. Gardner noted typos on page 8 under first paragraph. There needs to be an apostrophe in the word "staffs." In the second paragraph from the bottom, "closed" needs to be changed to "close." On page 21 in the first paragraph, "an" needs to be changed to "a." Crow will provide correct spellings of names of participants from the Bethel meeting. Crow said on page 4 the last full paragraph "intoxicating" needs to be changed to "intoxicated."

Sen. Fairclough asked if the minutes should be set aside until the corrections were made, given that council members will be sending in language. Chairman Martin agreed. There were no objections. The May 8, 2014 minutes were set aside until the October meeting in Seward.

Sen. Gardner moved the June 6, 2014 teleconference minutes for approval. Franks seconded the motion. Fishel noted that the minutes imply she was the incumbent secretary/treasurer, when in

fact Melissa Stone was the previous officer. The minutes were approved as amended without objection.

Ethics Disclosures

Alana Humphrey disclosed that the Boys and Girls Club, of which she is director, receives funding for suicide prevention from the Department of Health and Social Services. Crow disclosed that the Lower Kuskokwim School District, her employer, receives funding from the Department of Education and Early Development for suicide prevention (this is the funding passed through from the Council).

Chairman Martin now serves on the NAMI-Juneau board of directors. NAMI-Juneau receives public funding.

Announcements

Sue May confirmed that she is officially retired from the Veterans Administration. Barb Franks reported that she will be training Alaska Psychiatric Institute staff in safeTALK. Sen. Gardner reported that she is now ASIST trained.

Public Comment

Sam and Gayle Trivette, volunteers with the Juneau Suicide Prevention Coalition, provided public comment. Gayle Trivette spoke as an individual and not on behalf of the Coalition. She spoke of the Trivettes' long partnership with the Council, since before the 2010 statewide summit. Their son died by suicide in 2007. Soon after, the Juneau Suicide Prevention Coalition was formed in response to youth suicide in the community and has been active in the community ever since. Ms. Trivette has been an active volunteer with the coalition from the beginning. She noted the Division of Behavioral Health has initiated a new community assessment process in its new prevention grant cycle for community coalitions around Alaska.

Ms. Trivette spoke about the impact of the Division of Behavioral Health's decision to prioritize community assessment and planning over active prevention efforts in the current grant cycle. The refusal to allow use of funds for proven effective efforts that address documented community need is very frustrating, and is a disservice to the community.

Ms. Trivette asked the Council to advocate for well-planned and effective community prevention coalition efforts, so that prevention programs are maintained while the community assessment process is underway.

The text of Ms. Trivette's comment is attached as Exhibit A.

Sam Trivette spoke, thanking the Council for their work. He agreed that the new grant requirements are very frustrating, and that it is clear that the Division of Behavioral Health values process over prevention work. The Coalition has collected and continues to collect data

throughout their efforts. The Division is treating all grantees the same, with no regard for the level of experience and activity of the coalitions. The Juneau Coalition is a team of highly qualified, credentialed, and caring volunteers – they are all there because they want to be. The Division is not considering the nature of volunteerism and contribution to the coalition.

Mr. Trivette shared his frustration at the inefficiency of the Division's process. The Division has only provided the first step/checklist of the community assessment, and refuses to provide the complete requirements and expectations for the process to grantees that are able to work the community assessment quickly and efficiently. The Division is ignoring the ongoing community input and assessment work of coalitions, supported by extensive outreach. The coalition is continuing its efforts to prevent suicide despite the Division's restrictions on use of funding. It does not seem that the Division values what the community coalitions have done, or the impact of the best practices they have implemented. The Juneau Coalition has continued costs for its programs but is not allowed to use the grant funding until the planning process is complete and there is frustration because the planning process is not fully explained by the Division. The coalition will not stop its work and the grant is not the reason for its work.

Sen. Gardner asked who the representative from the Department of Health of Social Services is.

Burkhart said Al Wall, the Director of the Division of Behavioral Health, serves on the council in a designated seat. He was unavailable for the meeting due to another meeting obligation. He is informed on the meeting material.

Sen. Gardner said the Council would benefit from a conversation with him about the Trivettes' concerns.

Moore-Beyers asked Crow if the Bethel coalition was experiencing the same difficulty. Crow said the grantee from Bethel is the Healthy Families program at AVCP, not the community coalition.

Sen. Fairclough asked if staff had an update on the process. Burkhart reported that the Division had adopted and was relying on the Strategic Prevention Framework model from the Substance Abuse and Mental Health Services Administration, and that the current cycle of grants were new grants and not continuation grants. That model includes a large community planning and assessment component. Some of the frustration heard from grantees is that the RFP was difficult to understand and the communication with grantees since the award letters has not been clear. The Juneau Coalition is not the only grantee that has experience and could work through the community assessment process efficiently through the first or second quarter and get back to what the assessment says they should be doing, which could likely include what the coalitions are already doing. The frustration is less with the framework and more with the Division not providing clear communication around the full expectations of the planning process and not allowing the communities to move at the speed with which they would like to move.

Sen. Fairclough said she doesn't want to muddle a process that is intended to improve the delivery of services, but she supports what the Trivettes have testified to.

Moore-Beyers said she sat on the PEC on the previous prevention grant cycle and some of the concerns were the different levels of readiness of communities. The committee had a difficult time figuring out which grants to approve because some were good proposals but had little infrastructure and readiness. It seems like this is an issue that needs to be addressed so that communities that are further along in the community assessment area are not held back by letting those that are not try to catch up.

May said the SAMHSA process is based on a nationwide standard. Many things that are nationwide do not adapt to the realities of Alaska and the rural communities in particular. She is wondering if there could be a case-by-case process to evaluate communities like Juneau that have a community assessment in place and can continue to do its work so programs don't fail. They could possibly apply for some relief funds to sustain the programs if there was a reporting process to make sure there is fiscal accountability.

Sen. Gardner said that would be a Division decision, not a Council decision.

Sen. Fairclough asked how to craft a question to see why the Department has chosen such a constrained structure for distribution of funds. There must be reasons. There is no reason to restrict funds from a successful program that could fail due to a redundant planning process for some grantees. She asked Burkhart what the process should be.

Burkhart advised that she had several grantees approach her and that she had intended to have a conversation with Director Wall. He has been very receptive to conversation about how program decisions affect grantees in unexpected ways and making changes to program management.

Sen. Gardner asked if there would be benefit for the Council to try to underscore the effort that Burkhart is working, or should the Council wait to do anything formally or officially. Chairman Martin said that he would like the Council to underscore its position and formally support the coalitions. May said the Council's focus should be on the possible dropping of already successful programs and should encourage them to succeed.

Sen. Fairclough asked for a formal report from the Division of Behavioral Health specific to the grant to be addressed to the executive committee, noting that the DHSS representative had missed two of the three meetings since his appointment. She understands that people have lots of commitments but regular attendance of the Council meetings is important for the process to move things forward. The representation of the Division is important.

Burkhart said there were three different Division Directors the past fiscal year. All of the meetings of FY14 were attended by the Division Director at the time of the meetings except one. Director Wall missed the last quarterly meeting of the fiscal year, attended the teleconference in

June, and was not available during for this meeting. It is not completely accurate to say the Division has not been represented at the meetings, but the current Director was unable to attend two of the last three meetings and a response from the Council should be accurate.

Sen. Fairclough said she is happy to be accurate by saying the Division was represented by its member one out of the last three meetings.

Chairman Martin said the Council asked years ago that the Legislative members show better attendance at meetings because there was less participation back then. The Legislative members the past couple of years have had excellent participation and it is appreciated by the Council and staff. It would be nice if the same thing could be asked of the Administration staff.

Sen. Fairclough said she wants to ask for the Division's participation as respectfully as possible because the Council wants to nurture a strong partnership. She would like to request a report to the Executive Committee within 30 days so the Council can respond to the grantees concerns in a timely manner. There are programs that are on hold or at risk and it is an area that needs to be addressed.

