

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, November 12, 2015

**Location:** Armed Forces Reserve Center,  
Middletown, CT

**Present:** Christina Allen (VA Hospital), Major Javier Alvarado (CTARNG), Rosemary Baggish (IOL), Jason Bannon (CWA 1298), Kevin Borrup (CCMC), Cara Carbray (St. Francis Hospital), Kimberly Cerullo (Office of Child Advocate), Heather Clinger (Wheeler Clinic), Andrea Duarte (DMHAS), Amy Evison (CHR), Helen Evrard (Wordifference), Penny Geyer (OCME), Patricia Graham (IOL), Karen Hanley (CHR), Amy Hanoian Fontana (CT Poison Control Center), Jean Haughey (Enfield Youth Services), Miu Mui Hin-McCormick (APAAC), Nancy Hubbard (IOL), Amy James (DMHAS), Amanda Johnson (UCONN SPH), Mike Makowski (CTDOH), Chris McCarty (CTARNG), Sarah Mucci (United Way of CT 2-1-1), Allyson Nadeau (Value Options), Chinedu Okeke (DPH), Nydia Rios-Benitez (DMHAS), Tom Steen (CASAC), Colleen Sullivan (Enfield Youth Services), James Sypher (CTARNG), Susan Tobenkin (CTARNG), Meryl Tom (DPH), Arnold Trasente (DCF), Trisha Vayda (Assn of School Nurses of CT), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), Orlene Weyland (EAP Assn, Gallops Consulting), and LoriBeth Young (DSS),

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I Welcome and Introductions	Andrea Duarte welcomed the group and initiated introductions. Members were reminded of the snow policy: if Middletown schools are closed, there is no CTSAB meeting; if Middletown schools are delayed, there is a meeting at the regularly scheduled time.	
II Presentation  Helen Evrard, MD Wordifference <i>Depression and Suicide: One Physician's Lived Experience</i>	Helen Evrard, MD, shared her experience with depression. Dr. Evrard also discussed her website <a href="http://www.wordifference.com">www.wordifference.com</a> and radio show, which can be heard every other Wednesday, 6:00pm EST, on WESU 88.1 FM and <a href="http://www.wesufm.org">www.wesufm.org</a>  Presentation: <a href="http://www.ctclearinghouse.org/files/customer-files/1747-November-2015-Presentation.pdf">http://www.ctclearinghouse.org/files/customer-files/1747-November-2015-Presentation.pdf</a>	<a href="http://www.wordifference.com">www.wordifference.com</a> <a href="http://www.facebook.com/wordifference">www.facebook.com/wordifference</a>
III Review of Minutes and Follow-Up	Minutes of the October monthly meeting were accepted.	

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IV Updates	<p><b><u>Foundations</u></b></p> <p>AFSP</p> <ul style="list-style-type: none"> <li>• Tom Steen reported that there were six walks across the state with close to \$300,000 raised; after expenses, half of the money raised stays in the state. The CT AFSP chapters are currently creating a training plan.</li> <li>• November 21, 2015, is International Survivors of Suicide Loss Day. CASAC will be having an event at their offices, 200 Dayhill Road, Windsor, CT, 10:00am—1:00pm. For more information, contact Tom Steen at <a href="mailto:tsteen@casac.org">tsteen@casac.org</a></li> </ul> <p>Brian T. Dagle Memorial Foundation</p> <ul style="list-style-type: none"> <li>• Andrea Duarte reported that the foundation is working to devise a survivor response.</li> <li>• Mental Health Forum, November 12, 2015, 5:00pm—7:00pm, Waterford Town Hall.</li> </ul> <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> <li>• Andrea Duarte reported that the Fresh Check Days on campuses are done for the season. For more information, visit: <a href="http://www.freshcheckday.com">www.freshcheckday.com</a></li> <li>• The foundation has been successful connecting with LAZ to help with capacity.</li> </ul> <p><b><u>Committees</u></b></p> <p>Zero Suicide/Workforce Committee</p> <ul style="list-style-type: none"> <li>• The learning community began in October and had its second meeting prior to the November CTSAB meeting. This will become a closed group; if anyone is interested in joining, they should attend the December learning community at 8:00am prior to the CTSAB meeting.</li> <li>• Nancy Hubbard shared a copy of the letter that was sent to IOL staff regarding the Zero Suicide approach: <a href="http://www.ctclearinghouse.org/files/customer-files/1743-Zero-Suicide-Approach-letter.pdf">http://www.ctclearinghouse.org/files/customer-files/1743-Zero-Suicide-Approach-letter.pdf</a></li> </ul> <p>Intervention-Postvention Response Committee</p> <ul style="list-style-type: none"> <li>• Faith Vos Winkel invited all members to a meeting directly following the CTSAB meeting to stuff folders with survivor materials and a letter from the Chief Medical Examiner.</li> <li>• If you want packets, contact Tom Steen at <a href="mailto:tsteen@casac.org">tsteen@casac.org</a>.</li> </ul> <p>Student Wellbeing Workgroup</p> <ul style="list-style-type: none"> <li>• There is no meeting after CTSAB today.</li> </ul> <p>Armed Forces Advisory Panel</p> <ul style="list-style-type: none"> <li>• Susan Tobenkin reported that they are in the process of creating a best practice zero suicide protocol.</li> <li>• There is no meeting after CTSAB today.</li> </ul>	<p><a href="http://www.zerosuicide.com">www.zerosuicide.com</a></p>

