



FISHERS
EST. 1872

MENTAL HEALTH INITIATIVE

REPORT TO THE COMMUNITY

2017

If a community was to marshal its collective resources around the challenges of mental health, what could and what should be done?

CITY OF FISHERS
MENTAL HEALTH INITIATIVE

A LETTER FROM THE TASK FORCE

In 2015, we embarked on an incredible journey to make a meaningful impact on the mental health of our community. Throughout the last two years, the Mental Health Task Force has convened dozens of meetings to bring together members of the Fishers community to achieve the ultimate goal: to develop a community that embraces mental health treatment before crises occur, protect the welfare and safety of Fishers residents and take a systemic approach to mental health challenges in the community.

The following pages of this report share the strategies and outcomes from the work of the Task Force. As the community comes together to combat mental illness, influence policy, and create a #StigmaFreeFishers, we believe our collective impact will change the culture around mental health and create an environment in which all Fishers residents are healthy and thriving both physically and mentally.

CITY OF FISHERS, ADMINISTRATION

Mayor Scott Fadness

Chris Greisl, City Attorney

Ashley Elrod, PR Director

FISHERS FIRE AND EMERGENCY SERVICES

Chief Steven Orusa

Steve Davison, Division Chief, EMS

FISHERS POLICE DEPARTMENT (FPD)

Chief Mitch Thompson

Asst. Chief Ed Gebhart

Lt. Dave Seward

HAMILTON SOUTHEASTERN SCHOOLS

Dr. Mike Beresford,
Assistant Superintendent of
Student and Staff Services

John DeLucia, Vice President
Hamilton Southeastern School Board

Brooke Lawson, Mental Health
Coordinator

TASK FORCE CHAIR

Suzanne Clifford

President, Inspiring Transformations

FISHERS CITY COUNCIL

John Weingardt, District 4

Todd Zimmerman, At-Large

COMMUNITY STAKEHOLDERS

Joan Reed, Director of School-Based
Services

Community Health Network

Kimble Richardson, Manager, Business
Development and Referrals
Community Health Network

Mike Riekhof

Peyton Riekhof Foundation for Youth
Hope

Lynda Carlino
Executive Director
S.P.O.R.T.S.



STATE OF MENTAL HEALTH IN FISHERS

In 2015, Fishers Mayor Scott Fadness launched the city's Mental Health Initiative. By design, the initiative has a focused mission: to develop a community that embraces mental health treatment before crises occur, protect the welfare and safety of Fishers residents and take a systemic approach to mental health challenges in the community.

BENCHMARKS

SUICIDES

- 10th** leading cause of death in the U.S.
- 11th** leading cause of death in Indiana
- 7th** leading cause of death in Hamilton County
- 13.6** suicides per 100,000 people nationally
- 14.4** suicides per 100,000 people in Indiana
- 11** suicides in 2016 in Fishers (pop. 89,000)
36% female, **64% male**
all 18+

Attempts in Fishers:
17 & under: 36%
18 +: 64%

FISHERS BEHAVIORAL RESPONSE DATA (2016)

- 178** total behavioral health incidents
- 47% female, 53% male
- Age:
 - 11-20 - 23%
 - **21-30: 25%**
 - 31-40: 21%
 - 41-50: 16%
 - 51-60: 8%
 - 61 +: 7%

Immediate Detentions

- 17 and under: 31%
- **18 +: 69%**

TRACKING PROGRESS

OBJECTIVE ONE IMPROVE EDUCATION AND TRAINING

Develop an education and training program for public safety officials.



Conduct a quarterly audit and review of mental health incidents.



Develop a systemic comprehensive plan for HSE schools.



Develop a youth training plan for public safety departments.



Develop a community-wide communications campaign.



Develop an awareness training program for coaches.



OBJECTIVE TWO ENHANCE LOCAL RESOURCES AND ACCESS TO SERVICES

Remodel the community para-medicine program to include protocols for mental health calls.



Enhance the City's partnerships with behavioral health specialists.



TABLE OF CONTENTS

Letter from the Task Force

State of Mental Health in Fishers

Goal One: Education and Training

City of Fishers Public Safety

Hamilton Southeastern Schools

Sports Programs and Coaches

Community Awareness and Outreach

Inter-Faith Task Force

Goal Two: Resources and Services

Community Paramedicine Program

Intensive Care Coordination for Youth

Appendix

A: Mental Health Initiative Project

Management Document

B: HSE Schools Documentation

C: Outreach Resources

D: Mental Health and Suicide

Prevention Resources



**STAKEHOLDER
TESTIMONIALS**

The City of Fishers and its Fishers Mental Health Task Force are creating a national model that mayors and communities can use to address suicide and other key issues impacting our nation's mental health crisis. This partnership demonstrates that complex problems can be addressed when a diverse team of city leaders, the media, police, firefighters, paramedics, schools, youth, coaches, healthcare providers, faith based leaders, businesses, advocates, survivors of suicide attempts and survivors of suicide loss unite to achieve a common goal. The results of this task force, especially its work to prevent youth suicides, is making an impact. After reviewing the detailed data, I am convinced that this work saved lives. We will not rest until we have done everything that we can to spare moms, dads, children, families and friends from the pain of losing a loved one to suicide.

Suzanne Clifford
Inspiring Transformations

"Our mental health initiative with the City of Fishers has made it possible, more acceptable, to discuss what has previously been taboo subjects. Warning signs, suicidal ideations, and the impact of adverse childhood experiences have long been quietly considered and monitored by staff. Our mental health initiative has brought research and attention into common open dialogue for better understanding and application by students, teachers, and parents."

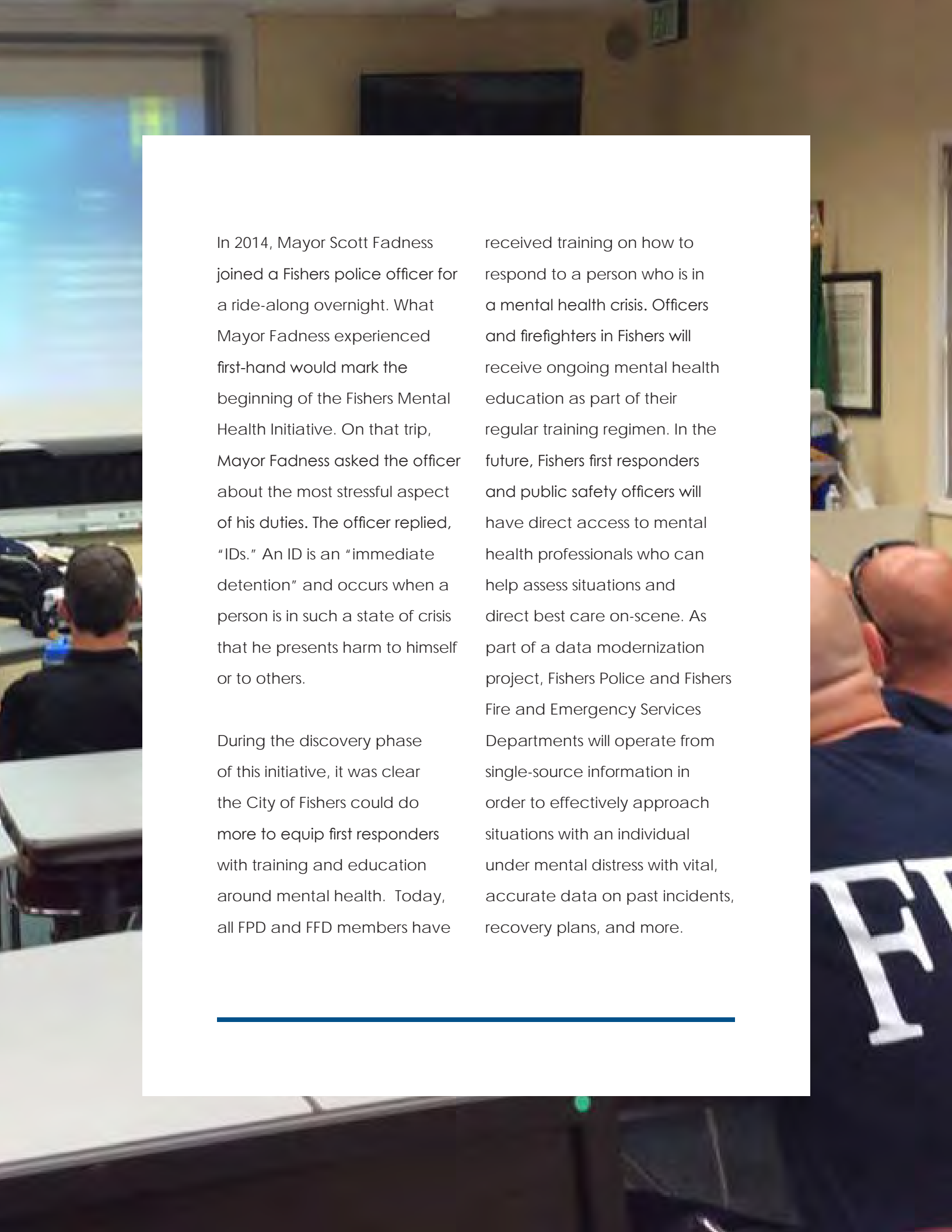
Dr. Allen Bourff
Superintendent, Hamilton Southeastern Schools

"I have been treating families in Fishers with children who struggle with mental health issues for over a decade now. Over the past year, I have seen families approach treatment more willingly and more open to the process. Parents are more open to treatment and embrace the treatment process quicker now that stigma and shame have been reduced. The community embracing mental health as a medical condition that does not define your worth or who you are has greatly impacted families' ability to engage in the therapeutic process. As a clinician in this community, I am so thankful for this shift and see the amazing benefits when families don't have to hide their mental health issues and can seek help and support from not only the professionals who can provide treatment, but also their neighbors, school staff, church leadership and community."

Dawn Crossman, LCSW, RPT-S
Licensed Clinical Social Worker
Registered Play Therapist Supervisor
Center for Hope and Family Solutions

GOAL ONE: IMPROVE EDUCATION AND TRAINING

EDUCATION AND TRAINING GOALS ENCOURAGE THOROUGH AND CONSISTENT TRAINING AMONG PROFESSIONALS MOST LIKELY TO ENCOUNTER RESIDENTS THAT MAY REQUIRE CARE, AS WELL AS COMMUNITY EDUCATION TO ELIMINATE THE STIGMA SURROUNDING MENTAL ILLNESS AND MENTAL HEALTH.

The background image shows a meeting room. On the left, a large presentation screen displays a blue and white graphic. In the foreground, the back of a person's head and shoulders is visible, wearing a dark shirt. To the right, another person is partially visible, wearing a dark blue shirt with white lettering. The room has a neutral-colored wall and a framed picture on the right side.

In 2014, Mayor Scott Fadness joined a Fishers police officer for a ride-along overnight. What Mayor Fadness experienced first-hand would mark the beginning of the Fishers Mental Health Initiative. On that trip, Mayor Fadness asked the officer about the most stressful aspect of his duties. The officer replied, “IDs.” An ID is an “immediate detention” and occurs when a person is in such a state of crisis that he presents harm to himself or to others.

