

**COMMITTEE TO REVIEW SUICIDE FATALITIES
OPEN MEETING MINUTES
March 26, 2019
9:00 a.m.**

Clark County Office of the Coroner/Medical Examiner
1704 Pinto Lane
Las Vegas, NV 89106

TELECONFERENCE:

Dial-In Toll-free Number 1-866-434-5269
Participants Code# 7501044

BOARD MEMBERS PRESENT BY PHONE

Marlyn Scholl, LCSW, Veterans Health Administration, Sierra Nevada Health Care System, Reno, Co-Chair
Mike Bernstein, M. Ed., representative of injury prevention, Nevada Coalition for Suicide Prevention, Co-Chair
Sergeant John Harney, Las Vegas Metropolitan Police Department
Jamie Elizabeth Ross, Executive Director, PACT Coalition for Safe and Drug-Free Communities
Lesley Dickson, MD, Nevada Psychiatric Association
Fran Maldonado, Tribal Liaison, Division of Child and Family Services
David Mills, F-ABMDI Coroner Investigative Forensic Supervisor, designee for John Fudenberg, Clark County Coroner

BOARD MEMBERS NOT PRESENT

John Fudenberg, D-ABMDI, Clark County Coroner
Sheila Leslie, MA, Retired, Washoe County Social Services, Consultant, Sagepine Strategies
Kathy Ingelse, DNP, APRN, PMHNP-BC, FNP-BC, representative of providers of health care
Gregory Cowper, Director of Business Development, Montevista Hospital

DIVISION OF PUBLIC AND BEHAVIORAL HEALTH STAFF PRESENT

Misty Vaughan Allen, Nevada State Suicide Prevention Coordinator, Division of Public Behavioral Health-Bureau of Child, Family and Community Wellness (BCFCW)-Office of Suicide Prevention (OSP)
Richard Egan, Training and Outreach Facilitator, DPBH-BCFCW-OSP
Angela Friedman, Administrative Assistant IV, DPBH-BCFCW-OSP

OTHERS PRESENT IN LAS VEGAS

Sharon Benson, Senior Deputy Attorney General, Nevada Attorney General's Office
Bianca D. McCall, MFTLI Chief Executive Officer, Desert Rose Counseling Group
James Bean, Author and Nevada Coalition for Suicide Prevention Member
M. Amaris Knight, Board Member, Chair, Nevada Coalition for Suicide Prevention
Brett Harding, Assistant Coroner, Clark County Office of the Coroner/Medical Examiner

OTHERS PRESENT ON THE PHONE

Cherylyn Wood, Zero Suicide Coordinator, DPBH-BCFCW-OSP/Center for the Application of Substance Abuse Technologies (CASAT)

Mike Bernstein called the meeting of the Committee to Review Suicide Fatalities (CRSF) to order at 9:20 a.m. The meeting was properly posted at the locations listed on the agenda in accordance with the Nevada Open Meeting Law (OML).

1. ROLL CALL AND INTRODUCTIONS

Mike Bernstein asked those present to introduce themselves. Roll call was taken and a quorum was present.

2. APPROVAL OF THE NOVEMBER 6, 2018 MEETING MINUTES

Mike Bernstein asked if there were questions or comments about the minutes. Members discussed whether Mr. Bernstein was present at the November 6th meeting. Angela Friedman will confirm.

MIKE BERNSTEIN ENTERTAINED A MOTION TO APPROVE THE MINUTES OF THE NOVEMBER 6, 2018 MEETING WITH THE CORRECTIONS AS STATED. A MOTION TO APPROVE WAS MADE BY LESLEY DICKSON. MARLYN SCHOLL SECONDED THE MOTION. THE MOTION PASSED UNANIMOUSLY WITHOUT PUBLIC COMMENT.

Mr. Bernstein asked for public comment. None was heard.

