

prevent suicide

COLUMBIA COUNTY

PARTNERS SAVING LIVES IN WISCONSIN

Meeting Minutes

Thursday, August 16th, 2018

1:00 – 2:30 PM

Columbia County Law Enforcement Center
John Roche Community Room (first floor)
711 East Cook Street; Portage

Present: Susan Lorenz (Columbia County Health and Human Services), Amy Cole (Portage Schools), Pastor David Haupt (Apostolic Worship Center Poynette), Deanna Hauck (Journey Mental Health Center – Portage), Kate Young (Columbia County Health and Human Services – Crisis Coordinator), Ken Manthey (Portage Chief of Police), Pastor Ron Armon (St. John’s Lutheran Church – Portage), Kelsi Bauer (Columbia County Health and Human Services), Isaiah Smith (guest speaker), Kelly Mommaerts (UW Medical Foundation), Kristal Rykiel (Facilitator, Columbia County Health and Human Services).

Group Discussion:

Items highlighted, your help is needed!

1) Planning

- a. We are meeting every other month. Our next meeting is THURSDAY, October 18th, 2018, from 1:00-2:30pm at **Columbia County Health and Human Services 111 East Mullett Street, Portage in Meeting Room 3!** Please use ADRC Entrance to enter the building.
- b. Suicides in 2017: Statistics shared from Columbia County Medical Examiner: there were 8 deaths by suicide in our county last year, down from 14 the previous year. There were 11 overdose deaths in 2017.

2) PSCC Activities: Updates and Action Plans

- a. **On screen ad**
Our PSA is being shown on-screen at the Portage Movie Theater and is available on Prevent Suicide Columbia County Website and Facebook page. Watch it here on You Tube: <https://youtu.be/VX5B99P4F8M>.

Because we value human life, the mission of Prevent Suicide Columbia County is to prevent suicide through awareness, education, collaboration, and improved access to mental health care.

b. **QPR and Means Restriction**

QPR is a free 90-minute training that educates on the signs of suicide and what to do if someone you know is suicidal. Download our QPR Flyer [here](#).

Upcoming trainings:

➤ SSM Dean Medical Group – Portage

- August 29th from 5pm – 6:30pm
(Mike Schutz and Heather Gove)

➤ Walk for Hope 2018 – Portage

- September 22, 2018 from 12 noon – 1:30 pm
(Amy Cole and Dean Piehl)

- **Recent past trainings:**

- None to report

- **Trainers:** Please report recent sessions to Kristal.

- **Everyone:** Please let Kristal know if you would like to schedule a QPR training.

c. **Means Restriction:** We have gun locks, please let Kristal know if you are in need of some to distribute. Gun locks are available for pick up Monday – Friday 8:00 AM – 4:30 PM at Columbia County Health and Human Services located at 111 East Mullett Street in Portage.

d. **Suicide Loss Support Group Update:** Amy Cole continues to hold support group at Divine Savior Healthcare on the first and third Wednesday of every month from 5:30pm – 6:30pm. **We have support group cards to distribute.** Please contact Kristal if you would like some to distribute or if you or someone you know is interested in attending support group!

e. **Walk for Hope**

- Walk for Hope 2018 will be held on Saturday, September 22nd at 10AM at Portage High School Track (Middle School or John Muir Gym if inclement weather).
- Clint Starks from Columbia County Health and Human Services will be the MC for Walk for Hope 2018.
- Sara Jesse (previous facilitator for Prevent Suicide Columbia County) will be our speaker for Walk for Hope 2018, *Lessons of Love, what my sister's suicide taught me about forgiveness.*
- Faith Gladem will be the musician for Walk for Hope 2018.
- Amy Cole and Dean Piehl will provide QPR training after the walk.
- **Please disperse our Walk for Hope poster!** You can download a copy of the Walk for Hope Poster [here](#)! Or contact Kristal for copies!
- **We have had an outpouring of response from volunteers but we are happy to have any additional volunteers who are interested.** We need help with set up, events during the walk and help with clean up! Please contact Kristal if you are interested in volunteering for the walk via email kristal.rykiel@co.columbia.wi.us

f. **Advertising**

- We have two different types of 10X15 inch posters: “Your world needs you” and “You can prevent suicide. Learn how in 1 hour.” These can be posted anywhere and everywhere. Renae to cover downtown Portage area establishments. **Please let Kristal know if you would like to help disseminate our posters!**

g. Training specific to community sectors

- Four employees from Columbia County Health and Human Services Behavioral Health attended the 2018 Zero Suicide Training held at the Wintergreen Resort in the Lake Delton in June. Read more about Zero Suicide [here!](#)

h. Outreach

- Prevent Suicide Columbia County (PSCC) and Prevention and Response Columbia County (PARCC) collaborated and had a booth at the Columbia County Fair in July! Our booth was a great success! We were able to distribute gun locks, information about our upcoming walk and information about our suicide loss support group!

3. Presentations:

- a. We were fortunate to have a guest speaker at our August meeting. Isaiah Smith was generous to share his lived experience with mental health and his desire to continue with motivational speaking and de-stigmatization of mental illness. Thank you so much Isaiah!

4. Special Topics:

- a. Ken Manthey from Portage Police Department shared an update on police suicides and statistics.
- b. Donations to Prevent Suicide Columbia County
 - The Stronach Family/[Kimmie's Kruike](#) will be presenting \$2000 to Prevent Suicide Columbia County on Monday, August 20th.
 - Joanne Alt – Garden of Angels – Portage, held a [fundraiser](#) the weekend of August 18th. She donated \$1200 to Prevent Suicide Columbia County.

Adjournment at 2:30 pm

Next meeting: Thursday, October 18th, at 1pm at Columbia County Health and Human Services located at 111 East Mullett Street, Portage in meeting room 3. Please use the ADRC entrance. We will be recapping the Walk for Hope!