May asked whether Director Wall should send a representative to meetings when he cannot attend. Moore-Beyers noted that James Gallanos from DBH Prevention is a regular attendee and presenter at council meetings. Chairman Martin said it is important for the Director to appoint someone to attend in his place if he can't attend so that the Division is providing input into the Council's work. What is happening to the grantees, particularly Juneau, is a big problem because it is a step backwards for all the good work they have accomplished. The largest Native tribe in Southeast Alaska is working with the Juneau coalition on training and this planning process could affect that process.

Burkhart asked for clarification of the Council's direction on how to proceed. It is proposed that a letter expressing the Council's concerns and questions about the prevention program will be drafted, to be signed by Meghan Crow as vice-chair (given the Chairman's active role in the Juneau coalition – a grantee). Burkhart will then schedule a conversation with Director Wall to discuss the concerns and propose solutions.

Sen. Fairclough said she thinks there will be faster progress if a formal request is asked for on the process of the grants. Burkhart will request a report. She suggested that, if the Council wants to accept a designee when the director of DBH cannot attend, it be a Deputy Director (someone authorized to make decisions for the division). Chairman Martin and Sen. Fairclough both directed that Director Wall's attendance be prioritized and not routinely delegated because his knowledge base is important to the work of the Council.

Sen. Gardner brought the two suicide prevention editorials in the Alaska Dispatch News to the Council's attention for discussion. She suggested contacting Mr. Collins and Ms. Meyers directly about the data cited in their letter to the editor. Burkhart described the long history of their

advocacy related to hospital-based psychiatric services, and that perhaps direct engagement would not be effective. May stated that the data cited sounds similar to national data about the prevalence of mental illness among people who die by suicide. She expressed concern about drawing direct attention to their letter. She also expressed frustration that newspapers report on suicide but do not include the Careline number. The DHSS public information officers have made repeated efforts with the media to have them include the number when addressing suicide.

Franks suggested using World Suicide Prevention Week as an opportunity to educate the public on the issue without pointing fingers at anyone. There is a lot of good work being done in Alaska and a commentary highlighting the positive efforts could be more useful to the conversation. Moore-Beyers suggested explaining, in response to the Sunday article, that not all suicide prevention efforts are state-funded. The Council provides coordination of efforts, but ultimately isn't responsible for all of the efforts in Alaska and shouldn't be.

Sen. Fairclough suggested regional messages from Council members rather than just a single piece in the Anchorage paper. Burkhart suggested the Council write "thank you" style editorials to regional papers and provide contact information for press to write local news articles. Burkhart also explained that the DHSS public information office has provided annual safe messaging information and case-by-case information to reporters and editorial boards.

Chairman Martin asked staff to send links of the two commentaries to the Council via email.

May suggested contacting Benjamin Manley, author of the Sunday article, directly as a respectful response to his article. Council members decided to invite him to the meeting this afternoon to share his thoughts. Sen. Gardner extended the invitation through her staff.

Sen. Fairclough asked for an update on the postvention e-Learning module. Burkhart explained that the focus since July 1 has been on getting the funding from the Council to DEED. There was an error at OMB that delayed the funding being transferred from the Council to DEED. The SAMHSA tool for schools after a suicide will be used for the content of the module. The Trust Training Cooperative will help with the Continuing Education credits. The funding buys 500 public seats for professionals to attend the e-Learning module for continuing education credits. None of the \$60,000 will go to the TTC that funding is reserved for the public seats. Sen. Fairclough reiterated the Continuing Education Sub-Committee's desire to participate in the content development and a long-term planning effort to make the best use of the funds.

Burkhart said there hasn't been anything substantive done on the content. The focus has been on infrastructure. Staff can coordinate with the sub-committee around content in the fall and bring in the TTC to help with the continuing education credits.

Break at 10:25 a.m.

Pat Sidmore, Adverse Childhood Experiences Presentation

Pat Sidmore is the Senior Health Planner for the Alaska Mental Health Board. He presented a powerpoint on Adverse Childhood Experiences (ACE) (*attached, Exhibit B*). The study was conducted with 17,000 people in San Diego, California. Participants were asked 10 questions about physical abuse and neglect, emotional abuse and neglect, sexual abuse, substance abuse, incarcerated household members, family history of mental illness, and domestic violence in the home prior to the age of 18. There have been over 100 peer reviewed articles that have examined the results of the study.

The State of Alaska has asked ACE questions of Alaskan adults through the Behavioral Risk Factor Surveillance Survey (BRFSS) for the past two years, and is working to include that module for a third year.

Sidmore explained the high correlation between the number of ACEs experienced and the risk for substance use disorders and depression (the higher the number of ACEs, the greater incidence of behavioral health disorders) in a study in Washington. The same correlation is seen with smoking and risk of experiencing domestic violence.

The relationship between ACEs and suicide attempt is startling. Sidmore explained that the greater incidence of ACEs contributes to a greater incidence of suicide attempt. For example, 35% of individuals who have an ACE score of 7 have attempted suicide. Research shows that 58% of suicide attempts can be attributed to ACEs.

Sen. Gardner asked about the difference in the Washington data on attributable risk for alcohol and heavy drinking and the broader alcoholism risk reported in the presentation. Sidmore explained that the measures (heavy drinking in the BRFSS vs. alcoholism) are different.

Sidmore described the intergenerational impact of ACEs and toxic stress. Children develop coping mechanisms to deal with ACEs, which can develop into maladaptive behaviors perpetuated in adulthood. Moore-Beyers commented on brain scan research of children with adverse experiences, and how their fight or flight portion of the brain takes over their decision making. Sidmore explained that pregnancy and parenting of the next generation is affected, perpetuating the cycle. Sidmore went on to describe all the opportunities in the cycle to intervene and stop the ACEs cycle. He explained that treatment is also prevention for the next generation.

Sidmore presented Alaska specific data. Two-thirds of all Alaskans have experienced at least 1 ACE. Parental divorce, imprisonment, and substance abuse are worse in Alaska than nationally. Compared to a five-state average of Alaska, Arkansas, Louisiana, Tennessee, and Washington, Alaska has a significantly higher rate of verbal abuse and parental imprisonment – and is higher in all categories than the 5-state average. This is based on preliminary data, and should be reflected in the official data to be released in a matter of days. One third of Alaskans have no ACEs, while the average of the other five states is around 40%.

Sidmore explained that, if you look at Alaska ACE data, there is a reduced incidence of ACEs among people age 18-34. This indicates a generational decrease in ACEs, especially among Alaska Native peoples. Domestic violence and sexual abuse are lower among younger people in Alaska than the same age group in the 5-state cohort. It is difficult to compare 50 year olds to 18 year olds because of the associated early death of people who experience a high number of ACEs. The second year of BRFSS data will provide additional information related to this surprising picture. Sen. Fairclough asked when that would be available. Sidmore said it would be available next year, and with the third year of data allowing for geographical analysis. Sen. Fairclough looks forward to being able to tell the story of generational improvement after the substantial public comment the Council has received from youth asking adults and elders to do better. Sidmore said that it is interesting to look at over time, as many elders surveyed are reporting trauma that occurred before statehood.

Brain research has filled in the gaps about how ACEs affect people physiologically as well as psychologically. There is a tremendous impact on school readiness, as ACEs disproportionately affect the left brain (“school is all about the left brain”). ACEs affect child development in sensory processing, language, and cognition. ACEs also affect neural development, making early intervention critical to preserving important neural pathways.

Sidmore showed how reduction of ACEs over time (gradual decreases in incidence) can have a major impact on suicide attempts.

Moore-Beyers asked about trauma informed care efforts. Sidmore described school-based efforts to address/mitigate trauma and the successes seen in Walla Walla, WA (a model often consulted by Alaskan providers). He said success is often seen at a community level. Moore-Beyers commented that the implications for the early childhood systems are great, especially around helping parents understand the importance of the early years for their children. Sidmore commented that the Department of Education and Early Development helps fund the BRFSS ACE module.

