



Suicide Prevention and Trauma Informed Care Task force Meeting Notes

Date **October 24, 2013**
Time **2 – 4 pm**
Location **State Board Room, Grimes State Office Building**

MEMBERS PRESENT: Gladys Noll Alvarez, Barb Anderson, Penny Bisignano, Brian Carico, Deb Chiodo, DeAnn Decker, Amy DeGroot-Hammer, Meredith Dohmen, Sharon Guthrie (by phone), Laura Larkin, Liz Mathis, Steve Mitchell, Keri Neblett, Ellen McGinnis-Smith, Susan Walkup, Karolyn Zeller

Non-attending members: Sarah Brown, Mary Delagardelle, Cyndy Erickson, Jake Highfill, Isaiah McGee, Marianette Miller-Meeks, David Tilly,

Guests: Bridget Godes (senate policy advisor), Jack Ewing (LSA) Mike Cormack

Approval of Minutes

Motion made by Gladys Alvarez to approve the minutes. Motion was seconded by DeAnn Decker to approve the minutes. Motion approved.

AGENDA ITEM: Review of Legislation and Timeline

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| Expected Outcome Confirm report writing timeline. | Lead Ellen McGinnis-Smith, Iowa Department of Education Barb Anderson, Iowa Department of Education | Follow Up Draft report completed for review by Nov. 1, 2013 Task Force meeting |
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Notes:

The meeting opened at 2:00 PM.

Ellen McGinnis-Smith summarized the SF446 XXI Section 109 legislation and the responsibility of the task force. McGinnis-Smith suggest that a draft report be completed by the November 1, 2013 Task Force meeting, in order for everyone to have an opportunity to review. Everyone was in agreement.

Barb Anderson shared a project completed by the American Foundation for Suicide Prevention Association which reviewed suicide prevention initiatives enacted at the state level. The report included a graphic display of states that have programs in place. Iowa is the only state in the nation that does not have a coordinated statewide effort in place to prevent suicides.

Handout – American Foundation for Suicide Prevention, State Suicide Prevention Initiatives, October 2012.

AGENDA ITEM: Suicide Prevention Subcommittee

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| Expected Outcome Update on the status of their research | Lead Brian Carico, SAI Representative and Principal, Indianola High School | Follow Up |
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Notes:

Brian Carico provided an update of the suicide prevention subcommittee’s work and recommendations. The subcommittee met on October 9 and October 15. Carico reported that the subcommittee reviewed many documents and resources as part of their preparation in making recommendations. Carico stated that the subcommittee considered if the monitoring of suicide prevention training would be more effective through the Board of Educational Examiners (BOEE) or through the school accreditation process. The subcommittee recommends monitoring of suicide prevention training through the school accreditation process because it would allow for a more comprehensive approach to suicide prevention than individual training.

Carico stated that there are many suicide prevention trainings from which to choose. For example, the Jason Foundation offers a great training but it is not evidenced-based. The subcommittee recommends that districts be able to select the type of training that best fits their needs from an approved, evidence-based list. The subcommittee also suggested that someone in each district should be trained to provide suicide prevention. Some states have made it part of professional development time.

It is important to allow districts time to plan. Implementing the required training in 2015 would allow districts, especially if it will be included in school site accreditation visits.

The subcommittee recommends that suicide prevention training be focused on 6-12 grade (secondary), based on Iowa Youth Survey and Iowa youth suicide data. The Substance Abuse Mental Health Administration’s (SAMHSA’s) Preventing Suicide: A Toolkit for High Schools strongly recommends that prior to providing universal suicide prevention training for staff that schools have in place protocols for helping a student who is at high-risk for suicide and protocols for responding to a suicide death (postvention). The SAMHSA toolkit is available on-line and can be downloaded at no-cost.