During the discovery phase of this initiative, it was clear the City of Fishers could do more to equip first responders with training and education around mental health. Today, all FPD and FFD members have

received training on how to respond to a person who is in a mental health crisis. Officers and firefighters in Fishers will receive ongoing mental health education as part of their regular training regimen. In the future, Fishers first responders and public safety officers will have direct access to mental health professionals who can help assess situations and direct best care on-scene. As part of a data modernization project, Fishers Police and Fishers Fire and Emergency Services Departments will operate from single-source information in order to effectively approach situations with an individual under mental distress with vital, accurate data on past incidents, recovery plans, and more.



DEVELOP AND IMPLEMENT MENTAL HEALTH TRAINING AND OPERATIONS PROGRAMS FOR FISHERS' FIRST RESPONDERS AND HSE SCHOOLS

KEY OUTCOMES

FIRST RESPONDERS

- Crisis Intervention Team (CIT) 101 training completed
- Screening, Brief Intervention, and Referral for Treatment (SBIRT) training completed
- Motivational Interviewing training implemented
- Hamilton County CIT Youth training implemented
- Columbia Suicide Severity Rating Scale (CSSRS) training completed and incorporated into the electronic patient care report for Fishers EMS incidents.

HSE SCHOOLS

- Crisis Intervention Team (CIT) training implemented for school resource officers.
- Policing the Teenage Brain program completed
- Mental Health class implemented as part of the junior high character education classes

BY THE NUMBERS

100 percentage of Fishers Fire and Emergency Services Department and School Resource Officers trained in Crisis Intervention Team (CIT) Training.

1st Screening, Brief Intervention, and Referral for Treatment (SBIRT) training for a fire department in the country.

47 Fishers Police Officers completed Hamilton County Crisis Intervention Team (CIT) training.

7 number of Fishers first responders (2 FPD, 5 Paramedics) completed Motivational Interviewing training.

130 FFD completed Columbia Suicide Severity Rating Scale (CSSRS) training to incorporate into systems and operations.

7 HSE School Resource Officers completed CIT for Youth training.

816 HSE teachers, grades 5-12, completed Question, Persuade, and Respond (QPR) suicide prevention training with a custom elementary training being developed to implement in 2017-2018.



DEVELOP COLLABORATIVE RELATIONSHIPS TO SHARE INFORMATION AND CONDUCT QUARTERLY AUDIT/ REVIEW OF MENTAL HEALTH RUNS

KEY OUTCOMES

FIRST RESPONDER DATA SHARING

- Full implementation of the audit and review of mental health runs with all Fishers Fire Department and Emergency Medical Service (EMS) personnel.
- Committee review of past Immediate Detentions for consultation and learning purposes.
- Data sharing process created and implemented between Community Health Network (CHN) and Fishers Fire and Emergency Services via phone and in person during crisis situations resulting in process improvements and greater situational awareness.
- Launched process for regional data sharing between Fishers Fire Department and Emergency Medical Service (EMS) and Indianapolis-Marion County.

PROVIDER COLLABORATION

- Conducted an analysis of providers servicing Fishers to identify full resource list and potential gaps.
- Identified and engaged key partners that deliver a broad continuum of mental health services such as Community Health Network and ASPIRE.
- Identified volunteer opportunities to engage the broader service provider community in the Initiative with successful results.
- Local mental health professionals volunteered to answer clinical questions at public awareness events such as the Stigma Free Fishers booth at the Fishers Farmers' Market and Fishers Freedom Festival.
- Opportunities for further collaboration lie within culture and policy with providers and other stakeholders.

“WE DON’T KNOW WHAT WE DON’T KNOW.”

This common adage is the reason behind collaboration and data sharing. Prior to the Mental Health Initiative, the City of Fishers gathered little data on mental health runs outside of runs that resulted in an immediate detention.

Today, the City of Fishers shares and audits data with regional and state partners. **All data is confidential and complies with HIPAA federal privacy laws** so that personal identifying information is not shared.

In the future, by sharing data and analytics on a regional and statewide scale, it’s possible to develop regional

strategies for addressing mental health and public safety educational and training needs.

The reality of people struggling with mental health is not a ‘Fishers’ problem. It is a humanity problem, and it knows no municipal or county boundary. Working with our regional partners will ultimately allow us to all better serve our communities.

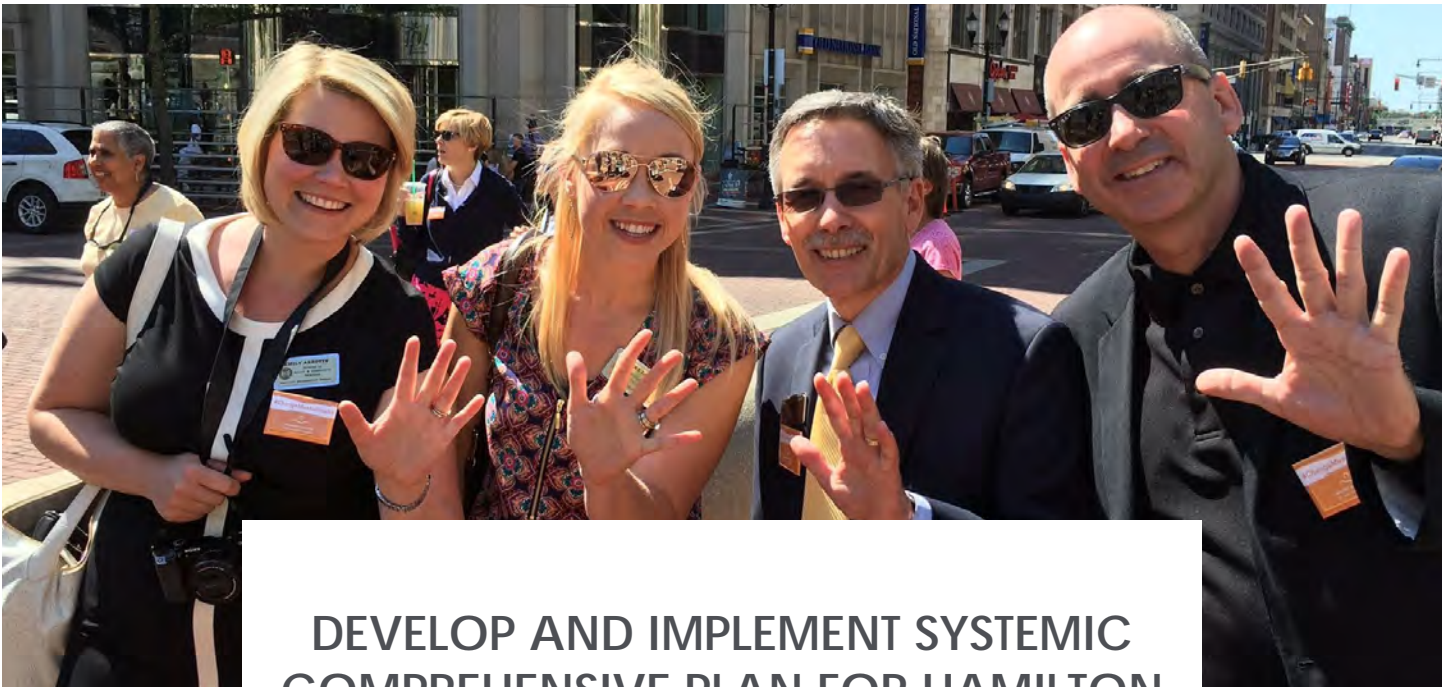
Chief Orusa
Fishers Fire and Emergency
Services Department

THE MOST IMPORTANT OUTCOMES ARE THE LIVES SAVED OR IMPROVED BECAUSE OF THIS WORK TODAY.

Catalyzed by the need for **services and the benefit of** increased funding due to the passing of a referendum, Hamilton Southeastern Schools sought a complete change in the operations and culture around mental health. The impact of those efforts alongside

partnerships with the City and clinicians has drastically changed the support and services available for HSE students and their parents.

In 2016, the City of Fishers had a zero suicide rate for residents 18 and younger.



DEVELOP AND IMPLEMENT SYSTEMIC COMPREHENSIVE PLAN FOR HAMILTON SOUTHEASTERN SCHOOLS

KEY OUTCOMES

- Established a partnership with Community Health Network (CHN) in January 2017 to provide 3 licensed providers for six schools. For the 2017-2018 school year, all twenty one schools in the district will have an on-site therapist along with a transition coordinator to assist students and families transition out of inpatient treatment back to school.
- Implemented new, evidence-based mental health crisis screening, assessment, safety planning, and referral process within all schools.
- Coordinated care with CHN to provide access to a free risk assessment to students with parents' permission along with streamlined admissions process for students needing inpatient hospitalization.
- For the 2017-18 school year, suicide prevention curriculum will be launched for students in grades 8-12.
- Launched a mental health support group led by a licensed mental health therapist and school guidance counselor. The therapist also provides individual counseling to students who do not have access to services. This was funded by the school district and the Peyton Riekhof Foundation for Youth Hope. Students were referred by guidance counselors to participate.
- Completed Question, Persuade, and Respond (QPR) suicide prevention training for all 816 teachers for grades 5-12. An adapted program is being developed for elementary school teachers.
- Thirty three intermediate school teachers completed Mindful Schools courses over the 2016-2017 school year.
- Proactively alerted parents via SkyAlert on the dangers of the 13 Reasons Why series. (see appendix B)

pictured above, Hamilton Southeastern Schools administration attends Campaign to Change Direction kickoff event in May 2017. Left to right: Emily Pace Abbotts, Brooke Lawson, Dr. Bourff, Dr. Beresford.

HSE SCHOOL DATA AT-A-GLANCE 2016-2017 SCHOOL YEAR

116

total reported incidents. An incident is defined as suicidal ideation prodederal response to suicide ideation (PRSI). A PRSI is completed any time school staff are made aware that a student has made comments about wanting to harm themselves.

42%	58%
female	male

INCIDENTS REPORTED BY GRADE

1-4	30
5-6	39
7-8	21
9-12	26

INCIDENTS REPORTED BY EXPRESSION

Attempt w/o prior assessment	3
Other	5
Thought/Statement	75
Thought/Statement w/ Plan	28
Thought/Statement, Plan, and Attempt	5



PARENT TESTIMONIALS

"Can I just say how grateful I am that you called us yesterday and tried to get our son the help he needed. I think you saved his life and I am so grateful for that. I kept hearing your voice after we left. You saying that he needed help and you were uncomfortable with the plan. So I called the numbers on the card the Community Health Network Therapist gave us."


"As the mother of a child who struggles with severe depression, I wonder frequently what we as parents have done wrong or what we have not provided for our child. I was extremely moved by Mr. Riekhof's presentation and the information he shared about parenting Peyton. I especially appreciate Mr. Riekhof sharing that he did not know what to do to help his daughter. His words, for the first time, validated what my husband and I experience."

"A friend of our daughter's attended the Night of Hope with us. After the event we got in our car and she shared

that she had submitted a question. She shared with us that she had been fighting urges to harm herself. She asked if I would help her talk to her mother. We went to her house, talked to her mom, and this friend is now in therapy."