3. HEAR PRESENTATIONS BY PERSONS WHO HAVE LIFE EXPERIENCES RELATED TO SUICIDE. DISCUSS THE PRESENTATIONS AND MAKE RECOMMENDATIONS FOR POSSIBLE AGENDA ITEMS TO BE HEARD AT THE NEXT MEETING AS DETERMINED BY AGENDA ITEM # 7

Richard Egan discussed the importance of the presentations of lived experience and introduced the presenters.

James Bean discussed his experiences which he wrote in his book, *When the Humor is Gone*. He discussed living a superficial life and hiding his feelings from those around him while feeling depressed inside. Mr. Egan asked Mr. Bean to expound on his instinct to stay alive. Ms. Scholl asked Mr. Bean if he recognized his own depression. Mike Bernstein asked if Mr. Bean's experience helped him recognize depression in his daughter.

Amaris Knight discussed her life experience leading up to her childhood suicide attempt and shared what helped her to cope with struggles in her young adult life. Lesley Dickson asked Ms. Knight about her attempt to overdose and disclosure of her attempt. Jamie Ross recognized if using the Adverse Childhood Experiences and Suicide Attempts scale (ACEs) Ms. Knight's life situation would have scored zero. Ms. Ross asked Ms. Knight to discuss what risk factors are missing on the scale. Ms. Knight believes the ACEs can be narrowly viewed, missing cultural factors. Ms. Ross proposed including a social isolation factor to ACEs. Ms. Knight suggested adding different adjudicating systems to support different educational systems. Mr. Egan discussed middle and upper middle-class families' susceptibility to suicide. Ms. Scholl asked how Ms. Knight found her way to counseling and how it has helped her in her current life. Mr. Knight discussed reaching out to a family member and the family's fear preventing them from responding.

Bianca McCall discussed her current work with suicide prevention, and her chaotic childhood life with a high risk for suicide. She discussed her suicide attempt, her double life, her struggle with disappointing people, being a collegiate athlete, suffering from depression, and discovering her purpose to work in suicide prevention.

Mr. Bernstein noted all the presenters expressed at the lowest points of their lives they had strong feelings of disappointing others. Mr. Bean asked Ms. McCall to discuss her experience with "code

shifting” as it relates to the African American culture. Ms. McCall discussed coping with a state of duality caused by living in a primarily white neighborhood and relating to her family from a primarily black neighborhood. Misty Allen asked Ms. McCall how a person can help another who has constant thoughts of suicide. Ms. McCall advised tracking engagement is important. She said chronic suicidality is likely more common than thought and is related to self-harm and high-risk behaviors. Mr. Egan mentioned diversity in one’s life can build resiliency to life issues. Ms. McCall discussed the sub-cultures and resources in Las Vegas. Brett Harding asked what motivated Ms. McCall to play basketball. Ms. McCall replied basketball benefited her physically, emotionally and socially. She expressed the importance of positive group engagement activities along with traditional service delivery. She stated the importance the activities play in transitioning the response to suicidality from a clinical to a community response. Ms. Knight compared her experience with dancing to Ms. McCall’s experience with basketball and discussed the unaffordability and inaccessibility of theater arts programs and some sports programs for income challenged families.

Mr. Bernstein asked for public comment. None was heard.

Mr. Bernstein called for a break at 10 :35 AM. Mr. Bernstein called the meeting back to order at 11:02 AM.

4. UPDATE ON, DISCUSS AND MAKE RECOMMENDATIONS ON THE PROGRESS OF IMPLEMENTING THE NRS 433.428 REGIONAL MENTAL HEALTH BOARDS

Lesley Dickson updated the members on the legislative bills drafted by the mental health boards, such as adding a fifth mental health board consisting of particular rural counties, requesting funds for administrative support, and collecting data related to post Legal 2000 (L2K) patients’ emergency room discharge. The Northern Regional Board is proposing to rewrite the L2K law language. Dr. Dickson discussed the Legislature’s delay in presenting bills. The Washoe County policy board’s bill for a crisis triage center may still be in process. The Rural Board’s bill is related to patient transport. Jamie Ross mentioned the removal of the population cap for crisis stabilization units. Dr. Dickson questioned the ability to keep the units funded.

Mike Bernstein asked for public comment. None was heard.

