



# Health & Human Services Agenda Request

3A  
Agenda Item #

Requested Meeting Date: June 25, 2024

Title of Item: CAPS Presentation

- ☒ REGULAR AGENDA  
☐ CONSENT AGENDA  
☐ INFORMATION ONLY

**Action Requested:**

- ☐ Approve/Deny Motion  
☐ Adopt Resolution (attach draft)

- ☐ Direction Requested  
☒ Discussion Item  
☐ Hold Public Hearing\*  
*\*provide copy of hearing notice that was published*

**Submitted by:**  
Paula Arimborgo

**Department:**  
H&HS Administration

**Presenter (Name and Title):**  
Stacey Durgin-Smith, H&HS Public Health Educator

**Estimated Time Needed:**  
20 min

**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)

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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

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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”

# MN Student Survey 2007-2019

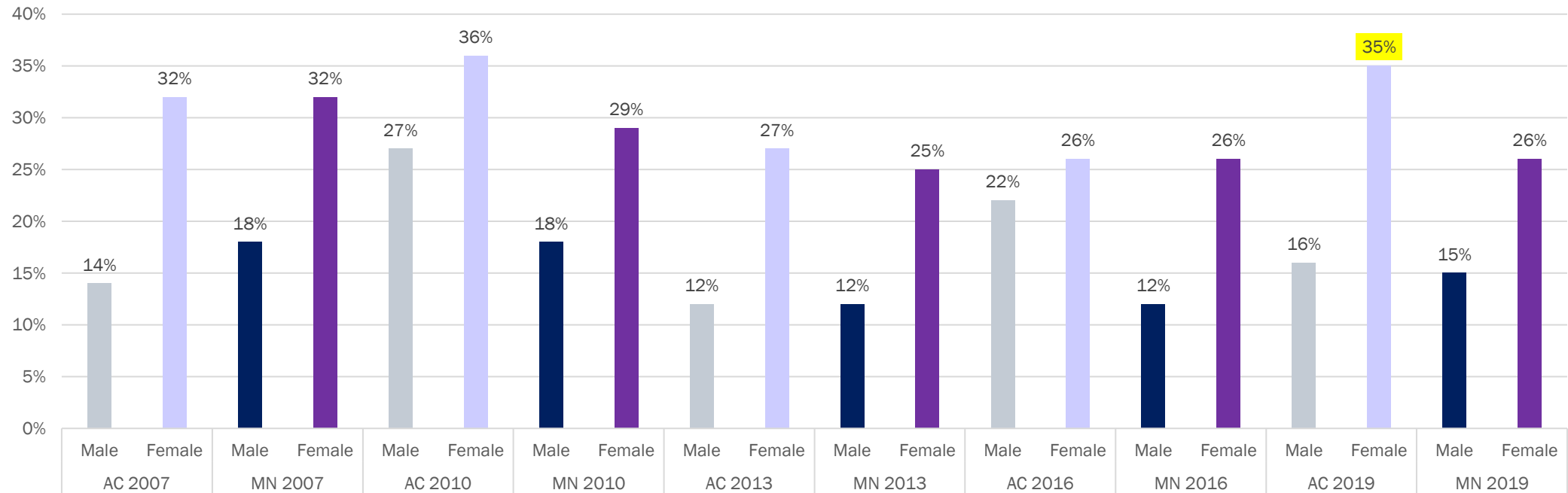
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9<sup>TH</sup> GRADE STUDENTS