"Despite all that I learned, the greatest benefit for me was that prior to the Night of Hope I felt that our family is alone on this journey of parenting a suicidal child. This was the first time I learned that there is a community who understands our struggle."

"I know that putting on this type of event takes a great deal of resources. I am grateful for all the efforts from everyone involved in putting on the Night of Hope. I know that not meeting attendance expectations can be disheartening. I assure you that the best measure of success for the Night of Hope is quality and not quantity. I look forward to attending next year's Night of Hope."





HSE OUTREACH AND CULTURE CHANGE

1

Students created a Stigma Free HSE club at Hamilton Southeastern High School with 30 students attending the first meeting and 50-70 students attending five subsequent club meetings.

2

Student club Stigma Free FHS partnered with teachers to create a Mental Health Awareness Week where students were encouraged to take the Stigma Free Fishers pledge, mental health information was shared each day on the announcements, and a promotional video was created to help reduce the stigma of mental illness.

3

The Peyton Riekhof Foundation for Youth Hope sponsored convocations for the junior classes at each high school featuring a suicide survivor sharing his story. That evening, the Night of Hope featured the same speaker for approximately 350 people. The event included parents, several service and support providers and a panel discussion featuring the survivor.

4

Stigma Free HSE students organized a Stress Free HSE event for their peers to relieve stress before finals that was attended by 50 students

5

Approximately 2,000 people attended the Girls' Softball opening day. The focus of the day was mental health and the Peyton Riekhof Foundation for Youth Hope. During opening day, the Stigma Free HSE members volunteered and participants were able to help decorate a snow plow in service by City of Fishers.

6,7

Developed a Journey of the Heart, Mind and Soul educational event for intermediate school families that was attended by approximately 400 people. Program overview located in Appendix.

Sports are often used as a critical outlet for mental wellness. Studies have shown how vital physical wellness can be for mental health and sports are often used as a critical outlet.

The close relationship teammates, coaches, and leagues have with each other can be compared to the close-knit relationship of family.

With an annual enrollment of thousands of athletes and volunteers, S.P.O.R.T.S. provides a unique opportunity to engage youth, parents, and community stakeholders in an honest dialogue around the impact of sports on mental health.



CREATE AND IMPLEMENT AN AWARENESS TRAINING PROGRAM FOR S.P.O.R.T.S. COACHES

KEY OUTCOMES

AWARENESS OUTREACH

- Rob Bell, a national speaker on sports psychology spoke at the opening S.P.O.R.T.S. Boys' Basketball event to 2,000-3,000 kids.
- Mental health educational brochures are available in the coaching office for S.P.O.R.T.S.
- The Play for Peyton Softball Tournament featured Rob Bell as a speaker and raised \$5,000 for the Peyton Reikhof Foundation for Youth Hope.
- Mayor Fadness and Reverend Hoops (Dave Sumrall) spoke at the 2016 S.P.O.R.T.S. Basketball Opening Day covering good sportsmanship, teamwork, family and other positive topics.

COACH-PARENT EDUCATION

- S.P.O.R.T.S. shares HaveHope.com as a suicide prevention resource for parents, youth and schools.
- Mental health presentations educating S.P.O.R.T.S. League boards on signs of mental illness were shared to increase awareness.
- S.P.O.R.T.S. includes mental health tips in their e-newsletter and website which reach approximately 8,000 parents.
- Presented the "Mental Fitness" fact sheet to coaches and parents.



DEVELOP AND IMPLEMENT COMMUNITY-WIDE OUTREACH AND COMMUNICATIONS STRATEGY

KEY OUTCOMES

#STIGMAFREEFISHERS

- **100+** pledges have been committed at school events, Fishers Farmers' Market, Fishers Freedom Festival, online, and at community events.
- **68** community members signed up to receive e-mail updates about the Fishers Mental Health Task Force in addition to the existing sixty one task force members.
- Implemented No Shave Movember to raise awareness:
8 teams consisting of 89 members committed to spreading awareness about men's mental health challenges and raised **\$3,387** in Movember Foundation donations.

THOUGHT LEADERSHIP

- Suzanne Clifford presented at the Open Minds conference about the Fishers Mental Health Task Force and creating broad partnerships to address key public health issues.
- Mayor Fadness and FFD Chief Orusa presented at the Cities Conference.
- Jennifer Pope Baker from the Women's Fund of Central Indiana presented at the Global Summit to Change Culture regarding efforts taking place in Fishers and other communities in the region.
- **120** students from Hamilton Southeastern Schools met with Mayor Fadness and Suzanne Clifford in October, 2016 to discuss mental health.

TASK FORCE

- **8** meetings which were open to the public encouraged many organizations and individuals to include faith-based organizations of diverse denominations, businesses, volunteers, clinicians, service providers, support groups, non profits, and more. Meeting minutes available to the public at www.fishers.in.us/mentalhealth
- Over **60** participants in the greater Fishers Mental Health Task Force.
- Intentional transparency and sharing of Task Force activities created an organic opportunity to spread the anti-stigma awareness.

pictured above, Mayor Scott Fadness and FFD Chief Orusa film a video promoting the Five Signs of emotional suffering in partnership with the Women's Fund of Central Indiana's Campaign to Change Direction initiative.

OUTREACH TIMELINE

City of Fishers launches the #StigmaFreeFishers campaign to encourage residents to take the pledge to be stigma free against mental illness.

MAR 2016



Launched No Shave Movember campaign to spread awareness of men's mental health.

NOV 2016



OCT 2016

Mayor Scott Fadness and FFD Chief Steven Orusa speak at the Cities Thrive Mental Health Conference.



MAR 2017

Jennifer Pope Baker and Suzanne Clifford attend the Global Summit on Mental Health Culture Change. Baker sits on a panel discussion about stigma.



City of Fishers welcomes the Big Brains! art installation featuring 12 five-foot brains commissioned by Dr. Jill Bolte Taylor. Big Brains! encourages conversation around brain health with conversation starters located at each sculpture.

MAY 2017



MAY 2017

The City of Fishers and Hamilton Southeastern Schools pledged to change the culture around mental illness through the Campaign to Change Direction. Mayor Fadness addressed dozens of regional stakeholders on the steps of Monument Circle to announce the initiative alongside the Women's Fund of Central Indiana.

Volunteers, clinicians, and students host the Fishers Mental Health Initiative booth at the Fishers Farmers' Market and Fishers Freedom Festival to spread awareness about mental health in Fishers and encourage residents to pledge to be stigma free.

JUNE 2017



OUTREACH PROGRAMS

#StigmaFreeFishers

An outreach campaign to encourage residents to end the stigma toward mental illness.

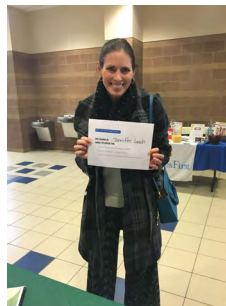


The #StigmaFreeFishers pledge is used as an engagement tool at community events to encourage residents to learn more about mental health and take action.

Left: an example of the pledge participants take with them. (See Appendix C for full file).



#StigmaFreeFishers campaign began attending mental health and community events to promote the pledge. Participants are asked to sign the pledge, document the experience with a photo and can take the pledge home with them.



National Speaking Engagements

Sharing best practices and lessons learned in our quest to end the stigma associated with mental health is a critical component of the Initiative.



Mayor Scott Fadness and FFD Chief Steve Orusa speak at the Cities Thrive Mental Health Conference alongside mayors from New York City, Baltimore, Boston, Minneapolis, and others.

Women's Fund of Central Indiana Executive Director Jennifer Pope Baker speaks at the Global Summit on Mental Health Culture Change.



No Shave Movember

Men across Fishers pledged to raise money and awareness around mental health in 2016 Movember campaign.



Left: The Fishers Movember team gathers for a photo at the Nickel Plate District Amp. Right: HSE Schools teachers commit to No Shave Movember.

OUTREACH PROGRAMS

Campaign to Change Direction

A regional partnership to change the culture around mental health that focuses on knowing the Five Signs.



Clockwise: Fishers Mayor Scott Fadness, Noblesville Mayor John Ditslear, Women's Fund of Central Indiana's Jennifer Pope Baker, Indianapolis Mayor Joe Hogsett, and Westfield Mayor Andy Cook gather at the press conference; Suzanne Clifford, Mayor Fadness and Kevin Moore, Director of Mental Health and Addiction for Indiana, share the five signs; Mayor Fadness addresses the crowd of media touching on the impact of mental illness in Fishers; Campaign to Change Direction's know the five signs poster. (See Appendix D for file).

Big Brains! Art Installation

The community art installation impacts Fishers' mental health discussions, opening dialogue across the city.



Clockwise: Dr. Jill Bolte Taylor and Mayor Scott Fadness stand in front of the Out of the Box brain; WISH-TV interviews Chief Orusa and Suzanne Clifford about the Big Brains!; Children enjoying the Big Brains! during Fishers' Farmers Market; Senior Tom Finneran enjoys visiting the brains and learning about brain health; Stigma Free HSE students visit the Mental Health brain; Fishers family takes the #StigmaFreePledge and poses with the World Music brain.





FACILITATE A PARTNERSHIP AND ACTION PLAN FOR THE INTERFAITH COMMUNITY TO ADDRESS AND SUPPORT MENTAL HEALTH WITHIN THEIR MISSION

KEY OUTCOMES

COLLABORATION

- Formed the first Fishers inter-faith group to develop new relationships between different faiths.
- Identify ways the faith-based community can collaborate on community-wide efforts and resources to raise awareness and assistance for mental health.
- A major outcome of the formation of this group has simply been the impact of establishing relationships with the interfaith community among the leadership.

