

JSPC — PA&T
February 11, 2020
3:00-4:00 PM, JYS Administration A conference

Notes in Blue

participants: Julie Neyhart, Gayle Trivette, Hilary Young, Megan Gunkel & Becky Roth

REVIEW UPDATES: Jan's narrative summary notes (~5-10 minutes)

- 2/10 (actually 2/11): Presentation on suicide prevention for seniors in Alaska by Department of Senior Services. Bags given for attendees from JSPC with all our brochures and information. 15 bags were given, Bev Schoonover from the State Suicide Prevention Council presented.
- 2/13: ASIST training for JYS by Coast Guard and Rachael Woods. This two-day training is one of two three mandatory trainings needed for our certification by ASIST. 10 people are signed up, Rachael Woods & Kelly (Coast Guard) are presenting.
- 2/20: The Ripple Effect and Suicide Prevention 101 at UAS auditorium at 6 PM. We need a flyer sent to Margie immediately and advertising sent to KTOO Angel Montgomery by Wednesday. (Angel is with KINY & Hilary and Margie emailed back and forth after our meeting & it sounds like this will need to be rescheduled, it didn't make it into a 'student notice' & needs ample time to promote.
- 2/27: Sitka (on their own) is showing of the Ripple Effect and Suicide Prevention 101 community training. Hilary talked with the folks in Sitka, they have clinicians and others on their coalition who they feel could offer a training. They would prefer to co-purchase the movie with an unlimited subscription so that it could be showed multiple times across SE Alaska. Hilary has an email into the Ripple Effect to see if this is an option.
- March 3rd & 4th: ASIST training in Juneau for the medical community. A two-day training. Hilary needs to set up a meeting with SEARHC and Bartlett to arrange the training. This will be open to Gastineau Human Services, Coast Guard & Teen Health Center folks too.
- 3/4: Women of the Moose QPR (101) training at 6pM Since this is the same day as ASIST, we probably need a volunteer to lead this training. We have volunteers ready to go. Jan please call someone to provide this short 101 session.
- 3/12: Find Your Fire suicide awareness at the JDHS basketball tournament. Jan is providing training to both girls and boy teams at JD and TMHS teams for QPR (101). JSPC will give away stadium seats and sweatshirts. JSPC will give sweatshirts to the basketball teams, Find Your Fire will give pompoms to the cheerleaders, dance team will perform in purple. Them(e) is upbeat and aimed at suicide prevention and awareness. The message is: Take a time out to talk.
- 4/4: Suicide Prevention training at UAS for the United Youth Conference No one had any information about this, we need to learn more about this event.
- 6/12: Hope and Healing Grief Conference is tentatively scheduled in for this week during celebration to connect with the Native Community. We will have a guest speaker: Carol Seppilu (survivor of suicide), Rebecca Trevor (Survivor of loss speaker), Kelly Williamson (CBT/Trauma expert) and Barbara Franks as welcoming speaker. Plans are still in the works. What organizations are involved so far? Anyone from JSPC involved besides Jan? Do we have a \$\$ estimate for our share of the cost? We'd really like to be involved in planning and supporting this.

Outreach In January:

- We provided resources for: Roar, Women's March, TSA, Rock Juneau, PFLAG, SEARHC, Family Practice and Colorado Suicide Prevention. Committee wanted to know more about these events & how many and what was distributed & outcomes/thoughts?
- Trainings included: 12 TSA members by volunteer Garrette Reece

- Advertising: Folkfest ad sent, KTOO (KINY) capital Chat show on Means Reduction, radio ads for the start of the new year. [Committee wanted to know how much these cost.](#)
- Inventory: ordered new purple sweatshirts, wanting to order children shirts with HOPE on the front for events, needing to order bracelets for basketball event as well as hoodies for players. [Can we see samples of sweatshirts and children's shirts? Hilary will bring one of the sweatshirts to the PA&T meeting today. She will contact Capital Embroidery to see if she can see a picture of the design, she's only gotten a written description. Why are we printing shirts for children — because of an event coming up? Overall the committee would like to set some guidelines for what we give out/have made, and ensure that our resources are inclusive to the sectors we're trying to reach.](#)
- Text 741741 Stats: Alaska had 55% of their texts as 1st time uses. Out of the users, 5k were texters in crisis. Out of the users, 129 were suicide de-escalations and 122 active rescues. 73% were wire 32% AK Native while 10% were under 14 years of age and 34% were ages 14-17. The users were mostly female and 54% identified as straight. The texting is working in Alaska and we need to promote. [This is a national number. Amazing information!](#)
- FIND YOUR FIRE: Volunteer Devyn Reece has combined with Melissa McCormick and mad a Find Your Fire pallet to sell in Juneau with proceeds going back to FYF. All pallets in Juneau have sold out. Jan met with Melissa for a support meeting at the basketball game last weekend when a bullying incident occurred. [Pallets are a make-up kit/compact. Committee wants to understand more about how the pallets support our effort, and what costs there are for us having these. More to learn.](#)
- **NEW BUSINESS (~50-55 minutes)**
- List those efforts we do that are passive (website, brochures, etc.) and active (101 trainings, tables at events, etc.) Then prioritize which of those need our attention this month & next. [We did not have time to discuss this.](#)
- Review 'draft' letter that someone would receive when they 'win' a silent auction (or other kind) of donation from the coalition. Would the letter have other purposes? [We had just a few minutes to review this draft. Will add JSPC logo and make grammatical changes. This needs to connect to the list of silent auctions in the year that Walter created earlier in the fall. We'll add our website, follow us & care-line number to the letter. Draft 2 will be reviewed in March. Please send edits to Becky.](#)
- Discuss and define the role and parameters of volunteers [We did not have time to discuss this.](#)
- How many Health Fair volunteers are needed, & status of the Folk Festival advertisement. How can we support upcoming events and opportunities? [Becky will look into reserving a table at the Health Fair, we believe the Folk Fest ad is already paid and in.](#)
- Potential of having quarterly reviews of website/newsletter, social media stats, inventory, budget versus monthly review [We did not have time to discuss this.](#)
- Other items to discuss?
 - [Reviewing Jan's updates takes quite a bit of time, so perhaps we should change PA&T to 75-90 minutes. Becky will think on this—plus JYS wants to lock their doors at 5pm.](#)
 - [With a new person coming in to do social media, website and newsletter, PA&T should be supporting them with article information for the newsletter, maybe not write the article themselves, but send ideas and info needed. We'd like the newsletters to be informative and share out what's going on/where and how to be involved.](#)