Handout – Suicide Prevention Subcommittee Report to Suicide Prevention and Trauma Informed Care Task Force

AGENDA ITEM: Trauma Informed Care/Adult Student Relationships

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| Expected Outcome Update on the status of their research | Lead Gladys Noll Alvarez, Orchard Place Ellen McGinnis-Smith, Dept of Education Karolyn Zeller, Heartland AEA | Follow Up |
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Notes:

Gladys Alvarez provided a summary of the Trauma Informed Care and Relationship Subgroup training component recommendations:

- Training should provide understanding of what Trauma Informed Care is and cover basic strategies for teachers. These should cover four basic core components:
 - Connect (focus on the relationship),
 - Protect (promote safety and trustworthiness)
 - Respect (engage in choice and collaboration),
 - Redirect (teach and reinforce; encourage skill-building and competence).
- Training should include information on brain development and impact of trauma on brain development and an overview of 4 types of trauma for all grade levels
- Training should be resiliency focused.

Karolyn Zeller provided a summary of the subcommittee recommendations on how the trainings should be implemented:

- Recommended that blended professional development occur (online and face-to-face)
- Districts would be responsible for providing training opportunities and the trainings should be site-based. Training content would be approved by the Department of Education.
- Training compliance would occur through the school improvement process.
- Districts would include the training in the Continuous School Improvement Plan (C-SIP) on a yearly basis.
- Recommendations could include possibly another task force or in another way continuing planning to include TIC into teacher preparation programs and considering additional training for certain school groups (e.g., administrators, nurses, counselors).

Handout – Trauma Informed/Relationship Subgroup

Comments and discussion questions:

- Training should be a tiered-approach, possibly within the Positive Behavior Intervention Support (PBIS) framework and begin initially at the universal level.
- Consider the role of the substitute teachers and how they may access the training since they are not necessarily tied to a specific school. It has to be a part of the day-to-day business in the schools.
- Some teachers would need an awareness level training, but others such as special education teachers, would need more specific training.
- Basic training and then yearly or every two year updating.
- This training should result in improved academic results.
- Who would provide the training? The district and/or AEA? There are people across the state than can provide this.
- The specifics on the training would be better placed under administrative rule rather than in code in order to allow for changes to be made more easily as new research or practices become known.
- Should some of the content be provided in pre-service, at the college level as requirement toward earning a degree? Currently many teachers graduate without this knowledge.

- Should this training also be included in counselor level and administrator level certification and licensure?
- We need to create an umbrella that would protect and support the child.
- A possible suggestion is that certified groups could create a curriculum that would be more appropriate financially for the school setting. It may be possible to generate a request for proposals (RFP) to do this.
- This is very similar to PBIS. Can we consider expansion to something already there than coming up with something new?
- This training must be presented as a way to support teachers.
- It is important not to create another umbrella and to embed the training into the frameworks that already exist. The umbrella is the Learning Supports Framework.
- Educators already do so many things and it is important to examine all that we ask of teachers. Is there something that can be removed when new requirements are added?

AGENDA ITEM: Final Report Writing Designation

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| <p>Expected Outcome</p> <p>Identify who will be responsible for writing the report and the timeframe</p> | <p>Lead</p> <p>Barb Anderson and Ellen McGinnis-Smith</p> | <p>Follow Up</p> <p>Barb Anderson will upload working draft to a google doc for edits and feedback.</p> <p>Hard copy of draft report will be available at November 1, 2013 Task Force meeting.</p> |
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Notes:

Anderson and Ellen-McGinnis-Smith will prepare a draft for the November 1 meeting and then the task force will make edits. The report will be placed on a google doc for everyone to review and edit. McGinnis-Smith encouraged members to provide questions and feedback when the report language is not clear.

Final Comments:

It is important to keep the final report succinct and to be clear regarding the recommendations and priorities.

It was commented that it would be important that this not be considered part of bullying and clarify that mental health does not equal violence.

Meeting adjourned at 3:49

Next Task Force Meeting: November 1, 2013 8:30 am to 10:30 am, State Board Room, Grimes State Office Building, 400 E. 14th Street, Des Moines