SUBCOMMITTEES

- Established subcommittees for 2017 to work on specific outcomes:
 - Teen Mental Health Awareness and Suicide Prevention
 - Suicide Prevention
 - Interfaith Programming
 - Faith's Impact on Mental Health
 - Human Trafficking

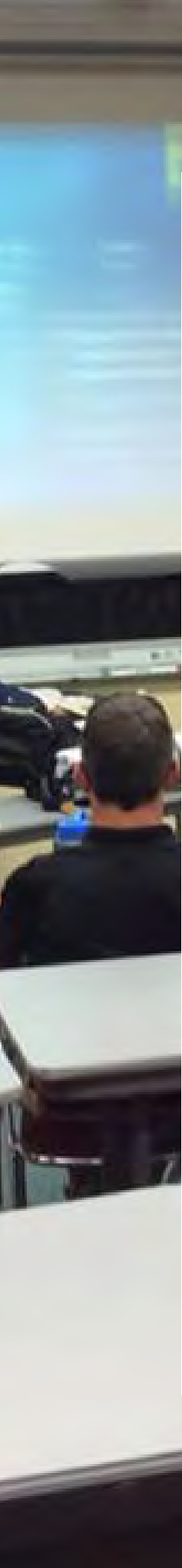
INTERFAITH TASK FORCE MEMBERS*

A Bridge to Excellence	National Network of Youth
Alhuda Board	Ministries
Aspire Indiana	New Hope Fishers
Ben's Ranch	Northview Church
Chaucie's Place	Overdose Lifeline, Inc.
Christ the Savior	Peyton Riekhof Foundation
Christ's Community Church	for Youth Hope
Crosspoint Church	Sikh Temple
Geist Christian Church	St. George Orthodox
Grace Church - Fishers	Christian Church
Hazel Dell Christian Church	St. Marks United Methodist
Heartland Church	Church - Carmel
Holy Spirit at Geist Parish	St. Louis de Montfort
HSE Schools	United Methodist Church of
Indiana Trafficking Victim	Indiana
Assistance Program	United Way Central Indiana
iTown	- Hamilton County
Leavener	YMI Online
National Alliance on Mental	Zoe Church
Illness (NAMI) Faith Net	

**This task force is intended to be inclusive of all faiths and beliefs. The list included in this report is not intended to be exclusive of groups interested in being involved. For more information, visit www.Fishers.IN.us/MentalHealth.*

GOAL TWO: ENHANCE LOCAL RESOURCES AND ACCESS TO SERVICES

RESOURCES AND ACCESS GOALS ARE AIMED AT
ENHANCING THE DELIVERY OF SERVICES ACROSS
THE SPECTRUM, INCLUDING THOSE SERVICES
NEEDED WHEN A MENTAL HEALTH CRISIS OCCURS
AND THOSE THAT WORK TO PREVENT CRISIS.



Mental illness knows no geographic or jurisdictional boundaries. In moments of mental suffering, access to resources and adequate services to assist patients, survivors, and their families is critical.

Just as it's imperative that the residents of Fishers and the greater Indianapolis region have access to the best, most advanced resources in times of mental distress, the post-incident action plan is equally critical to the long term mental health of the patient.

The City of Fishers' paramedicine program leads the nation in innovating and re-tooling paramedics' scope of

responsibility and proactive efforts. Internationally recognized for its impact, the WeCare program now integrates mental health support for patients requiring follow up care.

Enhancing local resources and access to services starts with data-driven analysis. The Task Force collaborates with providers both in Fishers and regionally to innovate data gathering and analysis to better enhance delivery of services to all.



REMODEL COMMUNITY PARAMEDICINE PROGRAM TO INCLUDE PROTOCOL FOR MENTAL HEALTH RUNS

KEY OUTCOMES

- All Community Health Network Paramedics completed the Adult Crisis Intervention Team training.
- The City of Fishers and CHN collaborated to share mental health clinical data to develop algorithms to incorporate mental health runs into the Paramedicine program.
- CHN and the Fishers Fire Department continue to develop a plan to embed a mental health professional in the Fishers Paramedicine program to conduct follow-up runs after a crisis.

pictured above, FFD's Josh Mehling presents Fishers' WeCare program to peers in the United Kingdom.



DEVELOP INTENSIVE CARE COORDINATION PROGRAM FOR YOUTH

KEY OUTCOMES

SERVICE PROVIDERS

- The High Risk for Suicide Clinical Pathway program includes Intensive Care Coordination services for youth who need significant clinical support to prevent suicide.
- Community Health Network's Behavioral Health leadership team implemented Pathway in July of 2015.
- The intensive care coordinators serve youth who are active Gallahue clients.
- 396 unique youth from central Indiana served since July 2015 thru May 2017.

HSE SCHOOLS

- HSE Schools hired its first Mental Health Coordinator, Brooke Lawson, charged with managing the district's mental health programs and service providers.
- Community Health Network hired its first dedicated liaison between Hamilton Southeastern Schools and CHN to address consistency of care and transition support.

THANK YOU

THE FISHERS MENTAL HEALTH INITIATIVE WOULD NOT
BE POSSIBLE WITHOUT THE SUPPORT AND EXPERTISE
OF THE FOLLOWING RESIDENTS, STAKEHOLDERS,
AND LEADERS IN OUR COMMUNITY.

WORK GROUPS

Education and Training

Dr. Mike Beresford, HSE Schools
Lynda Carlino, S.P.O.R.T.S.
Suzanne Clifford, Inspiring Transformations
Chief Davison, FFD
Lt. Angela Ellison, FPD
Ashley Elrod, City of Fishers
Mayor Scott Fadness
Brooke Lawson, HSE Schools
Captain Mehling, FFD
Chief Orusa, FFD
Kimble Richardson, Community Health Network
School Resource Officers
Fishers Police Department

Resources and Access

Dr. Mike Beresford, HSE Schools
Suzanne Clifford, Inspiring Transformations
Chief Davison, FFD
Lt. Angela Ellison, FPD
Asst. Chief Ed Gebhardt, FPD
Joan Reed, Community Health Network
Kimble Richardson, Community Health Network
Lt. Dave Seward, FPD

A SPECIAL THANK YOU TO THE FOLLOWING INDIVIDUALS WHO HAVE SHARED THEIR STORIES, ADVISED, LISTENED, OR LED THE TASK FORCE SINCE 2015.

Kenneth Allen
Christi Anderson
Rob Bell
Mike Beresford
Cathy Boggs
Duncan Brown
Beth Celie
Suzanne Clifford
Dawn Crossman
Steve Davison
John Delucia
Angela Ellison
Scott Fadness
Autumn Gasior
Ed Gebhart
Chris Graves
Chris Greisl
Trusa Grosso

Mary Halladay
Tiffany Holbert
Jody Horstman
Diana Huddleston
George Hurd
Anthony Javorka
Mike Johnson
Steve Kawiecki
Kristen Kelley
Brooke Lawson
Louann Lemaire-Pyle
CJ McClanahan
Karen Maher
Paul McDaniel
Leah McGrath
Brose McVey
Todd Melloh
Darrell Mitchell

Steve Orusa
Justin K Phillips
Toni Pickard
Nate Piggush
Sharon Rapnicki
Joan Reed
Kimble Richardson
Mike Riekhof
Betsy Rosiek
Caryl Schlicher
Barbara Scott
Arman Siddiqui
Dave Seward
Michelle Standeford
Melissa Stayton
Mitch Thompson
Nicole Wallace
Barb Walters

Curt Walters
John Weingardt
Paul Wilson
Donna Yancey

...and the many
others who believe
in the mission to
raise awareness
about mental
health and create a
#StigmaFreeFishers.



APPENDIX

A: Mental Health Initiative Project

Management Document

B: HSE Schools Documentation

C: Outreach Resources

D: Mental Health and Suicide

Prevention Resources

APPENDIX A

**MENTAL HEALTH INITIATIVE PROJECT
MANAGEMENT DOCUMENT**

Fishers Mental Health Initiative

Project Management Working Document 2016

#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 1: Develop an education program for Fishers Police Department and Fishers Fire Department.	Q4	Hamilton County CIT Training completed. Motivational Interviewing training completed. Hamilton County CIT Youth pilot class for those who have already had CIT. Columbia scale implemented. Tele-Health pilot needed before implementation and integration. ETA for pilot by October 2017. CIT 101 completed for all FD.	Kimble Richardson	Davison, Richardson, Ellison	Need process for mining data for both crisis center and field. Kimble to address crisis center; Davison to address field.
	Q3	SBRIT training completed by Dr. Jim Carlson. He has offered to do another training called Motivational Interviewing. Davison working with IT department on iPad connectivity. Fire department conducting quarterly trainings (PTSD, etc.). Columbia Scale has been placed on all patient care reports. Next goal is to get everyone trained in the field on using the Columbia Scale.	Kimble Richardson	Davison, Richardson, Ellison	May be able to use same training on Columbia scale from Zero Suicide program. Dr. Marlin Rollins took another opportunity in California. Just announced a replacement: Duncan Brown is the replacement. Most recently with ASPIRE; don't have start date yet. He will oversee crisis. Fire training for CIT in November. Creating program for Youth. TeleHealth is 80% Complete. Fire/EMS Education program is 100% complete and ongoing.
	Q2	Big accomplishment: June 20 training, 3 hours. Invited EMS/Fire and Police from Fishers. Also opened up to Community Health Network and ASPIRE. SBIRT (Screening, Brief Intervention and Referral for Treatment.	Kimble Richardson	Davison, Richardson, Ellison	Motivational Interviewing class to be scheduled as part of another grant effort as well. Want to continue to look at iPad for tele-behavioral health. They were willing to look at costs, and conceptually it's still on the table.
	Q1	Fire department training completed April 2016. Police department CIT training 50% goal by 2017. SRO Youth CIT Training 50% goal by 2017.	Kimble Richardson	Davison, Richardson, Ellison	FD: Developed quarterly trainings for all members: immediate detention, excited delirium, traumatic brain injury, dementia/Alzheimer's. Davison and EDOs completed CIT cert with PD. PD: In process of having all officers CIT trained. PD mental health re-certification implemented. Additional PD/FD training for alcohol/drug screening (May 5). CIT for Youth - consider fire EDOs. Held at Warren Central HS.
#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 2: Quarterly audit/review of mental health runs to see what can be learned.	Q4	In progress of doing internally with FD. Davison talking to PD about data sharing with hospitals on case/treatment. He will work with Davison on putting together seamless data, so we can each have access to each others. Merging data with hospitals is approximately 25% complete. Davison is working on getting our information to the IE board. All FD mental health runs are being audited. Challenges still prevalent for sharing data. IN Health Exchange - regional health database. We're working in conjunction with IMPD and IEMS to get access in addition to data from Community Health Network. Working with DHS on statewide data sharing system.	Steve Davison	Davison, Richardson, Ellison	Now working well to develop data sharing with PD administration change.
	Q3	Figuring out how to merge the information between police and fire. Davison has been emailing Capt. Gannon to pull out data and look at how improvements can be made. Still working on receiving outcome data from hospitals. We have a link to the Q/A side.	Steve Davison	Davison, Richardson, Ellison	Complete merging data with PD is 25% complete. Merging data with hospitals is 25% complete. Columbia Scale is 75% complete/ Audit is 80% complete.
	Q2	Identifying and defining mental health stats from police and fire.	Steve Davison	Davison, Richardson, Ellison	Currently cross referencing data for development of audit and review of those patients that have been contacted by police or fire.
	Q1	Program currently being developed for July 2016 completion.	Steve Davison	Davison, Richardson, Ellison	Putting a comparison program for mental health incidents in field compared to what we're finding in the hospital. Retrospective review of mental health incidents. Working on design now.

