

09:56:09 From Karen Denise Jones : Would you like your very own 988 Crisis Jam for free? Volunteers for the hotseat get one just for participating! Email [karen.jones@riinternational.com](mailto:karen.jones@riinternational.com)

09:58:31 From David Covington : CW! We'd love to have you sit in the Lived Lens section!

09:58:35 From David Covington : Would you be game?

09:59:08 From Margie Balfour : I am always game lol what does it entail?

10:01:31 From Karen Denise Jones : <https://bit.ly/CrisisJamCalendar> - Please download and import the following weekly iCalendar (.ics) files to your calendar system.

10:02:06 From Karen Denise Jones : Check out all our recording, materials and sign-up for the newsletter/reminder at <https://talk.crisisnow.com/learningcommunity/>

10:03:20 From Karen Denise Jones : The Guardian: What TikTok does to your mental health <https://www.theguardian.com/technology/2022/oct/30/tiktok-mental-health-social-media>

10:04:08 From Karen Denise Jones : TikTok: mental well-being comes first on Tik Tok <https://newsroom.tiktok.com/en-us/world-mental-health-day-2022>

10:05:14 From Karen Denise Jones : Quick reminder: Daylights Savings Time Ended.... For our Arizona and Hawaii based Crisis Jammers, you'll notice an hour difference on the start time of the 988 Crisis Jam. We'll remain at 12 PM Eastern which is now 10 AM in Arizona and 7 AM in Hawaii.

10:05:36 From Karen Denise Jones : Get your shirt at <https://shop.hopeinc.com/Products/ProductGrid/988?r=1>

10:05:57 From David Covington : Nice try Ayesha! ;)

10:06:05 From Chelsea Booth : Does this mean we ALL get t-shirts today?

10:06:59 From David Covington : What does Chelsea think?

10:07:10 From Chelsea Booth : oh snap

10:07:13 From David Covington : T-shirt if she jumps in

10:07:19 From Chelsea Booth : ohh, the pressure is on

10:07:21 From Chelsea Booth : I said B

10:07:52 From Chelsea Booth : boooooooo

10:08:29 From Ursula Whiteside (she/her) : Impressive!

10:08:55 From Meighan Haupt : Great positive spin :)

10:14:41 From Leo Petrilli. : What role does an addiction have, and can this factor be considered another mental health segment?

10:20:12 From Megan McDaniel (She/Her) : How were cultural differences factored into this study? Emotional suppression can be the norm in some contexts.

10:25:52 From Dean Carson (OHA) (he/him) : Do you have the methodology and full data sets of the qualitative research available? Especially cross tabs by region and demographic groups? This would be really valuable for states and those of us planning culturally specific outreach. Thanks!

10:27:03 From Tansy McNulty : I expected the Down & Dug In to rely more heavily on faith leaders/religious groups. Interesting.

10:28:56 From Megan McDaniel (She/Her) : Always love seeing Tonja on the jam! <3

10:29:25 From David Covington : Thanks so much for the sneak peek Charysse!!!

10:29:30 From Dean Carson (OHA) : Thank you, Charysse! Saw the Ad Council's great work during the COVID pandemic, look forward to working together on these important mental health issues!

10:30:06 From Tina Orwall, Rep (she/her) : What great information, thank you!

10:30:53 From Betsy Hammar, Idaho Office of Suicide Prevention : Thank you, Ad Council, for your leadership on this front.

10:32:25 From David Covington : We're thrilled to have Dan in the Zoom house today!  
#obligations

10:34:07 From charysse Nunez : Thank you all. In regards the methodology - 25 minute online survey among a sample of approx. 3,400 US residents ages 16-65. This sample includes augments for Black, Hispanic, AAPI, LGBTQ+.

10:35:57 From Daniel Gillison : Thank you David, Tonja and All! So glad to be here today. So good to hear Tonja say "this is not a moment, it is a MOVEMENT" and yes, it is not an opportunity, it is an obligation. Thanks to our Veterans as well, early acknowledgement and appreciation of your service.

10:36:31 From Angella James-OHA : I love that analogy "help in different flavors"

10:36:59 From David Covington : Dr. Brian Sims recommended we preview the Seize the Awkward video in an upcoming Crisis Jam... we shared in the pre-show for the 100th episode, but expect that in an upcoming edition!

10:37:16 From Betsy Hammar, Idaho Office of Suicide Prevention : "Not just access to care, but access to caring."

10:37:28 From David Covington : Love that!

10:37:46 From Margie Balfour : At the stigma summit, the Ad Council showed how they used similar survey data to target their covid vaccine ads. What was so impressive was how the ads were so data-driven in their behind-the-scenes development, but the resulting product had no data in it and instead expertly pushed just the right emotional buttons in your brain. I am glad they're now using their amazing powers to tackle stigma!

10:38:34 From David Covington : Right Margie! It was amazing to see that any inclusion of data just completely dropped the impact

10:38:37 From Ursula Whiteside (she/her) : Rockstar Stephanie!!

10:38:46 From David Covington : Go Steph!

10:40:18 From Karen Denise Jones : #CrisisTalk A Letter from the Editor: What's Next?  
<https://talk.crisisnow.com/a-letter-from-the-editor-whats-next-988-covid-and-sustainability/>

10:41:29 From John Draper : Steph is amazing and our nation's front-line reporter on crisis care!