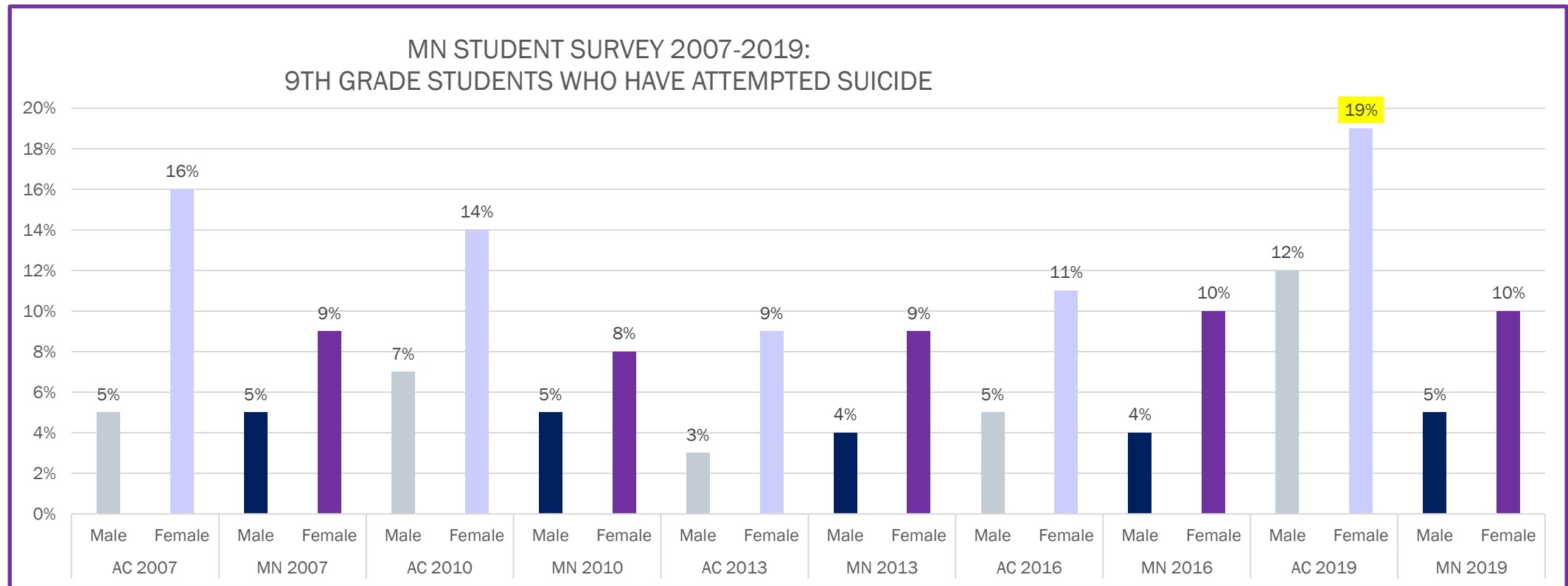
# Ever considered death by suicide

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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

