

**Statewide Suicide Prevention Council
Quarterly Meeting
Fairbanks, October 19, 2016**

Chairperson Sharon Fishel called the meeting to order at 9:05 a.m. on Wednesday, October 19, 2016. Fishel asked Officer-at-Large Bill Martin to chair the meeting since she was participating via teleconference from Juneau. Martin agreed.

Chairman Martin thanked the Council members for attending the meeting.

Roll Call was taken. Present: Bill Martin, Sharon Fishel, Alavini Lata, Meghan Crow, Barbara Franks, Sen. Berta Gardner, Brenda Moore, Cynthia Erickson, Lowell Sage, Rob Sanderson Jr., Rep. Geran Tarr

Absent: Alana Humphrey (excused), Rep. Benjamin Nageak, Sen. Anna MacKinnon (excused), Randall Burns, Linda Sheridan (excused)

Approval of the Agenda

Rob Sanderson **moved to adopt** the agenda. Sharon Fishel **seconded**. The agenda was **approved** without objection.

Approval of the Minutes

Brenda Moore **moved** to approve the June 23, 2016 minutes; Lowell Sage **seconded**. The minutes were **approved** without objection.

Ethics Disclosure

Chairman Bill Martin is a member of the Juneau Suicide Prevention Coalition, which has grants from the state, as well as a member of the Central Council Tlingit Haida Indian Tribes of Alaska General Counsel, which also has state grants. Brenda Moore co-founded Christian Health Associates, which receives state funding for its school-based health clinics and is a Medicaid provider. Rob Sanderson is a Vice-President of Central Council Tlingit Haida Indian Tribes of Alaska and the National Congress of American Indians. Sharon Fishel works for Department of Education and Early Development (DEED), which receives suicide prevention grant funds from the Council as well as a grant from the Division of Behavioral Health and a sizable grant from Substance Abuse and Mental Health Services Administration.

Announcements

Cynthia Erickson asked if the Council had lost Rep. Ben Nageak. Acting Chairman Martin commented that the Council will need to ask the Legislature for new members during the next session. Burkhart commented that the Council will write a letter to the new Speaker of the House and to whoever the President of the Senate is for the upcoming session.

Meghan Crow commented that she has chosen not to seek reappointment to the Council and that her term expires after the current meeting. She wants to spend more time with her family and teenagers more the next few years. Acting Chairman Martin commented that Crow has been an excellent representative on the Council and thanked her for all of her work over the past number of years.

Moore commented that Dr. Jim Wisland and his wife are facilitating a family to family support group at 5:30 p.m. that evening in Fairbanks.

Alaska Federation of Natives Convention Final Update

Eric Morrison commented that the planning for the Alaska Federation of Natives (AFN) Convention was a very informative process. The AFN leadership has been very accommodating. The process started at the January meeting when the 2015 AFN Convention was discussed. Acting Chairman Martin and Rep. Geran Tarr went to the AFN Board of Directors meeting in Juneau in February and spoke to the leadership about having a healing ceremony and wellness room at the 2016 convention. They agreed to give time at the convention for a healing ceremony. The Council was originally given the half hour prior to the gavel in at the convention, but two weeks ago staff was informed that the time was reduced to 15 minutes. The original idea was to have Acting Chairman Martin speak first and have it followed by a dance group. Due to unforeseen circumstances, the dance group that originally agreed to dance for the ceremony was asked to dance at a different time instead. So staff got a local Athabascan singer named Travis Cole that will sing a healing song in his Native language that he wrote after his best friend died by suicide. The emphasis of the whole ceremony is on healing and not focusing on the suicide that occurred at the 2015 AFN Convention. The Council members will stand on stage during the ceremony as well. Bandanas made by one of Erickson's 4-H girls with the Careline that the Council discussed at the previous meeting were ordered and turned out very professionally. Morrison asked how the Council would like to distribute the bandanas at the convention. Moore asked if there were name tags. Morrison commented that there were not. Burkhart commented that stick-on nametags can be purchased. Morrison commented that Tanana Chiefs Council, Southcentral Foundation and Southeast Alaska Regional Health Consortium have partnered with the Council to provide clinicians to help staff the Healing Room. The main thing Council members can help with at the convention will be helping to staff the information booth. Erickson commented that she has some teenagers that can help staff the booth. Sanderson commented that he could help out at the booth. Rep. Tarr asked if there was a sign up list for the booth. Morrison commented that one can be created. Vini Lata commented that 4 hour shifts are a good idea. Morrison commented that two people at a time is plenty for each shift.

