

Frederick County Suicide Prevention Coalition Meeting

Friday, November 17, 2023 – 11:00am to 12:30pm via Microsoft Teams

Minutes

The mission of the Frederick County Suicide Prevention Coalition is to make Frederick County free of suicide through community collaboration rooted in suicide prevention best practices for safe and responsible gun storage, eliminating stigma surrounding suicide, and support for anyone thinking of or impacted by suicide.

[Suicide Prevention Coalition website](#)

Attendance

Andrea Baiocchi Walker, MPH, MA, CPRP, Director, Behavioral Health Services, Frederick County Health Department and Local Behavioral Health Authority

Amanda Adams, Child & Adolescent Coordinator, Behavioral Health Services, FCHD

Sandra Wastler, Senior Services Advisory Board

Monica Kirkpatrick, Mountain Manor Outpatient Services

Erika Bishop, Employee Assistance Program/Suicide Prevention Coordinator, Fort Detrick

Jason Barth, Executive Director, The Ranch

Shannon Parkin, Peer Recovery Specialist, On Our Own Frederick, Suicide Attempt Survivor

Rachel Mandel, MD, Trauma Responsive Frederick, Veteran

Stephanie Shapiro, OFRT Coordinator, Behavioral Health Services, FCHD

Jenna Moseman, Child Advocate, Child Advocacy Center

Richard Sedlak, MD MPH, COL (ret.) US Army

Lindsay Barnhart, States Attorney Office

Suzi Borg, Director of Crisis Services, Mental Health Association

Patty Walcott, Office of Suicide Prevention, MDH, Behavioral Health Administration

Suzy Boisclair, Supervisor of Victim Services, Frederick Police Department

Agenda

1. Introductions
2. Review/Approval of Minutes
3. Announcements
4. Veterans Subcommittee Report Out
5. Breakouts by Subcommittee
 - a. Responsible Gun Ownership
 - b. Education/Outreach
 - c. Postvention/Support Services
6. Subcommittee Report Out
7. Announcements from BHA Office of Suicide Prevention
8. Adjourn

1. Introductions

Andrea Walker convened the meeting and introductions of meeting attendees occurred.

2. Review/Approval of Minutes

Minutes were reviewed and no corrections were noted. Mrs. Walker made a motion to approve the minutes and the motion was seconded by Sandra Wastler.

3. Announcements

- Mrs. Walker provided an update on the Suicide Prevention PSA. The Health Department received additional funds to push out the PSA via social media outlets and television. This further social media push will be scheduled for future dates. Channel Communications has already started with the social media push for the PSA and engagement numbers/report will be forthcoming.
- Dr. Mandel provided an update on the Responsible Gun Ownership PSA. The PSA has been shared and viewed by various groups to include the VAC and Rotary Club, feedback was received. A QR code was created for feedback on the PSA and allowed the parties who have viewed the PSA to share feedback easily. The PSA feedback is being reviewed and will be discussed in an upcoming meeting with the collaborators of the PSA.

4. Veterans Subcommittee Report Out

- Amanda Adams provided the following report out: The subcommittee is in the stages of finalizing the Ask the Question survey and plan to distribute the survey to identified parties the week of November 27th. The subcommittee is asking others to share the survey with other parties for their participation and completion as they see fit.

5. Breakouts by Subcommittee

- *Responsible Gun Ownership*
- *Education/Outreach*
- *Postvention/Support Services following completed/attempted suicide*

6. Subcommittee Report Out

- *Responsible Gun Ownership*: Dr. Mandel provided the report out. The subcommittee discussed ideas of content for a follow-up PSA, 1-2 minutes in length that would focus more on safety and what to expect when calling 988. The PSA would be based on feedback received from the initial shorter PSA and would be more in-depth.
- *Education/Outreach*: Stephanie Shapiro provided the report out. The subcommittee discussed how Ms. Shapiro contacted Living Works about the possibility of tracking how many people utilize Living Works from being connected to the coalition website. The subcommittee also discussed ways the coalition website could be expanded to include hopeful/positive data and put an emphasis on how to help someone who is experiencing suicidal thoughts.
- *Postvention/Support Services following completed/attempted suicide*: Suzy Boisclair provided the report out. Ms. Boisclair advised the presentation was informative and provided hope. The subcommittee reviewed a presentation by Shannon Heath Parkin MS, CPRS who is a multiple suicide attempt survivor and has lived experience. Ms. Heath Parkin is a peer recovery specialist with On Our Own Frederick County. Ms. Heath Parkin is open to sharing her recovery story to provide others with a story of hope, she can be contacted at: shannonheathparkin803@gmail.com. See the attached letter regarding more information about Ms. Heath Parkin's recovery story.

