



Health & Human Services Agenda Request

3A
Agenda Item #

Requested Meeting Date: June 25, 2024

Title of Item: CAPS Presentation

<input checked="" type="checkbox"/> REGULAR AGENDA	Action Requested:	<input type="checkbox"/> Direction Requested	
<input type="checkbox"/> CONSENT AGENDA		<input type="checkbox"/> Approve/Deny Motion	<input checked="" type="checkbox"/> Discussion Item
<input type="checkbox"/> INFORMATION ONLY		<input type="checkbox"/> Adopt Resolution (attach draft)	<input type="checkbox"/> Hold Public Hearing* <i>*provide copy of hearing notice that was published</i>

Submitted by: Paula Arimborgo	Department: H&HS Administration
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Presenter (Name and Title): Stacey Durgin-Smith, H&HS Public Health Educator	Estimated Time Needed: 20 min
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Summary of Issue:
A presentation on the Committee for the Awareness & Prevention of Suicide (CAPS).

Alternatives, Options, Effects on Others/Comments:

Recommended Action/Motion:

Financial Impact:
 Is there a cost associated with this request? Yes No
 What is the total cost, with tax and shipping? \$
 Is this budgeted? Yes No *Please Explain:*



The Committee for the Awareness & Prevention of Suicide (CAPS)

STACEY DURGIN SMITH,

PUBLIC HEALTH EDUCATOR, SUICIDE PREVENTION
COORDINATOR, CAPS FACILITATOR

“Together we can do great things.”

- MOTHER TERESA

Youth suicide alerts county that it is a public health concern

2017 Public Health began

- Working on positive mental health
- Discussing suicide
- Reducing suicide death

2017-2018 Community Readiness Assessment

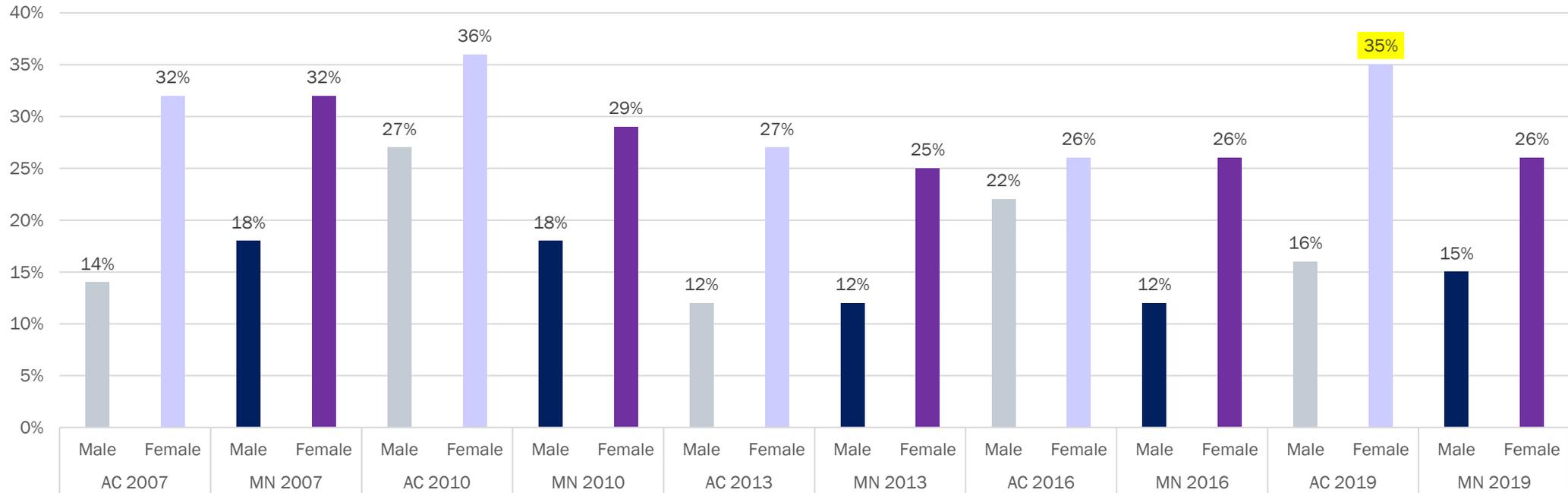
- Aitkin County scored 2.78: Readiness Level of “Denial/Resistance”

