

**CHILDREN AND FAMILY SERVICES ADVISORY COMMITTEE
FEBRUARY 19, 2015
MINUTES**

PRESENT: Michelle Anderson, Sara Barron, Margaret Bayer, Laura Cherone, Sarah Drzewiecki, Sunnie Hirschfield, Mary Madden, Tiffany Meredith, Ron Pupp, Glynis Underwood, Karen Villarreal, Carl Vitense, Mary Wittwer, Bill Zaborowski

STAFF PRESENT: Esther Jensen, Kathy Mullooly, Jesús Mireles, Lisa Roberts, Peter Slesar

APPROVAL OF MINUTES OF JANUARY 15, 2015

Ron Pupp called the meeting to order at 8:35 a.m.

A motion was made by Karen Villarreal to approve the minutes of the January 15, 2015 meeting, seconded by Michelle Anderson.

BOARD LIAISON REPORT

Bill Zaborowski announced that the Health and Human Services Board Public Hearing is scheduled for April 2, 7:00 p.m., and will be held this year in the Public Health Division in the Human Services Center Building, 514 Riverview Avenue.

SPECIAL SERVICES ADVISORY COMMITTEE

Lisa Roberts reported that the Special Services Advisory Committee is scheduled to meet later today. There will be a report at the March 19 meeting.

NEEDS COMMITTEE REPORT

Ron Pupp reported that the Needs Committee has met twice. They're putting together a PowerPoint, building on the work that the Partnerships for Children's Mental Health Committee in Waukesha County has done. They had developed a needs list of their own with input from several CAFSAC members, parents and NAMI. They are highlighting the Partnerships for Mental Health to bring awareness as they are reforming and they are the leadership group for the CST (Coordinated Services Team). The four areas they're looking at for the unmet needs are; support for parents such as advocacy and helping them with referrals and finding resources; transition age youth having trouble transitioning from the child service system to the adult service system; crisis intervention; and improved therapy and support for youth. They have a good workgroup and the presentation is coming together. For the new members, the purpose of this, as CAFSAC is a subcommittee reporting to the Health and Human Services Board, there is an annual presentation of what we feel are some unmet needs of the community, to highlight the needs and encourage funding and support for programs. These recommendations go to the Board. The Board is appointed by the County Executive and makes recommendations for the County Executive's consideration in the budget.

NAMI WAUKESHA – SUICIDE PREVENTION

CAFSAC members introduced themselves to Mary Madden, Executive Director of the National Alliance on Mental Illness of Waukesha County, and Sunnie Hirschfield, who provides street outreach for NAMI of Waukesha County and she teaches QPR.

Madden shared updated NAMI brochures describing their programs and services, which fall under three categories; support, education, and advocacy. The support groups include NAMI support groups as well as other support groups in the community that have been recommended by people living with mental illness. NAMI is part of a grass roots movement started in the late 1970's. The local affiliate is a stand alone organization. Not a lot of NAMI's do street outreach to the homeless, which is what Hirschfield does along with another individual from Hebron House. This outreach team goes out to the homeless and tries to get them in for services. They take them water in the heat of the summer and let them know about the warming centers in the winter. With rapport building, they hopefully can get them in for services. They have had success with some people and some are more difficult. Nancy Reibold, a nurse at St. Joe's, is a part of this team as well. Typically, the local NAMI affiliate has served the needs of adults dealing with mental health issues, and their family members or loved ones. For a few years they have been getting a lot of calls from families who have children with what they believe are mental health needs, looking for support and education. NAMI has a signature program called Basics, which is a family to family educational program. It is six weeks and is for family members or caregivers of someone 18 years or under dealing with a mental health issue. They don't have to be diagnosed. The Basics program started last fall and they had two family members who have been through this themselves, trained through their national office. The second Basics class starts on April 18. They hope to continue to expand and create an on-going support group that family members can come to.

Last year NAMI was approached by Mental Health America of Milwaukee to see if they were interested in getting people trained to do QPR because when Mental Health Association of Waukesha closed. Through a grant received through the Charles Kubly Foundation, they were able to get Sunnie Hirschfield trained as a presenter and also their program coordinator Sarah Rodefer.

Sunnie Hirschfield reported there are 2.5 million survivors of suicide. A survivor is not someone who did not complete suicide – it's someone's who's lost a loved one to suicide. She is a six time survivor of a loved one's suicide over the last fifteen years. She was in the military and the majority of those were veteran or military suicides.

Hirschfield shared her business card for anyone who wants a QPR for any group of people free of charge. Her phone number is 262-409-2750. Hirschfield has a variety of videos that she can share and can tailor the presentation to the group. QPR is a canned program that Hirschfield is certified to teach. You cannot take anything away from it, but you can add to it and enhance it to make it audience specific. She showed the booklets that they distribute at presentations.