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	<p><b><u>Suicide-related Federal Grant Efforts</u></b>                      DPH Public Health Block Grant</p> <ul style="list-style-type: none"> <li>Chinedu Okeke updated the board on the collaboration between DPH, DMHAS, DCF, Wheeler and United Way regarding suicide prevention focused on means restriction, Goal 4 of the State Suicide Prevention Plan 2020. There will be signage on bridges, radio messages at gas pumps and a 30-second video in hospital waiting rooms. A draft letter is being created to be approved by the Commissioner and sent to firearm retailers about how they may be included in suicide prevention efforts. United Way will send prevention materials and Wheeler will provide QPR gatekeeper training.</li> </ul> <p>SAMHSA Garrett Lee Smith (GLS)</p> <ul style="list-style-type: none"> <li>Andrea Duarte reported that DMHAS, DCF and DPH are collaboratively co-directing the grant. Chinedu Okeke, Tim Marshall and Andrea Duarte meet monthly. They have a call next week with the Grant Project Officer.</li> </ul> <p><b><u>Awareness Campaign/Website</u></b></p> <ul style="list-style-type: none"> <li>Metro North Railroad from Grand Central contacted Andrea Duarte to discuss increased suicide prevention signage along their routes.</li> <li>Website pages continue to be updated. If you notice anything that should be updated contact Andrea Duarte at <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></li> </ul> <p><b><u>State Suicide Prevention Plan (PLAN-2020)</u></b></p> <ul style="list-style-type: none"> <li>Sara Wakai reported that the CT Suicide Prevention Survey closed on November 6, 2015 with 49 surveys completed. It was decided at the meeting that the survey would remain open until November 13, 2015, 5:00pm for anyone who had not had a chance to complete the survey.</li> </ul>	
V Member Updates	<p><b><u>Member Updates</u></b></p> <ul style="list-style-type: none"> <li>Kevin Borrup shared that he, Amy Hanoian Fontana and Chinedu Okeke are on the injury prevention action team for the Healthy CT 2020 Plan. Suicide prevention is one of the focus areas of the plan. They will share more information at a future CTSAB meeting.</li> <li>Kevin Borrup reported that Dr. Rogers from CCMC is working with the Child Health Development Institute to develop a suicide prevention training module for pediatricians. Testing will occur in December.</li> </ul>	

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<p>VI 2015-2016 Meeting Schedule</p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>MG Maurice Rose Armed Forces Reserve Center 375 Smith Street Middletown, CT 06457</p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></p> <p>12/10/15: Gabriel Lomas, WestConn, CT Regional Crisis Team: Response with School Systems, NOVA Model</p> <p>1/14/16: Alternatives to Suicide (tentative)</p> <p>2/11/16: CTSAB Survey Results (tentative)</p> <p>3/10/16: Ann Dagle, Brian T. Dagle Memorial Foundation: Myths of Grief and Loss</p> <p>4/14/16: AFSP/NAMI NH Survivorship Services (tentative)</p> <p>5/12/16</p> <p>6/9/16</p> <p>7/14/16</p> <p>8/11/16</p> <p>9/8/16: Suicide Prevention Month</p> <p>10/13/16</p> <p>11/10/16</p> <p>12/8/16</p>	<p><i>In the event of inclement weather</i>, the CTSAB meeting is cancelled if Middletown Schools are closed. If they have a delay, the meeting will still take place. Here is a link for closings and delays: <a href="http://www.wfsb.com/category/211195/school-closings">http://www.wfsb.com/category/211195/school-closings</a></p>