#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 3: Enhance the City's partnerships with behavioral health providers.	Q4	Consultant hired to identify and define mental health initiative. Phase II will focus on culture and policy.	Mayor Fadness	Fadness, Orusa	Team has been created to execute Phase II. Phase II kick-off scheduled for August.
	Q3	Mayor requested an RFP for Community North to take the project to the next level in 2017. November 9, 2016 is the Mental Health Summit.	Mayor Fadness	Fadness, Orusa	Mayor presenting at NYC Mental Health Summit in November.
	Q2	Continuing to meet with stakeholders.	Mayor Fadness	Fadness, Orusa	Many stakeholders have chosen to become involved, but those that haven't still support the program. Implementing them into the process has been successful.
	Q1	Ongoing meetings with stakeholders.	Mayor Fadness	Fadness, Orusa	Many residents and professionals want to help. Creating ways to implement them into the process.
#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 4: Develop systemic comprehensive plan for schools.	Q4	Entered into a partnership with Community Health Network. Therapists in 10 schools. Target goal is to have one in all 21 by August. Contract in place for any student in district, able to offer a free risk assessment by CHN therapist. 159 referrals. 47 assessments. 7 admitted by parents. Elementary school most frequent utilization. Statistics will be provided at the end of the year. Brooke will see if parents are willing to share stories of how their child's life was impacted. Riverside event (Journey of the Heart, Mind, and Soul) was very successful; want to promote in other schools and coordinate events. Completed lifeline suicide prevention curriculum. Created crisis number cards for guidance counselors and kids.	Mike Beresford	Beresford, Lawson	Creating brochures for bathrooms, locker rooms, etc.
	Q3	HSE Schools hired Brooke Lawson as mental health coordinator for the district. Suicide prevention training is ongoing for elementary teachers and new staff members. Progressing with Chaucie's Place on vetting curriculum for suicide prevention for students in junior high and high school and some parent programming as well.	Mike Beresford	Beresford	
	Q2	Mining first year of suicide ideation data. Created first draft of consent form.	Mike Beresford	Beresford	In final draft phase of RFP for mental health services for schools.
	Q1	Complete guidance counselor suicide prevention training. Increase ASPIRE mental health positions. Staff training in QPR suicide prevention. Agreement with Chaucie's Place "Lifelines" suicide prevention program. Complete administrative audit in spring 2015-2016. Support groups for mental health. High school mental health convocation. Tentative board goal to provide wrap-around services. Leverage mental health and suicide prevention resources.	Mike Beresford	Beresford	Completed all guidance counselors training (suicide prevention). Will complete grade 5-12 teachers suicide prevention training this year; K-4 next year. Goal to have all done by June 2017 for rest of staff. Have a support group for mental health going, started in spring. Board goal to provide wrap-around service is ongoing (includes mental health).

#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 5: Develop a youth training plan for public safety departments.	Q4	All School Resource Officers (SROs) are trained in some version of CIT. One officer needs CIT Adult (scheduled in October 2017) and one needs CIT Youth (scheduled in July 2017). SROs attended Policing the Teenage Brain in July 2016. Mental Health class is taught as part of the junior high character education classes. Junior high classes on character education taught at Riverside and HSE Junior Highs. The weeklong classes contained segments on mental health for 7th and 8th grade students. Fishers Junior High and Fall Creek Junior High will be completed next school year.	Mike Johnson	School Resource Officers/FPD, Mehling, Beresford	The sustainability of CIT for Youth program is an important component.
	Q3	No update.	Mike Johnson	SROs/FPD, Mehling, Beresford	No update.
	Q2	6 school resource officers attended CIT for youth last week.	Mike Johnson	SROs/FPD, Mehling, Beresford	Junior high class on mental health is still being planned. 6 school resource officers and a few other officers from the PD will be attending "Policing the teenage brain"
	Q1	Researching "Teenage Brain" education for public safety. Creating a junior high mental health module.	Mike Johnson	SROs/FPD, Mehling, Beresford	Need clarification on recommendation - unclear. DARE curriculum pretty set. Jr. high is follow-up to 5th grade. Junior high mental health program to be created - name TBD.
#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 6: Develop community-wide communications campaign.	Q4	Sigma-free campaign, booth at events. Visual representation of people who have signed the pledge. Need measurable data for No Shave Movember. Monitor hashtags for social media viewing activity (#stigmafreefishers).	Ashley Elrod	Elrod, Cawthon	Phase II will fill current gaps.
	Q3	No update.	Autumn Gasior	Gasior	No update.
	Q2	Working with Parks on presence at Senior Eexpo. Working with ASPIRE and NAMI to attend farmer's market and senior expo. Creating ways to keep community conversation going. Scheduled YMI breakfast and challenge. Intern working on ideas for stigma-free campaign in schools.	Autumn Gasior	Gasior	
	Q1	No update.	Autumn Gasior	Gasior	No update.
#	Q	Tactic Status Update	PM	Team	Status Comments
Education/Training 7: Develop an awareness training program for coaches.	Q4	Brochures in office. Need new resources for parents - intro to mental health for kids. Still sending out mental health tips in newsletters. Play for Peyton in September. Presentation on initiative league boards; want to schedule every few months for these leaders.	Lynda Carlino	Carlino, Orusa	Look at HaveHope.com for suicide prevention brochure. Most kids are 4-12, but there are also high schoolers.
	Q3	Continuing to educate parents/coaches. Using e-newsletter and website which reach approximately 8,000 parents. Play for Peyton raised \$5,000. Rob Bell is speaking at an opening basketball event to 2,000-3,000 kids at Fishers High School.	Lynda Carlino	Carlino, Orusa	75% complete.
	Q2	Creating material for HSE SPORTS newsletter. Creating sample tweets for S.P.O.R.T.S. Meeting Dr. Rob Bell for his input and as a resource. Made presentation at coach's meeting.	Lynda Carlino	Carlino, Orusa	Working with Mike Riekoff. Need to work more with travel coaches. Peyton Riekoff Softball Tournament may provide us with an opportunity.
	Q1	Presented "Mental Fitness" fact sheet for coaches and parents. Continue to provide awareness education on website and in e-newsletter. Create individual training program for 2017.	Lynda Carlino	Carlino, Orusa	Met to talk about coaches training, where they could go with it. With guidance from Lynda, gradually introduce. Katie created 1-page flyer that went to parents at coaches meeting. #1 goal is to educate parents. S.P.O.R.T.S. has a lot of volunteers and additional training time could be a barrier.

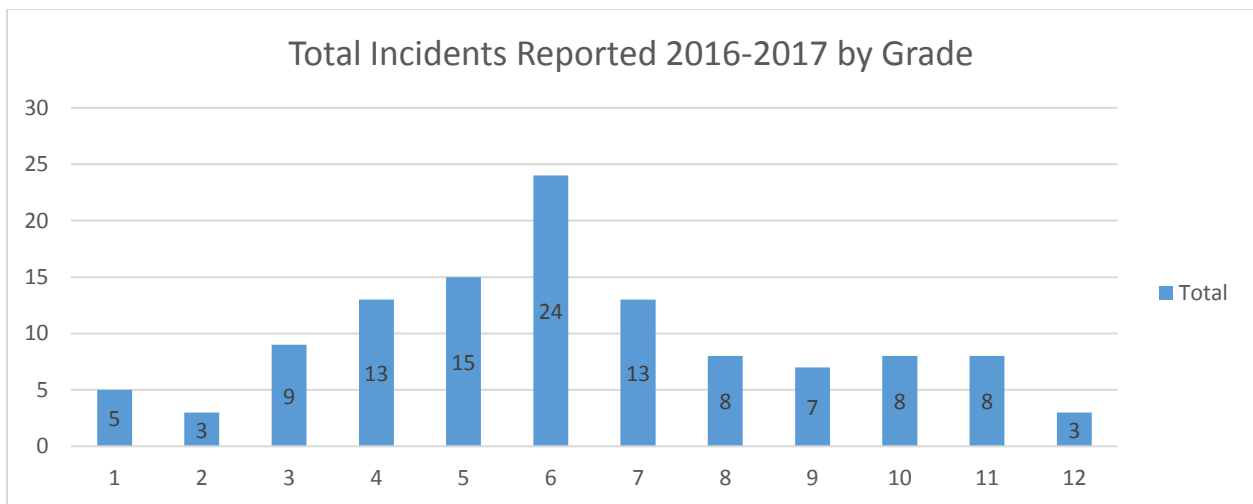
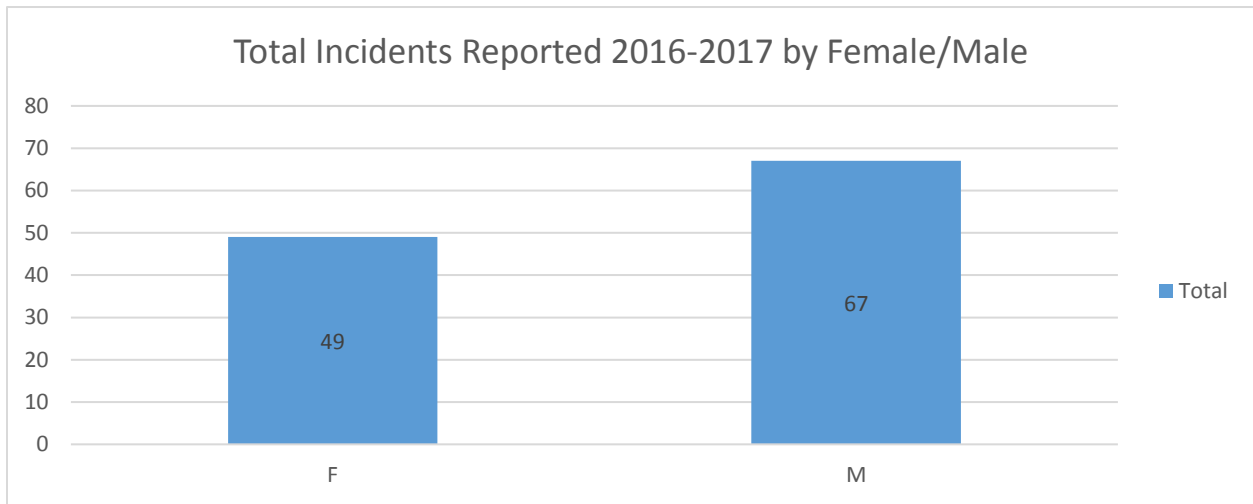
#	Q	Tactic Status Update	PM	Team	Status Comments
Resources/Access 1: Remodel Community paramedicine program to include protocol for mental health runs.	Q4	Algorithms complete. Next steps to include follow ups. All Community Paramedics have been through CIT Adult.	Steve Davison	Davison, Richardson, Ellison, Gebhart	
	Q3	Creating follow-up program to include a partnership with the Community Paramedicine Program, ASPIRE, and Community Health Network for follow-up care for Fishers youth. Making good progress on the way we envision a 911 response to a behavioral health issue. In the research we've done, the PD does a good job at determining patients that need to be ID'd. Still working on response and transport models to make sure they go to the most appropriate place for treatment (hospital, Fairbanks, etc.). After the patient is transferred, someone at Community Health/ASPIRE will follow-up to make sure they're successful in their recovery. Met with Hamilton County on resources for Veterans.	Steve Davison	Davison, Richardson, Ellison, Gebhart	Community Paramedicine Program is 80% complete. Veteran's program is 20% complete.
	Q2		Steve Davison	Davison, Richardson, Ellison, Gebhart	Developing workflow for clinical pathways. Algorithms are in developmental phase to be included in HealthCall software. Creating models for additional programming.
	Q1	Creating the following: adult discharge follow-up, school discharge follow-up, and improved 911 crisis response for September 2016.	Steve Davison	Davison, Richardson, Ellison, Gebhart	Taken off to 3 separate programs. Discharge follow-up - home visits from Community or ASPIRE. School discharge program 911 Response - Crisis response, day to day behavioral response. Looking at the possibility of tele-consultations with crisis staff. Needs infrastructure/IT, but it's moving.
#	Q	Tactic Status Update	PM	Team	Status Comments
Recourses/Access 2: Develop Intensive Care Coordination program for youth.	Q4	Community just hired someone from HSE to be a liaison to Community Health for 2018.	Joan Reed/Mike Beresford	Richardson, Reed, Beresford, Ellison, Seward	
	Q3	We are in the final stages of evaluating the Requests for Proposals to choose a mental health provider to partner with to provide services to all schools in our district.	Joan Reed/Mike Beresford	Richardson, Reed, Beresford, Ellison, Seward	Hired mental health liaison for school
	Q2	Created job description for district mental health care coordinators.	Joan Reed/Mike Beresford	Richardson, Reed, Beresford, Ellison, Seward	Passing of referendum provides funding for program. Joan has a menu of education programs on mental health. Public Safety and faith based groups are looking for training.
	Q1	Hiring 2-3 intensive care coordinators. Implementing Columbia Suicide Assessment.	Joan Reed/Mike Beresford	Richardson, Reed, Beresford, Ellison, Seward	HSE partnering with Community North and ASPIRE.

