


09:54:27 From Edita Fuentes : Greetings from Edita Fuentes, of Nueces County Mental Health Programs and NAMI Greater Corpus Christi (TX). Glad to be able to join the 988 Crisis Jam

09:55:26 From Ursula Whiteside (she/her) : <https://nowmattersnow.org/skill/cold-water>

09:57:20 From Diane Banks : Greetings Everyone from NAMI Texas (El Paso), and the NAMI National Peer Leadership Council. Great to be here for another awesome Crisis Jam. 

09:57:49 From Luke Waggoner (he/him), WA HCA : Any flat bill hats yet?

09:57:56 From Paul Galdys, RI International : Welcome to the Jam team NAMI

09:57:59 From Diane Banks : Awesome, placing my T-Shirt order today.

09:58:04 From Petrina Fowler : Can you please share the store website?

09:58:20 From Kristen Ellis, LMFT - RI : Hi Petrina! Here's the store link:
<https://shop.hopeinc.com/Products/ProductGrid/988?r=1>

09:58:27 From Petrina Fowler : Thanks!

09:58:55 From Paul Galdys, RI International : Getting my cold pack now

09:59:08 From Ursula Whiteside (she/her) : JOIN US: Demonstration Prep - Join Us — Grab a bowl big enough to cover you face and put some ice and water in it. Or use a cold pack or frozen peas!

09:59:13 From Rin Koenig : Use this link to view the captions:
<https://www.streamtext.net/player?event=988meeting>

09:59:20 From Karen Denise Jones : <https://samhsa.gov/find-help/988/partner-toolkit> and click on "Printable Materials"

10:00:50 From Ursula Whiteside (she/her) : JOIN US: Demonstration Prep for Ice Dunk Challenge - Join Us — Grab a bowl big enough to cover you face and put some ice and water in it. Or use a cold pack or frozen peas!


And don't forget a little towel. Put a paper towel around gel or frozen packs.

10:01:00 From Karen Denise Jones : Is your national org not listed? Email me!
karen.jones@riinternational.com

10:01:09 From Kristen Ellis, LMFT - RI : I've got my cold pack! :)

10:02:17 From Karen Denise Jones : <https://bit.ly/CrisisJamCalendar> - Please download and import the following weekly iCalendar (.ics) files to your calendar system.

10:02:50 From Karen Denise Jones : Seattle Times <https://www.seattletimes.com/seattle-news/mental-health/how-to-fix-the-mental-health-workforce-wa-has-an-underutilized-resource-peer-counselors/>

10:03:07 From Ursula Whiteside (she/her) : Paul and Kristen - love that you are joining us! I challenge us to leave our cameras on. 

10:03:39 From Laura Van Tosh : Seattle Times article (just mentioned by Amy)
<https://www.seattletimes.com/seattle-news/mental-health/how-to-fix-the-mental-health-workforce-wa-has-an-underutilized-resource-peer-counselors/>

10:03:53 From Karen Denise Jones : NRI Reports about state support for BH Crisis Services
<https://www.nri-inc.org/profiles>

10:04:18 From Stephanie Pasternak (she/her) : Love this Ted - do you note which states are taking up the enhanced federal funding match for MCTs available now?

10:04:41 From Amy Brinkley (NASMHPD) : Yay! Dan!

10:04:53 From David Covington : Terrific to see Dr. Mike Hogan in the Crisis Jam house!

10:04:59 From Paige Rusch : ❤️

10:05:08 From Kristen Ellis, LMFT - RI : Great Siri impression, Amy!

10:05:24 From Paul Galdys, RI International : Reacted to "Great Siri impressio..." with 👍

10:05:27 From Luly Kure : love that, never thought about asking Siri that!

10:06:12 From Nikki, NAMI Keystone : Anyone know of any youth 988 fact sheets or one pagers?
Thank you!

10:06:12 From Karen Denise Jones : Reminder: For best view of speakers and ASL translator choose 'Speaker View'

10:09:29 From Amy Cohen, PhD (APA) : <https://nowmattersnow.org>

10:12:48 From David Covington : Woah, wait... 30 seconds! :D

10:13:47 From Betsy Hammar, Idaho Suicide Prevention Program : Is cutting inadvertently being used as a "reset" in a similar but less helpful way to ice water?

