

**Community Suicide Prevention
Monthly Meeting February 6, 2025
Meeting Minutes**

In attendance in person:

Rick Croft	Timalee Geisler	Sheila Murdock	Carlie Reid
Christine Adams	Tina Wheatley	Eric Adams	Chris Aspinall
Lisa Elkins	Lynen Wade	Matthew Queen	

In attendance by Zoom:

Bonny Jennings	Katie Dodge	Julie Buck	Brandie Weaver
Jan Eastman	Mike Jayme	Melinda Kettles	Tina Ricks
Victoria Byrd	Jason Byrd	Betsy Hammer	Dan Bruderer
RaeAnne Buerstatte	Andrea Hamilton		

Presenter: Victoria Byrd – Stronger Than and Please Just Stay

Common Ground – Survivor of Suicide Loss and advocates for mental health

Hope Rides' Misson: To be a catalyst for universal health awareness through active community events.

Vision: To inspire movement toward building communities engaged in dialogue and meaningful activity that promote mental health, physical fitness, and authentic connections.

Stronger Than started in 2019 but was halted by covid. Provided on-line groups. Educated on mind/body connection. They partnered with Teton Strength in Pocatello. They start with conversations about physical movement, what happens when we move, and that movement primes our brain for learning. They then move into mental health conversations and then return to physical movement. They encourage Challenge by Choice- to try things they have not done before. After the experience they heard things like:

I did not' think I could do it, but I tried

I did not accomplish it, but I tried!

We are stronger than we give ourselves credit for. We learn the importance of failing and resiliency.

The goal of the assemblies is to inspire conversations, normalize conversations about hard things and what to do when we are struggling with mental health. They want to provide tools to express how you are feeling and then be confident they can process those feelings with someone else.

They also promote authentic connection and share research about power of connection. When we realize that that one other person going through something similar, it makes all the difference. Showing up as your authentic self opens door for conversations about what we are going through and set some burdens down or have help carrying them.

Victoria also shared the Please Just Stay campaign they did last year in Pocatello. They partnered with the local coroner, Tory Danner who was asked by the Bannock County Commissioners to hold an event. They visited with business owners and encouraged them to add "Please Just Stay" to marquees and reader boards. They also provided yard signs with the same message, including the 988 number. Local mayors and the commissioners signed a proclamation for suicide prevention in September.

They would like to grow and expand the Please Just Stay campaign. Their Please Just Stay website is in the process of being built. Yard signs can be purchased. Signs do include 988 call or text icon. They also created posters to distribute in school district. Pleasejuststay.us is the website.

Rick Croft updated the group on the suicide prevention and awareness talk he gave to Stand Up for Idaho in January. It was well received. He did a follow up interview that night on KID radio. It was a sixteen-minute spot.

CSP is always looking at opportunities to present and visit with others about suicide prevention.

As a follow up to January community meeting, the CSP board of directors to vote on third goal. The third goal for CSP is to increase awareness about mental health providers, licensure, what the abbreviations mean, resources; specifically, trauma related. This will be added to the CSP website in 2025.

The 7th Annual Conference in 2025 will be held on September 19, 2025, at the ISU campus in Idaho Falls. ISU is donating the space and waiving parking tickets the day of the conference.

There will be **no community meeting held in March** due to a conflict at the building. Instead, an e-mail/newsletter will be sent out with resources and information.

The next CSP monthly community meeting will be held **April 3 at Eastern Idaho Public Health**. Leigh Flynn director of Idaho Suicide and Crisis Hotline will join us by zoom. She will speak on stats, ages calling in, etc. with data from all around Idaho.

Community Updates:

- Mike Sandvig spoke about Medicaid expansion and the need for it in regard to Mental Health. If in support, encouraged to contact legislators.
- Sheila Murdock reminded the group of the clinician training on Wednesday, February 12 from 6-9 pm at CEI, building 5. Three 3 CEUS provided. There is a new mandate for Idaho licensure for 6 CEU to be around suicide prevention. Janet Allen and Jeni Griffen will present. Visit the CSP website to register for the event through Eventbrite.

Next CSP community meeting
Thursday, April 3 at Noon

Eastern Idaho Public Health