10:43:56 From David Covington : too focused on hope feels like propaganda... but too much pain can be discouraging... people who've been there find the sweet spot

10:44:16 From Kristen Benson : I would agree with this, workable solutions are the what of hope

10:44:23 From Kristen Benson : and the how

10:45:04 From John Draper : Great point about overuse of the term "hope" without showing "how to get there" can be counterproductive. That is also what the research shows..."how it happens" for people is what we need to demonstrate

10:45:20 From Karen Denise Jones : How to Arrange a Police Ride-Along  
<https://policeteststudyguide.com/resources/police-ride-along/>

10:46:20 From Karen Denise Jones : Interested in sharing your ride-along experiences? Email me at [karen.jones@riinternational.com](mailto:karen.jones@riinternational.com)

10:46:27 From Jennifer Stuber : Hope can't be propaganda. Systems need to be able to look at themselves with a growth mindset and make progress on changing the system, developing sustainable financial models, it will means disrupting the apple cart of how we have always done things.

10:47:28 From Tina Orwall, Rep (she/her) : Yes great point Jenn!

10:47:42 From Ursula Whiteside (she/her) : Hi All! So glad we are talking about hope. Marsha Linehan would always say what was most critical in a first therapy session with someone experiencing high intensity of suicidal thoughts - Make sure they leave with HOPE. BUT... the way that was delivered was not platitudes.

10:49:23 From Jean Olshefsky : Stephanie,Thank you for your tremendous work supporting those in search of MH support. As a certified peer, I hear your message re: the overuse of "hope" That being said, coming from a peer it can be beneficial as in, "I had no hope but made one last phone call..." My lived experience and two cents

10:49:33 From Ayesha Delany-Brumsey : It can be but I love being here with everyone! I always learn a ton. Thank you Brian.

10:49:58 From Monica Luke (she series) : Yeah for the youth crisis care release!

10:50:11 From Maria Emmer-Aanes : What is the roll out timing on the bilingual text and chat function for 988?

10:50:17 From David Covington : "A safe place to be!"

10:50:41 From John Draper : James, re: communications and marketing for 988...a challenge for states and locals to promote 988 relates to the geolocation problem. If we want to connect folks locally

to MCTs and other community services that states are invested in, promoting 988 instead of local numbers could send people out of the area if their area code doesn't match the local center

10:50:44 From Donna Obermeyer, Family Alliance for Mental Health : My family member was suicidal and I encouraged them to call 988 and the talking at the beginning of the call was so lengthy that they hung up. But I encouraged them to call again and I'd support them through the beginning of the call. I don't know if anyone else has experienced this.

10:51:50 From Tina Orwall, Rep (she/her) : Ursula is a Rockstar!

10:52:00 From Stephanie Barrios Hepburn : Thank you so much, Jean! Those are excellent points. I'd love to interview you!

10:52:16 From Stephanie Barrios Hepburn : Yay, Ursula!

10:53:07 From Jean Olshefsky : @Stephanie [jean.olshefsky@beaconhealthoptions.com](mailto:jean.olshefsky@beaconhealthoptions.com)

10:53:29 From David Covington : Ursula tells her own story of suffering and courage and recovery in Moving America's Soul on Suicide Episode 4 - "Opposite Action"  
<https://youtu.be/UnOObcgUCp8>

10:53:51 From David Covington : Ministry of presence

10:54:30 From james wright : Thanks John. While we are working on ways to improve geo-routing we know that will be a critical issue we will have to work with states, territories and tribes on.

10:54:46 From Ursula Whiteside (she/her) : This is a website our lived experience team created. It includes free coping strategy resources and training (evidence based from DBT or Dialectical Behavior Therapy): <https://nowmattersnow.org/skills>

10:55:22 From Leo Petrilli. : Terrific guests today. An "Agency of Wellness".

10:55:29 From Vic Armstrong : I love this approach Ursula, and your insight!

10:57:18 From Stephanie Barrios Hepburn : Thanks, Jean!

10:57:21 From Margie Balfour : DBT has so many lessons about validation and communication that are applicable for crisis! I use those concepts every day. So jealous you got to actually work with Marsha Linehan.

10:57:25 From Ursula Whiteside (she/her) : Stephanie reminded me to share our new series with young people. Here are videos of them teaching DBT skills using stories from their own lives - as well as tips for family and friends: <https://nowmattersnow.org/skill/young-ambassador>

10:57:26 From james wright : @Donna Obermeyer- Ill IM you but we know there are individuals that do drop off during the IVR. We have recently evaluated length and service options for individuals and are trying to think through ways to inform individuals of their choices but also expedite connection to centers.

10:58:31 From Donna Obermeyer, Family Alliance for Mental Health : thanks

10:58:33 From Stephanie Barrios Hepburn : Thanks so much for sharing, Ursula! I'm very excited to share the videos with young people.

10:58:59 From Stephanie Pasternak (she/her) : Link to Puerto Rico bill:  
<https://sutra.oslpr.org/osl/esutra/medidareg.aspx?rid=143149>

10:59:20 From Stephanie Pasternak (she/her) : Wyoming hearing recap:  
<https://cowboystatedaily.com/2022/09/15/legislature-moves-forward-with-permanent-funding-for-suicide-call-centers/>

10:59:23 From james wright : Re 988 bilingual chat/text. we are working first to develop and activate Spanish chat/text in FY23 and are evaluating service in other languages similar to phones.

10:59:25 From Dean Carson (OHA) : @Donna - I was really impressed with what Nebraska created (Oregon is creating our own, inspired by their work) to have a video demonstrating the call hold so people know what to expect before they get to a counselor. <https://youtu.be/gBverXUhAe4>

11:00:08 From Karen Denise Jones : Moving America's Soul on Suicide  
<https://youtu.be/BNLBCKpgNZA> and <https://masofilm.com/>