

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, March 12, 2015

Location: Armed Forces Reserve Center
Middletown, CT

Present: Major Javier Alvarado (CTARNG), Peter Bembench (YAS), Emily Betts (Jordan Porco Foundation), Heather Clinger (Wheeler Clinic), Ann Irr Dagle (Brian Dagle Memorial Foundation), Jennifer Donnelly (DMHAS), Andrea Duarte (DMHAS), Michael Dutko (CTARNG), Amy Evison (CHR), Luigina Facchini (CTARNG), Jim Fox (CTARNG), Penny Geyer (OCME), Marisa Giarnella Porco (Jordan Porco Foundation), Jennifer Gonzalez-Smith (Accenture Federal Services), Patricia Graham (Institute of Living), James Grimord, Latonya Harts (Newington VA), Kit Hastings-Kort (United Services, Inc), Nancy Hubbard (Institute of Living), Amanda Johnston (State Education Resource Center), Celeste Jorge (DPH), Tim Marshall (DCF), Tom Matthews (Solutions EAP), Judy Murray (D.A.N.), Scott Newgass (SDE), Colleen McCluskey (DPH), Chinedu OKeke (DPH), Yania Padilla (Accenture Federal Services), Jonathan Pohl (CCSU), Nina Rovinelli Heller (UConn School of Social Work), Cathy Sisco (Wheeler Clinic), Tom Steen (CASAC), James Sypher (CTARNG), Susan Tobenkin (CTARNG), Meryl Tom (DPH), Arnie Trasente (DCF), Faith VosWinkel (Office of Child Advocate), LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome and Introductions	Tim Marshall welcomed the group and initiated introductions.	
II. Presentation: Marcus M. McKinney, D.Min, LPC Saint Francis Care Faith, Spirituality, and Suicide Prevention	<p><u>Faith, Spirituality, and Suicide Prevention:</u></p> <ul style="list-style-type: none"> • Marcus McKinney, D.Min., LPC, is the Vice President of Community Health Equity and Health Policy at Saint Francis Hospital and Medical Center in Hartford, CT. His work aims to bring psychology and spirituality together with an emphasis on soul. • Dr. McKinney describes soul as the deeper and tougher things that provide meaning and purpose to one’s life that houses our deepest feelings. He introduced a German quote about the soul, “Tell me what you long for, and I will tell you who you are.” • Spirituality is a protective factor for suicide. Dr. McKinney explores with people what they want to start and what specific things (i.e. a relationship, negativity) they want to end. • In his pastoral counseling program, he uses a soul approach to uncover problems that are deep and mysterious. Soul does not have a diagnosis. Looking at the soul is seeking to understand. • According to Dr. McKinney, the job of a mental health clinicians is to be interested in the person we are helping. We can explore meaning and purpose, love and relatedness, acceptance and forgiveness with our clients. Soul history seeks to discover what people long for and dream about. • One protective factor is a safe place where people can be themselves and there will be no judgment, only interest. We honor what is honestly living in a person. Walking alongside, we try to know and honor someone. 	Reference link for Faith, Spirituality, and Suicide Prevention Presentation: http://www.ctclearinghouse.org/files/customer-files/1392-Suicide-and-Spirituality-presentation-March-12--2015.pdf

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III. Review of February Minutes and Follow-up

IV. Updates regarding priority areas & sub-committees

- Dr. McKinney recommended literature on this topic: Thomas Moore's *Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life* and Atul Gawande's *Being Mortal and What Matters in the End*.
- Grief is a soul issue. We learn a lot about soul by talking about grief.
- There was a discussion around support networks for children and young adults. People in this age range might feel a false sense of a support network because they have hundreds of friends on Facebook. With virtual friendship, there can be a resistance to meet face to face.
- Friendships do not happen at the persona level. Friendship takes route in something deeper. Friendship occurs when we expose something of our own shadow that allows us to get closer to someone.
- For more information on Dr. McKinney's clinical pastoral training program, visit: <http://www.saintfranciscare.com/pastoralCounselingTraining.aspx>
- February minutes accepted.

