

DEKALB COUNTY COMMUNITY MENTAL HEALTH BOARD

SUICIDE PROGRAMMING AD HOC COMMITTEE

MINUTES OF MEETING

October 21, 2020

Approved

Committee Members Present: Laurie Emmer, Jennie Geltz, Jerry Helland, Jane Smith

Other Persons Present:

Office staff: Deanna Cada, Kathy Ostdick, Sarah Beste-Intern

1. Call to Order

Ms. Geltz moved to call attendance; seconded by Ms. Smith. Those in attendance were Ms. Emmer, Mr. Helland, Ms. Smith, and Ms. Geltz. The motion passed and there was quorum.

Ms. Geltz moved to call the meeting to order; seconded by Ms. Smith. The motion passed unanimously on a roll call vote.

2. Approval of the agenda

Mr. Helland moved to approve the agenda; seconded by Ms. Geltz. The motion passed unanimously on a roll call vote.

3. Approval of the Minutes of the 9/23/20 meeting

Ms. Emmer moved to approve the minutes of the 9/23/20 Suicide Programming Ad Hoc Committee; seconded by Mr. Helland. The motion passed unanimously on a roll call vote.

4. Old Business

A. Information update on suicide programming

Ms. Cada discussed what is available in all categories with the Committee. Ms. Cada suggested that the Mental Health Board do a full community sharing of the website information that she has and possibly engage an intern to manage the information.

Mr. Helland asked what our funded agencies have as far as brochures, etc. He also inquired if there were certain times of the year that the suicide numbers were greater and what age groups were affected the most. Mr. Helland added that he would like more information on what DeKalb County is seeing.

Ms. Emmer said that the VFW does a large social media campaign on suicide and they also have handouts. The VFW uses Facebook but Ms. Emmer is thinking of also using Instagram and TikTok. Ms. Beste said that Twitter was also a popular site to post on.

Ms. Cada added that SAMSHA puts out an “attempt” brochure and we could get copies of that.

Ms. Cada discussed the QPR (Question, Persuade, Refer) program. Ms. Cada played a Power Point on QPR that was put together by Ms. Beste. Ms. Cada talked about the QPR trainings that were discussed in the Power Point. Ms. Cada pointed out that QPR trainings could be managed in the same way that the Mental Health 1st Aid program was paid for and managed.

Ms. Smith asked how many people completed the training in McHenry County.

Ms. Geltz asked if there could be any follow-up Zoom-type meetings after on-line trainings for participants that had additional questions.

Ms. Cada asked if anyone would like to attend a QPR Training before making a decision about requesting funding for the program. Ms. Smith, Mr. Helland, and Ms. Beste volunteered to take the training.

B. Suicide prevention/intervention messaging options

See above.

C. QPR Exploration update

See above.

D. Pamphlet/Brochure development

See above.

5. New Business

There was no New Business.

6. Date of next Suicide Programming Ad Hoc Committee meeting

Next meeting will be November 18th at 5:00 pm.

7. Adjournment

Ms. Smith moved to adjourn the meeting at 5:40 pm; seconded by Mr. Helland. The motion passed unanimously on a roll call vote.

Respectfully submitted,

Jennie Geltz, Committee Chair

Kathy Osttick, Recording Secretary