10:14:19 From Paige Rusch : Are there recommendations to shut down the physiology when they may not have access to cold/ice water?

10:15:25 From Ursula Whiteside (she/her) : JOIN US: Demonstration Prep for Ice Dunk Challenge - Join Us — Grab a bowl big enough to cover you face and put some ice and water in it. Or use a cold pack or frozen peas!

And don't forget a little towel. Put a paper towel around gel or frozen packs.

10:15:58 From David Covington : Oh, I was supposed to put the ice in now!

10:16:00 From David Covington : Dang it

10:16:07 From Howard D. Trachtman WARMLINE.ORG he series : power of peer support over the phone www.warmline.org hdt@mbrlc.org 781 642 0368

10:16:12 From Kristen Ellis, LMFT - RI : David's going to be frozen!

10:16:40 From barb. (she/her/Barb.) : what is that NOW....link please

10:16:47 From Makenzie Bayless : Great tool for someone who is hyperaroused!

10:17:00 From David Covington : Wait.... TWICE?!

10:17:07 From barb. (she/her/Barb.) : that sounds like a recipe for a MIGRAINE!!

10:19:04 From Monica Luke (she series) : So long!

10:19:24 From Lisa Betz (she, her, hers) : Never thought 30 seconds was that long!

10:19:42 From Paul Galdys, RI International : That felt like a minute!

10:19:44 From Susan McLaughlin, she/her : @Lisa - agree! That seemed really long

10:20:59 From Michelle Jackson, CEO : Wow

10:21:52 From Amy Cohen, PhD (APA) : that hurt in some ways

10:21:59 From Michelle Jackson, CEO : Natural organic self help

10:22:20 From Betsy Hammar, Idaho Suicide Prevention Program : I'm astounded that my HR did come down! I wasn't even in cold water, just an ice pack. Thanks for this technique.

10:22:35 From Ursula Whiteside (she/her) : Betsy, that's great.

10:23:11 From Susan McLaughlin, she/her : Vincent thank you! I love the Native connection to this technique

10:23:12 From Brenda Dagestad : Will the cold pac gel eye mask work as well?

10:26:05 From Brandon W (He/Him) : Preach David! Lived/Living Experience is such a powerful and beautiful voice in our community

10:26:43 From Lisa St. George : So powerful. This was such a great learning. Thank you Ursula!

10:27:36 From Wendy White Tiegreen (she/her/hers) - GA DBHDD : Yes! Thanks for "living" experience lens - such powerful impact. Ran to the freezer Ursula to do this exercise in the ATL. I need to do this after every 9-8-8 budget meeting 😞

10:27:38 From Ursula Whiteside (she/her) : You want to really do it for 5 mins when upset: 30 seconds in, 30 seconds out —

10:28:00 From Karen Denise Jones : <https://samhsa.gov/find-help/988/partner-toolkit> and click on "Printable Materials

10:28:08 From Ursula Whiteside (she/her) : Brenda, it certainly could - it might even be ideal. Try it out and see what you find.

10:28:19 From Lisa St. George : Thanks for that tip Ursula. 5 minutes wow!

10:28:46 From Karen Denise Jones : Do you want a free Crisis Jam shirt? Volunteer for the Crisis Trivia hotseat! Email me at karen.jones@riinternational.com

10:28:56 From Ursula Whiteside (she/her) : Ice-Water Videos:

<https://nowmattersnow.org/skill/cold-water>

Stop, Drop, Roll Images:

<https://nowmattersnow.org/get-involved>

10:29:05 From Karen Denise Jones : Or buy your own shirt or hat at

<https://shop.hopeinc.com/Products/ProductGrid/988?r=1>

10:29:47 From Justin's iPhone : It is remarkable to me how many people outside of the BH world do not know about 988. Got to keep getting the Word out!!

10:29:48 From brenda.patterson : Good information that can be so important in helping callers with their safety plan!

10:29:49 From Laura Van Tosh : Thanks for the exercise and links to videos, Ursula! We, in Washington, are grateful you are here!

