

LW49 September Coalition 9.27.23

Present: Stella Newman, Jenny Jo Allen, Hannah, Laurie, Keva, Tawnya, Amy Turner, Tess Gelderloos, Catherine Akin, Eleanor Wend, Dick Murphy, Todd Wester, Jessica Cochran, Ben Frentzos, Rebessa Ruhd, Joe Sexton, Amy

Guest: Lauren Davis, lauren.davis6@montana.edu

Results from Winter 2023 **Trauma-Informed Yoga** Intervention

[Slides Available Here](#)

- Has turned into intervention for both students and teachers
- Started during a PIR day 5 years ago (winter 2019 pilot - afterschool @ PHS)
- Gardiner & Livingston School Districts
- Surveying for mental health measures, cortisol levels and heart rate variability
 - Using control group
- Delivery over time has been both remote and in-person
- 25 min sessions, 2x/week
 - Target 3rd 9 weeks - coldest, hardest time of year with highest need
- *Question of efficacy of remote vs in-person?*

Results:

- Overall improvement
- PHQ-9 down by 3.4 points
- Resilience decline - may be due to more introspection and internal connection
- Gardiner remote did better than PHS face-to-face
- In person at PHS = only reduction in cortisol levels

Self-reporting

- Students either loved or NOT
- Remote yoga participants had better mental health response
- Teachers LOVE this - asked for a continuation
 - And had good results - reduction in stress etc
 - Improvements - feeling less burned out and fatigued
 - But not feeling more effective in their classroom

Hoping for a larger grant to support in more schools across Montana.

Suicide Prevention

As we close out Suicide Prevention Month, we wanted to hold some space to share personal and professional reflections of what we're seeing, what we're doing and what we wonder about how we could address suicide prevention in our community.

- LAC - 'Be the Rock' suicide prevention packet
 - Information about potential indicators and resources - and a painted stone:)
 - Distributed informally - laundromat, churches, library, leaving around town, tabling, LHC
 - Can share printed materials with others to use
 - LAC is also looking for other people to join
- Tess shared how helpful the [Columbia Protocol](#) is in her practice - available as an app
 - Place on LW website?
- Need for crisis stabilization supports
- Question re: firearms . . .
 - Access to means is high and going higher

- Need Safe Storage education, more gun locks available
- Work with Police Dept, sporting goods stores
- Kurt Michael could be a good resource for training
- Build off the trust of organizations to talk with people and do training to help people feel prepared about how to talk about it and what to do
- ? of whether there are studies re: why people feel they need to have a gun
 - Does this fit with strategies for violence prevention?
 - Import conversation - not necessarily aligned with goal of removing judgment to build trust and focus on safe storage
- How do we also go upstream with prevention to address issues driving depression and stress?
- RE: suicidality and mental health screening in schools - screening now in SGMS - PHS next
 - Having success in identifying and linking at-risk students with care
 - 8th graders who have taken before are now familiar and take quickly
 - Know we can't give it frequently enough - factors can change quickly for youth
 - Prevalence of youth suicides are October and November
 - Noticing positive movement in screeners over the school year
 - Highest incidence of risk is in 6th grade and reduces as we reach 12th grade
 - Going to 'opt-out' has been more successful for getting participation (80%)
 - Some parents are not choosing to link supports for youth who do screen at-risk
 - Schools are trying to address the same way they do with other health issues
 - Trickier but working towards it
 - Important to maintain strategies like parent-liasons that help build trust and reduce stigma around mental health
- CIT Stress management team . . .
 - Remember first responders have a high rate of suicide
 - Sometimes they don't have the connection they need
 - Not sure what our capacity for de-briefs is - could we use more so more are happening?
 - Also, health care workers as well - surgeons have high suicidality rates
- How do we support one another/ourselves as well?
 - Burn out rate amongst providers
 - Can we bring people together?
 - Note difference between people working in a clinical setting vs in the field/isolation
 - We may not always be as good at knowing when we're stressed - used to working on channeling into problem-solving?
- Question of how we're supporting post-vention in the schools . . .
 - Working well now with supports of L'esprit grief counseling, Dr. Spromberg
 - Yes, there can be some instances of higher risk post-student suicide - supports important