Acting Chairman Martin commented that the number of deaths by suicide in Alaska increased by a third in 2015. Burkhart commented that the average for the past 10 years has been about 160, and it went up to over 200 in 2015. There was a geographical analysis to find out where those increases were to see if there were places that needed more resources. The cluster in Hooper Bay added to those, but the majority occurred in the Anchorage bowl area. That was difficult because a lot of the resources are already in Anchorage. The Council can address that in several ways. It can be addressed that the numbers went up and nothing works, but that is not the right thing to do. The Council was excited when Alaska didn't have the highest rates of suicide in the country. It wasn't necessarily because of what was being done in Alaska, but because of the economic difficulties and other factors worsened in the lower 48. Alaska is now coming into greater economic hardships. It has been discussed that tribal communities need to be more involved, which some are, but there can be greater outreach to those that are not.

Erickson commented that there needs to be better community involvement. She doesn't think that bringing those numbers up are good because it is a negative, and she wants to see the reaction be more positive. Being focused on positive aspects will be better in the long run. Moore commented that there is a lot more action taking place all over the state. There are more youth involved, the wellness movement in tribal health has increased, and there are more grantees. There is a lot going on that hasn't been before. Burkhart commented that it would be smart to encourage by highlighting the good work being done in tribal communities. One of the examples is there are three tribal organizations supporting the Wellness Room. That is one example. Talking about the work in the villages is a better example. There is suicide prevention in rural communities like Bethel. Highlighting a couple of really good examples could help in a positive way. The focus on the AFN activities has been on healing and hope, not on doom and gloom. The speech at AFN should focus on the positive aspects, but it will be difficult to discuss all that in the time allotted. Lata commented another important thing to bring up is that suicide is preventable. There are ways to help people get help. Sanderson commented that suicide needs to be center stage at AFN and to cut the time down to address the issue is troublesome. They are focusing heavily on the elections, and thinks there should be more emphasis on suicide in the Native community. Erickson commented that last year the convention ended on such a dark note that it should be focused on more. Burkhart commented that if the Council is too rebellious and tries to speak too long that it might never get asked back, but she trusts Martin's judgement. According to the AFN agenda the Council is still supposed to speak at 7:45 a.m. Morrison commented that he talked to Ben Mallott and confirmed that the time is supposed to be at 8 a.m. Burkhart commented that Council members should be ready to go at 7:45 a.m. even if they are just waiting to go up for 15 minutes. Acting Chairman Martin commented that there will be nobody there at 7:45 a.m. Sen. Gardner commented that it could be a time to hand out the bandanas. It is better than leaving them on chairs and would add a personal touch. Acting Chairman Martin said if the agenda says 7:45 a.m. he will be ready to go at that time. He asked if someone could have a drum to beat in the background. Erickson commented that she would ask Travis Cole.

Burkhart commented that that Morrison worked with AFN to get a resolution submitted. Morrison commented that the focus of the resolution was to expand resources for culturally relevant suicide prevention training across Alaska. He submitted it over a month ago. Erickson asked why the focus has to be on culturally relevant and not just suicide prevention. Burkhart commented that the culturally relevant and traditional ways of healing generally don't make the cut for suicide prevention funding because they aren't considered best practices so it is difficult to get funding for them. They aren't considered best practices from federal sources. This is a way to support funding for indigenous practices because they typically don't get funding because they don't fit the Western model. Some Western models are not effective for indigenous population. Erickson asked if it would be inappropriate to open with a prayer. Burkhart commented that there is a prayer on the agenda. Erickson commented that it might be good to have a moment of silence to remember those lost by suicide. Morrison commented that if we do start at 7:45 a.m. there would be time for Sage to say a prayer. Sage commented that he is willing to do that. Rep. Tarr asked where the healing room is in comparison to the information booth. Morrison commented that he will find out in the morning and let everyone know as soon as he does. Everyone should meet at the stage at 7:30 a.m. Rides will leave the hotel for the Carlson Center at 7:15 a.m. Acting Chairman Martin commented that he was looking forward to the convention.

School-based Suicide Prevention Grant Program

Fishel commented her presentation would be brief to move forward with the agenda. She emailed everybody the report about the end of the first grant cycle and all of the great things the grantees did with the funding they were allowed. There are nine grantees starting this year for the start of a three-year cycle. She will be meeting with all of the grantees in Anchorage on November 16, 2016 to do some professional development and learn from each other about what they are all doing in their schools. Things are going well with the grantees and they are continuing to move forward with what they are doing in the schools. A lot of the grantees participated in the Wall of Hope campaign during Suicide Prevention Month. She sent out an email to all of the counselors across the state and the grantees to participate and there was great response. A lot of them sent photos that she will share with the Council. The Department of Education and Early Development (DEED) also did their own Wall of Hope in the office. That is all she has to report, but if Council members have any questions she can answer them. Sen. Gardner commented that she appreciates the written report and she found it very useful and a great synopsis of the grantees. Rep. Tarr asked if the grants are federal or state grants or a combination of both and when they expire. Fishel commented that the school-based grants are state funds and they have been put in the budget and nobody has touched it yet, which is a great thing.