Sidmore reported that many researchers and community organizations are interested in the ACE and BRFSS data. The cross-tab possibilities are great. Sidmore also commented that 22 of the 25 measures in the Healthy Alaskans 2020 effort are related to ACEs. The potential savings from using the study to inform policy are significant. There is about \$200m in costs to Alaska associated with substance abuse arising from ACEs. Even more costs are associated with, domestic violence, etc., attributable in part to ACEs.

Chairman Martin asked how they determine that someone age 0-1 has an ACE. Sidmore explained that this is derived from a caregiver survey on early childhood health. One of the weaknesses from that survey is that it does not ask about abuse or neglect.

Kathryn Casello, New Member Introduction

Kathryn Casello is a newly appointed council member. She is 17 and is a senior at West High School. She participates in debate and choir. Suicide prevention is one of her main extracurricular activities. Her brother is 15 and attends the same school. Her father is in the military and her mother works with the police and fire chaplaincy.

Casello became involved in suicide prevention after the loss of friends to suicide and friends' attempted suicide. She began to participate in the Anchorage Suicide Prevention Coalition with her mother. She saw there was not a lot of youth representation, so she wanted to get more involved in the issue. She started a wristband outreach effort in her school. May noted that Casello and her mother were creative in funding the outreach, securing grants from UAA and the local coalition. Casello was overwhelmed with how well received it has been, especially among varsity sports teams. West High School has about 1,700 students and she sees many people wearing the wristbands in the hallways. She spoke at freshman orientation and has had students approach her to help. She has presented at Service High School and has plans to present at South High School and at the high school in Eagle River. She is also going to speak to students in Kotzebue. Things have progressed very quickly and she is amazed at the response and interest in preventing suicide among her peers and school communities. She sees that peer-to-peer outreach is most effective.

Her hope is to do anything she can to offer the youth perspective and what youth need to hear. She would like to see barriers to youth seeking mental health services removed, specifically the age of consent. Franks spoke highly of Casello's efforts and her appreciation for having a youth voice on the Council. Casello said she sees that peer-to-peer outreach helps reduce stigma among teenagers and helps advance the awareness. Some teenagers think that people who seek help are really seeking attention, so the reduction of stigma is important to the overall goal of reducing suicide among youth. It also helps create healthier and safer schools overall.

Chairman Martin thanked her for her presentation and her work, and asked the council assistant to provide materials to her to take with her to her presentations. Morrison agreed. Sen. Fairclough suggested that Casello be consulted before the Council buys additional promotional items to share with youth populations so they are relevant. Fishel and Erickson volunteered to connect with Casello offline to coordinate efforts.

Chairman Martin asked about the Council having a booth at the Alaska Federation Nations (AFN) Convention this year. Council members agreed, so he will ask if AFN will donate booth space. Chairman Martin asked if Casello would be interested in participating in Elders and Youth. There may be a scheduling conflict with the Council's Seward meeting.

Brenda Moore-Beyers, Faith-Based Postvention Training

The pastoral group developing the content and planning the training continues to meet. It has adopted some guidelines of what it wants to address at the training planned for January. It conducted a group exercise on suicide assessment based on Psalm 88. Many members of the group, predominantly from Fairbanks and Anchorage, are survivors of a loss to suicide. They are concerned with unsafe messaging and discomfort addressing suicide among clergy members. The training is developed around a biblical perspective on suicide. Dr. Jim Wisland (Arctic Suicide Prevention Resource Center, founder and suicide loss survivor) and Moore-Beyers met with Director Wall, who is interested in DBH sponsoring the training.

The training will have two tracks. One will work with the Trust Training Cooperative and Eric Boyer to offer general suicide prevention training. The other will help develop guidelines for speaking about suicide from the pulpit, specifically when it comes to funeral services and postvention. The group hopes that this training will help pastors become more comfortable speaking on the topic from a biblical perspective. The plan is to have a pilot project in Anchorage that can be replicated in other communities. It is driven by faith leaders themselves who are working on this issue. Moore-Beyers asked that, during New Business, the Council discuss how it wishes to participate in the training.

Lunch Break

The meeting resumed at 1:05 p.m. Vice-Chair Meghan Crow moderated the afternoon.

Sharon Fishel, Department of Education and Early Development (DEED)

Fishel provided a written report (in Council member packets). In school year 2013-2014, 1,400 users enrolled in the Suicide Prevention Part 1 curriculum. Since the 2014-2015 school year began, 823 users have completed Part 1 and 205 have completed Part 2 (which went live August 1, 2014). Mat-Su School District continues to use the eLearning curricula district wide. Anchorage and Juneau School Districts are also using it consistently.

Last school year, school districts used one or more evidence-based training to meet the SB 137 requirements. The eLearning module was used most often with 40 of 54 school districts choosing that option. There was an announcement on the DEED information exchange sent to all school districts about the availability of the eLearning modules to use this school year.

There are four new school districts participating in the DEED-SSPC school based suicide prevention program. There are a total of 10 school districts receiving \$25,000 mini grants in FY15. School districts are implementing evidence-based training and prevention programs, and some are partnering with community behavioral health providers to increase student access to mental health services. The annual grantee meeting is September 22-23, 2014 in Anchorage with a Gatekeeper-QPR training on September 24, 2014. There will be at least two staff members

from each grantee attending the meeting. The meeting will include grantee reporting requirements and action planning.

North Slope School District is focusing on safeTALK. Anchorage School District is implementing Natural Helpers, while Mat-Su School District is offering ASIST training. Northwest Arctic Borough School District is continuing the work of its Youth Leaders peer-to-peer suicide prevention program. The Juneau-Douglas School District is using the Reconnecting Youth model.

Each of the grantees is required to develop an action plan that includes what they intend to do, who is assigned to complete it, cost estimates, and when it will be completed. There will be a follow up by DEED at the end of the school year to see if the progress has been made. The plans will be revisited at the meeting in September. The grantees are required to submit an end of year report.

The DEED suicide prevention program is building on existing and imbedded initiatives to improve student outcomes. For example, the Haines School District and their community behavioral health partner are building on the Positive Behavior Interventions and Supports (PBIS) efforts in the schools, an evidence-based model implemented through the Bring the Kids Home Initiative. This district is also screening for Adverse Childhood Experiences as part of the PBIS implementation. Several of the school districts receiving suicide prevention grants have engaged in wellness initiatives funded by the Division of Behavioral Health Comprehensive Prevention Program.

By-Laws Review and Update

Erin Shine, staff to Sen. Fairclough, walked through the proposed changes to the by-laws drafted with Sen. Fairclough. She went through the current statutes related to the Council and cross checked them with the by-laws last amended in 2010. There were a number of changes that needed to be made to be in compliance with the statute. She changed the Council Composition section from 16 to 17 members to include the military representation added to the Council by the Legislature. The language was also changed to reflect the new age limit of 24 years old for the youth member. The language to address that the legislative members are non-voting members was changed to make it consistent with statute. There was language added to meeting participation to clarify that attendance via teleconference is allowed.

Crow asked if there were any questions about the changes. May noted that the qualifications for the military member may preclude her from serving after her retirement. The Council had advised at last meeting that her participation would not be affected by her retirement, but she doesn't feel the language reflects that and doesn't want there to be any repercussions to the Council because of that. Sen. Fairclough commented that the language comes from statute, and that issue should be taken up separate from the by-laws. Things can't be added that are not consistent with statute.

Sen. Fairclough asked if staff had any questions regarding the changes. Burkhart said she had not done a side-by-side comparison with the old version and statute. The walk-through from Ms. Shine seemed to reflect the original intent of the update – to bring the by-laws into alignment with the statute.