MIN Student Survey 2007-2019

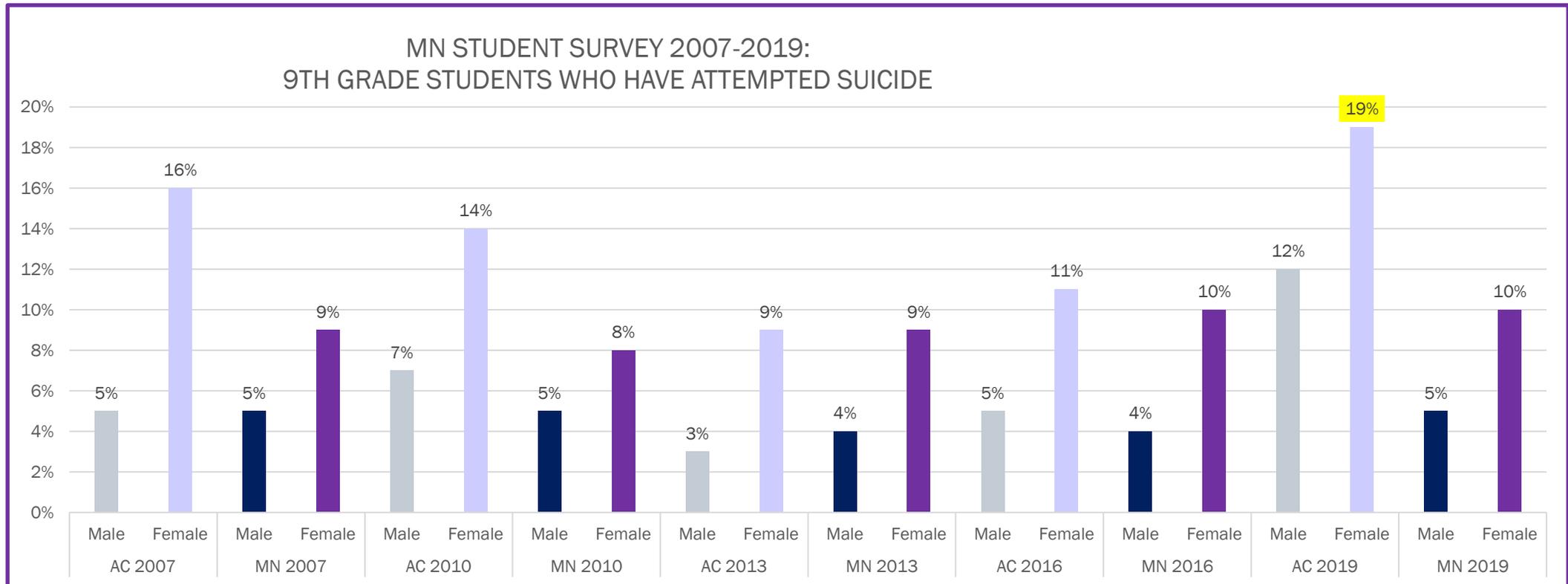
9TH GRADE STUDENTS

Ever considered death by suicide

MN STUDENT SURVEY 2007-2019:
9TH GRADE STUDENTS WHO HAVE EVER CONSIDERED COMMITTING SUICIDE



Ever tried to kill themselves

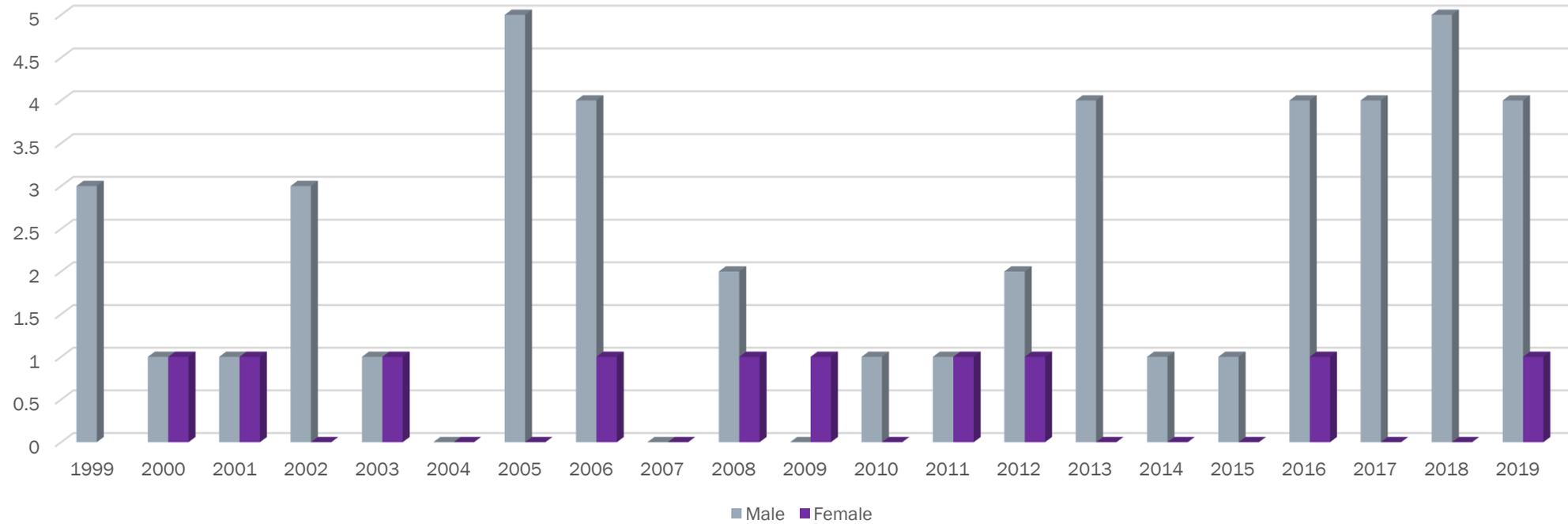


20 Years of Aitkin County Data

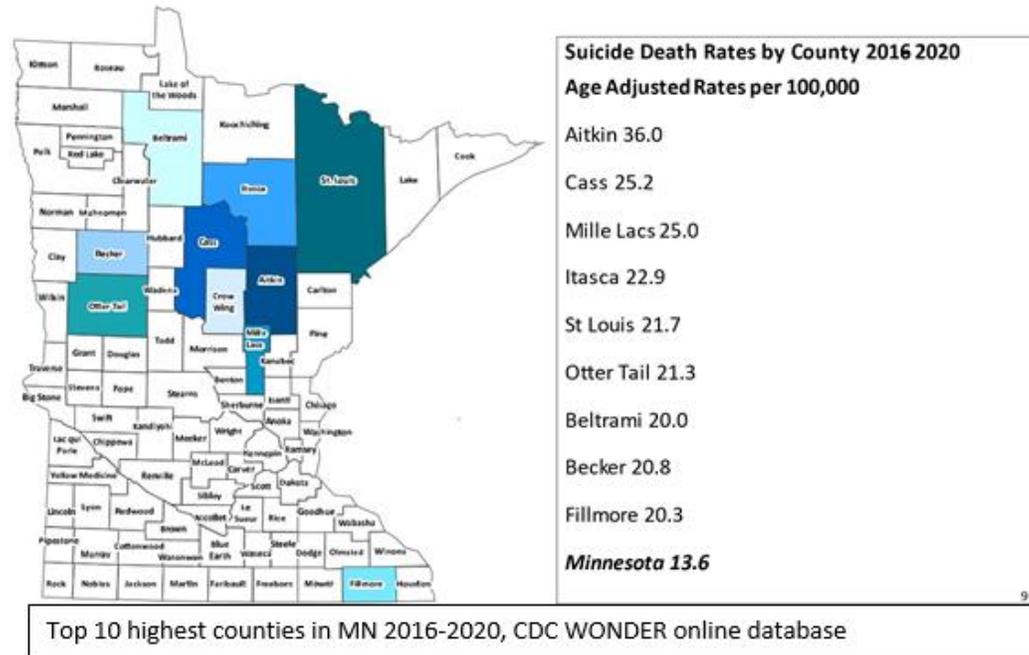
MDH CENTER OF HEALTH STATISTICS

1999-2019: Over 80% male

Aitkin County Suicides by Gender 1999-2019



2016-2020 rates by County in MN



Committee for the Awareness & Prevention of Suicide formed



