

Agenda for August 13, 2019 Mental Health Subcommittee Call

1-877-920-8529 Leader: 1970017 # Participant: 7518870#

Time: 1500 hrs Eastern Time; 1300 MT

Attendees:

Miranda Stuart
Bodie Ronk
Kimberly Lightley
Reese Kerbow
Ted Mason
Tim Blake
Dr. Alex Crosby
Kaili McCray

1. Members; need to firm up the members on this subcommittee and identify how we support anyone who is not currently a federal employee for travel etc.
 - a. Bodie for BLM and will take co-chair
 - b. NWCG could pay for invitational travel, need to coordinate through Tim and ask him to look into it. They usually cover state travel and may cover the SME, need to fill out the invitational travel.
 - c. Kimberly for USFS
2. Website: <https://www.nwcg.gov/committees/mental-health-subcommittee>
 - a. What do we want our website to look like? ie categories, topics etc...
 - i. Mission Statement – take issues off the last sentence
 - ii. Hot topics added to the front page
 - iii. Suicide Awareness week/day/month
 - iv. Resources – crisis line and employee assistance links, could rotate in from time to time to hot topics. If EAP was doing a program that could be captured
 - b. Submit links to articles vs. the article so that we don't have to worry about copyright or being compliant
 - c. Links to include for committee review: (just a taste!)
 - d. Stress First Aid (front page – hot topic) and BLM CISM (under resources) on the website

<https://emergency.cdc.gov/coping/responders.asp>

<https://store.samhsa.gov/system/files/sma14-4872.pdf> (HOT TOPIC TO POST MID-SEPTEMBER?)

<https://journals.sagepub.com/doi/abs/10.1177/1078390317695266>

Research being done in the field of mental health and first responders, particularly any that are specific to our workforce?

3. Courses to support: what programs exist that the committee would like to see us pursue supporting? For example: Human Performance, developing modules for the refreshers etc.... Let's identify three top choices that we want to evaluate and identify the steps needed to move forward with standardizing them

- a. Begins with the concept and the conversation. Who is the target audience, what stage of their career to do they get it.
 - b. For Refresher program touch base with Travis Touchette Ph#208-387-5738
 - c. Talking points for supervisors and colleagues
 - d. Might be some opportunity to work with supervisors, there might be a window to do a course on mental health first aid that counts towards their supervisory training hours and then something else for the frontline folks as well. Something that looks interesting and attractive, something that will help them out and help them to connect with their friends.
4. Developing a campaign such as #iCount that allows for our fire community to connect, anonymously if desired, so they develop a support system of peers
 - a. Tim can connect us to individuals like Jesse Bender on how to manage these type of campaigns
 5. Purple Ribbon Campaign, now packaged as "A Preparedness Guide for Firefighters and Their Families".....what are the next steps for this document? Does the MH Subcommittee want to take it under our website and address the comments and concerns that were generated with the original release of this during the WOR in June? If so, need volunteers to take this forward.
 - a. It has been a challenge on how to package the information in that document and make it relevant.
 - b. Decision last month was to take the stewardship of that document back to the NWCG executive board, Frank Guzman is the lead.
 - c. How will the responses to the document be managed? Feeling from some they should be addressed in real-time, this conversation will happen at the next meeting
 - d. Board has to address the content, how to cope with feedback, connecting the right dots....this is new territory
 6. Next steps before the September call
 - a. Keep website up to date, get the roster updated and the mission statement. Also the positions
 - b. Meet and greet for this committee with the NWCG Exec Board
 - c. Tim as our coordinator will relay this information to the Board for us and has all the connections we need
 - d. Post the notes on our website under meeting information
 - e. Under resources – add life safety issue #13 IAFF (Kimberly will send)
 - f. Suicide prevention week is coming up in three weeks, let's get some coverage during that event. USFWS has done some mass emailing with different messaging each week. Can we get consistency and grab everyone's campaign? At the very least get our link to our site and mission statement on their mass emails. (This could be something similar to WOR)
 - i. POCs: USFWS – Reese Kerbow BLM – NPS – USFS – BIA –
 - g. Dr. Crosby didn't know about any specific suicide programs for wildland firefighters but has a link to an article for LE (publications). Also a campaign that is happening called "Be the One to" and will send the link for resources page
 - h. Inventory of existing programs, what are folks already doing. What is out there already especially with our other Agencies?