Vice-Chair Crow reminded the Council that there was conversation at the past meeting that clarification on whether three excused or unexcused absences are intended in the definition of “poor attendance” in Article III, Section 2.c. She asked Burkhart if there needs to further clarification of the attendance issue, or if it is adequately addressed. Burkhart said the conversation in Bethel was to clarify what makes an absence excused or unexcused. There was discussion on what constitutes an excused absence and if missing three meetings in a row regardless if they were excused is acceptable participation. Fishel pointed out that Section d. notes “unexcused absences” for annual absences. Burkhart pointed out that that is based off a 12-month period and not on three meetings in a row that may include two fiscal years. She noted that there has not been consensus reached by the Council if three excused absences in a row is grounds for dismissal.

Sen. Gardner said whether absences are excused or not, the absence of the member affects the work of the Council. She would step down if she could not make three meeting in a row. Humphrey said to put the responsibility on someone to determine if a person is excused or not is not necessary. Burkhart said specificity is important, particularly for new members that join the Council. Moore-Beyers said there is a lot of advanced notice for the meetings and attending quarterly meetings is not an unreasonable expectation. There was consensus among Council members that the issue of excused or not excused is not important – the issue is effective participation in the meetings.

Crow asked about the process of addressing the issue of poor attendance. Burkhart said in the past the chairman and/or staff have contacted the member. Most recently, the former youth member went to college, wanted to continue with the Council, but was not able to continue participating due to her schedule. Chairman Martin discussed it with her and she agreed to stand down. There have also been absences due to changes in members’ contact information, so staff was unable to reach a member.

Sen. Gardner noted that telephonic participation is allowed. Sen. Fairclough said that the Council’s response should be compassionate, and give council members the opportunity to explain what is preventing participation. She suggested that attendance be a standing agenda item at every meeting. Council members agreed that the language in these sections serves as written. Burkhart confirmed that an attendance roster is provided in every packet. The version in this meeting packet is the entire FY14 attendance roster (12 months). Council members would like the attendance roster to include the current meeting and to not include past council members. A calendar will be included in each future packet that covers the previous 12-month calendar year, not just the fiscal year.

Crow asked Burkhart to contact the members that have missed three meetings in the past 12 months to let them know that it will be discussed at the next meeting. Burkhart said she will contact those members. In the past 12 months there have been several members with poor attendance. Christine Moses has advised the Governor's office that she will not be applying for reappointment; there is active recruitment for a new rural member to be appointed in October. Counting this meeting, Lowell Sage has three absences in the previous 12 months, Fred Glenn has four, Rep. Benjamin Nageak has five, and Rep. Jonathan Kreiss-Tomkins has three as of today.

Fishel moved to accept the by-laws as proposed. Sen. Gardner seconded the motion, which passed without objection.

Cynthia Erickson, New Member Introduction

Cynthia Erickson is a new public member. She lives in Tanana, where she owns the store. She has foster children and children. She sees the impact of ACEs in families and communities. Erickson has been dealing – often alone – with suicide in her community for years. Last year she took a group of 4-H students to the annual Alaska Federation of Natives Convention. The response has been overwhelming. Now communities call her for help after a suicide occurs – but she is not equipped to respond that way to communities in crisis. The youth group has been to Bethel and to Ruby for prevention projects (pledge cards, posters, talks), and will participate in a healing event with the Alaska State Troopers in September.

Erickson first addressed the Council four or five years ago. She attended the Statewide Suicide Prevention Summit this year, and was glad to have a chance to connect with people statewide. She has worked with the students at the Alaska Association of Student Governments, too. She looks forward to being an effective and active member of the Council, and representing rural Alaska.

James Gallanos, Division of Behavioral Health

James Gallanos is a prevention program manager with the Division of Behavioral Health. He manages the Department of Health & Social Service suicide prevention grant program. He provided a written report to Council members. He noted that there is a bulleted list of the differences in the FY15 prevention grant program (in response to public comment received) in his report. The previous grant cycle was for 3 years and the current cycle is for 4 years. There is a more rigorous planning process now. He affirmed that the Division is committed to the Strategic Prevention Framework, followed with fidelity, and diverse coalition-led community prevention efforts based on specific strategies to achieve results. Without coalitions, the funds are often utilized by one agency so the collaboration of different agencies is important to help the entire community. Community-driven data is also a focus this grant cycle. The Division wants to assess the resources and readiness of a community, which was supported in research of previous grant cycles. If a community is not ready to address suicide there may need for a different way to

address it. Embracing cultural values and holistic wellness is a way that communities can address suicide without addressing the issue “head on.” They will monitor local data over time to see where they are effective. They are asking grantees to implement at least one environmental strategy; for example, looking at the environmental conditions in a community that are contributing to a specific behavioral health issue.

Burkhart noted that Gallanos’s report implied that grantees are unfamiliar with or have not implemented the SPF effectively. However, several of the FY15 grantees include previous SPF SIG grantees. Burkhart asked how the Division is reconciling that position. Gallanos answered that those grantees are in the last year of their Strategic Prevention Framework grant, which focused only on youth and adult alcohol use. They had to apply for a prevention topic other than substance abuse prevention. Burkhart asked why all grantees were required to attend a substance abuse training if some were precluded from using grant funding for substance abuse prevention. Gallanos answered that the training was about the Strategic Prevention Framework, not substance abuse prevention. Burkhart reported that grantees shared with her that it was about substance abuse only, and so grantees not focused on that area were frustrated. Fishel, who attended the training, confirmed that the training was exclusive to substance abuse prevention and the Strategic Prevention Framework. Some of the people had difficulty making the connection between the different issues because trainers could not give examples on their topic area. The staff that was there weren’t able to make the connection to the SPF, which added to the confusion. Gallanos said he had the same frustration with the training himself. Burkhart asked why it was implemented the way it was if the Division knew it would be frustrating to mental health and suicide prevention providers. Gallanos admitted that the Division was challenged to bring mental health and suicide prevention into the Strategic Prevention Framework. He commented that the framework will lead to guaranteed results.

Sen. Fairclough commented that it sounds like the Division is holding back the coalitions that are ready and able to move forward with fidelity. Some grantees are on hold and could have failing projects while the Division waits for other grantees to catch up. Sen. Gardner agreed, commenting that the Division seems to be holding back money from coalitions already operating with fidelity. She understands the SPF framework and its importance, but thinks it might have gone too far. Sen. Fairclough wants to know why money is being held back from grantees if a program already has fidelity.

Gallanos said that previous grantees were not held accountable. Burkhart asked why recipients of public money were not held accountable for their use of the money. Gallanos said the Division just trusted that they would address the issues as they saw fit. The Division does not want to be top-down, or for coalitions to be proxies for the state. They do want grantees to continue to collect outcome information, after they recalibrate to meet community needs. If you want community level outcomes you have to look at community level strategies. They want to inspire communities, not hold them back. They want grantees to share funding, and most applicants didn’t do that in their budget. Special conditions were applied so that the fiscal agent shares

funds with other coalitions. Forty percent of the budget can go to personnel costs in the first year of the grant. Once they have an implementation plan, then they can revise the grant budget. Burkhart asked how much could be used for personnel during implementation of the 4-year process. Gallanos said he would have to check. Burkhart asked if it was at least 40%. Gallanos said yes, though the Division wants community coalitions to secure matching funds (a small percentage) from local partners.

Sen. Fairclough asked if all these funds were General Funds. Gallanos said it was General Funds and Alcohol Excise Revenue. Sen. Fairclough said that this new system seems to break coalitions apart rather than strengthen them, by not giving the entity that writes, monitors, and reports on the grant enough resources to do so. Gallanos replied that the Division wants to achieve the greatest impact with limited resources. The grantee is meant to be just a fiscal agent providing neutral infrastructure, letting the community coalition drive the process. Sen. Fairclough said this process is unrealistic and that it puts the grantee at the mercy of other agencies' agendas and actually results in less cohesive prevention efforts. Moore-Beyers agreed that this is an unintended consequence, and warned that the fiscal agent may not always share the coalition's interests.