- Brea Hamdorf, PHN for H&HS
- Healthcare
- Mental Health
- Schools
- Faith Communities
- Mille Lacs Band of Ojibwe

Getting the Word Out: Suicide Prevention/Crisis Lines



*Weather the
storm with help*

Crisis Line and Referral **218-828-HELP**
Suicide Prevention Lifeline **1-800-273-TALK**
Crisis Text Line: **Text MN to 741741**



Public Health
Aitkin County



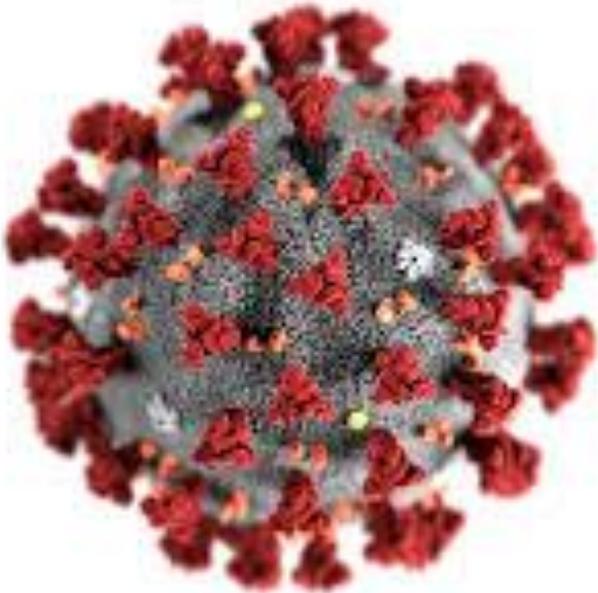
CAPS
Committee for the Awareness
& Prevention of Suicide



AITKIN
COUNTY
1857

Region V+
Adult Mental Health
INITIATIVE

COVID Pause



Department Operations Center:

- Incident Command-Erin Melz
- Operations Chief-Brea Hamdorf
- Planning Chief-Stacey Durgin Smith
- Mental Health Advisor-Kim Larson
 - Behavioral Mental Health Unit



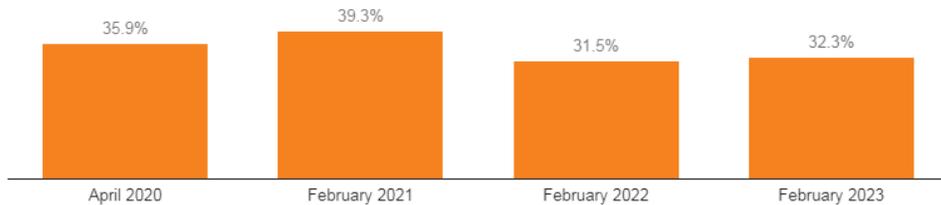
The Implications of COVID-19 for Mental Health and Substance Use

Nirmita Panchal, Heather Saunders, Robin Rudowitz, and Cynthia Cox

Published: Mar 20, 2023

Concerns about mental health and substance use remain elevated three years after the onset of the COVID-19 pandemic, with [90%](#) of U.S. adults believing that the country is facing a mental health crisis....”