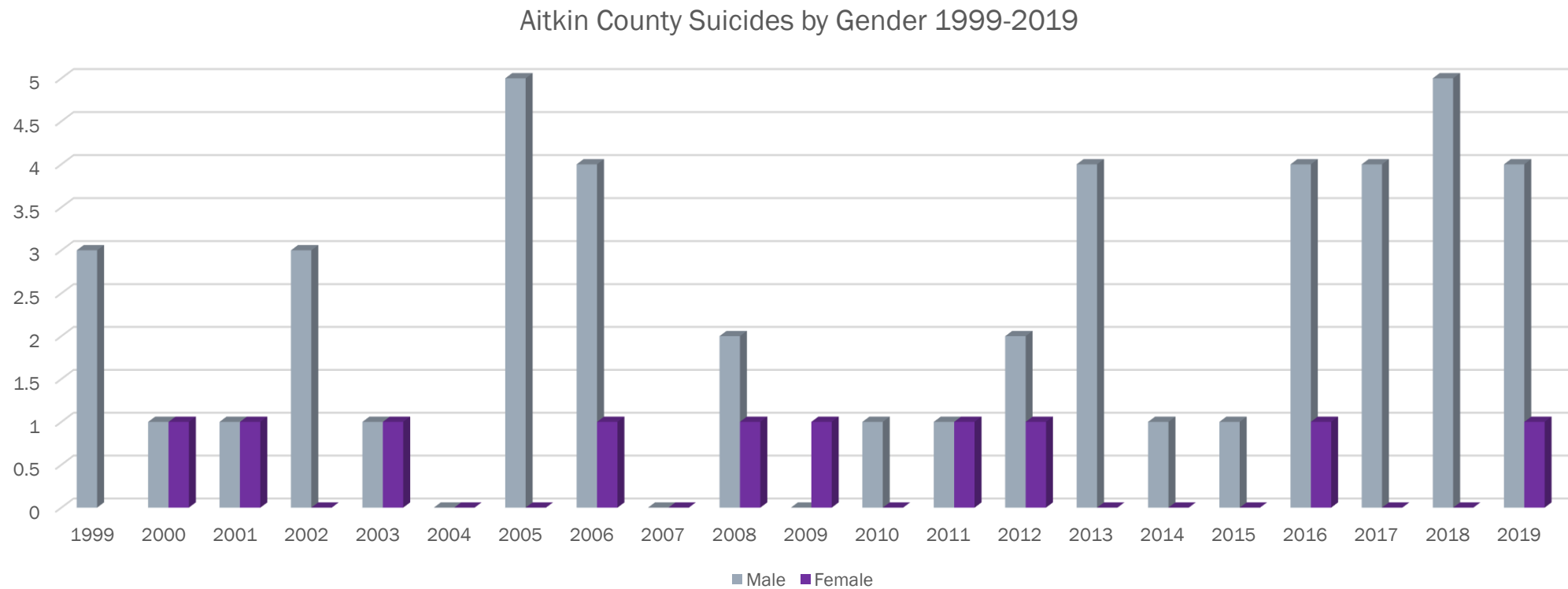
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MDH CENTER OF HEALTH STATISTICS



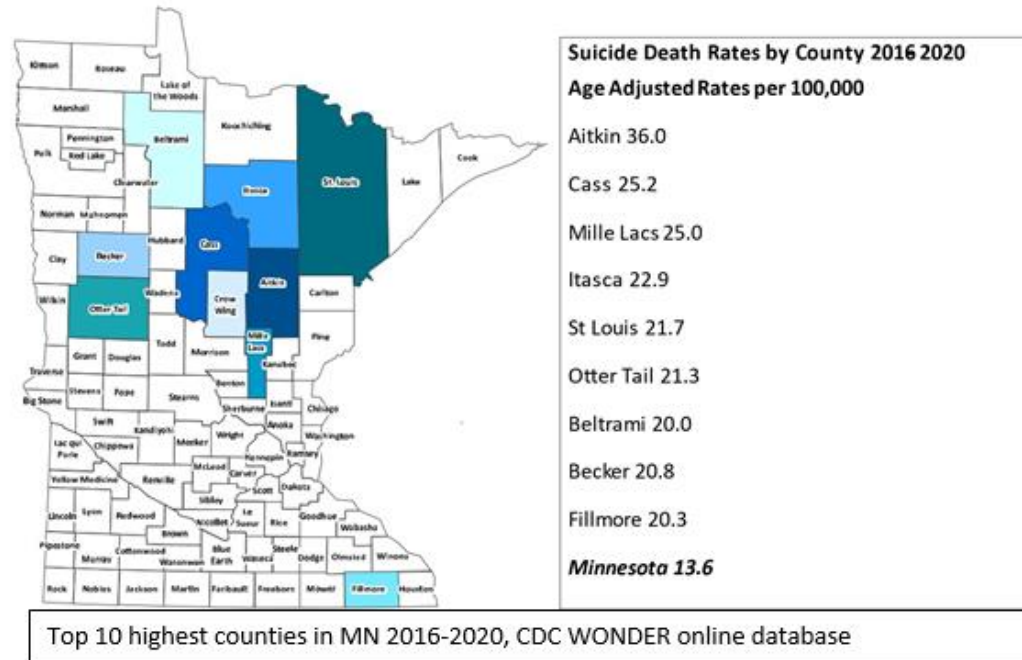
# 1999-2019: Over 80% male

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# 2016-2020 rates by County in MN