Vice-Chair Crow asked who coalitions can ask for help. Gallanos said the entire Prevention Section can help, not just the grant manager. Whatever grantees need from the section, they will "work hand-in-hand" with the grantees.

Sen. Fairclough asked why new coalitions are being created when there are effective efforts underway and limited resources. Gallanos said this is a new grant cycle. Sen. Fairclough asked why two levels of awards were not considered, one for experienced coalitions and one for new coalitions. Gallanos said they had tried that in previous years and it proved difficult. Ninety percent of the FY15 grantees are past grantees, with only three new awards (Ketchikan, Kenai, and Hooper Bay).

Sen. Gardner asked how a community like Hooper Bay achieves community buy in. Gallanos said RuralCAP was helping them. They have yet to submit a new budget. Burkhart asked if the expectations and performance measures were the same for small and large communities. There is disparity between the readiness of communities like Hooper Bay and Mat-Su. Gallanos said yes, the performance measures are the same. All grantees must partner with Careline, conduct a readiness assessment (survey 6-8 people) three times in four years, and conduct the Strategic Prevention Framework with fidelity.

Gallanos spoke to the public comment that the Division was not providing the full expectations and requirements to grantees. He said that the reason that the Division is not providing the complete picture is because "it would not be helpful" and it might "overwhelm" grantees to provide all the information. Sam Trivette responded that the Juneau Coalition can handle the information and asked that it be provided now and not held until the Division decides grantees

were ready. Vice-Chair Crow asked that Gallanos meet with the Trivettes and the Juneau Coalition to help resolve these concerns.

Burkhart asked for a copy of Doorway to a Sacred Place. Gallanos said he would share a copy with the Council.

The Rotary Project Update on the agenda will be provided in writing to council members by staff due to time constraints.

Benjamin Manley, Survivor of Suicide Loss

Mr. Manley wrote an opinion piece in the Sunday *Alaska Dispatch News*. He expressed concerns with state efforts to address suicide, and wants to step up to help be sure that it does and help increase awareness. Vice-Chair Crow thanked him for speaking publicly about concerns and what he thought was working to prevent suicide.

Sue May also thanked him for his opinion piece, and invited him to participate in the Anchorage Suicide Prevention Coalition. She offered to connect him with the chair of the coalition for more information. Mr. Manley asked that she do that. Staff will send him the newsletter and other information.

Break

Courtney Dreher, Veterans Administration (VA)

Courtney Dreher is the suicide prevention coordinator at the Veterans Administration in Anchorage. She trained with Sue May before her retirement.

The suicide prevention program identifies veterans at risk and works to connect and support them in mental health and other services. The hospital liaison service continues for veterans receiving services at Alaska Psychiatric Institute or Providence Hospital mental health (neither of the military hospitals in Alaska have inpatient psychiatric services). Every veteran identified as high-risk for suicide receives a card every month from the VA suicide prevention program. The program also provides education and promotion of national resources, like the Veterans Crisis Line (part of the National Life Line). They educate people about the importance of warning signs, and limiting access to lethal means. The Wasilla Veterans Center is doing outreach, including suicide prevention, at the State Fair this week. They are reporting quality conversations with veterans there.

All VA personnel at the clinic in Anchorage receive suicide prevention training. Healing Our Heroes training is being conducted in communities statewide. The PTSD specialist and recovery coordinator are also visiting smaller villages.

The VA suicide prevention program participates in the Stand Down events, and is going to the health summit in Kenai in September. These efforts are coordinated with other veteran outreach

efforts. Dreher will be attending the Service Member, Veterans, and Families Team meeting with the Alaska delegation next month.

Dreher shared demographic information about the Alaska veteran population. There is a slight downward trend in veteran suicide completions in the Pacific Northwest Region. Veterans experiencing chronic pain show a heightened risk for suicide. There is a lower rate of ideation and completion among veterans engaged in VA services who receive screening and/or mental health services. Not all veterans are served currently in the VA system, so there are many opportunities for veterans to engage in services with the VA. The VA partners with tribal health organizations to ensure that veterans have access to health care in their home communities. The VA also uses telemedicine to provide access to veterans in rural Alaska.

Franks commented that everything she hears and knows about the VA suicide prevention program is good. She is from Hoonah, where there are many veterans. She has tried to help connect veterans to resources, and it is not always easy. May suggested a liaison program to help the rural providers that have partnered with the VA to serve veterans, so that they can support each other in providing services.

Franks asked if the VA provides help to families before service members come home. May and Dreher commented that those services are provided by the Army, National Guard, etc. rather than the VA.

Fishel asked what happens to veterans who discharge for mental health conditions, specifically suicidal ideation – how they access services. Dreher said they could connect through the local VA clinic, telemedicine, or a partner agency. The medical discharge process includes a disability determination, so they will have benefits at discharge. However, they will still need to apply for VA benefits (the eligibility form is online). There are specialized resources for veterans of the Iraq and Afghanistan wars. The VA system is cumbersome, so people can contact Dreher directly for help navigating it. May stated that the military will connect the discharging veteran of the Iraq/Afghanistan wars to the special programs in the state where the member is relocating.

Vice-Chair Crow thanked Dreher for her presentation.

World Suicide Prevention Day/Week Planning

Last year, the Council provided a Compass piece to the Anchorage paper. Staff has requested a proclamation for suicide prevention day and week (as in previous years). That request has been received and is under consideration. Staff has also worked with the Alaska Mental Health Trust Authority (AMHTA) and its contractor to develop a new television commercial. It has been submitted to local media stations as a PSA and has already begun airing, including during the Emmy's broadcast the previous evening. It is a 30 second Careline PSA with the Council and AMHTA logos. It is posted to the Trust's YouTube channel. Staff has also worked on a media

buy of \$20,000 that will begin during Suicide Prevention Week and air on channels across the state for a month. Morrison will send a link to council members and see about posting it to the Council website.

The Gulf Coast Regional Suicide Prevention Team is coordinating trainings and education efforts. Franks reported that ANTHC was partnering with the University of Alaska Anchorage and SouthCentral Foundation on education and outreach efforts that week. NAMI-Anchorage will have a remembrance tree on September 12, 2014. Morrison said there are events listed on the www.stopsuicidealaska.org calendar. If any members hear of other events, please contact him to update the calendar.

Chairman Martin asked Gayle Trivette to share what the Juneau Coalition is doing. Ms. Trivette reported that they are working with KINY Radio in Juneau to put together a two hour program to air on KINY on September 11, 2014.

Morrison asked if the Anchorage Coalition had planned anything. Coalition members did not know of specific suicide prevention efforts that week.

Council members asked staff to coordinate regional op-ed pieces speaking to local suicide prevention efforts and promoting Careline. May asked if this was coordinated with Sarana Schell in the DHSS public information office. Burkhart said she works with the PIO to submit the pieces, and considers input from the PIO (but the content and tone comes from the Council).

Vice-Chair Crow said she would collect information from her region for the op-ed pieces. She asked if the Council was coordinating Walls of Hope this year. Burkhart explained that this was possible in the past thanks to the partnership with the Association of Student Governments, which has a new director and has reported seeking a new focus for student efforts according to Franks. Vice-Chair Crow asked Casello to share any information she learns about Anchorage School District events.

October Meeting in Seward

The Council will meet in Seward October 20-22, 2014. The Gulf Coast Regional Suicide Prevention Team has been very active in 2014 (after a lull in the summer). Morrison met with the team two weeks ago to begin planning the meeting.

Council members will fly to Anchorage on October 20, 2014 and then drive down to Seward. The meeting will open with public comment in late afternoon Monday. There will be a full day meeting on October 21, site visits in the morning October 22, and then return to Anchorage that afternoon.