Figure 1
The Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic

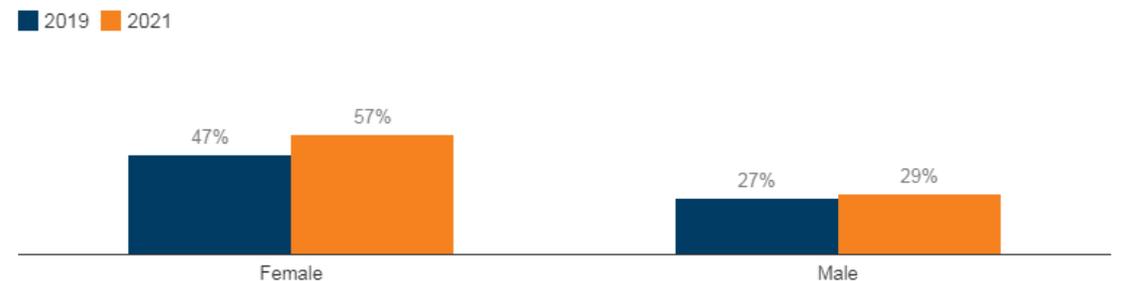


NOTE: April 2020 is the earliest data available. Adults having symptoms of depressive or anxiety disorder were determined based on having a score of 3 or more on the Patient Health Questionnaire (PHQ-2) and/or Generalized Anxiety Disorder (GAD-2) scale. The reference period for the GAD-2 and PHQ-2 questions changed from the "past 7 days" to the "past 2 weeks" beginning in August 2021; however, trends remained stable.

SOURCE: KFF analysis of U.S. Census Bureau, Household Pulse Survey, 2020-2023. • PNG



Figure 3
Share of High School Students with Persistent Feelings of Hopelessness and Sadness, Before and During the Pandemic, by Sex



SOURCE: CDC Youth Risk Behavior Survey • PNG



2022 Passing of the Baton

- Disease Prevention & Control PHN to Public Health Educator
- Readiness Assessment: 3.25 Vague Awareness
- GAPS Analysis of Aitkin County Infrastructure
- Suicide prevention, risk assessment and postvention planning in all Aitkin County school districts.
- Media awareness campaign to reduce stigma
- Outreach at the Rivers & Lakes Fair and the Aitkin County Fair

Reach Out & Reduce Stigma

**You are NOT alone.
Talk to a friend.**

**Call 218-828-4357 (HELP)
or text MN to 741741
for help.**



Aitkin County
CAPS
Committee for the Awareness
& Prevention of Suicide

**Even on the darkest night,
you are not alone.**

Ask for help. You will shine again.



Public Health
Aitkin County
Protect. Promote. Prevent.

Call 218-828-4357 or Text MN to 741741



CAPS
Committee for the Awareness
& Prevention of Suicide

COMMUNITY THOUGHTS
2022 COUNTY FAIR

Participants asked for feedback regarding mental health/illness, suicide, and substance use

AUDIENCE

FIRST: Teenagers (13-18 years old)
SECOND: Men and LGBTQ+ persons
THIRD: Women and people with a history of substance use



INVOLVEMENT

FIRST: Schools
SECOND: Emergency responders
THIRD: Churches, corrections, and businesses



ACTIONS

FIRST: More education - signs of mental illness/thoughts of suicide
SECOND: More education-helping someone
THIRD: Community Awareness Events



WHAT WE NEED



www.aitkin.mn.us/CAPS

■ **Participants asked for feedback regarding mental health/illness, suicide, and substance use**

FIRST: Teenagers (13-18 years old)

SECOND: Men and LGBTQ+ persons

THIRD: Women and people with a history of substance use

FIRST: Schools

SECOND: Emergency responders

THIRD: Churches, corrections, and businesses

FIRST: More education - signs of mental illness/thoughts of suicide

SECOND: More education-helping someone

THIRD: Community Awareness Events

My Ascension

Events in all three schools.

Evening events with meals in two communities.



