

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, May 11, 2017

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

**Present:** Christina Allen (VA Hospital), MAJ Javier Alvarado (CTARNG), Shaneka Ashman (ASAP), Wendy Caruso (United Way of CT 2-1-1), Kathleen Chapman (River Valley Services), Heather Clinger (Wheeler Clinic), Andrea Duarte (DMHAS), Mike Dutko (CTARNG), Amy Evison (CHR), Joanna Fornwalt (Enfield Youth Services), Jim Fox (CTARNG), Patricia Graham (IOL), Karen Hanley (CHR), Nancy Hubbard (IOL), Amy Hanoian Fontana (CT Poison Control Center), Archie Hunnicutt (Teamsters Local 1150/Sikorsky), Walter Krauss (UCHC Correctional Managed Health Care), Mark Lawless (West Haven VA), Cathy Ludlum (Second Thoughts CT), Meagan MacGregor (CTARNG), Chris McCarty (CTARNG), Liz McOsker (Jordan Porco Foundation), Kim Moonan (DMHAS), Allyson Nadeau (Beacon Health Options), Lucy Orellano (Office of Child Advocate), Simone Powell (CHR), Nydia Rios-Benitez (DMHAS), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (CASAC), Colleen Sullivan (Enfield Youth Services), Maria Sullivan (ECHN), Kenyatta Thompson (UCONN SSW), Susan Tobenkin (CTARNG), Dennis Tomczak (ASAP), Patricia Valle (Village for Families and Children), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), Shebrikea Warburton (CHR), Cheryl Weinstock (Freelance Journalist) and LoriBeth Young (DSS)

| AGENDA ITEM/TOPIC   | SUMMARY OF DISCUSSION   | OUTCOME/ACTION /RESPONSIBLE |
|---|---|-----------------------------|
| <b>I. Welcome and Introductions</b>   | Andrea Duarte and Tom Steen welcomed the group and initiated introductions  |                             |
| <b>II. Presentations</b><br><br><i>Manchester HOPE Initiative (Heroin/Opioid Prevention and Education)</i><br><br>Chief Marc Montminy<br>Manchester Police Department<br><br>Sarah Howroyd<br>Co-founder, HOPE Initiative | Chief Marc Montminy and Sarah Howroyd presented on the Manchester HOPE (Heroin/Opioid Prevention and Education) Initiative, a collaborative effort between the Manchester Police Department, Manchester Human Services, ECHN, CHR, CCAR, Hartford Dispensary and UCONN. Police become the entry point to the recovery system rather than the criminal justice system. Any person who comes to the police station and requests help with their opioid addiction will be screened into the HOPE program. Officers in the field who have contact with individuals who are in possession of opiates and/or opiate-related paraphernalia have the discretion to use the HOPE program in lieu of, or in conjunction with, an arrest. Since the program's inception in December 2016, the HOPE Initiative has worked to reduce the stigma of opioid addiction, educate the community, change the perception of law enforcement of those with a substance use disorder, and provide safe spaces for those who would like to seek treatment for their addiction. To view the presentation, visit:<br><a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/HOPE_Road_Show.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/HOPE_Road_Show.pdf</a> |                             |
| <b>III. Review of Minutes and Follow Up</b>   | Minutes from the April meeting were accepted.   |                             |
| <b>IV. Updates</b>  | <u><b>Foundations</b></u><br>American Foundation for Suicide Prevention (AFSP) <ul style="list-style-type: none"> <li>• The Out of the Darkness Walks are scheduled for the Fall: Danbury, September 17; Hartford, September 23; Pomfret, October 1; Hamden, October 8; Bristol, October 14; and Westport, October 22.</li> </ul>   |                             |

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|                   | <ul style="list-style-type: none"> <li>• The ASIST training and safeTALK Train the Trainer in the last few weeks went extremely well.</li> <li>• The Northern Chapter will have their annual meeting on June 3, 2017. This will be the first step in the process of merging the southern and northern chapters.</li> <li>• The Federal Advocacy conference is in June.</li> </ul> <p>Brian T. Dagle Memorial Foundation</p> <ul style="list-style-type: none"> <li>• The next board meeting will be held on Monday, May 15, 2017.</li> </ul> <p>The Jordan Porco Foundation</p> <ul style="list-style-type: none"> <li>• The Connecticut National Guard will be hosting a Fresh Check Day on May 21, 2017. They are currently looking for at least 4 volunteers for the event. If interested, please contact Emily Betts at <a href="mailto:ebetts@jordanporcofoundation.org">ebetts@jordanporcofoundation.org</a>.</li> </ul> <p>The Benny Fund</p> <ul style="list-style-type: none"> <li>• The Fund, in partnership with CHR of Manchester and the United Way of CT 2-1-1 as part of the Networks of Care for Suicide Prevention Initiative, a Garrett Lee Smith Youth Suicide Prevention grant, will host a Signs of Suicide Training of Trainers on June 8 and June 9. This training will help create statewide infrastructure to support schools and assist in integrating the curriculum in middle and high schools.</li> </ul> <p><b><u>Committees</u></b></p> <p>Armed Forces-Community Health Promotion Council</p> <ul style="list-style-type: none"> <li>• The CTARNG will hold a Fresh Check Day May 21, 2017.</li> <li>• An ASIST Train the Trainer will be held in September.</li> <li>• A Counseling on Access to Lethal Means (CALM) Train the Trainer is being planned.</li> <li>• They are working with resiliency staff more and noticing more substance abuse with soldiers upon entry.</li> <li>• A Resiliency Day is scheduled for September. Agencies/organizations that would like to participate should contact Meagan MacGregor at: <a href="mailto:meagan.macgregor@accenturefederal.com">meagan.macgregor@accenturefederal.com</a></li> </ul> <p>Data and Surveillance</p> <ul style="list-style-type: none"> <li>• The subcommittee heard a presentation from Martha Staeheli of Yale University and Community Health Center on the link between suicide and opioid use. Most notably, the highest risk populations for both suicide and those at risk for opioid abuse mirror each other.</li> </ul> |                             |

