



## ROSC Monthly Council Meeting

<b>ROSC Name:</b>	GBPS	<b>Lead Agency:</b> Grand Boulevard Prevention Services
<b>Meeting Date &amp; Time:</b>	Sep 30, 2024, 12:26 PM Central Time	<b>Meeting Location &amp; Format:</b> Virtual (in-person, virtual, hybrid)
<b>Meeting Duration:</b>	1 Hour	<b>Meeting Topic(s):</b> About Suicide
<b>Speaker:</b>	Aviance Richards-Jones	<b>Participants:</b> Tomi Moore Mark Bailey Elizabeth Kellogg Kami Garrison Aimee Potter

## Meeting Summary for GBPS ROSC Monthly Council Meeting

### Quick recap

The meeting focused on suicide prevention, discussing the different stages and implications of suicide attempts, ideation, and ideation with means and intent. The participants also shared personal experiences and discussed the importance of addressing mental health issues, particularly postpartum depression, and the need for a change in mindset. The conversation also highlighted the impact of the pandemic on suicide rates, the effectiveness of cognitive behavior therapy and dialectical behavior therapy in managing mental health issues, and the concept of "existing" versus "living" in the context of mental health and trauma.

### Next steps

- Aviance to research and provide updated suicide statistics for 2023-2024
- Aviance to send additional information on suicide prevention to attendees
- All attendees to consider how to address domestic violence in suicide prevention efforts
- All attendees to reflect on the effectiveness of perpetrator programs in domestic violence cases
- All attendees to consider ways to address generational trauma and genetic markers in mental health treatment

### Summary

#### Suicide Prevention Discussion and Check-In

Aviance, the program coordinator for GBPS, led a discussion on suicide prevention. The meeting began with a check-in exercise where participants were asked to rate their current mood in terms of weather conditions. The participants, including Mark, Tomi, Aimee, and Kami, shared their feelings, with most rating their mood as around 70 degrees, indicating a positive outlook. The meeting then

proceeded with Aviance's presentation on suicide prevention, despite her admitted fear of public speaking.

### **Discussing Suicide Terminology and DSM-5 Changes**

Aviance initiated a discussion about the topic of suicide, sharing her research findings and the term 'unalive' being used instead of 'suicide'. Tomi explained that the term change is partly due to social media, as it avoids triggering unwanted actions. Kami suggested the term 'died by suicide' as a more empathetic alternative. The group also discussed DSM-5 and its changes, with Mark highlighting the importance of societal factors in defining suicide ideation.

### **Suicide Stages, Risk Factors, and Recognition**

Aviance discussed the different stages and implications of suicide attempts, ideation, and ideation with means and intent. They explained that suicide attempts involve harming oneself with the goal of ending one's life, but not necessarily resulting in death. Suicide ideation refers to being preoccupied with the idea of suicide, while ideation with means and intent increases the risk of a suicide attempt. Aviance also highlighted various risk factors for suicide, including a history of mental disorders, substance abuse, chronic pain, terminal illnesses, family history of mental disorders or suicide, exposure to family violence, presence of firearms in the home, and recent release from prison or jail. They emphasized the importance of recognizing signs such as talking about wanting to die, feeling empty or hopeless, feeling trapped, or being a burden to others. Aviance also shared a personal experience of a young man who committed suicide due to feeling like a burden to his family.

### **Addressing Addiction and Mental Health Challenges**

Aviance and Mark discussed the challenges faced by individuals struggling with addiction and mental health issues. Mark shared his experiences working with substance users and the importance of understanding the mental health side of addiction. Aviance shared a personal experience with her brother's addiction to cocaine and his recent depression, which led to thoughts of suicide. The conversation ended with Mark emphasizing the need to address deeper issues beyond just getting clean or sober.

### **Addressing Mental Health and Postpartum Depression**

The meeting focused on the importance of addressing mental health issues, particularly postpartum depression, and the need for a change in mindset. The participants emphasized the importance of having someone to talk to when feeling overwhelmed and the need for coping with mechanisms. Aviance discussed the importance of addressing suicidal thoughts directly and debunked the myth that people commit suicide for attention. The conversation also highlighted the need for society to take reports of bullying and other trauma seriously, as they can lead to severe consequences such as suicide. Aviance shared a personal experience of losing a niece to suicide due to the family's failure to recognize the severity of her trauma.

## **Addressing High Suicide Rates During Pandemic**

Aviance and GBPS discussed the high rate of suicides during the pandemic, attributing it to factors such as isolation, depression, loss of jobs, and the loss of loved ones to Covid. They noted that the age group most affected was 18 to 25 years old. GBPS suggested that the inability to function without social interaction and the lack of hobbies or interests contributed to the high suicide rate. Aviance presented alarming suicide statistics for 2021, with 48,181 individuals committing suicide, and expressed a desire to provide updated information for 2023 and 2024 in the next meeting.

## **Cognitive Behavioral Therapies and Adolescent Mental Health**

Aviance and Mark discussed the effectiveness of cognitive behavior therapy (CBT) and dialectical behavior therapy (DBT) in managing mental health issues and preventing suicide attempts. They emphasized the importance of these therapies in addressing thinking distortions and emotional deregulation. Tomi added to the discussion, highlighting the impact of puberty and social influences on adolescents, which can lead to feelings of isolation and low self-worth. Tomi also brought up the concept of bullying within the home, particularly among siblings, and stressed that this form of bullying can be just as damaging as external bullying and should be acknowledged and addressed.

## **Existing vs. Living: Mental Health and Trauma**

The meeting focused on the concept of "existing" versus "living" in the context of mental health and trauma. Participants shared personal experiences with post-traumatic stress disorder and grief, highlighting the challenges of balancing survival with a fulfilling life. The conversation also touched on the impact of generational trauma, societal expectations, and the stigma surrounding therapy in the black community. The team agreed on the importance of addressing these issues to prevent further trauma and promote healing.