State Plan – State of CT Suicide Prevention Plan (PLAN-2020)

- Tim Marshall stated that 500 copies of the State Plan will be printed and delivered in two weeks. The plan is 85 pages. Both Commissioner Katz and Commissioner Rehmer reviewed, approved, and signed the Plan. The next step is to finalize an Executive Summary.
- Andrea Duarte announced that the State Plan survey will be piloted and the survey protocol for the next five years is being created.
- Tim Marshall stated that all of the board members are likely to be doing work that will meet the five goals and objectives. With the survey feedback, we can start to see differences in the amount of work being done for each goal, and we can gear where our activities are going. We would like to have ambassadors for each of the goals for implementing the plan and creating activities.

Awareness Campaign/ Website

1 WORD Table at UCONN Basketball Games

- Tom Steen announced that hundreds of materials were handed out at the UCONN men's and women's basketball games. The chapstick was the most popular item handed out.
- There were about a dozen volunteers between the two games. Mark Lawless brought VA suicide prevention materials and a lot of veterans were asking questions.

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<p>IV. Member Updates</p>	<ul style="list-style-type: none">• Andrea Duarte reported that a survey will go out to ask if the call was helpful and to see who is going to apply.• Andrea Duarte announced that DMHAS is about to submit the Partnership for Success grant application that integrates mental health promotion, suicide prevention, and substance abuse.• Tim Marshall stated that there is a joint effort between CTSAB and the Child Health and Development Institute of CT (CHDI) with EPIC pediatric treatment modules in funding the development of a suicide prevention module.• Andrea Duarte announced that a bill was submitted to the CT legislature that would require a specific number of hours and frequency of suicide prevention trainings for healthcare professionals. It is currently in the public health committee.• Tim Marshall stated that anyone can submit testimony electronically. <p><u>Intervention-Postvention Response Committee & Recent Activity</u></p> <ul style="list-style-type: none">• The IPRC has narrowed down their collected information down to a resource packet. Emily Betts has gathered the materials by researching different resources across the U.S. The packet will circulate the websites and web-based resources. The physical resources are more challenging to include.• The IPRC is meeting directly following the CTSAB meeting. <p><u>Armed Forces Advisory Group</u></p> <ul style="list-style-type: none">• The Armed Forces Advisory Group is meeting directly following the CTSAB meeting to determine direction and next steps. <p><u>Student Wellbeing Workgroup</u></p> <ul style="list-style-type: none">• The Student Wellbeing Workgroup has a revised draft of a 5x7 resource card to go to educators. They are also brainstorming the development of a How To Guide as a larger document to go together with the resource card.• The workgroup is meeting directly following the CTSAB meeting. <p><u>Member Updates</u></p> <ul style="list-style-type: none">• Marisa Giarnella Porco announced that 1100 people attended Jordan’s Journey 2015 Gala, “Shine On: celebrating the light in every life” on Saturday, March 7, 2015, at Mohegan Sun in Uncasville, CT. Ross Szabo was an excellent speaker at this event.	<p>Contact Yania at yania.y.padilla.ctr@mail.mil if you are interested in being a member of the advisory group.</p>
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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>	<ul style="list-style-type: none"> • Susan Tobenkin reported that Ross Szabo also spoke at the Connecticut National Guard for 200 recruits who were starting their involvement with the Guard. The event raised awareness of mental health and suicide prevention, decreased stigma, tried to increase help-seeking behavior, and led to a frank conversation with the young service members. All feedback was very positive. The behavioral health team was at the event to support attendees. • Tom Steen announced that the Farmington School System is implementing QPR training as a part of their health classes. He is in the process of setting up a TOT in Farmington. • Meryl Tom announced that the Newtown Middle School school-based health clinic has been licensed. • Ann Dagle stated that the Walk Out of the Dark event is an overnight 18-mile walk that will take place on June 27 in Boston. Ann is putting together a team and training walks. • Tim Marshall announced that the CTSAB Annual Meeting will be held June 11, 2015, 9:00am—4:00pm at the Crowne Plaza in Cromwell. When registration opens, there will only be 75 spots. <p>The meeting adjourned at 11:06am.</p> <p>2015 Meetings</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 (Location TBD)</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>Contact Ann Dagle for more information: btdmemorialfoundation@gmail.com</p> <p>Contact Andrea Duarte with suggestions of presenters andrea.duarte@ct.gov.</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>
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