

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, January 08, 2015

Location: Armed Forces Reserve Center,
Middletown, CT

Present: Rosemary Baggish (IOL), Lisa Barry (UConn Center on Aging), Emily Betts (JMPMF intern), Lynn Biella (CT Air National Guard), Heather Clinger (Wheeler Clinic), Kathleen Costello (Office of the Child Advocate intern), Ann Irr Dagle (Brian Dagle Memorial Foundation), Robin Dodds, Jennifer Donnelly (DMHAS intern), Andrea Duarte (DMHAS), Marisa Giannella Porco (JMPMF), Patricia Graham (IOL), Nancy Hubbard (IOL), Amanda Johnston (Governor’s Prevention Partnership), Tim Marshall (DCF), Scott Newgass (SDE), Chinedu O’Keke (DPH), Andrea Reischerl (DOC), Tom Steen (CASAC), Faith Vos Winkel (Office of the Child Advocate), Cheryl Weinstock (Freelance Journalist), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome and Introductions	Tim Marshall welcomed the group and initiated introductions. This is the three-year anniversary of CTSAB.	
II. Presentation: Jennifer Glick, DMHAS Older Adult Services Older Adult Suicide	<p><u>Presentation by Jennifer Glick:</u></p> <ul style="list-style-type: none"> • It is important to consider the lifespan for suicide prevention as the loss of life is tragic at any age. Older adults and aging topics rarely come up in conversations across the state around mental health. Jennifer’s presentation focused on providing older adult suicide statistics and prevention strategies. • Jennifer is a nurse and a social worker. She was recently invited to meet with a small group of older adults at a senior center to host a forum on mental health. She found that the group openly shared their feelings on their mental health. After this discussion, it became clear that we need more outreach to older adults and education for their primary care physicians. • Jennifer provided statistics on older adult suicide: <ul style="list-style-type: none"> - Many older adults (estimated at 75%) who died by suicide had seen their primary care provider within the past month. - The population of older adults 65+ will nearly double in the next 20 years from 13% to 20% of the population. - Connecticut is 10th in the nation for people ages 85+. - Nearly 1 in 5 older adults have mental health or substance abuse issues. - Only 1/3 of those who need help receive care. 	References link for Older Adults and Suicide Talk http://www.ctclearinghouse.org/files/customer-files/1272-REFERENCES-for-OLDER-ADULTS-and-SUICIDE-TALK.pdf

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- PCPs often lack expertise in geriatric mental health care.
- Ageism is a stereotypical view of older adults that can be external or internalized.
- Bias against aging exists. There was discussion about an op-ed piece January 4, 2015 in *The New York Times*: <http://www.nytimes.com/2015/01/04/opinion/sunday/the-liberation-of-growing-old.html>
- In 2012, Connecticut was ranked below the national average for older adult suicide. The northwest corner of Connecticut had the highest rates of older adult suicide closest to the national average.
- Older adults attempt suicide less than other age groups but have higher completion rates: 1 suicide for every 4 attempts. Older adult white men are at higher risk.
- As the Baby Boomers birth cohort ages, there is a chance for the rate to increase.
- Characteristics and risk factors of older adult suicide:
 - Psychiatric illness (present in 71-90% of cases), usually major depression
 - Physical health and functioning
 - Social factors: especially around stressful life events
- Social connectedness is an important protective factor. Older adults who attempt suicide are less likely to have a friend to confide in, to participate in social activities, or to have a hobby.
- There may also be additional personality, cultural, and neurobiological risk and protective factors.
- The most common methods used are firearms for men and poisoning for women.
- There is usually less opportunity for rescue in older adult suicides.
- Prevention Strategies:
 - Diagnosis and treatment of depression is important for suicide prevention.
 - Improved social engagement and care
- There are currently two evidence-based practices for collaborative integrative services with primary care service providers:
 - IMPACT
 - PROSPECT: trains PCPs using an algorithm

Public Health Reports article on Baby Boomers:

http://www.ctclearinghouse.org/files/customer-files/1294-Understanding-Recent-Changes-in-Suicide-Rates-Among-the-Middle-aged_Period-of-Cohort-Effects.pdf

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<p>III. Review of December Minutes and Follow-up</p> <p>IV. Updates regarding priority areas & sub-committees</p>	<ul style="list-style-type: none"> • Jennifer mentioned that DMHAS is developing behavioral health homes for integrating primary care into the LMHAs. • There are two evidence-based strategies for community-based agencies: Healthy Ideas and PEARLS. The staff is trained with these strategies on identifying and intervening on mental health issues. • Legislative policies can be used to affect change, such as policies on accruing firearms and policies on prescription or over-the-counter drug amounts. • Jennifer concluded by saying that her hope is for us to be more mindful of our external and internal views. We can acknowledge that physical health has a significant impact on mental health and vice versa. • Questions and discussion followed: • Jennifer elaborated that the senior center group that she met with is now regularly meeting as a group. • Tom Steen commented that we need to have greater concern for older adults who are isolated. Their generation has a negative view of mental health. He has perceived that there is a heightened awareness and concern for the mental health of older adults. • Discussion occurred that passive suicidal ideation could possibly be signs for future attempts of older adults. • DMHAS funds a statewide Gatekeeper program with four agencies. Some questions that might identify suicide risk are being incorporated into the assessment tool. This program is focused on making referrals to services; it does not provide services. • DMHAS funds a Senior Outreach Program in 8 different agencies across the state that works with older adults with substance use/abuse problems. • Tim Marshall encouraged Jennifer Glick to invite individuals from these agencies to join us in our efforts. • Tom Steen commented that the QPR trainings have recently added new information on older adult populations and can be used to educate Gatekeepers. • December minutes accepted pending verification of campaign information by Jeanette Baker. <p><u>State Plan – State of CT Suicide Prevention Plan (PLAN-2020)</u></p> <ul style="list-style-type: none"> • Tim Marshall will be getting estimates from providers on the cost of formatting, graphic design, editing, and printing of the plan. The hard cover copies should be completed within 4 to 6 weeks, and a March or April event can be held to publicize the plan. We are going to hold edits to the plan for our annual 2015 update. Every year the plan will be amended and updated. 	<p>DMHAS Older Adult Services:</p> <p>http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=335284</p>
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- Discussion occurred around changing the name of the State Plan: Suggestions included calling it the 2014 State Plan, the 2015 State Plan, the 2020 State Plan, and the State Plan without any attached dates and putting 2014-2020 at the bottom of the cover. Consensus was reached, and the name used will be the The State Plan 2020.
- Andrea Duarte and Tim Marshall discussed the survey being created to measure the progress that people are making statewide. The survey will provide data to update the plan each year and to measure which goals are being met in the suicide prevention efforts across the state.