Governor's Cabinet Suicide Prevention Workgroup Discussion

Burkhart commented that the big development from the Governor's work occurred in September 2016, which was the first part of a plan for comprehensive suicide prevention resources within state government. The Governor's Office and cabinet members felt if they could equip all state employees with the basic information on prevention like understanding the warning signs and what to do if someone is in crisis and encourage state employees to support each other, that it would be a great way to enhance efforts across the state. They also wanted to acknowledge that in difficult fiscal times there are resources that are available. They decided to roll things out over time due to fiscal cut backs. They implemented trainings for state employees, so far in Anchorage and Juneau, but will continue more in other communities. They also put out the ASK cards that are based off a program from the National Guard which connects people to Careline. There are also Careline links on all of the State webpages with the same icon. There is also work towards putting suicide prevention slides in the Department of Motor Vehicle videos. They are trying to put suicide prevention in all state trainings. The Governor and Lt. Governor are planning to do videos for those trainings to make it more personal and also to reinforce that suicide prevention is a priority for the administration. They continue to see products and activities that all relate back to the ASK model that will roll out in the next couple of months. Suicide prevention isn't just in September so they want to reinforce the message over time. The administration also has endorsed the state plan and there has been a lot of talk about coordination of resources. They expected with the efforts of the administration in September and the work of the Council at AFN in October that Careline would receive more calls this fall, and they are pretty much maxed out. The Council had money in its budget that used to go to the Kognito program, but since the DEED e-Learning modules are so robust, that money was transferred to Careline for extra staffing in coordination with DBH. It will go towards extra coverage for two months. That will be further discussed this afternoon. That is an example of how this working group has been able to better use resources in a proactive way. The workgroup has been meeting less frequently than it was in late summer. It used to meet every two weeks, but it has been reduced to some degree. It could pick up more in the beginning of 2017. It has been successful so far and there are some more good things that should come out of the process. Sen. Gardner asked if the trainings for state employees are different from what DEED is doing online. Burkhart commented that the state trainings are based on the Gatekeeper QPR trainings that have been

shortened. Fishel commented that during the workgroup sessions the administration has discussed modifying the online trainings so they are not so school based. It would take money to do that, so it was tabled when the fiscal issues came in to play, but it can be done if there is a small amount of money allocated in the future. Acting Chairman Martin asked if the state employee training is mandatory. Burkhart commented that the trainings were not mandatory, but the information that is planned to be embedded in state trainings on other subjects, many of those are mandatory trainings.

Suicide Prevention Update by Rep. Geran Tarr

Rep. Tarr commented that she sent out an email with a link to a presentation she will be referring to. She is a member of the Health and Social Services Committee for the Suicide Prevention Resource Center. She wanted to share the information on nutrition related to suicide prevention and the relationship between the laws related to access to firearms and suicide rates. In the Alaska suicide prevention plan under Goal 2 that discusses getting people help at risk of suicides it discusses primary care providers and how people often see a doctor in the time just before the attempt or commit suicide. In the document it talks about "Zero Suicides," a national strategy and about doing screenings at the doctor's office. The Council has talked about retooling the state plan in the next year, so she wondered if that is something that should be expanded. The current plan is more of a suggestion, where it might be something that has more emphasis in the new edition. She wonders what people think about that idea. James Gallanos of the Division of Behavioral Health commented that in the state's suicide prevention QPR trainings of about 9,000 people through the federal grant across the state, the challenge is that in a lot of the communities there aren't appropriate resources for people at risk. The challenge is to try to better optimize the connection to intervention resources in smaller communities. They need to do a better job of maximizing screening and to connect them to an assessment to determine the level of care needed and get them access to that care. The "Zero Suicide" approach is looking at it from a systems perspective on how to better network among the different health, court, and education entities. They have been working on creating a better network and increase communication. There have been increased trainings with medical professionals to better screen, as well as probation officers and school counselors. They are finding holes and gaps working with the different entities and finding ways to fix those, but the organizations have to be ready to do it and have the organizational capacity. Rep. Tarr commented that there are possibilities for policy changes in workforce trainings. She wants to look deeper into it and learn more about it. There is possibility for Continued Education Units. She wants to follow up with Gallanos on the subject to see how to increase trainings and screenings. Gallanos agreed, and commented that there are a lot of people across the state that have been looking into it, particularly in the tribal communities. Rep. Tarr commented that the document she sent discusses firearms, and there is a new report about how the leniency of gun laws shows that people have more access to firearms and generally have higher rates of suicide by firearms. It is such a sensitive issue and difficult to get traction, but there have been a record number of homicides by firearms in Anchorage this year and so people are starting to discuss preventing gun violence. She suggested Council members read the document and further discuss it in the future. The last thing she wanted to bring up was adding a nutritional guide in the new plan and how nutrition affects mental health. She has spoken with Rep. Paul Seaton about this and the importance of Vitamin D. The Council is working over the next year on the state plan over the next year, and is interested in getting a group together to look into the issue to incorporate in the updated state plan. It sounds like some other organizations are interested in participating and could have a standalone document that could be attached to the state plan but also handed out separately by itself. Council members can contact her if they are interested.