Touchstone Energy Awards



Funding Transition



Health care that starts with you.SM

Region V⁺
Adult Mental Health
Initiative

2023 Outreach & Education

Have FAITH:

A Suicide Prevention Workshop for Faith Communities

February 28th, 3:30-5:00 PM

Aitkin Public Library (Community Room)

110 1st Avenue NE

BROUGHT TO YOU BY:



Reach Out & Reach Up

A Celebration of Life!

FOOD TRUCKS, FOOD VENDORS, ARTS & CRAFTS

SPEAKERS:

ROOM A:
10:00 C.A.R.E.: Senior Health & Wellbeing
11:00 Northland Counseling: Grief
12:00 MDH: Mental Recovery After a Pandemic
1:30 MDH: Survivor's Guilt

ROOM B:
10:00 Selander Coaching &

FEATURING LIVE PERFORMANCES

10:30 am Christian McShane

12:00 pm Aurora Baer

1:30 pm Jan & Mike Cherry

AITKIN HIGH SCHOOL
10 JUNE 2023
10:00 AM-3:00 PM

FREE Small Pop & Popcorn for the first 100 attendees!

An **IndieFlix** ORIGINAL documentary

Angst

Anxiety is treatable

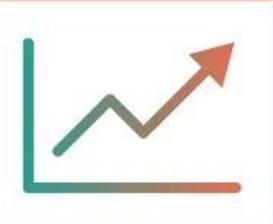
Showing **FREE** at the Rialto in Aitkin
December 14th

5 points from the 2023 COUNTY FAIR

1 Increase knowledge
Most respondents reported that they knew the symptoms of anxiety, depression, & bipolar disorder. Less than half of respondents felt that they knew the symptoms of PTSD and schizophrenia.



- Most respondents reported that they **knew the symptoms of anxiety, depression, & bipolar disorder**. Less than half of respondents felt that they knew the symptoms of **PTSD and schizophrenia**.



2 Increase access to service:
4/5 of respondents reported that they knew how to access crisis services.
2/3 reported that they knew how to find a therapist.
Less than 1/2 reported that they knew how to get services for their child.

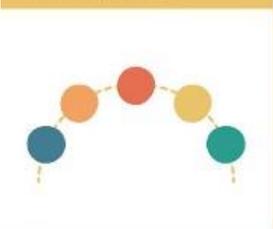
Lived Experience:

- 4/5 of respondents reported that they knew how to **access crisis services**. 2/3 reported that they knew how to **find a therapist**. Less than 1/2 reported that they knew how to get **services for their child**.

3 Barriers to access:
The majority of participants who reported lived mental health experiences cited the following as barriers **most of the time**:
*Needed services don't exist.
*Wait time for services.
*Cost of services.
*Hours of availability.



- The majority of participants cited the following as barriers most of the time: Needed services don't exist. Wait time for services. Cost of services. Hours of availability.



4 Barriers to access:
These participants cited the following barriers **occasionally**:
*Not meeting the qualifications (enrollment process).
*Greater success receiving/accessing services when a practitioner calls with or on my behalf.

- Most respondents also reported these barriers **occurring occasionally**: Not meeting the **qualifications** (enrollment process). Greater success receiving/accessing services when a **practitioner calls** with or on my behalf.

5 Largest gaps:
Those with lived experience indicated the following were the largest gaps in service:
*Inpatient mental health services.
*Psychiatric providers.



- Respondents indicated that the largest gaps in services were inpatient mental health services and psychiatric providers.

Access to Mental Health Resources & Suicide Prevention Education

Mental Health & Suicide Prevention

Contact
Stacey Durgin-Smith / PH Educator
Phone
218-927-7224
Fax
218-927-7262
Email
public-health @co.aitkin.mn.us

If you need information, are in crisis, or having suicidal thoughts, you can call the local Crisis Line & Referral 24/7 at: 218-828-HELP (4357) or 800-462-5525

You may also reach the Minnesota Crisis Text Line by texting MN to 741741

Call 988 or text 988 to contact the Suicide Prevention Lifeline or chat online at 988lifeline.org



Find a peer to talk to - Peer to Peer Warmlines

Need Help?
Resources +



2024

Continuing to increase access



ABOUT US



Our mission is to educate and promote the awareness of suicide prevention and resources to all.

