

Staff Council Minutes

June 8, 2017

KC 130B

Submitted by Donna Bevington

Present: LeeAnn Salmons, presiding; Lu Ann Name, Susan Wilson, Donna Bevington, Tara Bass, Terri Butler, Julie Byers, Michelle Dunn, Christina Fivecoate, Lisa Frank, Stephanie Graves, Terri Hellmann, Sharon Johnson, Julie Kendall, Jeremy Kennedy, Cynthia Lipken, Ashley Miller, Nicole Miller, Lauren Stewart; guests—Shirley Aamidor and Beth Barnett

CALL TO ORDER

Staff Council meeting was called to order at 9:30 a.m. by President LeeAnn Salmons.

QPR SUICIDE PREVENTION PRESENTATION—Shirley Aamidor and Beth Barnett

QPR = Question, Persuade, Refer (see pp. 3 and 4)

- Person of Concern form is on the Office of Counseling and Psychological Services webpage
 - https://iu.co1.qualtrics.com/jfe/form/SV_8f7P8OVzV4tbYR7
 - Goes to Beth Barnett, Todd Gambill, and the Dean of Students

FUNDRAISING

Popcorn Café

- We would have one week to sell.
- 40% return for us
- Back in time for Fathers' Day
- Will come to the Craft Show.
 - LeeAnn will check to see if they will still give us 40%.
 - They will ship.
 - They also have candy they can put in tins.

Craft Show

- LeeAnn has a student worker who will type invoices for the Craft Show.
 - Lots of new vendors; many wanted two booths.
- LeeAnn moved to change the May 31 deadline to Feb. 15; LuAnn seconded; unanimous vote for the new deadline to hold booths for the next Nov. show
- Rozzi's will be open and will provide menu to LeeAnn
- One-hour time slots seemed to work better than longer shifts—we will stick with shorter

There will be a Cards and Flowers Committee meeting Monday. (Eva will retire soon. If anyone is interested in serving in her spot, please contact LeeAnn.)

TREASURER'S REPORT

Susan Wilson submitted the following Treasurer's Report:

Checking	\$1325.65
Savings	\$2045.57

Special Savings	\$510.81
Cathy Archer Mem. Schol.	\$9406.05

MISCELLANEOUS

- Students who went to Guatamala would like to do a presentation for us as a thank-you.
- Staff Council scholarships are still open.

ADJOURNMENT

The meeting adjourned at 10:55 a.m.

Some things you need to know about young people

Myth: If a suicidal youth tells a friend, the friend will tell an adult.

Fact: Most suicidal young people do not tell an adult.

Good Friends Don't Keep Deadly Secrets

Warning signs to look for in young people:

- Change in interaction with family and friends
- Recent disappointment or rejection
- Sudden decline or improvement in academic performance
- Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches, stomach problems, menstrual irregularities
- Increased apathy
- Being expelled from school /fired from job
- Family problems/alienation
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying

Some things you need to know about suicidal young people:

1. Many young people are reluctant to seek or accept help for any problem, including suicide. This seems to be especially true for males. Part of this may be due to the fact that males often feel less comfortable than females in talking about their problems or feelings. Therefore, if you are at all suspicious that a teenaged boy or young man may be suicidal, be bold and persistent in your efforts to be helpful.
2. In general, boys and young men are less likely to recognize their own symptoms of depression or to seek treatment when they feel bad. Instead, they often drink heavily or use drugs to try to feel better. Boys also tend to use firearms or other highly lethal means to kill themselves.
3. While girls and young women are almost twice as likely to suffer from depression, their depressive illness may be less impulsive and violent than depression in boys. Perhaps as a result, boys complete suicide much more frequently than girls.
4. Lastly, adolescent boys and young men are more likely than girls to have experienced a crisis sometime in the 24 hours prior to a suicide attempt (especially in relation to break-ups with girlfriends, disciplinary problems, legal crises or humiliating events).

Because young people of both sexes may not be getting treatment for depression, and may abuse drugs and alcohol and act impulsively on suicidal thoughts and feelings, it

is critical that QPR be applied *quickly* when suicide warning signs are seen or suicidal communications intercepted. Remember, if you can't ask the suicide question, find someone who can.

Sources:

Centers for Disease Control, Atlanta, Georgia, USA

Dr. Silvia Sara Canetto, "*Meanings of gender and suicidal behavior during adolescence*", *Journal of Suicide and Life-Threatening Behavior*, Winter, 1997, 27(4):339-351

Dr. Kay Redfield-Jamison in her book, *Night Falls Fast*, 1999

Dr. David Schaffer, Columbia University, New York, NY