

**1. Members in Attendance:** Cynthia McGuire, Marilia Jose, Alexa Gudelsky, Stacey Domnich-Kovalevsky, Ashle Hupchick, Austin Telford, Briana Miler, Caitlyn Korpisky, Carrigan Costello, Corinne Ofgang, Deborah Petersen, Heidi Bettcher, Joseph Gorman, Jules Calabro, Kaisy Cabrera, Kathy Hanley, Kevin Iglesias, Nicole Shea, ZaTasha Shiffer, Tanya Iacono, Joanna Keyes, Deborah Peterson, Diane Cassidy.

## **2. Public Perceptions of Mental Health and Suicide Prevention Survey Results**

### **a. Increased Comfort Discussing Suicide**

*Observations:* There has been a notable increase in comfort when discussing suicide compared to the past. A surprising decline was observed in comfort levels between 2022-2024.

*Possible factors:*

- Greater comfort discussing mental health and suicide virtually.
- More acceptance of mental health issues during the pandemic.
- Unclear data points create some confusion in interpreting the results.

### **b. Awareness of 988**

*Observation:* A need to increase awareness of 988 as a crisis resource.

*Suggestions:*

- Incorporate 988 information in community settings (e.g., flu clinics).
- Address possible deterrents like the term 'crisis.'
- Educate the public on what to expect when using 988.
- Utilize billboards and signage to increase visibility.

*Potential resources:*

- <https://www.youtube.com/watch?v=osVq5VVuGDU>
- <https://www.youtube.com/watch?v=sQnHUzfYGIE>

### **c. Barriers to Contacting Crisis Services**

*Observations:* Cost was highlighted as a significant barrier, which is disappointing given the importance of accessible support. Some respondents reported no barriers.

## **3. Everyone is an Asset Builder (EAB) Training**

### **a. Overview**

Developed by The Search Institute, this evidence-based program has been in use for over 50 years. It has a focus of strengthening protective factors within communities through internal and external assets. This training and data collection emphasizes

that we are already asset builders and can enhance our impact. The purpose is to shift perspectives toward a positive, motivating, and inspiring approach. This is data-driven and evidence-based.

**b. Potential Collaboration**

Youth Service Bureaus (YSBs) could revive these trainings.

Schools conducting related surveys might provide an opportunity to leverage Local Prevention Councils (LPCs).

*Suggestion:* Potential EAB training in August with Joseph Gorman.

**4. Resource Round-Up**

Holiday Toolkit: Distribute and discuss key resources for the upcoming holiday season.

**5. New Business**

**Subcommittee Discussion Topics:**

- Increase in youth suicides statewide.
- Outreach efforts for LGBTQIA youth.
- Addressing the needs of undocumented children.
- Firearms safety (NSSF initiatives, gun lock accessibility, and safe storage/disposal).
- Stressors of school lockdowns, active shooter drills, and SWATting incidents.
- Anxious Generation Book Club: Potential for engagement and shared learning.

**Next R5SAB Meeting:**

Date: January 22, 2025