Public Comment Period

There was no public comment.

Quarterly Report from Division of Behavioral Health Prevention and Early Intervention

Gallanos apologized for not having a written report. He commented that they just held the annual grantee meeting in Anchorage earlier this month attended by about 135 people. It included all of the prevention partners that are working on substance abuse prevention, suicide prevention, or promoting and supporting mental health prevention across the state. There are currently 19 grantees from across the state. They are in the third year of a four-year grant cycle. Many are finalizing their strategic plans that are either in review or have been improved. About a third that are in the implementation state, a third refining their strategies, and finalizing them. Each grantee has identified different focuses that are important to their community, whether it is substance abuse, bullying, suicide, historical trauma related to mental health. The grantee meeting also brought the newest Substance Abuse and Mental Health Services Administration grant the state received focusing on opioids. There are six new grantees under that grant. There are a lot of things that communities can do to help address the opioids issue facing Alaska. They also brought in Safety Action Program, which are grantees across the state that are often times diversion programs for people in trouble with the law related to substance abuse. It was a three-day meeting. They had expected that everyone would have completed their strategic plans by the end of July, but not all of the communities have the same capacity. Many have experienced delays from staffing changes that puts a hamper on their ability to move forward. They are required to work in coalitions and that can be difficult due to capacity and turnover. It is based on the idea that they have to work together as a community to address the issues facing the community.

Gallanos commented that there is a new group that was created by the U.S. Arctic Resource Commission that is based in Anchorage that is focused on suicide prevention. The small group meets regularly to develop a mission and an approach. They are working to increase data and research capacity to better inform efforts. They plan to meet annually to look at the data to help inform efforts. They are also looking to strengthen community led efforts in the indigenous Arctic communities. It is also working on workforce issues. They are looking at how to better optimize systems of care and how to do it more effectively. It is a new group and is still determining what directions it is going to take. Sen. Gardner asked how many members of the group are indigenous. Gallanos commented that they are mostly state workers from different organizations. Sen. Gardner asked if there is indigenous voices because if the focus is in Native villages and trying to activate people in their local communities they need to have a seat at the table. Gallanos commented that there are a few people from the villages, but it is primarily mental health professionals. It is in its infancy and has only had two meetings and they are trying to get more people involved.

Acting Chairman Martin asked if all 19 state grantees are still active. Gallanos commented that they lost one the first year of the grant, but there are currently 19 that are continuing. Moore commented that at the grantee meeting she helped facilitate a group during the Community Café discussion sponsored by the Council. She commented that it was an instructive time listening to the grantees and the issues they have faced. Burkhart commented that the Community Café is further down on the agenda and asked if the Council wanted to discuss that event or wait until the afternoon. Acting Chairman Martin commented that he would like to move on to that agenda item.

Annual Behavioral Health Prevention Grantee Meeting Overview

Burkhart commented that at the last quarterly Council meeting the group accepted an invitation from Gallanos to be part of the grantee meeting. In working with the Division of Behavioral Health, Council staff put together a Community Café with the grantees. Staff developed five questions that allowed for five stations that people would move from table to table for each question with a randomly selected group of people from different communities. Rep. Tarr, Franks, Moore, Fishel, Morrison, and Burkhart helped staff those tables. The five questions were:

- What are the major community issues your coalitions have identified?
- What success(es) have your coalitions experienced?
- What problem(s) have your coalitions experienced?
- What do your coalitions need [to be successful; to be sustainable; etc.] going forward?
- What advice would you as coalition members give to the Council or other coalitions?