Morrison asked council members to share agenda items and ideas for the meeting. There was discussion of using site visits in lieu of presentations from stakeholders. Sen. Gardner suggested having site visits on Tuesday morning so the meeting is shorter and there is time to discuss what

was learned instead of returning back to Anchorage directly after the proposed visits on Oct. 22. Burkhart said that is possible. There could be teams that visit different sites, or all Council members could visit the same sites. There are roughly four locations that she can think of that would benefit the Council's work. Chairman Martin suggested having Kathryn Casello and the Council present at the high school. Vice-Chair Crow cautioned to make sure they are ready for that sort of presentation (there was a youth suicide last school year). Fishel will reach out to the school district to see whether they want/are ready for that sort of assembly. Franks said that the reception to The Winter Bear performance in Seward was very supportive and included the behavioral health providers.

Sen. Fairclough suggested having public comment after site visits, with at least one visit on Monday afternoon. Burkhart said that is possible. Vice-Chair Crow suggested having the coalition come to the meeting since they are from different agencies.

Burkhart asked that the Anchorage members head down the morning of Oct. 20 so that, if other members are delayed due to flight cancellations or weather, that there will be members in Seward that afternoon to take care of Council business.

Other Business

Sen. Fairclough asked that the by-laws be posted to the Council website. Morrison said he would do so tomorrow. Vice-Chair Crow confirmed that Burkhart will send a written report on the Alaska Rotary project.

Final Comments

Brenda Moore-Beyers said she would send more materials on the clergy training and then seek the Council's support in whatever form. She is looking forward to the regional articles to inform the public about suicide prevention efforts.

Sen. Gardner said that Benjamin Manley texted that he could hear council members during the break and was concerned with what he heard. She reminded everyone to be careful of what is said when the microphones are open. She thinks it was a good meeting.

Sue May said she would connect with Burkhart about her eligibility to serve on the Council.

Kathryn Casello said she was excited to be joining the Council and looks forward to the next meeting. Cynthia Erickson echoed the sentiment. Vice-Chair Crow commended the new members, and encouraged them to always speak up if they have something to say.

Sharon Fishel said it was a good meeting. Chairman Martin thanked everyone for attending and making suicide prevention a priority. He thanked everybody for participating in the meeting. He believes the Council is doing good work and it will continue to make a difference.

Fishel moved to adjourn at 4:16 p.m.

Exhibit A

Good Morning. My name is Gayle Trivette. Thank you for your work to prevent suicides in Alaska. Sam and I were privileged to attend the first two "Casting the Net" Summits and were very encouraged by all the good work and connections made with many Alaskans working to prevent suicide.

I am a volunteer member of the Juneau Suicide Prevention Coalition and a suicide survivor. We lost our 22 year old son June 28, 2007. Less than a year later the Juneau Community Suicide Prevention Task Force was formed as a volunteer grassroots organization responding to several unrelated youth suicides. It has continued to be a vibrant coalition dedicated to suicide prevention for over 6 years. A brief history of our work is available on our website. I am a volunteer and am not paid by any agency. I am not speaking on behalf of the Coalition. I am speaking as an individual who has dedicated countless hours to our coalition's work on suicide prevention.

As part of its new prevention grants, the state Division of Behavioral Health in The Department of Health and Social Services has initiated a new community assessment process for community coalitions around the state.

Although the new grant is for 4 years, the state is requiring that a very detailed community planning process be completed first and is allowing up to a full fiscal year to complete the process. All of the components of the planning process have not been released so it is impossible to gauge whether or not a full year required.

This is a problem for community coalitions that have been operating successfully under the previous state grant. DHSS has effectively mandated that until the planning process is completed and approved, no community coalition may spend any of the new grant money on existing programs, no matter the need or value of the program.

The maximum amount that may be spent on the required community planning process is 10%, leaving the bulk of the grant funds untouched for the first year.

My concern as a community member is that if effective existing programs are curtailed for up to a year, more youth and adults could die by suicide than if the program had been continued. This seems like a very high price to pay for the people of Alaska.

The state's position is that for existing programs to continue, other funds—besides the state prevention grant—must be used until the community planning process is completed. It is easy to say that communities should look elsewhere for funding of existing programs until the planning is completed, but given the financial plight of most communities, that is not likely.

In the case of Juneau, our Coalition's top priority program, in my opinion, is "Sources of Strength," a program implemented in schools to prevent suicide. The program is highly successful and is the result of a great deal of planning and evaluation. We are now in the

position of needing to find other funding to continue this program that is playing a vital role in preventing suicide and other negative behaviors with middle and high school students.

My request is that the State Council request that the DHSS work with existing community coalitions to identify existing programs that are well planned and effective, and work to release enough program funding to maintain at least a minimum level of funding pending approval of that coalition's community plan.

Clearly, after the planning process is complete, even a successful program may be curtailed in favor of a higher priority or more effective program, but I am afraid that a blanket curtailment of all existing programs or services may be a tragic mistake with no reasonable benefit to the community.

Thank you so much for listening to my concerns.

Exhibit B

Adverse Childhood Experiences

Suicide Prevention Council
Anchorage Alaska
August 26, 2014

The Adverse Childhood Experiences (ACE) Study

Examines the health and social effects of ACEs throughout the lifespan among 17,421 members of the Kaiser Health Plan in San Diego County

What do we mean by Adverse Childhood Experiences?

Physical abuse/neglect
Emotional abuse/neglect
Sexual abuse
An alcohol and/or drug abuser in the household
Incarcerated household member
Household Mental Illness
Mother is treated violently
Parental Separation/Divorce



Adverse Childhood Experiences Are Common

Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

Abuse:

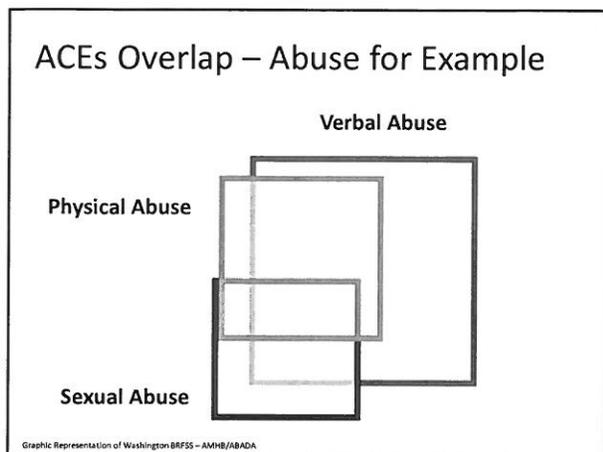
Psychological	11%
Physical	28%
Sexual	21%

Neglect:

Emotional	15%
Physical	10%

**Adverse Childhood Experiences Rarely
Occur in Isolation...**

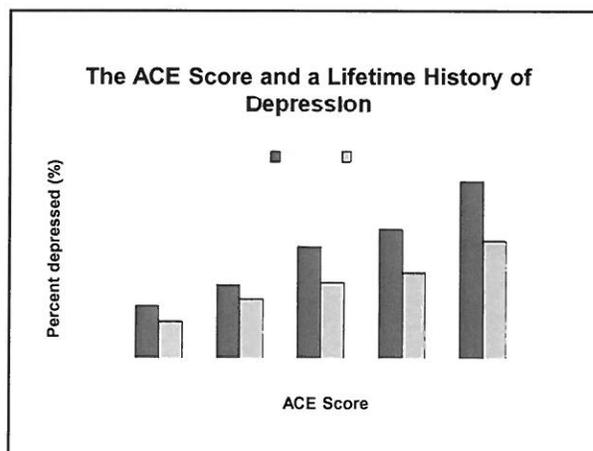
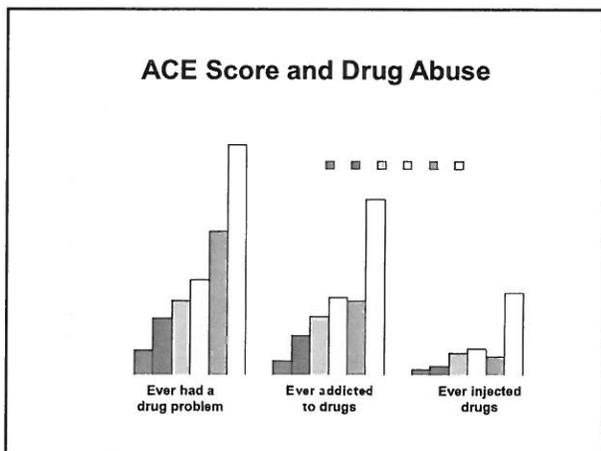
They come in groups.

