

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, October 11, 2018

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

**Present:** Christina Allen (VA Hospital), Kate Ayotte (CCSU), Gabriella Bierwrith (CCSU), Ron Brone (DCF), Wendy Caruso (United Way CT 2-1-1), Heather Clinger (Wheeler Clinic), Gabrielle Cyr (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Riddhi Doshi (UCHC), Andrea Duarte (DMHAS), Kaitlin Foshay (CCPG), Marisa Giarnella Porco (Jordan Porco Foundation), Amy Hanoian-Fontana (CT Poison Control Center), Samara Harms (Triangle Community Center), Karen Hensley (ABH), Amanda Johnson (UCONN SPH), Erin Kane (Beacon Health Options), Walter Krauss (DMHAS), Valerie Lepoutre (NAMI-CT), Jessica Loss (VA Hospital), Mike Makowski (DPH), Jessica Matyka (Rushford), Allyson Nadeau (Beacon Health Options), Kaitlyn Occhionero (Natchaug Hospital), Jennifer Roberts (OCME), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), John Torello (Judicial/CSSD), Arnold Trasente (DCF), Faith Vos Winkel (Office of Child Advocate), Marissa White (Correctional Healthcare Quality Improvement Solutions, LLC), Abby Wood (Wheeler Clinic), 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. Presentation</b>  <i>Ketamine's Effect on Suicidal Ideation</i>  Gerard Sanacora, MD, Ph.D. Yale School of Medicine	Dr. Sanacora presented on the development of rapid acting pharmacological treatments for suicidal ideation and behavior as well as the effect of Ketamine on suicidal ideation. Key Points Included: <ul style="list-style-type: none"> <li>- Depression is a leading cause of disability worldwide. When medication treatments work, for 50% of patients it will take approximately six weeks to feel 50% better.</li> <li>- Treatments targeting suicidal ideation and behavior</li> <li>- Clozapine and Lithium have been shown to have anti-suicidal effects.</li> <li>- Ketamine was approved by the FDA in 1970 as an anesthetic. It targets the NMDA receptor, is short acting, and metabolizes rapidly. When prescribed to someone with depression in studies, within four hours to three days there was improved mood.</li> <li>- Discussed future research and potential findings regarding the use of Ketamine.</li> <li>- Current research can be found at <a href="http://www.clinicaltrials.gov">www.clinicaltrials.gov</a></li> </ul> Journal article: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Ketamine_Suicidal_Thoughts.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Ketamine_Suicidal_Thoughts.pdf</a>	
<b>III. Review of Minutes and Follow Up</b>	Minutes from the August meeting were accepted.	
<b>IV. Updates</b>	<u><b>Foundations</b></u> American Foundation for Suicide Prevention (AFSP) <ul style="list-style-type: none"> <li>• Upcoming Fall walks: 10/14 Bristol; 10/21 Brookfield; and 10/27 Westport. <a href="http://www.afsp.org">www.afsp.org</a></li> </ul>	

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	<ul style="list-style-type: none"> <li>• NAMI Young Adult Facilitator training will be held at the Brian Dagle Foundation on November 1 and 2, 2018.</li> <li>• Survivors of Suicide Loss Day is Saturday, November 17, 2018</li> </ul> <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> <li>• Young Adult Connections Group starts on October 25, 2018</li> <li>• The Jingle Bell 5K is December 8, 2018</li> </ul> <p>Benny Foundation</p> <ul style="list-style-type: none"> <li>• The foundation is supporting 20 school systems over the next two years with the implementation of the SOS curriculum and online subscriptions.</li> </ul> <p><b><u>Committees</u></b></p> <p>Armed Forces-Community Health Promotion Council</p> <ul style="list-style-type: none"> <li>• Since its inception, the committee has now shifted to a council and is under a different entity.</li> </ul> <p>Data and Surveillance</p> <ul style="list-style-type: none"> <li>• The next meeting will be held November 19, 2018.</li> <li>• At the last meeting, DPH presented on the Syndromic Surveillance System. There is no category to identify suicide although at time the narrative field may be used to indicate suicide.</li> </ul> <p>Hospital Reporting Workgroup</p> <ul style="list-style-type: none"> <li>• No current updates.</li> </ul> <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> <li>• An intern is working toward updating the OCME packet, which will be sent to the committee for review before finalized.</li> </ul> <p>Lethal Means</p> <ul style="list-style-type: none"> <li>• Arrigoni Bridge updates will be done over the next two year. DOT will be updating signage and raising the railings to eight feet.</li> <li>• DOT will be replacing signs on the Gold Star Bridge.</li> <li>• Tom Steen will be consulting with Metro North Railroad to determine a plan for QPR trainings.</li> <li>• Looking to expand the offerings of the AFSP and NSSF Talk Saves Lives trainings.</li> </ul> <p>Student Well-Being</p> <ul style="list-style-type: none"> <li>• Teacher resource cards are being disseminated to the new school grantees.</li> </ul> <p>Zero Suicide &amp; Clinical Workgroup</p> <ul style="list-style-type: none"> <li>• Celebrated the third year of the group and shared progress made over the three years.</li> <li>• Zero suicide will be operationalized across the entire Hartford Healthcare system.</li> </ul>	

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	<ul style="list-style-type: none"> <li>The clinical workgroup is close to a final version of the curriculum.</li> </ul> <p><b><u>Suicide-related Federal Initiatives--Grants</u></b> Garrett Lee Smith (GLS) Grant</p> <ul style="list-style-type: none"> <li>The state of Washington is interested in the <i>Gizmo's Pawesome Guide to Mental Health</i> book and actively requesting the resource as often as CT groups. Books are available to purchase at cost for outside CT groups; not looking for a profit, but need to fund the creation of the books.</li> <li>Sara Wakai, PhD, the evaluator, is working with CCMC to apply for an AFSP grant to research the utilization of the <i>Gizmo's Pawesome Guide to Mental Health</i> book in the emergency room. Grant deadline is November 15, 2018. Dr. Barbara Stanley agreed to advise with said grant if awarded.</li> </ul> <p>Suicide Prevention Lifeline</p> <ul style="list-style-type: none"> <li>United Way and Wheeler have a high answer rate for the NSPL calls. Funding still remains a concern.</li> </ul> <p><b><u>Legislative/Budget Updates</u></b></p> <ul style="list-style-type: none"> <li>No updates.</li> </ul> <p><b><u>Awareness Campaign/Website</u></b></p> <ul style="list-style-type: none"> <li>No updates.</li> </ul>	
<b>V. Member Updates</b>	<p>Updates</p> <ul style="list-style-type: none"> <li>No updates.</li> </ul> <p>The meeting adjourned at 11:02 am.</p>	
<p><b>VI. 2018-2019 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 375 Smith Street <b>Middletown, CT 06457</b></p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>11/8: Dr. Jeffrey Shelton, MidState Medical Center, <i>LGBTQ Persons and Suicide</i> 12/13: Dr. Rob Aseltine and Sara Wakai, UCONN Health, <i>Workforce Studies on Suicide</i> 2019 Dates: 1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12(National Suicide Prevention Week), 10/10, 11/14, 12/12</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="https://www.wfsb.com/weather/closings/">https://www.wfsb.com/weather/closings/</a></p>