FACTS

Asking someone directly if they're thinking about suicide won't, "Put the idea in their head." Most will be relieved when someone starts a conversation. 



CALL TO ACTION

If you or someone you know is struggling with suicidal thoughts, reach out. Call the Crisis Line & Referral Service at 218-828-4357 or call or text 988. 

Men's Campaign

Flyers



If you are really worried, don't accept the,
"I'm fine," line.

It is ok to not be ok.



Men's Campaign Newspaper Ads



Things About
Mental Health
That Men Should Know

It's Okay to Have Many Feelings & for Them to Sometimes Be Overwhelming.

It's Okay To Get Help When You Need It

Depression & Anxiety Are More Common Than You Might Think

Talking About What You're Going Through Helps: Talk To Someone.

988 SUICIDE & CRISIS LIFELINE
24/7 CALL, TEXT, CHAT



All kinds of strong men experience anxiety and depression. It's ok to not be ok.



STAY Walk, Run, & Rally

STAY

Walk, Run, & Rally
A Community Event to Prevent Suicide

July 20th, 2024 8:30 AM - 1 PM
Aitkin County Fairgrounds



Promoting mental health and
wellbeing and reducing suicides in
our communities.

RUN: Participate in a **COLOR RUN FOR LIFE** from **Paulbeck's County Market** to the **Aitkin County Fairgrounds** 8:30-9:30 AM (check-in 7:45-8:15). Cheer the runners on as they cross the finish line!

WALK: Get family, friends and neighbors to sponsor you to walk the fairgrounds 9 AM-12 PM.



RALLY: FACE IT FOUNDATION & IF WE CAN REACH ONLY ONE



Live
Music!



* Games * Craft Vendors * Resource Vendors * Food *

Come for the action.

Stay and learn what you can do to prevent suicide.



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& Prevention of Suicide

ucare

Region V+
Adult Mental Health
Initiative

Register on Eventbrite.

For walk:



For color run:



Or search Eventbrite.

You can Walk or Run....

STAY

Memory & Honor Walk for Wellbeing

July 20th, 2024 9:00 AM- 12:00 PM
Aitkin County Fairgrounds



Promoting mental health and wellbeing and reducing suicides in our communities.

Walk for your wellbeing, in memory of someone who has passed away, to raise awareness around suicide prevention and mental health.

Pick up donation envelopes at Paulbeck's Super Value Market, 1000 1st St. N, Aitkin County Health & Human Services. Register at [aitkinwalk.com](#)

STAY

Color Run for Life 5K

July 20th, 2024 8:30- 9:30 AM from Paulbeck's County Market to the Aitkin County Fairgrounds



Promoting mental health and wellbeing and reducing suicides in our communities.

Participate in a **COLOR RUN FOR LIFE**: check-in 7:45-8:15. Run starts at 8:30!



& Rally



WE EMPOWER MEN TO RECOVER FROM DEPRESSION

Millions of men experience depression, but far fewer seek help. The Face It Foundation gives men the support they need to face depression, take control of their recovery and get their lives back. The generous donations of organizations and individuals ensure that our services and resources are free for the men who need them.

[ABOUT FACE IT](#)

[SUPPORT OFFERINGS](#)

[DONATE](#)



Funding sunset



**DEPARTMENT
OF HEALTH**

**PUBLIC HEALTH
EMERGENCY
PREPAREDNESS**

Volunteer or Register, Spread the Word!



eventbrite



Committee for the Awareness & Prevention of Suicide (CAPS)

STAY: Walk, Rally & Run 2024

Stacey Durgin Smith

Contact

JUL
20



STAY Color Run for Life

Paulbeck's County Market

Saturday, July 20, 2024 at 7:45 AM CDT

JUL
20



STAY Memory & Honor Walk for Wellbeing

Aitkin County Fairgrounds

Saturday, July 20, 2024 at 9:00 AM CDT