7. Announcements from BHA Office of Suicide Prevention

- Patty Walcott provided the following updates:
- Holiday Stress Webinar with Dr. Alex Chan is scheduled for December 12th (registration link will be distributed once available)
- CARE/ALLY Trainings with The Trevor Project continue to occur monthly
- To watch/view the Governor's Commission on Suicide Prevention through MD Office of Suicide Prevention Facebook page, visit: - https://www.facebook.com/ad_center/create/websidead/?entry_point=www_profile_plus_timeline_intro_section_website&page_id=120499232678344
- The first draft of the K-12 Statewide School Toolkit has been received from Dr. Poland and is currently in the process of being reviewed by the Office of Suicide Prevention.
- The Statewide Suicide Prevention Coalition meeting is on November 30th and the Quarterly Suicide Prevention Coalition meeting is on December 15th – if anyone would like to attend, please email patricia.walcott@maryland.gov.

- Current Trainings through the OSP can be found here:
https://linktr.ee/mdhsuicideprevention?fbclid=IwAR0WDEGp_aF7JyZ8pFplpVjl_dqwL_h4LPTThJOBHe98TB6XoZ3rdgoKHMZU

8. Adjourn

Next meeting – 12/15/2023, 11-12:30pm

Shannon Heath Parkin MS CPRS

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<https://www.linkedin.com/in/shannon-heath-parkin-m-s-cprs-110031127/>

Shannon is a keynote presenter, and writer who shares her powerful mental health recovery journey, as she advocates for suicide prevention and mental health care for all. Shannon is a Certified Peer Recovery Specialist in MD and a Peer Recovery Specialist with On Our Own Frederick County,

Transforming Lived Experience Award at the American Association of Suicidology conference April, 2022

Experience

Nov, 2023 Living Beyond Suicide Summit scholar and facilitator (In person Golden, Co)

October, 2023 Shared testimony for People Accepting and Understanding Suicide Experiences PAUSE international listening circle. (Feb '23, facilitator of community circle)

Oct, 2023: Presented How My Faith Community Empowered Me to Celebrate Life to Prof. Michael Koppel's class on Death, Dying and Bereavement in person at Wesley Theological Seminary.

Sept, 2023 Presented on Understanding Suicide with NAMI Metro Baltimore to 50 people in MD from Care First.

Sept, 2023 Presented on Understanding Suicide with NAMI Metro Baltimore to 130 people across the US from the Social Security Administration.

Sept, 2023 Presented recovery story at MAT Clinics. (also in Feb. '23)

July 2023 How My Faith Community Empowered Me to Recover Fully after My Disabling Suicide attempt Prof. Michael Koppel's Course of Study class Wesley Theological Seminary. (also in Nov. '22)

June 2023: hired as paid peer recovery specialist CPRS with On Our Own Frederick County, MD. (part-time, virtual)

Oct. 2021 – May 2023: volunteer peer support specialist with On Our Own Frederick County.

April , 2023 Focusing Through a Lens of Hope after decades of depression and attempting suicide presentation through NAMI MD.

Feb 22, 2023 We need more brave politicians such as John Fetterman letter to Washington Post praising Fetterman for publicly sharing he is being treated for depression.

January 29, 2023 Suicide Survivor Stories Empowered Me to Live essay on Speaking of Suicide, an internationally known suicide prevention website

December , 2022, In Our Own Voice co-presentation for NAMI Baltimore at Aspire Wellness

November, 2022 Presentation of mental health recovery story at White Oak senior center.

November, 2022 NAMI Howard County In Our Own Voice presentation of mental health recovery story to Unitarian Universalist pastors at Channing Memorial church.

November, 2022 Co –presented on combatting suicidal ideation through NAMI Baltimore.

October , 2022 –Co-presented on overcoming anxiety and depression and developing resilience through NAMI Baltimore.

October 14, 2022 In Our Own Voice co-presentation at the NAMI MD conference.

Sept 27, 2022 Keynote presenter at the 2B Continued suicide prevention conference in Minnesota sharing my recovery story, Focusing through a Lens of Hope.