Burkhart commented that a document was added to the members' meeting packets that reflects the conversations from that day. It is a basic list of what was written down during the event. It will be used in the future to create a more robust document that will help with the update of the state plan. It will also help the division in how it operates the prevention program in the future. The grantees were told all of their information except the first question would not be identified in order to promote an honest discussion about the pros and cons of the grant process and their experiences. There were some common themes throughout all of the questions and conversations and they will not be a surprise. The difficulty for coalitions to acquire and retain resources was a common theme. They also talked about how it is difficult to build and retain buy-in in their coalitions, especially when there is high turnover in the coalitions. There was a stress on the need for consistent communication and clarity not just in their communities but also with DBH. There are still people struggling with expectations on how to implement their grants. The need for specialized expertise in grant writing so they can complement their state grant with other grants was also a common theme. Being able to manage expectation internally and externally also was a common theme. A lot of people discussed that they want to be more active and not have so many discussions. There was some frustration in the high turnover rates on coalitions because there was so much planning and not as much action. Many of the coalitions have worked through the process and are ready to implement so they think they will be able to recruit back volunteers. It is hard to build enthusiasm for a needs assessment. The process might need to be refined so the people that are policy focused can work on the planning and the coalitions can expand when it is time to implement. That is just something to think about and to consider in the future. Burkhart learned from the group she facilitated, that she had never heard before, that someone felt like they were being forced into a Western model and being prevented from using the wisdom and the knowledge of their indigenous community and they characterized it as institutional racism. That floored her. It is going to be really important for all of the planning councils to honor that comment and decide how to better address that issue. That is part of the value of what the Council does is provide spaces for people to say things they might not want to say in public. That one little comment could potentially change the entire system. There are a lot of conversations about building in traditional healing. There is a system that doesn't allow for funding for traditional knowledge. That might be an over characterization of what is happening, but the Council should take time to think about it and potentially change the issue. Staff will take the information and create a report that the state and coalitions will be able to use to work together in how prevention is done across the state. There was a lot of positive feedback from the participants that they appreciate that the Council would take the time and effort to attend the grantee

meeting. They felt like it was an opportunity to showcase what is working well. Some of the successes they have experienced the Council can learn from. They have talked about speaking out more, increasing social media profiles, looking at root causes of suicide, nutrition, and more. The coalitions have talked quite a bit that effective prevention focuses on the positive rather than the negative. That is a good reminder for the Council. She thinks this was a really positive interaction for Council members and coalitions and helped make connections with some of the members. Also, this information will be used to help update the plan. And the information will be sent to the coalitions so that they see it is not just lip service. Moore commented that gathering data was also a challenge for many of the coalitions. Sen. Gardner commented that it is difficult for the state also. Rep. Tarr commented that the work that they did in the needs assessment seemed like too much for some of the communities to handle. It came up in the group she helped facilitate. Moore also heard that and the need for more examples on how other coalitions were doing it. The example she heard is that they were told they needed to ride a bike but were not shown how. Acting Chairman Martin commented that the Juneau coalition he is a part of fought against the needs assessment at first because they had been so active for so long prior to the grant, but by the time they were finished it turned out to be a good thing. He also thinks there should be more input from the Elders, but the first time they approached them about how to fix it they said they didn't know how to fix it because suicide was a new thing in the Native community. But the voice of the Elders is needed. Erickson commented that it is difficult with some Elders because not all of them are good role models. She gets questions from youth about if the state is changing suicide prevention training to address all of the changes that the new generation is having to deal with that weren't around in the past, such as technology and different kinds of drugs. Gallanos commented that they are trying to make sure that the trainings are rich and meaningful. It is best to have trainers from local communities that know what the youth are facing in their communities. The main focus is on how to recognize the signs and how to access help. Crow commented that there are some new issues faced in school related to the technology that makes it difficult to keep on top of. Sanderson thanked Erickson for her comment on Elders and commented that just because someone is of a certain age doesn't mean they are an Elder. He knows of numerous cases in Southeast Alaska where there are some Elders that have done some reprehensible things to youth and women. He thinks they should be called out for what they have done. He also hears a lot of issues related to bullying. Burkhart commented that there is a few things the Council can consider, including increasing tribal courts and promoting that as a model as these issues are related to suicide. The other issue is connecting young people with clinical services as quickly as possible. The Council can help work with tribal health services to increase access to services. The Council might think about how to help communities have conversations related to all of these serious issues. The Council needs to think about how to equip community members in how to speak up while being safe at the same time. Acting Chairman Martin thinks that is a good recommendation. Erickson commented that she tells her kids that she would rather upset people than have kids killing themselves. Crow commented that it might be something that can be addressed through the schools and focus on the issues that the kids are dealing with. Acting Chairman Martin commented that it was a good discussion and a good time to break for lunch.

Lunch Break

Social Media Campaign Planning

Burkhart commented that the Council has been working with the company Northwest Strategies to create a social media campaign with funds from the Alaska Mental Health Trust Authority. The campaign was launched in September 2016 as part of Suicide Prevention Month and continued it into October 2016 to coincide with the AFN convention. Part of that was changing the www.stopsuicidalaska.org