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# Committee for the Awareness & Prevention of Suicide formed

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

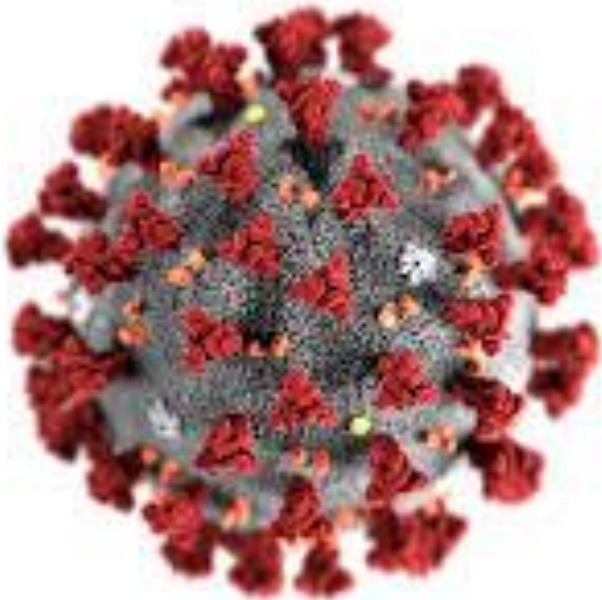
# Getting the Word Out: Suicide Prevention/Crisis Lines

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# COVID Pause

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## 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

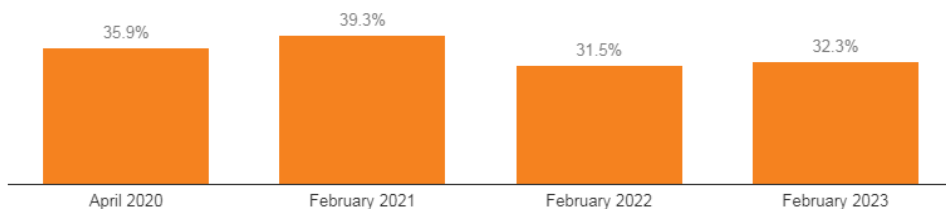
Nirmita Panchal, Heather Saunders, Robin Rudowitz, and Cynthia Cox

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



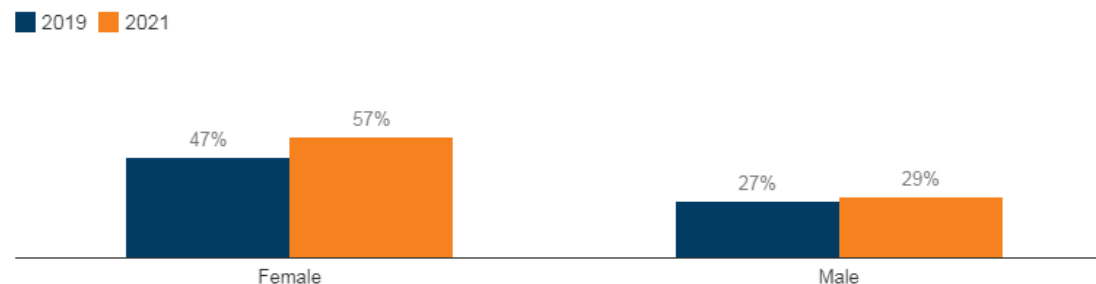
NOTE: April 2020 is the earliest data available. Adults having symptoms of depressive or anxiety disorder were determined based on having a score of 3 or more on the Patient Health Questionnaire (PHQ-2) and/or Generalized Anxiety Disorder (GAD-2) scale. The reference period for the GAD-2 and PHQ-2 questions 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

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- 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

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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](http://www.aitkin.mn.us/CAPS)

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

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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

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Events in all three schools.

