

# Mayor's Taskforce on Suicide Prevention and Mental Health

October 17, 2008  
8:30-9:30pm  
Health Department,  
20 Evergreen Ave.

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**Facilitators:** Patty Contente

**Note taker:** Patty Contente

**Attendees:** Tim O'Keefe (Somerville Public Schools); Nancy Bacci (Youth Program, City of Somerville); Danny McLaughlin, (Teen Empowerment); Lisa Brukilacchio (Health Agenda, Cambridge Health Alliance); Patty Contente (Health Dept., City of Somerville); Samuel Hamm and Cayenne Isakson, Ma. Department of Veterans Services, SAVE Team; Cory Mashburn, SCAP; Vicki Wairi, City of Somerville; Peter Lenrow, Somerville Mental Health

**Regrets:** Karen Hacker, Institute for Community Health/ Cambridge Health Alliance; Teresa Forestell, Somerville Hospital; Regina Bertohl; Parent Information Center; David Todtfeld, Teen Connection/ Cambridge Health Alliance; Dana Gordon, Somerville Mental Health

## *Minutes*

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**Agenda item:** *Introductions – group and new members*

**Presenter:** Patty Contente

### **Discussion**

Last meeting determined that the Task Force goal for this year would be to raise awareness around depression and particularly to focus efforts on reducing the stigma related to receiving mental health services.

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**Agenda item:** *Review of Meeting Goals*

**Presenter:** Patty Contente

### **Discussion:**

- Share information and resources to develop strategies and identify methods to raise awareness on Depression and to inform the community about available supports.
- Review clip from “Depression: True Stories” to determine if and how this might be utilized;
- Discuss the future meeting schedule: dates, time and location for the Mayor's Task Force on Suicide and Mental Health;
- Review draft of Press Release on the publication of Coping with Youth Suicide, written by Somerville professionals regarding the response to youth suicide.

**Conclusions:** Not applicable

**Agenda item:** *Share information and resources to develop strategies and identify methods to raise awareness on Depression*

**Presenter:** Patty Contente/ All

**Discussion:**

Existing Resources include:

- o Clinical Youth Specialist
- o Samaritans/ Samariteens Hotlines & groups
- o National Suicide Hotline – Also 9#
- o School – Current Health Curriculum (All freshman and Sophomores take required health class)
- o High School has STAT team to identify at risk youth
- o Teen Connection
- o Immigrant Service Providers Group
- o Family Center, Somerville Mental Health, Guidance Center – all local MH providers
- o Council on Aging

**NEEDS**

- o Support for Caregivers who may be at risk
- o Reducing the stigma related to mental health
- o Training re: Risk of homelessness specific to youth populations

**Resources**

- o SAVE Team – MA Dept. of Veterans Services can offer Question, Persuade Refer QPR training to help identify individuals at risk. – Sam and Cayenne can provide training to Somerville – it is a train the trainer program. Sam could provide report on how Veterans are being served in our area.
- o Look at what is available Fed. /State/Local breakdown – for resources we can access for free, i.e. cards, magnets, brochures
- o Collaborate with the Immigrant Service Providers Group to address issues of stigma related to mental health services.

- Conclusions:**
- ✓ Explore what information, i.e. cards/ educational materials we can access for free to distribute.
  - ✓ Determine schools needs re Depression awareness, Suicide prevention
  - ✓ Talk with Alex Pieri around collaboration with ISPG to reduce stigma in immigrant populations.
  - ✓ Explore how to provide support to care givers

**Action items**

- ✓ Tim O’Keefe will consult with school faculty and administration to see if there is a need to augment school curriculum re: depression awareness/ suicide prevention.
- ✓ Look into material available for distribution and explore setting up a QPR training for Somerville
- ✓ Meet with ISPG to determine best approach to reducing stigma
- ✓ Meet with Lisa Brukilacchio support to care givers

**Person responsible**

Tim O’Keefe  
  
Patty Contente will talk with Samuel Hamm and Cayenne Isakson from the SAVE team  
  
Patty, Lisa and Alex

**Deadline**

November 6, 2008

Patty and Lisa

**Agenda item:** *Review clip from “Depression: True Stories” to determine if and how this might be utilized;*

**Presenter:** Patty Contente

**Discussion:**

- Reviewed one of the stories from Depression True Stories video – Every one felt that this could be a useful tool. Utilizing vignettes from the clips versus showing the whole video at once. Schools may be able to work this into their curriculum. Suggestion was made to personalize this type of information to Somerville by having Somerville youth tell their stories.
- Discussed using video in a SCAT TV format, possibly having different groups respond to video, community forum for youth, parents, etc. Producing a series
- Offering information in series format, possibly build up to information that could be offered to youth through the Teen Empowerment Youth Peace Conference in the spring.

**Conclusions:** Tim O’Keefe will discuss ideas with health department and administration to determine if there is an interest and need to expand curriculum.

<b>Action items</b>	<b>Person responsible</b>	<b>Deadline</b>
✓ Tim will get back to Patty before next meeting	Tim	November meeting
✓ Patty will contact SCAT TV to look at using clips in a series format, possibly hosting public forums for different groups, Youth, parents, etc.	Patty	

**Agenda item:** *Review draft of Press Release on the publication of Coping with Youth Suicide, written by Somerville professionals regarding the response to youth suicide.*      **Presenter:** All

**Discussion:**

- ✓ Is there interest in this type of research article – doesn’t really provide services or what to do information. Discussed that it helps to provide a context as to why this is an important issue in Somerville and could serve as the kick off why we need to continue to pay close attention to these issues. Task Force would like to see informative articles, such as signs and symptom, resources and what to do type articles.

**Conclusions:** ✓ Once draft of press release regarding publication of “Coping with Youth Suicide” is completed, Patty will forward to Task Force members to determine whether it is appropriate for the Task Force to support and then it will be sent to the Mayor’s office for input and final authorization

**Action Steps** ✓ Patty will forward draft press release regarding “Coping with Youth Suicide”  
 ✓ Patty will draft article on signs and symptoms of depression and forward to task force for input, by October 31<sup>st</sup>.

***Other Information***

**Next Meeting**

Tuesday November 18th 8:30 – 9:30am  
 Health Department Conference Room, 50 Evergreen Ave., Somerville, 1<sup>st</sup> floor