Facebook account from a group to a page to have more option in reaching out to people. You can't link to a group you can as a page. It also allows Northwest Strategies to schedule content with the posts over the course of the campaign. The group has been locked down and we are now directing everybody to the page. Since launching the page there are 805 likes. This week there have been 70 different interaction on the page, which is much more interaction than with the group. There is also a great reach with the products. Each goal has a picture than links people to the plan. The picture for Goal 1 has reached 651 people in 2 days. Of those more than 100 people, liked, shared, or commented on it. The pictures are attractive and are resonating with people. On average each of the post is reaching 300 unique people. Since the campaign was launched in September it has reach 48,809 users. The hope is that it will build over the week. The campaign is focused on the state plan. She has also been using Twitter and this week Snapchat will be used at the AFN convention. The products are not time limited and can be used through the plan update. The content was easy to develop because it was on the plan. The future outreach will need to expand beyond the plan. The hope is to continue to develop the messaging and content going forward and to have more active users using the products. It is a learning process, but the outcomes for the beginning of the campaign have been productive. Sanderson asked if the posts were paid for. Burkhart commented that the ones posted by Northwest Strategies are paid to be boosted to reach more people. The average cost is about \$2.

Fairbanks North Star School Borough Grant

Montean Jackson runs the alternative school for suspended and expelled students for the Fairbanks North Star School Borough. Two years ago the district received its first grant from DEED for suicide prevention. She originally looked at what the district's protocols when it comes to suicide prevention and postvention and found that there was not anything uniform or consistent in place with regard to training secondary students. She has implemented the Signs of Suicide model and believes in the peer-to-peer training. It teaches a lot of important skills and greatly enhances the material getting the support from their peers. The program was also affordable. The first year they focused on high school and second year expanded it to middle school. There is also a brochure for trusted adults they can talk to. They have parent nights to provide them with information as well. They have expanded it this year to include information about after graduation. They often have students at their school that come from the juvenile justice system as well as the larger high schools. They use the train the trainer model with the students teaching and the teachers guiding them. They also have folded Gatekeeper QPR for the students and teachers. They also have a packet that they have to help get more information out there. They are broaden their scope beyond the school sites and have sponsored a Walk for Life with the city. They marched to city hall at the end of the year and had banners and t-shirts that said "It's OK to ask for help." It was well received and made the news that made them more visible. They also made two public service announcements. This year they are going to present their program to other local schools in different communities in the area. Cyberbullying is also a big issue within the district according to the students so they plan to make some student movies addressing it and suicide. The ultimate goal is to create a 15-20 minute video that will be able to be shown at all of the schools and to the community. Like all school districts, money is tight so it is becoming more challenging with less staff and resources so they are being creative. She is appreciative for this grant funding and the good work that is has led to. Sen. Gardner asked if she has collected any data during the grant cycle to see any successes. Jackson commented that the only data she keeps is how many students have been trained and impacted by the SOS program. The data collects other numbers regarding suicidal ideation, but those are numbers she doesn't have. Crow commented that the Lower Kuskokwim School District has been doing the SOS training for 10 years and have kept numbers on how many have been trained but not the number of referrals it led to. That is something they have asked for this year. They assume the referrals will go up,

but they don't have the data yet to support it. Jackson commented that she has heard anecdotal stories but doesn't know the hard numbers. Fishel commented that Fairbanks and Jackson have been doing a great job. Sen. Gardner asked how they will select which other school districts they will reach out to. Jackson commented that she will do it by the ones that are closest to reach, potentially Nenana. Erickson commented that the Council has had difficulty connecting with the Alaska Association of Student Governments in recent years and asked if Jackson has been working with them. Jackson commented that she hasn't. Fishel commented that she has not been able to get in contact with them, but saw they did have some suicide prevention activity in the recent past. Crow commented that the Bethel High School Student Government has shifted from suicide prevention to more bullying. Acting Chairman Martin asked if the parent nights have had a good turnout. Jackson commented that it always depends on the school. If they offer extra credit for the students to attend with their parents there is usually better turnout. Gallanos asked Crow and Jackson how they reach out to kids in crisis while still providing privacy from their peers. Jackson commented that they have slips in all of the classrooms and they have staff with closed offices. Burkhart commented that the law requires a parental permission slip in order for the students to take the training. Crow commented that Lower Kuskokwim School District no longer uses a screening tool with the training, but she also has slips that students can turn in and she will meet with them. Acting Chairman Martin thanked Jackson for the presentation and for the work she does. Sanderson told the Council he had to go to a separate meeting.