APPENDIX B

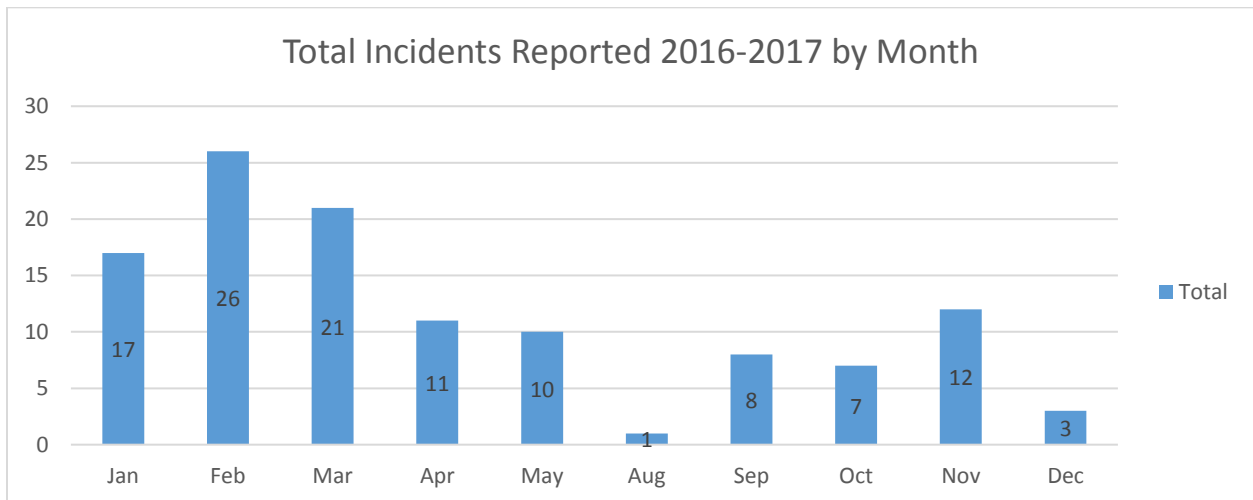
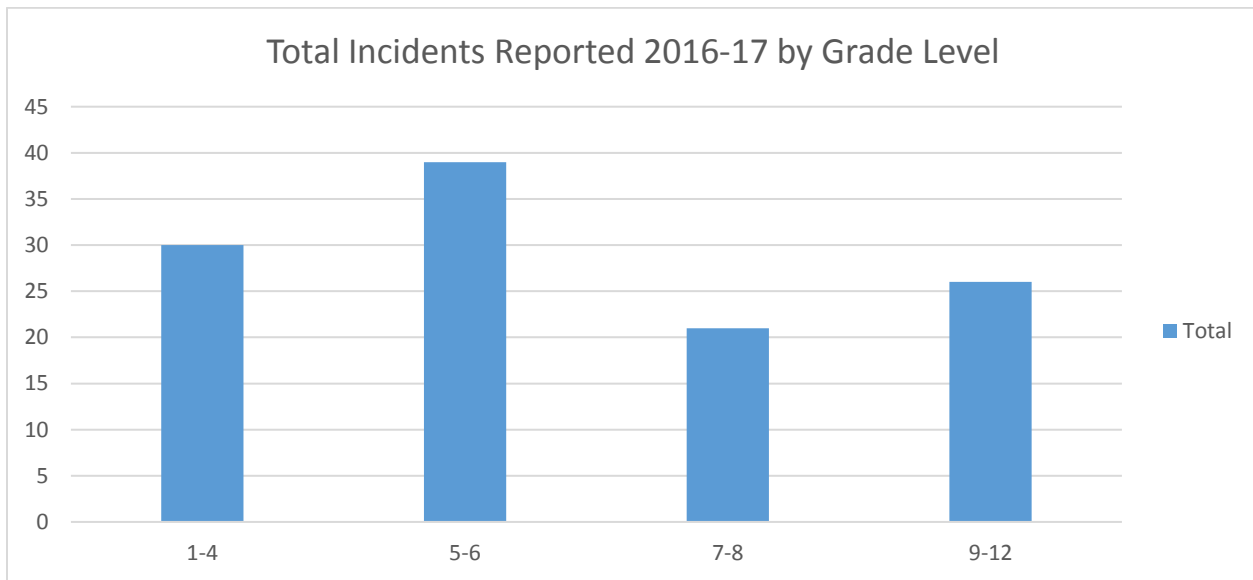
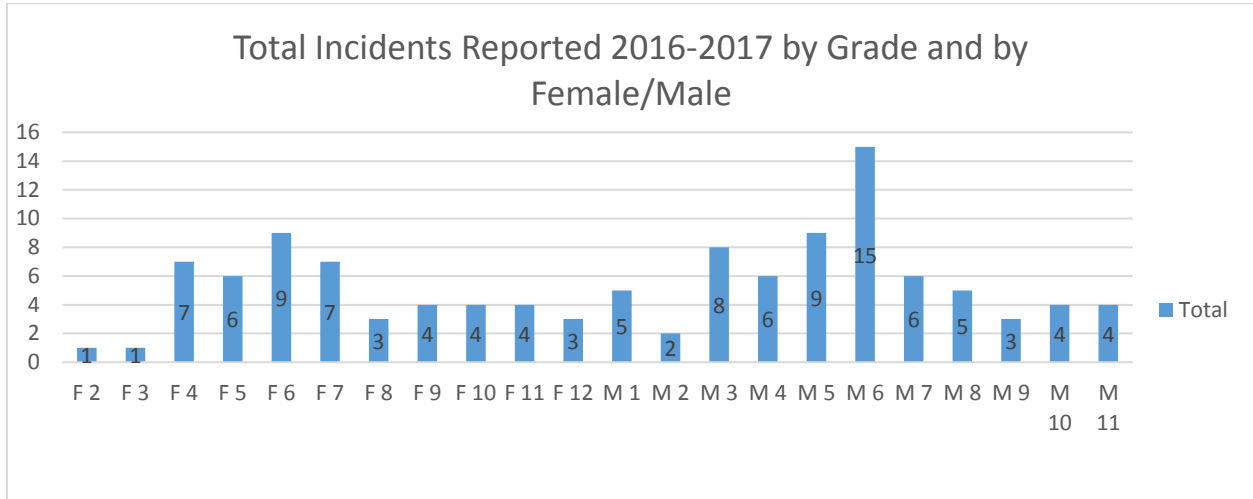
HSE SCHOOLS DOCUMENTATION

HSE Schools: Mental Health Data

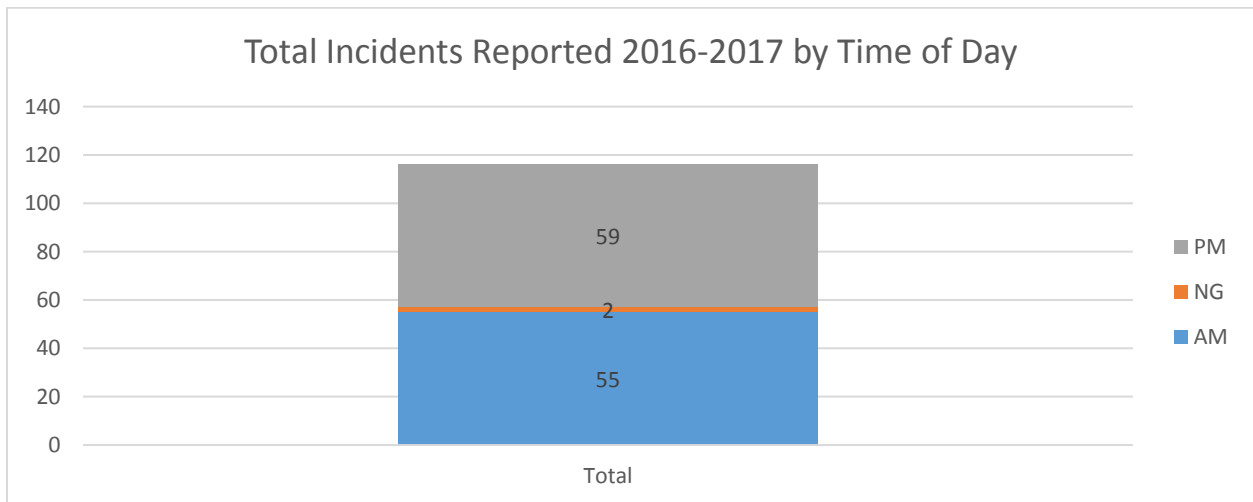
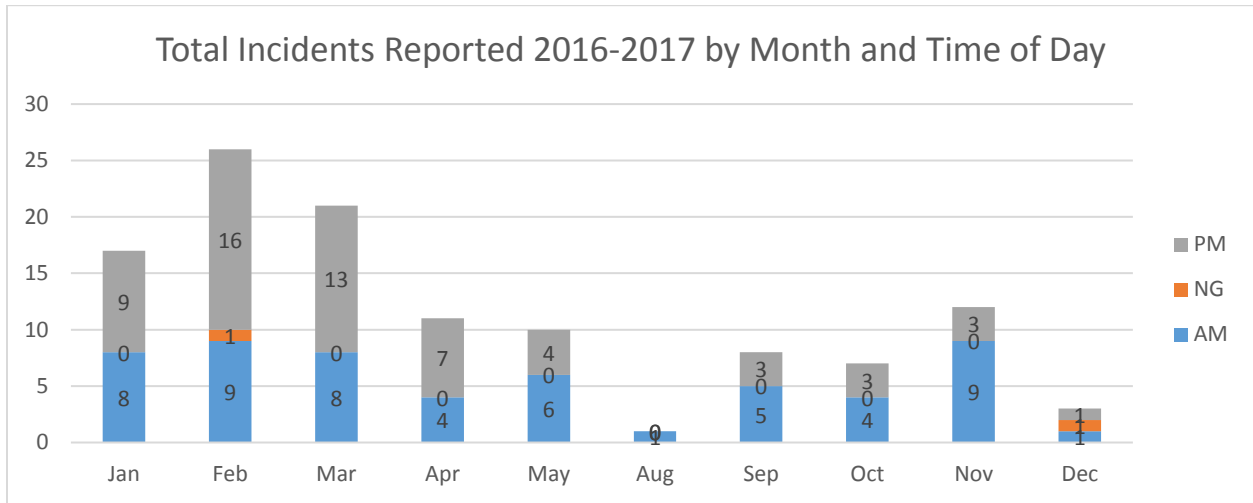
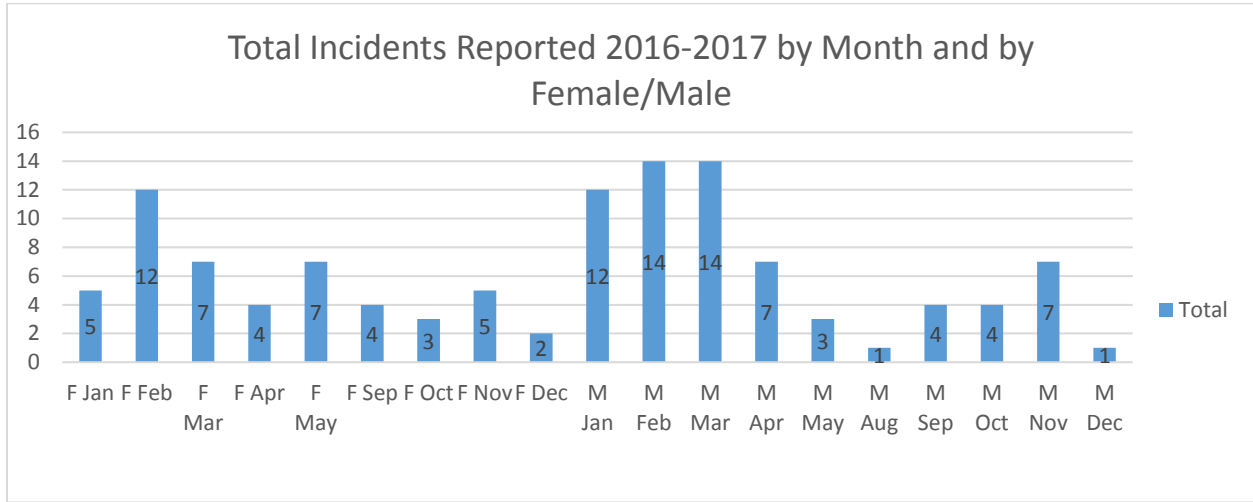
2016-2017 SCHOOL YEAR	2015-2016 SCHOOL YEAR
Suicidal Ideation-Procedural Response to Suicide Ideation (PRSI) (After Guidance Counselor, school and student training and resources)	Suicidal Ideation-PRSI (Before Guidance Counselor, school and student training and resources)
116 Incidents Reported (86 Students) 8 Students had 2 Reports 2 Students had 3 Reports 2 Students had 4 Reports	51 Reports 1 Student had 2 Reports
50 Referrals to Mental Health Provider	Referrals were not clearly documented