. September 12, 2022 Focusing through a Lens of Hope after decades of depression and attempting suicide presentation, San Bernardino County, CA.

September 9, 2022 Presentation of mental health recovery story at Margaret Schweinhaut senior center.

September 6, 2022 – Focusing through a Lens of Hope after decades of depression and attempting suicide presentation, Life Path Systems Texas.

September 1, 2022 – Co- presentation on depression and suicidal ideation for NAMI Baltimore.

August 23, 2022 – Co-presented on personal experience receiving electro-convulsive therapy on neuro-modulation panel through NAMI Baltimore.

June 23, 2022 – Presented my recovery story at On Our Own Frederick County.

June, 8, 2022 – NAMI In Our Own Voice co-presentation at Mill Creek Methodist Church,

June 3, 2022 – NAMI In Our Own Voice co-presentation at Faith Community nurses at Holy Cross Hospital.

Dec. 1, 2021 [Learning to Hope after 30 years of depression and a suicide attempt](#) essay on, [Speaking of Suicide](#) an internationally known suicide prevention website.

October 6, 2021 [How Faith Communities Can Welcome and Support Suicide Attempt Survivors](#) presentation with Reverend Catherine Michele Johns, Silver Spring United Methodist Church, at the MD Suicide Prevention Conference.

May, 23, 2021 [Waking Up to God's Grace - after 30 years of depression and a suicide attempt](#) presentation given at Silver Spring United Methodist Church [Resources](#) .

April 15, 2021 [Embracing Hope Through Six Foot Balloons](#) Please See Me journal

February 2021 Learning Hope Lives Six Years after Depression almost drowned me presentation at FCC Behavioral Health, Kennett, Missouri

October 2020 on the [Lived Experience Panel at the MD Suicide Prevention Conference](#).

__ October of 2020, a portion of Shannon's story was shared at the [NAMI MD conference](#).

__ April 22, 2020, [Discovering a Lens of Hope](#) USA Today

__ Shannon spoke to Maryland senators and delegates advocating for funding for 988 crisis call centers and mobile crisis units in 2021, 2022 and 2023.

Shannon did five In Our Own Voice presentations to nursing students at Montgomery College, Takoma Park for NAMI Montgomery County. Shannon presented at the NAMI MC MD fundraiser, shared her recovery story to 60 active duty medical students at the Uniformed Services University in 2019. She told her story at a synagogue, and co-presented at an Episcopal church. Shannon has co-facilitated more than 150 Connection Recovery support groups for NAMI.

Education

Master of Science, Environmental Health/ focusing on Industrial Hygiene University of Washington, Seattle May, 1992

Bachelor of Arts in Biology with a minor in psychology focusing on neurobiology Bryn Mawr College May 1989

Motivational Interviewing 16 CEUs On Our Own Frederick County June 19, 2023

Trauma Informed Peer Support 8 CEUs On Our Own Frederick County June 19, 2023

Peer Recovery Becoming a CPRS 12 CEUs On Our Own Frederick County March 2, 2023

Youth Mental Health First Aid through Every Mind Feb 10, 2023

Ethics for Peers in Recovery 16 CEUs On Our Own Frederick

County Nov. 9 2022

Soul shop for Leaders ministering to those with suicidal desperation 7 hour training, Severn. MD October 13, 2022

Suicide: Crisis and Safety Planning Training 3CEUs by Rachel Larkin LCSW Every Mind Sept, 15, 2022

Living Works Faith class 6 hr training suicide prevention class through Living Works, May 28, 2022

Essential Competencies of a CPRS Course 30 CEU through On Our Own Frederick completed on April 11, 2022

QPR Training for Suicide Prevention- Maryland Psychological Association taught by Amy Greensfelder, MSW November 4, 2021 and March 31, 2022

Reporting and Communicating about Suicide training through the Family Resource Center and the American Association of Suicidology January 24, 2022

Adult Mental Health First Aid class Cornerstone Montgomery August 16, 2021

NAMI Connection Recovery Facilitator training NAMI MD August 2020

Peer to Peer teacher training through NAMI MD September, 2020

NAMI In Our Own Voice speaker training NAMI Maryland –Jan, 2019

Advanced Essay classes with Bill O’ Sullivan, editor of Washingtonian magazine through The Writer’s Center Scholarship, 2020 and 2021

American Association of Suicidology (AAS) Gutin Family Lived to Tell Scholarship recipient 2021

Shannon has been a member of Silver Spring United Methodist Church since 2008.