10:30:36 From Ursula Whiteside (she/her) : Is cutting inadvertently being used as a "reset" in a similar but less helpful way to ice water?

Yes, that is one hypothesis with some evidence. A way to find an escape from emotional pain, but one that tends to make the situation worse in the long term.

10:30:42 From Betsy Hammar, Idaho Suicide Prevention Program : Today's exercise feels like a powerful reminder of how interconnected our whole person really is. We are not cut off at the head, with a physical body and a thinking mind. We're magnificently interconnected.

10:30:45 From Monica Luke (she series) : Was that event recorded & is there a replay?

10:31:17 From Nikki, NAMI Keystone : Reacted to "Was that event recor..." with 👍

10:31:33 From David Covington : Phone a friend! Are there police in the Jam?

10:32:08 From Karen Denise Jones : 🙌

10:32:16 From David Covington : Way to go Brandon!

10:32:25 From Luke Waggoner (he/him), WA HCA : 🙌

10:32:30 From Paul Galdys, RI International : Great job Brandon!

10:32:36 From Ursula Whiteside (she/her) : Yes! Thanks for "living" experience lens - such powerful impact. Ran to the freezer Ursula to do this exercise in the ATL. I need to do this after every 9-8-8 budget meeting 😞

Love that you did it! You can do it in the sink in a pinch. Fill the sink, or even just splash face with cold water.

If you tend to get dizzy or have health conditions, try sitting down first to get a sense of how you respond.

10:32:42 From Karen Denise Jones : Replying to "Was that event recor..."

Today's recording and materials will be on <https://talk.crisisnow.com/learningcommunity/> by tomorrow

10:32:47 From Michelle Jackson, CEO : Exactly! 🍌🍌🍌

10:33:00 From Susan McLaughlin, she/her : "someone who needed care, not police" 100%

10:33:03 From barb. (she/her/Barb.) : what about law enforcement unions contolling crisis response???????????

10:33:13 From Monica Luke (she series) : Replying to "Was that event recor..."

I meant the event with law enforcement yesterday...

10:33:22 From Ursula Whiteside (she/her) : Thanks for the exercise and links to videos, Ursula! We, in Washington, are grateful you are here!



10:33:29 From Suzanne Rabideau : Was the SAMHSA Dept Justice event recorded? is it located online somewhere?

10:34:38 From Stephanie Pasternak (she/her) : Replying to "Was that event recor..."

Unfortunately there's not a recording of the BJA event but they will be putting out a "roadmap" that the event helped inform.

10:34:56 From Megan McDaniel (She/Her) : YES! Prevention!

10:35:02 From Monica Luke (she series) : Reacted to "Unfortunately there'..." with 👍

10:35:03 From barb. (she/her/Barb.) : ^^^^

10:35:44 From Paul Galdys, RI International : "AHCCCS" is Arizona Medicaid

10:37:26 From Michelle Jackson, CEO : Jumping on from desk top

10:37:38 From Susan Robinson, NC : Reacted to "Today's exercise fee..." with ❤️

10:37:43 From barb. (she/her/Barb.) : my favorite speaker yet!!thank you!

10:37:55 From Sonja Burns : Yes - thank you for tough talk!