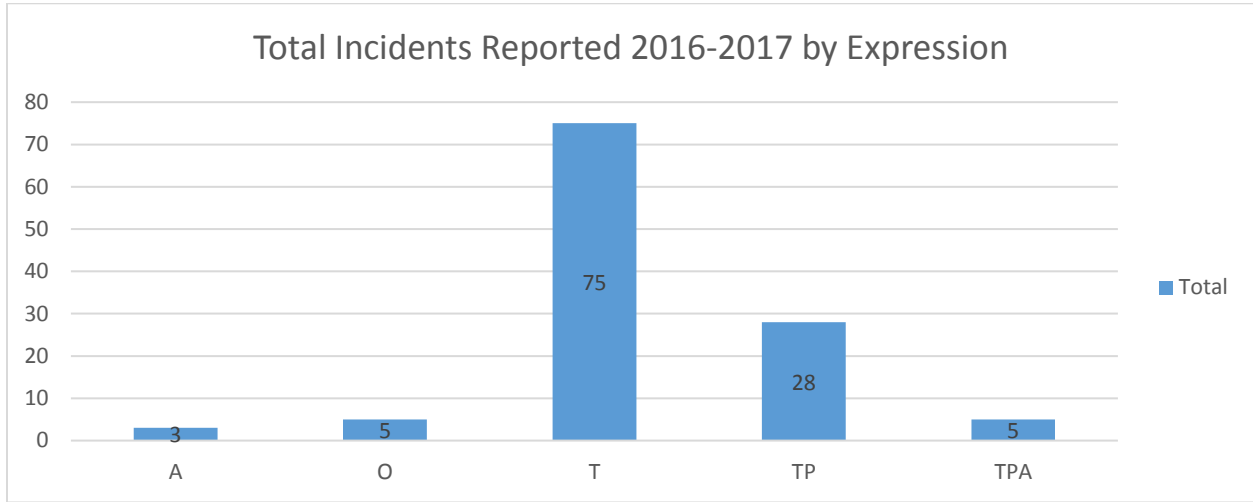
HSE Schools: Mental Health Data



HSE Schools: Mental Health Data



HSE Schools: Mental Health Data



EXPRESSION

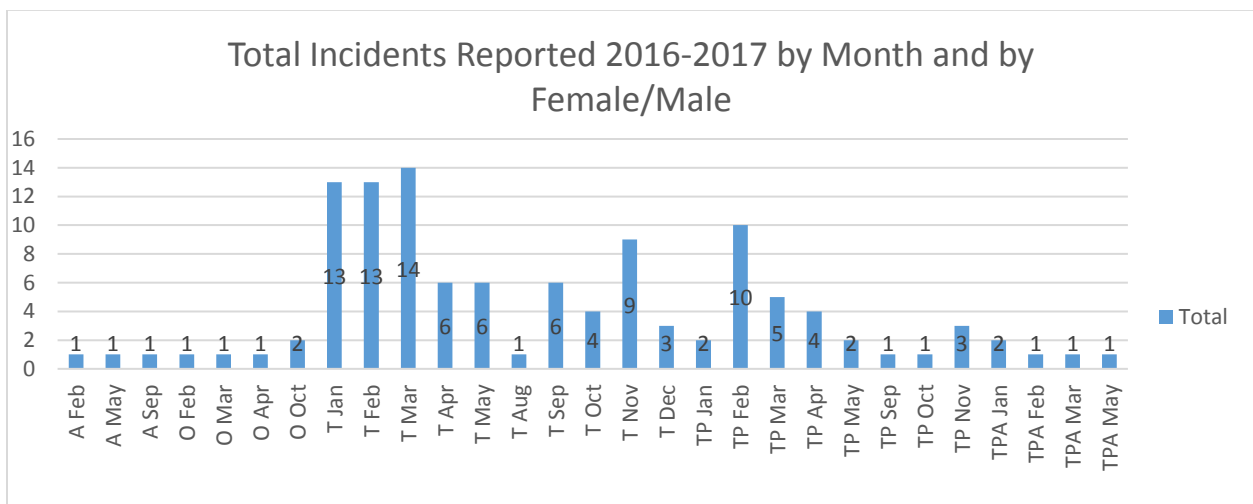
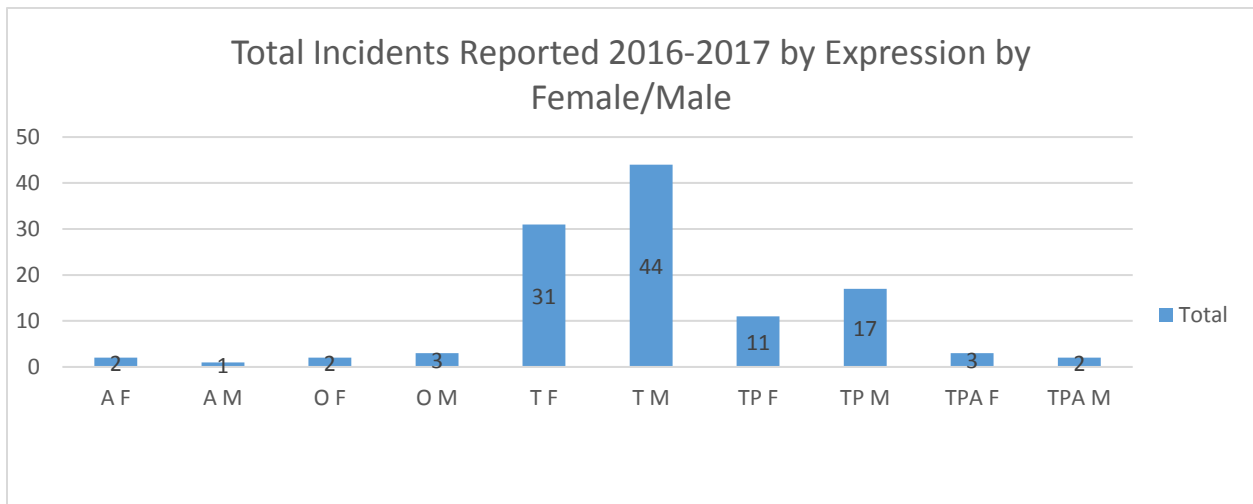
A: Attempt

O: Other (i.e. poor choice of words)

T: Thought/Statement

TP: Thought/Statement with Plan

TPA: Thought/Statement, Plan, and Attempt



Procedural Response to Suicidal Ideation Form

Student Name:	Date:
School: Select:	Grade:
Student referred by:	Interview conducted by:

Reason for referral:

1. **Inform student that it is required to report harm to self or others**

2. **Date and time of student interview:**

3. **Summary of interview:**

4. **Notification of necessary parties:**
 - a. **Name of Parent/Guardian Contacted:** **Date Contacted:** **Time Contacted:**
 - b. **Name of Building administrator:** **Date Contacted:** **Time Contacted:**

5. **Result of Columbia Suicide Screener for Schools: Select:**

6. **Meeting with Parent/Guardian prior to student leaving school:**
 - a. *Keep student under direct supervision at all times during the process. Do not send the student home on the bus or release to drive home alone or with other students.*
 - b. *School staff will contact a Mental Health Provider to discuss a possible evaluation/hospital placement regarding the student's risk level and suicidal ideation. The school requests, but does not require, a written report from the Mental Health Provider be provided to the school prior to the student's return. HSE will offer the parents the opportunity to work with the Mental Health Provider, Community Health Network, in accordance with the mental health service agreement between HSE and Community. If the student is already working with an outside Mental Health Provider the family may choose to have the student evaluated by them.*
 - c. *Seek a signed Release of Information granting permission to contact and discuss student's needs with the Mental Health Provider, unless a release is already on file.*

Notes:

7. **Parent follow-up: Select:**
If parent refused, was an additional referral made? Select:

8. **School counselor will meet with parent/guardian and student prior to student's return to school to establish a transition/safety plan to be implemented while student is in attendance or on school property.**
 - a. **Date and time of meeting**
Attended by:
Student:
Parent/Guardian:
School Counselor:
Other: Title:
Other: Title:
Reviewed Student's Safety Plan:

b. Transition/School Safety plan(choose the options that best meet the needs of the student:

a) Check-in with a school staff member (daily/weekly/bi-weekly)

Staff Member:

Frequency of Check-in:

b) Involve student in a group led by school counselor (i.e. social skills, friendship group, coping strategies)

c) Referral to Mental Health Provider

d) Referral to Youth Assistance Program

e) Supervised transportation to and from school:

f) Escort plan outlining all aspects of the day, including student drop off and pick up from school, restroom, lunch, passing periods, extracurricular activities:

g) Student shall remain under direct supervision for a determined amount of time

Follow-up review scheduled for:

h) If applicable, plan for student to attend field trips:

9. Notify school personnel (i.e. classroom teachers) to be alert of specific behaviors or discussions based on information shared in the safety plan:

10. Long-term plan to monitor student risk once direct supervision lifted: *As data is collected and deemed necessary, based on patterns of behavior and continued needs, please consider eligibility for a 504 plan or Special Education referral if this becomes a pattern or there is a medical diagnosis. Please consult with the school psychologist assigned to your building as well as Special Education Administrators as needed.*

Notes:

11. Send completed form to the following Central office personnel as notification:

Brooke Lawson, Mental Health Coordinator

Julie Hays, Student Services and Business Secretary

HSE Schools

13 Reasons Why SkyAlert

Dear HSE Parents and Staff:

Hamilton Southeastern Schools has become aware of a new series on Netflix called "13 Reasons Why," which is quickly gaining popularity among our students. The story centers around a young girl, who leaves behind audio recordings for 13 people who she says played a role in her decision to take her own life. Mental health advocates have raised concerns over the message conveyed.

Attached to this email is a resource from the National Association of School Psychologists (NASP) for educators and parents. The attachment has more detailed information and resources we believe you will find useful. A few important points include the following:

- **The National Association of School Psychologists does not recommend that vulnerable youth view this series. This is particularly important for adolescents who are isolated, struggling, or vulnerable to suggestive images and storylines.**
- **While older teens can differentiate between TV drama and reality, parents should consider watching the series with them, and engage in thoughtful conversation to help process the issues addressed.**
- **Review the warning signs of suicide. Common signs include:**
 - ❖ *Suicide threats, both direct ("I am going to kill myself." "I need life to stop.") and indirect ("I need it to stop." "I wish I could fall asleep and never wake up."). Threats can be verbal or written, and they are often found in online postings.*
 - ❖ *Giving away prized possessions.*
 - ❖ *Preoccupation with death in conversation, writing, drawing, and social media.*
 - ❖ *Changes in behavior, appearance/hygiene, thoughts, and/or feelings. This can include someone who is typically sad who suddenly becomes extremely happy.*
 - ❖ *Emotional distress.*
- **Reinforce suicide is not a solution. It is an irreversible choice regarding a temporary problem. There is help and hope.**

HSE is a resource for your family. We stand ready to help. If you believe your child may be struggling, please contact your school guidance counselor.

Sincerely,
HSE Schools

APPENDIX C

OUTREACH RESOURCES

#StigmaFreeFishers

MY NAME IS _____

AND I PLEDGE TO:

- Learn more about Mental Health
- See the Person, not the Illness
- Join the effort to create a #StigmaFreeFishers

Healthy Habits of Emotional Well-being



Take care

Eat well, sleep well, exercise



Check in

With family, friends & counselors



Engage

You can't be healthy emotionally if your relationships aren't



Relax

Be active, meditate, garden, dance, love, cook, sing...



Know

Know the Five Signs of emotional suffering

JOURNEY OF THE HEART, MIND, AND SOUL EVENT OVERVIEW



*The HSE Foundation in partnership with FCI and RSI cordially invite you to **JOURNEY OF THE HEART, MIND, & SOUL**, an evening to celebrate the importance of a healthy mind and body. All intermediate families and students are welcome to spend the evening at Riverside Intermediate School exploring the different strategies, supports, and resources available in the Fishers' community. Our focus will be to support healthy minds and bodies, and include hands-on experiences that create an avenue to happiness, joy and engagement for adults and children. This journey will also include the opportunity to enjoy special presentations on topics such as mindfulness, growth mindset, suicide prevention, building healthy relationships, positive body image, anxiety and more!*

As our city begins the second phase of its mental health campaign, we are excited to explore ways in which we can embrace being mentally healthy. This event will be a time for us to come together as a community to explore, learn, and create an awareness of the mental health issues facing our children in today's fast-paced and ever-changing world. The intermediate years are such a pivotal time in a child's life. The workshops at this event will give you and your family tools and strategies to help support healthy growth and development not only for your child but for your whole family!

Important Information:

- The event begins at 4:30, and breakout sessions for parents and intermediate students will be held at 6:00 - 6:30 and 7:00 - 7:30. Reserve your seat for all parents and students in your family on this one form.
- A complimentary sandwich, chips, and a drink will be offered from 6:30 - 7:00 for all people in attendance. Please let us know how many meals your family requires by clicking the link and completing the survey below.
- Child care will be offered, as sessions are for parents and students only. Please let us know how many children you will need child care for by clicking the link and completing the survey below.

- Parent and student sessions will be running at the same time.
- Breakout sessions may have attendance limits, so **register early and please release your seat (uncheck the bubble) if you are unable to attend or if you decide to choose a different session.**
- All events on this day will be held at Riverside Intermediate School: 11014 Eller Road, Fishers, IN 46038

Schedule for the evening:

May 3, 2017

- 4:30-5:30 **OPEN HOUSE:** Community Resource Booths, Gallery Walk of Student Work, Animal Therapy
- 5:25-5:50 **Welcome & Keynote Speaker - Scott Fadness** (RSI Gymnasium)
- 6:00- 6:30 **Break-Out Session 1** (Reserve your seat by selecting your session below)
- 6:30-7:00 **Complimentary Dinner**
- 7:00-7:30 **Break-Out Session 2** (Reserve your seat by selecting your session below)
- 7:30-8:30 **Family Group Activities:** Art, Music, Team Building, Engineering, Animal Therapy and..... **Do you love *Survivor*? Use your mind, heart and soul to get through Rupert's challenge course. YES! RUPERT from CBS's *Survivor* will be our special guest for Family Team Building!**

Wednesday, May 3

6:00pm

Adults:

- Differences Between Therapy Dogs and Assistance Dogs
- Emotional Freedom Technique: Tapping
- Growth Mindset
- How To Keep Your Child Safe on Social Media
- Mindfulness as a Life Skill
- Parenting The Anxious Child
- Suicide Prevention
- The Effects of Trauma and Stress On the Childhood Brain
- YMI Partnering With Parents
- Yoga For Adults

Students:

- DeStress with Fidgets
- Do you have a Busy Brain... Racing Thoughts...or a Worried Heart?
- Growth Mindset
- Healthy Body Image
- Heart Mapping
- Improv
- Nutrition: Redefined

- Self-Reflection-Self Discovery Journaling and Adult Coloring Books with Mr. Sergi and Mrs. Saunders
- Social Media & Healthy Relationships
- Yoga For Kids

7:00pm

Adults:

- Adverse Childhood Experiences Study and Trauma Informed Classroom Strategies.
- Emotional Freedom Technique: Tapping
- Food and Family
- Growth Mindset
- Heathy Body Image
- How To Keep Your Child Safe on Social Media
- Mindfulness as a Life Skill
- Parenting The Anxious Child
- Self-Reflection-Self Discovery Journaling and Adult Coloring Books with Mr. Sergi and Mrs. Saunders
- Suicide Prevention
- Yoga For Adults

Students:

- DeStress with Fidgets
- Do you have a Busy Brain... Racing Thoughts...or a Worried Heart?
- Growth Mindset
- Improv
- Mindfulness as a Life Skill
- Social Media & Healthy Relationships
- What Is A Youth Mentor?
- Yoga For Kids

7:30pm

- Family Art
- Family Engineering
- Family Music
- Family Team Building

APPENDIX D

MENTAL HEALTH AND
SUICIDE PREVENTION RESOURCES

Mental Health Resources

Inspiring Transformations, Inc. does not provide clinical recommendations or endorse any resources or organizations.

24-Hour Mental Health Crisis Services in Central Indiana:

- **Phone:** 317-251-7575
- **Text** CSIS to 839863

National 24-Hour Mental Health Crisis Services (National Suicide Prevention Lifeline):

- **Phone:** (800) 273-8255
- **Text** 741-741
- **Chat** online:
<http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Veterans and Military Personnel 24-Hour Mental Health Crisis Services:

- **Phone:** (800) 273-8255 then press 1
- **Text** 838255
- **Chat** online:
<https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat>

Suicide Prevention Resources:

- **What to do if you or someone else is in crisis:**
 - Immediately call, text or chat with a 24-hour mental health crisis service
 - Call 911
 - Safely go to a mental health crisis center or emergency department
 - For youth: Contact a trusted adult immediately such as a parent, school counselor, coach or family friend. Tell them you need to speak with a mental health professional right away.
 - Do not dismiss what you or someone else is feeling. Get help immediately!
- **Suicide Prevention Websites:**
 - American Foundation for Suicide Prevention (AFSP):
<https://afsp.org>

- Suicide Prevention Resource Center:
<http://www.sprc.org/about-sprc>
- National Action Alliance for Suicide Prevention:
<http://actionallianceforsuicideprevention.org>
- Have Hope Youth Suicide Prevention:
<http://www.havehope.com>
- Zero Suicide in Healthcare: <http://www.sprc.org/zero-suicide>
- **A Friend Asks App:** A free smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Search: "A Friend Asks" in the Apple App or Google Play stores.

Mental Health Resources:

- **What to do if you or someone else needs mental health services:**
 - Ask your primary care doctor or another healthcare professional for a referral based upon your specific needs
 - For youth: Contact a trusted adult immediately such as a parent, school counselor, coach or family friend and ask them for help connecting you with a mental health professional
 - For adults: Leverage your employer's Employee Assistance Program if one is available
 - Contact your insurance company or visit their website for a complete listing of mental health professionals in your area that accept your insurance and then discuss the list with a healthcare professional
- **Mental Health Websites:**
 - Substance Abuse Mental Health Services Administration:
<https://www.samhsa.gov>
 - National Alliance on Mental Illness: <https://www.nami.org>
 - Mental Health America:
<http://www.mentalhealthamerica.net>
- **Examples of Innovative Mental Health Projects:**
 - Fishers Mental Health Task Force:
<http://www.fishers.in.us/mentalhealth>
 - Women's Fund of Central Indiana's Campaign to Change Direction:
<http://www.womensfund.org/campaigntochangedirection>

For more information, follow us on twitter @TransformMH



FISHERS

EST. 1872

www.Fishers.IN.us/MentalHealth
www.StigmaFreeFishers.com
[#StigmaFreeFishers](https://twitter.com/StigmaFreeFishers)