Strategic Planning for the Statewide Suicide Prevention Plan Update

Burkhart commented that the Council has expected to get a Legislative Audit in 2018 when it is scheduled to sunset. The Council talked at its last meeting about spending 2017 on revising the plan to have the new one in place in time for that audit. The reason it is important to be strategic is because Burkhart has needed to reduce her time dedicated to the Council because of staff cuts to the two other boards she is executive director of. She wants to talk about the timeline and how it is going to be done. When the current plan was written there was more staff from those boards that could help with the writing of the plan. It is important to do a good job, so this update may take longer and need more help from Council members. Burkhart asked when the Council wants to have the update complete. Moore asked when the audit will be completed. Burkhart commented that it will likely take place at some point in 2018. The last one took three or four years. They earliest the plan can be updated and released is November of 2017 to have it done and published prior to the audit. The current plan is 2012-2017. Moore asked how much of a change to the plan would there be. At the last meeting the Council agreed that it would not be a full-fledged redo but an update. The administration has endorsed the plan so it makes sense to keep the majority of it in place. The new job is to go through it and update the strategies. The goals will likely remain the same. It is really an evaluation and refinement. The first part of the year will be to focus on the evaluation element. To go through the strategies and keep, edit, add, or delete the ones that are important. Moore asked if the state grants are focused on the plan's strategies. Burkhart confirmed. She commented that the Council will have to work with DBH, DEED, and the Alaska Community Foundation to get that information. There are also the action plans from the regional teams that picked strategies they said they were going to work on. Alaska Training Cooperative should also be consulted on the training strategies. Acting Chairman Martin asked if it could be completed to roll out at the AFN convention next year. Burkhart confirmed. A draft would need to be done by September in order to be completed in October. The evaluation would have to be done by around May. Could notice it in September and release it in October. Acting Chairman Martin asked if the Council could ask for another face-to-face meeting in order to get the plan completed. It is difficult to do this type of work over the phone. Burkhart confirmed. Morrison commented that he scheduled the two next agenda after this to figure out the schedule for the quarterly business meetings in 2017. He

suggested holding a meeting in January and May, one of those being face-to-face. Burkhart commented that she wouldn't be able to have anything to look at in January. Sen. Gardner commented that Alaska Association of Student Governments is meeting in Juneau March 20-22 if the Council wanted to work with them. Morrison commented that his only concern with that is the new director of AASG specifically said they didn't have any interest in suicide prevention at the time, but that could have changed. Sen. Gardner commented that things could have changed and it wouldn't hurt to ask. Erickson commented that it is a very important issue to the kids. Burkhart commented that the worst thing they could say is no. Crow suggested doing a Community Café event at the conference. Morrison suggested having a teleconference on Jan. 9 since it would be long enough after the holidays but enough time before the legislative season. It could be a half day meeting. Or anytime that week would work. Fishel commented that that date would work. Moore commented that she would like it to be a half day meeting. Morrison suggested 1 p.m. to 4:30 p.m. on January 9. The Council agreed. Acting Chairman Martin commented that the main focus of the meeting should be just on going over the plan. Morrison suggested meeting in Juneau on March 23 to dovetail with the AASG meeting. Fishel agreed. Burkhart commented that would be for a whole day. Acting Chairman Martin asked if that was during Gold Medal basketball week. Morrison commented that it likely was and the hotels might be difficult to get. Fishel asked if she would like to reserve the DEED conference room. Morrison confirmed. Morrison asked if they wanted to plan the summer meeting now. Fishel said it would be better to do that at the next meeting.

Careline Crisis Line Presentation

Susanna Marchuk is the Director of the Careline. Last time she presented to the Council she discussed the increase in call volume they have had in 2014. The consensus they arrived at was to see what happened in the future and see if it went down or if it continued to rise. She has pulled the statistics two days ago and the call volume has indeed continued to rise. At this point they will have to pull back a bit or continue to have calls transferred to the national line if there isn't additional money for staff. In 2015 there was a significant spike in calls, but then it did flatten out a bit for about a year, and then the past quarter there was another spike. The average calls was about 1,100 calls a month. This September there was about 1400 calls, which is significantly higher than normal. Part of it might be due to extra staff that was added from the Council's budget. The number of calls transferred to the national line remained about the same. Acting Chairman Martin asked if the event at the AFN convention last year led to more calls. Marchuk commented that it is a lot of speculation and she didn't know if there was a correlation. Lata commented that he thinks that the extra outreach and access to the Careline number by people is probably more likely to have led to the spike. Marchuk commented that one of the challenges is knowing if the media campaigns work. She is not always sure where the people get the number, they are just glad that people are reaching out. About a third of all calls are by new contacts. Some people access the crisis line for years, but a lot are new. Gallanos commented that DBH had all the grantees sign an Memorandum of Agreement with Careline to promote the Careline number in their communities as part of the grant approval process. Marchuk commented that it has been a great success, but they are funding the crisis line and grantees are getting a service that is basically free to them. Erickson asked if there could be a requirement for a percentage of the grant to be forwarded to the Careline. Gallanos commented that Careline is funded through the grant line budget, so it is all coming from the same place. And the Careline budget has increase in recent years. Erickson asked if there could be money that was used from the taxes from marijuana sales. Burkhart commented that the ballot measure did not address a fund for the marijuana excise tax on how it is to be spent. The money is going into the general fund.