Evening events with meals in two communities.



# Touchstone Energy Awards

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# Funding Transition

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Health care that starts with you.<sup>SM</sup>

Region V<sup>+</sup>  
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:

 **CAPS**  
Committee for the Awareness  
& Prevention of Suicide

## Reach Out & Reach Up

A Celebration of Life!

**FOOD TRUCKS, FOOD VENDORS, ARTS & CRAFTS**

**FEATURING LIVE PERFORMANCES**

10:30 am  
Christian McShane

12:00 pm  
Aurora Baer

1:30 pm  
Jan & Mike Cherry

**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 &

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

An **IndieFlix** ORIGINAL documentary

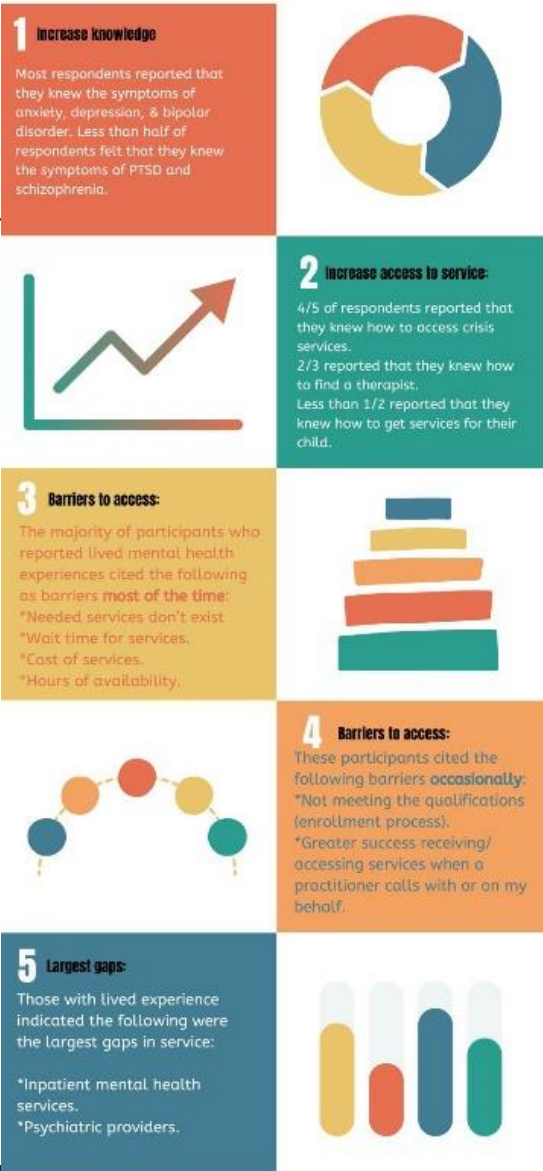
**FREE** Small Pop & Popcorn for the first 100 attendees!

# Angst

Anxiety is treatable

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

# 5 points from the 2023 COUNTY FAIR



- 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**.

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

# Access to Mental Health Resources & Suicide Prevention Education

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## 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](https://988lifeline.org)



[Find a peer to talk to - Peer to Peer Warmlines](#)

Need Help?
Resources <span>+</span>



# 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.

 **CAPS**  
Committee for the Awareness & Prevention of Suicide

988 SUICIDE & CRISIS LIFELINE

 **ucare**

# 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



\* Games \* Craft Vendors \* Resource Vendors \* Food \*

Come for the action.  
Stay and learn what you can do to prevent suicide.



CAPS  
Committee for the Awareness  
& 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....

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**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 died by suicide. Increase awareness around suicide prevention and support.

Pick up donation envelopes at Paulbeck's Super Value Market, 1000 1st St N, Aitkin, MN 56620. Register at Aitkin County Health & Human Services. Register by July 15th.

**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

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**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

**SD** 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