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|                   | <ul style="list-style-type: none"> <li>• <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Suicide_and_Opioids_Similar_Risk_Factors_and_Populations_at_Risk.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Suicide_and_Opioids_Similar_Risk_Factors_and_Populations_at_Risk.pdf</a></li> </ul> <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> <li>• All materials have been reordered and information updated.</li> </ul> <p>Lethal Means</p> <ul style="list-style-type: none"> <li>• The next meeting is May 12.</li> <li>• The subcommittee has finalized the letter for firearm retailers. The initial training tool that will be offered to firearm retailers has changed from QPR to the AFSP and National Shooting Sports Foundation (NSSF) “Talk Saves Lives” program, which was just released. QPR may be offered as another option in the future.</li> <li>• Once this initiative is rolled out, the subcommittee will focus on lethal means restriction for poisoning.</li> </ul> <p>Student Well-Being</p> <ul style="list-style-type: none"> <li>• An alert on the Blue Whale Challenge will be sent to the listserv this afternoon. This is an app specifically designed to bully users into 50 days of self-harm and encourages suicide. It is NOT a game. To view the alert, visit:</li> <li>• <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_Advisory_The_Blue_Whale_App.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_Advisory_The_Blue_Whale_App.pdf</a></li> </ul> <p>Zero Suicide</p> <ul style="list-style-type: none"> <li>• The panel discussion at the American Association of Suicidology was well received.</li> <li>• A web page will be created for the web site.</li> </ul> <p><b><u>Suicide-related Federal Grants</u></b></p> <ul style="list-style-type: none"> <li>• DMHAS submitted an application for the National Strategy for Suicide Prevention (NSSP) grant. This is a highly competitive grant (four awardees). If DMHAS receives the grant, it will focus predominately on DMHAS state-operated facilities..</li> <li>• The Department of Public Health, in conjunction with DMHAS and DCF, has taken the lead on a Collaborative Improvement and Innovation Network (CoIIN) initiative for youth suicide prevention. The initiative is led by the Health Resources and Services Administration. For this CoIIN, the focus will be on reducing the call abandonment rate of those who call into the National Suicide Prevention Lifeline in Connecticut.</li> </ul> |                             |

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|  | <p><b><u>Legislative/Budget Updates</u></b></p> <ul style="list-style-type: none"> <li>The Regional Action Councils and Mental Health Boards, originally taken out of the Governor’s budget, have been put back in by the Appropriations Committee. More updates to come as the budget process continues.</li> </ul> <p><b><u>Awareness Campaign/Website</u></b></p> <ul style="list-style-type: none"> <li>New awareness campaign materials have been ordered (bracelets, lapel pins, patches, hats). Additionally, brochures for firearm retailers and clinicians will be distributed.</li> <li>A new banner is being created to hang on the AETNA garage during suicide prevention week in September.</li> <li>Conversations with Aetna have focused around integrating suicide prevention into Aetna.</li> </ul> <p><b><u>National Prevention Week</u></b></p> <ul style="list-style-type: none"> <li>Heather Spada and Tom Steen will be doing a QPR Workshop during the National Prevention Week Conference on Monday, May 15, 2017.</li> <li>RACs will be providing QPR trainings during the week.</li> </ul> |  |
| <b>V. Member Updates</b>   | <p><b><u>Member Updates</u></b></p> <ul style="list-style-type: none"> <li>A Narcan Train the Trainer event will be held at CASAC on May 31, 2017. If interested, contact Wende at <a href="mailto:wcooper@casac.org">wcooper@casac.org</a> or 860-286-9333.</li> </ul> <p>The meeting adjourned at 10:53 am.</p>  |  |
| <p><b>VI. 2017 Meeting Schedule</b></p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>MG Maurice Rose Armed Forces Reserve Center<br/>375 Smith Street<br/><b>Middletown, CT 06457</b></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>6/8/17: Amy Hanoian Fontana, CT Poison Control Center, <i>Poisoning Data: Implications for Prevention/Intervention</i></p> <p>7/13/17: Jonathan Pohl, <i>Central CT State University, Campus Garrett Lee Smith Grant</i></p> <p>8/10/17: Mary Kay Wishneski, <i>Sandy Hook Promise: Know the Signs Programs</i></p> <p>9/14: National Suicide Prevention Week Special Meeting</p> <p>10/12: Kevin Lynch, Quell Foundation, <i>Lifting the Mask on Mental Health: Efforts to normalize the conversation and remove the stigma</i></p> <p>11/9: TBD</p> <p>12/14: TBD</p>   | <p><b>In the event of inclement weather</b>, 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> |

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