5. DISCUSS AND MAKE RECOMMENDATIONS REGARDING WINNEMUCCA AS THE POSSIBLE LOCATION FOR THE NEXT FACE TO FACE MEETING TO REVIEW CASES OF SUICIDE DEATHS

Misty Allen reported Winnemucca had nine adult deaths by suicide in the Fall of 2018. Washoe County Coroner Laura Knight is trying to obtain the cases for the Committee’s review either in Reno or in Winnemucca. Sharon Benson stated having the meeting with the Winnemucca Coroner would allow for more in-depth information on the cases. John Harney agreed engagement with the community would be important. Mike Bernstein asked if this meeting would be a closed session. Ms. Allen explained how the Domestic Violence Fatality Review Committee model works. Ms. Benson voiced support to look at the cases. Richard Egan mentioned the importance of looking at the group of Winnemucca cases.

Cherylyn Wood came on the phone and introduced herself.

Jamie Ross noted the logistics for traveling from Las Vegas to Winnemucca will be more difficult. Marlyn Scholl suggested collaborating on community outreach on the same day of the meeting.

Mr. Bernstein asked for public comment. None was heard.

6. DISCUSS, MAKE RECOMMENDATIONS AND APPROVE THE COMMITTEE'S ANNUAL REPORT TO THE DIRECTOR OF THE DEPARTMENT OF HEALTH AND HUMAN SERVICES

Misty Allen requested the members provide further contribution to the annual report. Sharon Benson clarified all comments should be sent directly to Ms. Allen to avoid problems with Open Meeting Law. Lesley Dickson mentioned including information on the bill regarding suicide prevention CEU/CME requirement for doctors. Ms. Allen stated this was not a recommendation by this Committee.

Dr. Dickson reported doctors did not show interest in suicide prevention trainings she helped coordinate. Richard Egan noted the University Medical Center has an upcoming safeTALK training for doctors. Dr. Dickson noted about 9,000 doctors are licensed in Nevada. She discussed the Medical Board's enforcement of the suicide prevention training requirement for medical licenses and the Medical Board's focus on the opioid crisis. Ms. Allen reported training suicide prevention to some doctors as part of the opioid crisis three-day training. She said pediatricians and nurses are responsive to the trainings. Mr. Egan noted the Southern Nevada Nursing Board's stand on the requirement. Ms. Allen noted the legislation was written in a way to exclude some types of nurses. Dr. Dickson noted the 2019 bill regarding suicide prevention training in the school system.

Mike Bernstein noted doctors acknowledging the importance of opioid addiction prevention and hoped there could be as much concern with suicide prevention.

Ms. Allen discussed the occurrences of Crisis Now Summits throughout the state in connection with the Statewide Suicide Prevention Conference at the Suncoast in Las Vegas on October 16 -18, 2019. The conference will include discussion about Zero Suicide which includes strategic planning in the health care system. She will work to obtain Continuing Medical Education accreditation for conference attendees.

Dr. Dickson would like Ms. Allen to include the medical license suicide prevention requirement in the report.

Mr. Bernstein asked for public comment. None was heard.

7. DISCUSS AND MAKE RECOMMENDATIONS FOR DATES OF UPCOMING COMMITTEE MEETINGS THROUGH JULY 2019

Misty Allen will coordinate dates for the face to face meeting with the Winnemucca Coroner.

Mike Bernstein advised members should sent comments and recommendations for the report by April 12th. A teleconference meeting was set for May 3, 2019 at 3:00 PM to review and approve the final report.

Mr. Bernstein asked for public comment. None was heard

8. PUBLIC COMMENT

Mike Bernstein asked for public comment.

Richard Egan shared Walk the Talk America wristbands. The founder is an advocate for preventing access to lethal means, particularly firearms. Mr. Egan discussed safes which automatically dispenses medication in a timed manner as prescribed. He thanked the members for their efforts

and time with the Committee. Jamie Ross requested information about the safes. Marlyn Scholl noted seeing similar safes available.

9. ADJOURNMENT

The meeting was adjourned at 11:38 a.m.