Hirschfield briefly reviewed the slide presentation. QPR stands for Question, Persuade, Refer. It is not a risk assessment program. It's to teach people how to ask the suicide question, how to

persuade them to get help, and then to make referrals. She began with the myths and the facts; one fact is that it is the third leading cause of death among children ages 5 to 15. More children die from suicide between the ages of 5 and 14 than from influenza. In the news this time of year we constantly hear “get your flu shot” and parents are going to get their children immunized for the flu. How many parents are checking on their child’s mental health, “How are you feeling?”, “You seem sad”, “What’s going on?” Young children do think about suicide. Hirschfield gives the clues and the warning signs when she teaches this. Take any sign seriously. She explained direct signs, i.e. “I just want to die”, and indirect, “I’m tired of life, I can’t go on”. Part of the training is learning to identify statements that aren’t as blatant as “I’m going to kill myself”. There are behavioral clues; giving things away, stockpiling pills, unexplained anger. Situational clues are serious or terminal illness, loss of a spouse or friend. They give tips on how to ask and one of the biggest things she stresses is, if in doubt, don’t wait, just ask the question. Hirschfield shared personal stories. There are different approaches to take. There’s a less direct approach that she teaches. It’s not her style; she takes the direct approach and just asks if someone is thinking of killing themselves. She’s comfortable with that because she has done it and knows where to refer to get help. They also teach how not to ask, i.e. “You’re not suicidal, are you?” She teaches how to persuade someone to get help, and when referring, she gives all of the different places available to get help.

Other tips are to tell the person you are there for them. She told the story of Abraham Lincoln who lived with major depressive disorder. She points out in the story that he had a friend there to help him through his crisis.

Planting seeds of hope is instilled throughout the training. If someone is hopeless, they believe they have nothing to live for. Even small bits of hope can help someone go a long way.

Hirschfield usually closes the training with the Youtube video, Guardian of the Golden Gate Bridge, which was then played, <https://www.youtube.com/watch?v=mddQzCd23EY>

Q & A period. Can teens be trained in QPR? Yes, and the presentation can be tailored toward the audience; towards youth, the elderly, law enforcement, etc.

How long is the training? About an hour and a half.

Karen Villarreal related that Hirschfeld has come and done the training at Safe Babies Healthy Families and it was very well received and appreciated. Mireles asked if there was a particular reason that Safe Babies Healthy Families requested the training for their staff. Villarreal answered that they have a higher rate of post partum depression. On their screening, one of the questions they ask is “have you thought of harming yourself in the last seven days?” It’s raised awareness with their families as to how many have thought of harming themselves, and so how to ask those questions, or even knowing that you can ask those questions, has helped their staff. It is a scary situation.

Mary Madden talked about parents’ being concerned that if they ask their children those questions, that is putting the idea in their heads. When she asks the parents if they were asked the questions, would that make them suicidal, they say of course not. Esther Jensen added that

it's similar to the substance abuse issues; it's one of those subjects that people don't want to talk about, and it's so important. She asked if NAMI has done promotions to high schools to present QPR. Madden answered that there are high schools that say they take care of the subject in health class. That's one of the things they're working on with the Children's Partnership is getting into the high schools. Jensen suggested outreach to the health class teachers.

There was discussion on how to address a suicidal younger child, ages 6, 7, 8. It's a young age to broach the subject with a child, unless there are warning signs, and then Hirschfield advised to get them to a professional therapist. When talking with children, use their language. If a child says, "I just want to go away", ask what he/she means. Do they want to go to the park, or do they want to be with a loved one who has passed away? How do they want to get there?

What about statements made on social media? If you see something on social media, take it seriously, call the person, ask what's going on and how you can help. Don't dismiss dark statements from teenagers on social media as just a kid being a kid. That's how they're feeling. Check in with them.

Discussed strategies to get the word out. Through the churches, any community group, through CIT (Crisis Intervention Training), and Youth CIT. Every time they do a QPR, they invite people to call and invite them to speak to other groups. Foster parents would be a good group to present to.

GUEST DENNIS CERRETA

Jesús Mireles introduced Dennis Cerreta, Waukesha County Architect, who is retiring in six weeks. Cerreta offered his architectural talents and assistance, free of charge, to the CAFSAC agencies, if anyone has a need for help redesigning their space. He can be contacted at dcerreta66@gmail.com

Cerreta will also be working with youth at the Lauer Center on an artistic basis.

ANNOUNCEMENTS

No announcements.

Jesús Mireles moved to adjourn, seconded by Michelle Anderson at 9:42 a.m.

NEXT MEETING

The next meeting is scheduled for March 19, 2015 from 8:30 to 10:00 at the Waukesha County Health and Human Services Center, 514 Riverview Ave., Room 271, Waukesha.

3-19-15
APPROVED