Suicide Prevention Action Team – Large Group Meeting
May 19th, 2026

Attendees: Lindsey DeVries, Carri Ciske, Cassy Stefl, Marissa Stapelfeldt, Abbey Bernier, Scott Radtke, Burgundy Biletski, Renee Kasuboski, Sarah Danahy, Sarah Seccon, Michele Crawford, Megan Zimmerman, Stephanie Thiede, Sherri DeWilde, James Nieves

I. Healthy Sleep + Suicide Prevention – Abbey Bernier

a. See presentation slides
b. Contact Info: Abbey Bernier, abbey.bernier2va.gov, 920-515-4651

II. Local Sleep Data – Refer to Slides

a. MYWS: Despite having more sleep in 2.0 than 1.0, respondents answered that 52% do not feel rested upon waking

III. Death Review Recommendations

a. Recommendation: Sleep education for employees & employers related to shift work
b. Recommendation: Provide sleep education and insomnia being a risk factor – education for healthcare providers
c. Community for Hope is interested in potentially offering a healthy sleep class (perhaps using the VA model that was presented in Abbey's presentation)
d. Public health initiative?
e. Do we need more providers trained in CBT-I?
f. Healthy sleep strategies for shift workers – opportunity to create a flyer/handout?
g. The Connection is offering a class series in September targeted for healthcare providers and one session will be on the intersection of sleep and suicide (Lindsey will be looking for help in getting the word out about the educational series)

IV. Subcommittee Updates

a. Lethal Means
    i. Safe Kids Wisconsin reached out to do a CALM (Counseling on Access to Lethal Means) training. Will be happening in July at Catalpa. Cassy will bring it up to this group if it does not fill up to Safe Kids entities first!
b. Digital Media Safety
    i. Plan to create a toolkit of "ready to post" items for the 2026-2027 school year
c. Handle With Care
    i. Wheels are in motion with an anticipated roll-out date for the 2026-2027 school year
d. Gender Affirming Care
    i. Copies printed of the passport for distribution

V. Next In-Person Meeting → July 21st 12:00-1:30pm

a. Community-led suicide prevention strategic plan objectives:
    i. Wrapping up this year
    ii. Evaluation measures?
    iii. Sustainability?
b. Identifying new goals/objectives
c. Possible name change?
d. Seems to be a busy week for most…may look at a better date