Marchuk commented that 9 percent of calls to Careline are being answered by out of state call centers. She would prefer to get it back down to 3 or 4 percent. She tracks these calls because she wants to know how many are being answered out of state, but also to show the other back up centers that they are answering as many calls as possible. When they can't answer a call they are rerouted to the network of call centers. Burkhart commented that in September there was a report that many of the calls to the VA Lifeline were not being answered. She asked Marchuk if those calls are being rerouted to the national network. She commented that she didn't have that information. Burkhart commented that she has had public feedback from some people that said their calls were not answered and wondered if the national lifeline is sometimes not working. Marchuk commented that they would want to know if that was happening but haven't had feedback since an equipment problem over two years ago. They always have people at Careline so there is always someone to take the call. If they are busy with another call and can't answer it in five rings they will send it to the national line. They want to take all calls from Alaskans, but the demand greater than the resources available. The bulk of the calls they get are from the 45 to 64 age group. They always work to increase the call volume from youth, and in the last 9 months they have had an uptick in that demographic but they are not sure why. Erickson asked if that included texts. Marchuk commented that the text line has increased as well to about three times if volume. They are looking at expanding the text line hours in the future if the trend continues. They used to have about a contact every three days, but in the past three months they are getting at least one a day. Gallanos asked how many of the youth are calling for a friend and how many are calling for themselves. Marchuk commented that about 90 percent are calling for themselves. They take a lot of "warm calls" for people that are not in acute need for care, which are generally the 45 to 64 age. The ones that are usually in crisis are the youth. Lata asked what kinds of subjects are the most frequent. Marchuk commented that they track every issue from substance abuse, co-occurring disorders, domestic violence, usually more than one issue is in play. Burkhart commented that you can tell some of the campaigns have worked because they coincide with the increases in call volumes, such as the rise in the 45 to 64 age group is the same time the Rotary campaign happened. She would encourage Careline to focus on staffing more than on outreach because before we try to get more people to call in we need to have more people to answer the phones.

Marchuk wrote up a proposal in August for increased funding. She pulled some numbers to look at where the staffing was needed. They have used the two month funding for a 10 a.m. to 6 p.m. and a 6 p.m. to 2 a.m. If they had more permanent positions they would probably shift those hours. They looked at which days they need the most staffing, and it is pretty much similar every day of the week. She also looked at which days of the month have the most calls and they only day that has a statistical difference is the 31st, and she that's because some months don't have that many days. She feels that they really do need another fulltime person. When they put the proposal they looked at what it would take for two new people covering 7 days a week and came up with an annual figure of \$146,500, which would create an extra 14 shifts a week. That would greatly increase the capacity. They were approached by SEARHC to take over its crisis line, which would be exciting, but they don't have the capacity yet. They had talked about shutting the number down, but she would rather see the calls transferred to Careline but they would need more money to do that. Careline's new facility has room to grow, but they just don't have the number of people to go in the space. Erickson asked if they had looked at getting people from the university to volunteer. Marchuk commented that one of their fulltime employees is a former university intern at Careline. Interns stay until they get their credits and then leave and get a job. It is not a great return on the investment because the training takes so long and they leave basically after they have completed the training. They ask people now for a one year commitment. They are not always a great fit for interns. It generally takes a whole semester to be trained. Burkhart commented that she believes that Careline is something that the state buys, but the current fiscal realities are not going away. She

asked if there are fundraising opportunities and if they are thinking about that. Marchuk commented that their umbrella agency is a sexual assault and domestic violence agency. One of the things they have done purposely is to keep the two agencies separate with separate identities. They used to get United Way money but they no longer look at Careline as a separate entity. She thinks it was a great move to get the contract with the state because it has made them more stable and secure. They used to be able to tap into some grantee money, but they no longer can but it is a worthwhile tradeoff. Fundraising is also difficult in Fairbanks. They used to have a development director that worked on fundraising, but the board of directors decided to eliminate that position because it took more money than they were getting in return. They were paying \$1.70 for every \$1 they brought in. They don't have the capacity to fundraise anymore. Burkhart suggested talking about fundraising offline because she feels there are some opportunities to pursue. Franks thanked Marchuk for the work she is doing. She has concerns about Bethel having a liquor store now and talking about opening a second one that it will increase call volume from one of the most vulnerable places in the state. Marchuk agreed that it is concerning. She hasn't seen any indications yet. Marchuk thanked Franks for being one of Careline's biggest proponents. She commented that she appreciated the discussion on how to increase funding and looks forward to working with the Council in the future.

Acting Chairman Martin thanked Marchuk for the presentation.

Burkhart commented that Sen. Gardner just left and wanted to say that it was a good meeting, this is a great team to be working with, and she is looking forward to the AFN convention. She also wanted to say that Sen. MacKinnon apologized for not being able to make it to the meeting because of a last minute Senate Finance Committee meeting.

Fishel made a motion to adjourn the meeting. Lata seconded the motion.