

JSPC — PA&T

May 12, 2020

3:30-4:45 PM, via Zoom

## NOTES

Members present: Walter Majoros, Aaron Surma, Jan Reece, Gayle Trivette, Megan Gunkel, Julie Neyhart, Becky Roth

### A. Review Summary of last month's efforts (10 minutes)

- Jan will describe April & early May's JSPC outreach efforts
  - JSPC contributed to about 22 wellness baskets sent to Elders through Goldbelt Corporation, including items such as brochures, JSPC cards, gun locks, compass, bracelets, hats, hand sanitizer, Play-dough, etc. Also contributed items to Juneau Food Bank.
  - Facebook Live events on Friday mornings (weekly) have been extremely successful—800-3,350 re-shares; topics have included means reduction, pandemic grief, postvention and other topics; will certainly continue this venue of outreach
  - staff have been on KINY, Capital Chat, article in the Juneau Empire & contributed to Tongass Time, a weekly outreach to teens via Zoom
  - 5 postvention packets were distributed, and several updates to the website have been made

### B. Planning work:

#### 1. Discuss **draft** 2020/21 Workplan-At-A-Glance (After steering committee's final approval, it will become this Committee's working document)

- Is 50 people a month (or 150 per quarter) a reasonable target number for our basic 101 training?
  - based on our monthly average in recent past, we decided on a target of 25 people trained each month, which could be from any of our training options (75 quarterly), whether in person or via Zoom.
  - discussion identifying our 101 training is approximately one hour, and so have named our short-community version as "Brief 15-minute Suicide Prevention Training." This option needs to be added to our menu of trainings.
  - Facebook Live events will not be considered training because folks can come and go from these calls, and we are not tracking any pre/post data. Recordings shared to not indicate that individuals listen & learn from the content...and it's still a great reach in sharing our message & having support around these topics.
- Every month has at least one main area of focus, are we missing some key themes or areas?
  - We discussed additional themes and important dates, moved a few around, all shown in the new V2 version attached to these notes via email.
- Let's work together to fill in more of the partners/contacts column.
  - insufficient time to review this area
- Do you have edits or additions to the far R column?
  - insufficient time to review this area

#### 2. For each of the upcoming months below, let's explore:

- insufficient time to contribute to planning; once we are able to get our structure/workplan organized, we're hopeful to have this section be the center-point of our time together.
- How & to whom (groups & organizations) can we plan for trainings (101, ASIST, Sources of Strength, Signs of Suicide, Calm, Safe Talk)

- Places where we can distribute our outreach materials (brochures, bracelets, etc)
- Where can we and others volunteer?

**May:** Mother's Day, Mental Health, Memorial Day

**June:** LGBTQ+, Pride Month, Virtual Celebration

**July:** Veterans, sacrifice of service (away from family, children worry, etc.)

**August:** Returning to school- UAS + JSD (staff training, family outreach)

3. Discuss the purchase of The Ripple Effect; with a donation from Find Your Fire, the remaining cost is \$1,000. Does this align with our short-medium term goals?

- New information: due to the previous rental costs already paid, and donation from Find Your Fire, the remaining purchase amount is \$500. Discussion—this tool can be shared with other partners and regions, supports our mission, and decision to purchase it was made. There could be an annual showing; the film is 90 minutes long.

4. Short update from Means Reduction Committee.

- Means Reduction Committee meets quarterly & has notes generated which will be share with our committee members
- Much of their work intersects with PA&T, so we want to stay linked and supportive/sharing out their messages and concerns as part of our training and outreach.