Awareness Campaign/ Website

- Andrea Duarte mentioned that the XL Center and Connecticut Transit are interested in publicizing our campaign. With United Way, we are looking to expand our efforts to address additional at-risk populations.

Statewide Network

Northern CT AFSP Chapter Update

- The Northern CT Chapter will be scheduling the first board meeting.
- Tom Steen and Paul Dagle will be going to the national conference to receive the national charter.
- New logos are being prepared for their website.

Evidence-Based Practice Promotion

Block Grant Coordination Efforts

- \$30,000 to be spent by September 30, 2015.
- Money will be used to put up suicide prevention signs like the one the Connecticut College Campus Community Coalition had installed on the Gold Star Bridge.
- We want a data driven process to determine where signs need to be placed.

Intervention-Postvention Response Committee

- The committee met directly after the December meeting. Marisa Giarnella Porco commented that committee members were all charged to do research to compare what other states are doing. The committee is creating a postvention packet that will be given to families.
- The committee is meeting directly following the CTSAB meeting.

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<p>V. Member Updates</p>	<p><u>Armed Forces Committee</u></p> <ul style="list-style-type: none">• The Armed Forces Committee will transition to being an advisory panel.• Lynn Biella reported on a recent site visit to CTNG on December 18 and 19, 2014 with Rear Admiral Joan Feehan Hunter, USPHS, Assistant Joint Surgeon at the National Guard Bureau, Joint Surgeon General's Office, Psychological Health (NGB, JSG-PH), Pentagon, D.C. and Lt Colonel Darrick Cunningham, LCSW-C, BCD, USAF, BSC, Air National Guard Mental Health Consultant Chief, Joint Base Andrews, MD. They met with the CTNG and DMHAS initiatives benefiting service members. They included the Military Support Program, the CTSAB Armed Forces Committee, Jail Diversion program, and SBIRT. The RADM stated that CT can potentially serve as a model for other states. <p><u>Student Wellbeing Workgroup</u></p> <ul style="list-style-type: none">• The workgroup is meeting for the first time directly following the CTSAB meeting.• Tim Marshall mentioned that Clifford Beers has offered to pilot the index card once developed. <p><u>Member Updates</u></p> <ul style="list-style-type: none">• Marisa Giarnella Porco shared information on the annual gala. Jordan's Journey 2015 Gala, "Shine On: celebrating the light in every life," will take place on Saturday, March 7, 2015, at Mohegan Sun in Uncasville, CT. Ross Szabo will be the speaker for this event. Tickets are available online at rememberingjordan.org or call 860-904-6041. http://www.ctclearinghouse.org/files/customer-files/1292-Jordan's-Journey-2015-Gala.pdf• Ann Irr Dagle announced that there is a new website for the Brian Dagle Memorial Foundation: http://brianshealinghearts.org/• A musical festival on May 31 will take place in Niantic focused on emotional and mental health and well-being with interactive booths.• Andrea Duarte congratulated Ann Irr Dagle on being recognized by the Lions Club for her work on suicide prevention.• Tim Marshall reminded members of the snow weather policy: CTSAB meetings are cancelled if the Middletown school district is closed.• Tom Steen announced that Hall High School in West Hartford has a play about a young woman and her challenges around sexual identity, suicidal ideations, and mental illness. He will be participating in a panel that will host a discussion following the play. The play is taking place on the nights of 1/8, 1/9, and 1/10.• The meeting adjourned at 11:03 am.	<ul style="list-style-type: none">• Contact Tom Steen for more information: tsteen@casac.org.
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<p>VI. Upcoming Meetings</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>2015 Meetings</p> <p>2/5/15: Dr. Nina Heller, UCONN School of Social Work, American Association of Suicidology Psychological Autopsy</p> <p>3/12/15: Mark McKinney, Faith, Spirituality and Suicide Prevention</p> <p>4/9/15: Faith Vos Winkel, Office of the Child Advocate, Child Fatality Review</p> <p>5/14/15: Tom Matthews, Solutions EAP, Workplace Suicide Prevention in Employee Assistance Programs</p> <p>6/11/15 CTSAB Annual Meeting</p> <p>7/9/15 Martin Burke & Hilary Bryant, Advocacy Unlimited, Alternatives to Suicide Support Group</p> <p>8/13/15 Judy Murray, Don't Accept No</p> <p>9/10/15 National Awareness Month</p> <p><u>Topics TBD:</u></p> <p>10/08/15</p> <p>11/12/15</p> <p>12/10/15</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: http://www.wfsb.com/category/211195/school-closings .</p> <ul style="list-style-type: none"> • Contact Andrea Duarte with suggestions of presenters andrea.duarte@ct.gov.
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