10:38:17 From David Covington : #StrongTalk from Kathy! direct

- 10:38:28 From David Covington : Umpire on the hat!!!
- 10:38:31 From Brandon W (He/Him) : Thanks Kathy! Sending you and your voice support from CO
- 10:39:30 From Karen Denise Jones : #CrisisTalk Vital Role of 988's Lifeline Follow-up Contacts <https://talk.crisisnow.com/the-vital-role-of-988-lifelines-follow-up-contacts-to-the-crisis-care-continuum/>
- 10:39:39 From Susan Robinson, NC : Reacted to "Vincent thank you! I..." with ❤️
- 10:42:53 From Ursula Whiteside (she/her) : I sometimes feel the heavy weight of pulling people's thinking out of shame for experiencing crisis, to something more true - how human it is to encounter a crisis.
- I love this. Thank you Betsy. So often, shame gets in the way of getting help and feeling less alone in the moment.
- 10:43:32 From David Covington : Kathy mentored all of us in Arizona!
- 10:44:09 From Paul Galdys, RI International : Yes. Really enjoyed being on the same as Kathy for several years. She's awesome!
- 10:49:05 From Paul Galdys, RI International : Thank you Tom and Kristen. Medicaid is essential to financial sustainability of crisis care.
- 10:49:10 From Suzanne Rabideau : Kristen - Please come back and keep us posted about what CMS is also considering and doing with Medicare:-) Thank you
- 10:49:53 From Suzanne Bancale Family to Family Montana : Are there folks speaking today who have 988 paired with Smart 911 in their state?
- 10:49:58 From Michelle L. Jackson : Will the guidance from CMS/CMDS seek inputs from peer providers from every nationality from different demographic backgrounds and cultures (inner-city, urban and rural) as they all have very unique nuances and ways to offer resources based on experiences and family norms etc?
- 10:50:11 From Ursula Whiteside (she/her) : Again, a big THANK YOU to our guest panelist Vincent. We really appreciated you sharing your expertise and Lived Experience.

A little about Vincent: Vincent Chargualaf (char-GUH-Lawf), a member of the Suquamish Tribe with Lived Expertise, is the SAMHSA-funded Youth Empowerment and Prevention coordinator with the confederated tribes of Grand Ronde in Oregon.

- 10:50:18 From Monica Luke (she series) : Last week there was a mention of an 85% Medicaid match that states need to apply for- can someone clarify what that's for and where the application is?
- 10:51:27 From Ursula Whiteside (she/her) : You are so kind Richard 😊
- 10:51:53 From Amber Black, J.D. : Reacted to "Again, a big THANK Y..." with 👍

- 10:52:04 From Betsy Hammar, Idaho Suicide Prevention Program : Reacted to "Again, a big THANK Y..." with 🙌
- 10:52:56 From Rep Tina Orwall : We are so fortunate to have Ursula is our state! Incredible leader!
- 10:53:31 From Suzanne Rabideau : Dr. Gould's work has been so informative to rebuke misunderstandings and identify what actually is effective - like engaging to avoid emergency services and impact of follow-up
- 10:53:32 From Betsy Hammar, Idaho Suicide Prevention Program : Reacted to "We are so fortunate ..." with 👍
- 10:54:38 From Laura Van Tosh : Reacted to "We are so fortunate ..." with 🙏
- 10:54:40 From Christy Malik--NASMHPD : The NASMHPD report, State-by-State 988 Legislative Analysis of Funding, can be viewed at: https://www.nasmhpd.org/sites/default/files/2023-01/nasmhpd_988State-StateLeg_Jan2023_12423.pdf
- 10:54:50 From Wendy White Tiegreen (she/her/hers) - GA DBHDD : @Monica Luke: <https://www.medicaid.gov/federal-policy-guidance/downloads/sho21008.pdf>
- 10:55:10 From Susan Robinson, NC : Reacted to "Again, a big THANK Y..." with ❤️
- 10:55:37 From Monica Luke (she series) : Thank you!
- 10:56:28 From Susan Robinson, NC : Reacted to "Dr. Gould's work has..." with ❤️
- 10:57:26 From Megan Stone, she/her : Reacted to "Dr. Gould's work has..." with ❤️
- 10:59:22 From Karen Denise Jones : See the map and more details at <https://reimaginecrisis.org/map>
- 10:59:59 From Karen Denise Jones : See Ursula Whiteside in Moving America's Soul on Suicide ep 4 <https://youtu.be/UnOObcgUCp8>
- 11:00:21 From Karen Denise Jones : On join us next week for Consumer Health and Mental Health at Google on the 988 Crisis Jam!
- 11:01:21 From Ursula Whiteside (she/her) : Again, a big THANK YOU to our guest panelist Vincent. We really appreciated you sharing your expertise and Lived Experience.

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- 11:01:22 From Vincent Chargualaf : Thank you Ursula for giving the space to speak about DBT skills and thank you to all attendees for giving me a bit of your time today :)
- 11:01:26 From Petrina Fowler : Thank you!