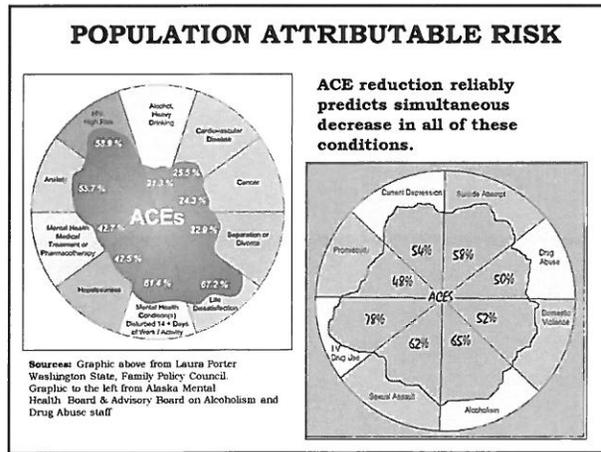
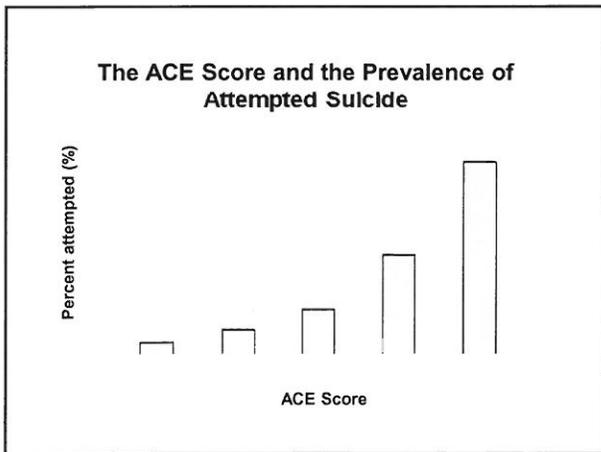
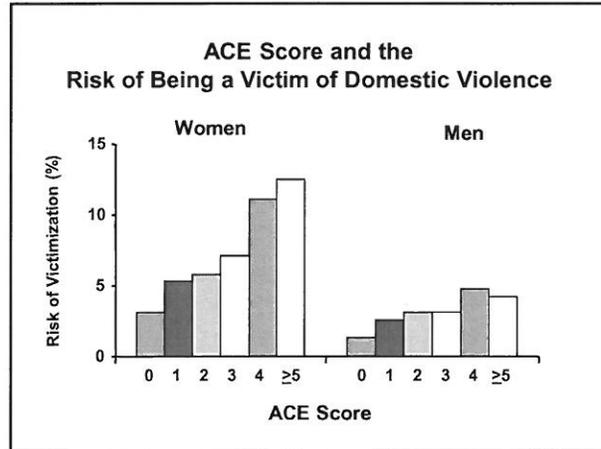
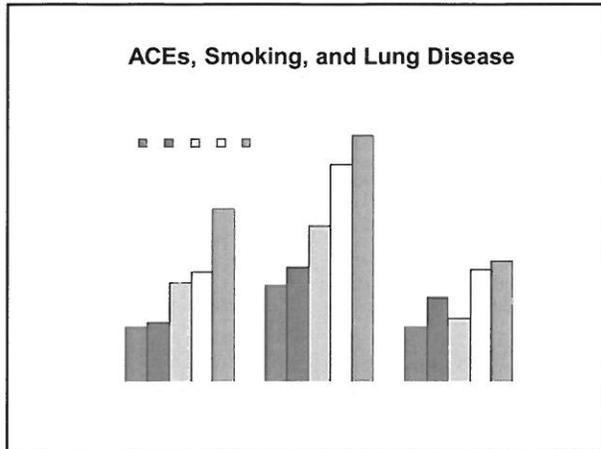


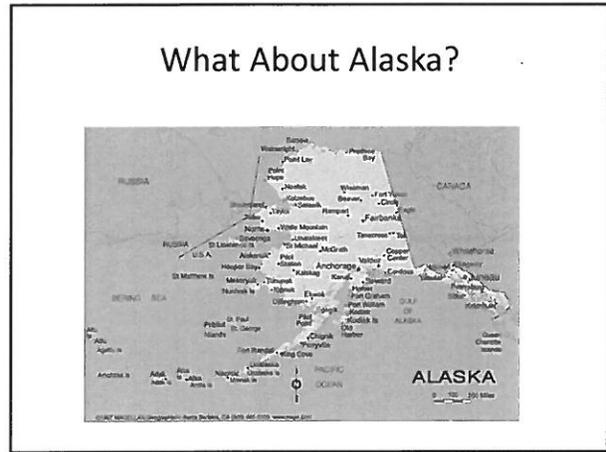
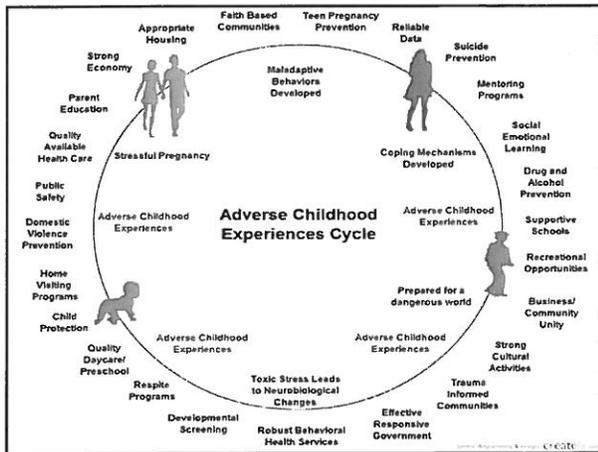
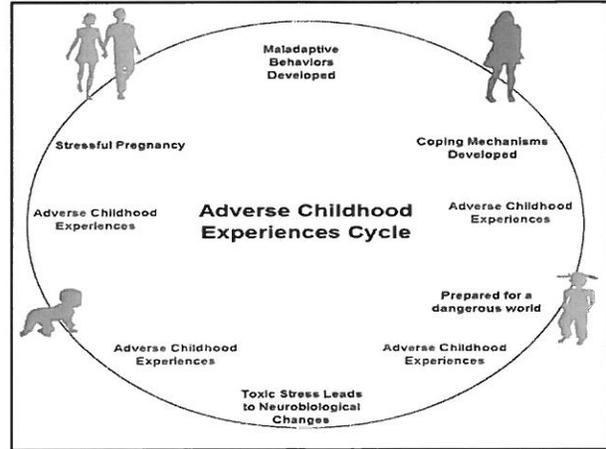
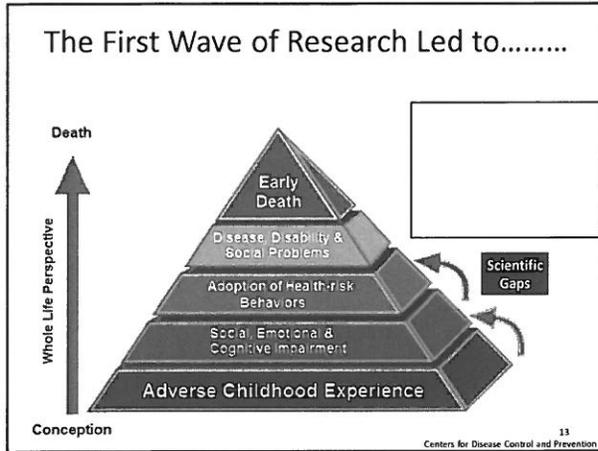
Adverse Childhood Experiences Score Complex Trauma--Trauma "Dose"

Number of individual types of adverse childhood experiences were summed...

<u>ACE score</u>	<u>Prevalence</u>
0	33%
1	26%
2	16%
3	10%
4 or more	16%







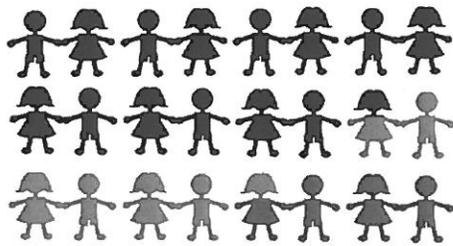
National Survey of Children's Health 2011/2012 - For Ages 0-18

Ace Question	U.S.	Alaska	Statistically Significant
Family's income hard to cover the basics like food or housing? Very often or Somewhat often.	25.7%	25.0%	No
Did child ever live with a parent or guardian who got divorced or separated after he or she was born? Yes	20.1%	23.8%	Yes
Did the child ever live with a parent or guardian who died? Yes	5.1%	5.1%	No
Did ever live with a parent or guardian who served time in jail or prison about his/her crime? Yes	6.9%	9.6%	Yes
Did the child ever see or hear any parents, guardians, or any other adults in his/her home slap, hit, kick, punch, or beat each other up? Yes	7.3%	8.6%	No
Was the child ever the victim of violence or witness any violence in his/her neighborhood? Yes	8.6%	10.5%	No
Did the child ever live with anyone who was mentally ill or suicidal, or severely depressed for more than a couple of weeks? Yes	8.6%	11.0%	No
Did the child ever live with anyone who had a problem with alcohol or drugs? Yes	10.7%	14.2%	Yes
Was the child ever treated or judged unfairly because of his/her race or ethnic group? Yes	4.1%	4.9%	No

The Data Resource Center for Child and Adolescent Health is a project of the Child and Adolescent Health Measurement Initiative (CAHMI) supported by Cooperative Agreement 1-U54-MD00100-02 from the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). With funding and direction from MCHB, these surveys were conducted by the Centers for Disease Control and Prevention's National Center for Health Statistics. CAHMI is responsible for the analyses, interpretations, presentations and conclusions included on this site. Additional analysis by Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse Staff

17

Age 0-5 by Number of ACEs in Alaska



Zero ACEs
59.8%
 One ACE
24.7%
 Two or More ACEs
15.5%

Source: National Survey of Children's Health 2011/2012. Graphic created by the Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse Staff

States with ACE Studies Through the BRFSS

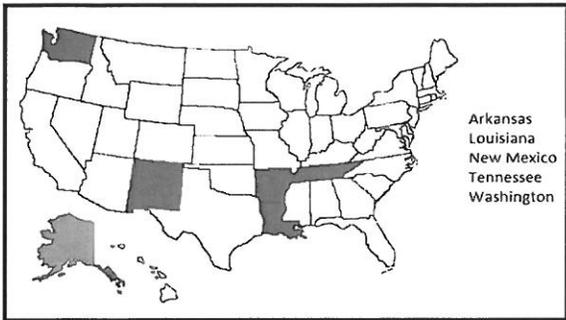


2009
 2010
 2011
 2012
 2013

The FINAL Alaska BRFSS Data Will Be Available by the End of September

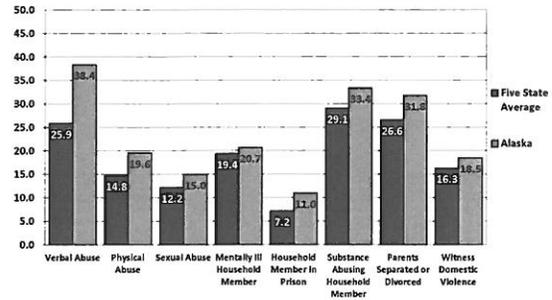


Let's Compare the CDC's Five State Study of Adverse Childhood Experiences with Alaska Preliminary Data



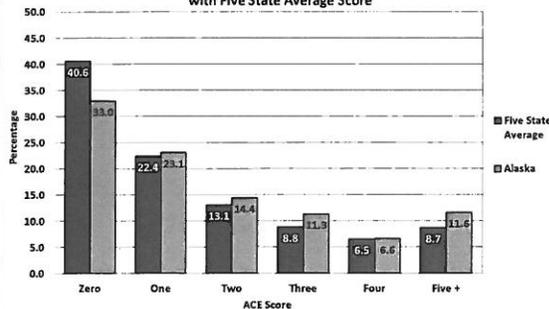
Unofficial 2013 Alaska BRFSS

Rates of Adverse Childhood Experiences for Alaskan Adults Compared with Five State Average

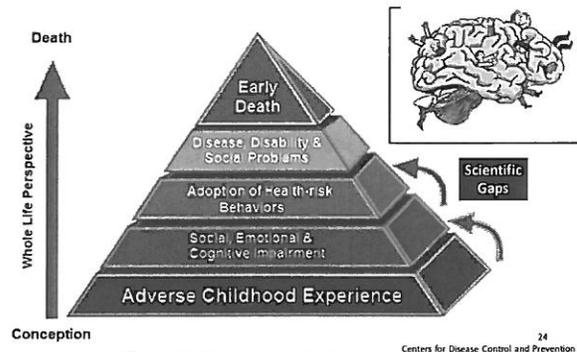


Unofficial 2013 Alaska BRFSS

Adverse Childhood Experience Score for Alaskan Adults Compared with Five State Average Score



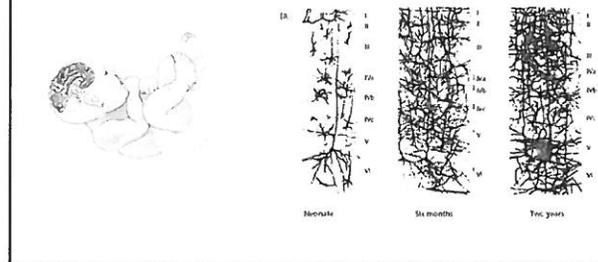
The First Wave of Research Led to.....



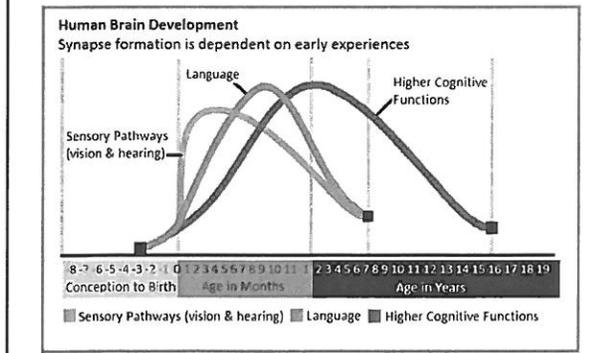
How Do ACEs Work?



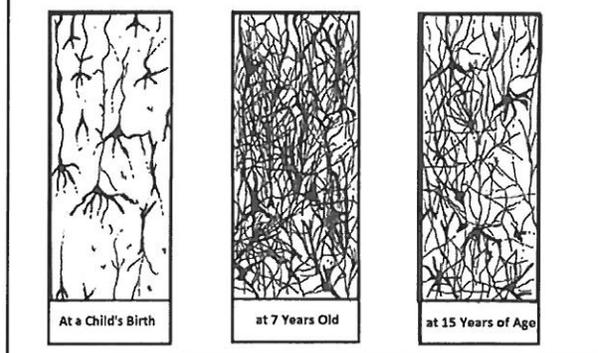
Brain's Don't Start Out Ready for Action



It All Happens Fast?



Why treat the kids early?



We Don't Have to be Perfect

What does this mean?

- **8,915 fewer suicide attempts over a lifetime.....or**
- **One fewer suicide attempt every 3 days for 72 years!**