

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, March 10, 2016

Location: Armed Forces Reserve Center,
Middletown, CT

Present: Christina Allen (VA Hospital), Javier Alvarado (CTARNG), Jason Bannon (CWA 1298), Kevin Borrup (CCMC), Wendy Caruso (United Way of CT 2-1-1), Kimberly Cerullo (Office of Child Advocate), Heather Clinger (Wheeler Clinic), Omowunmi Cole (DMHAS), Ann Irr Dagle (Brian Dagle Memorial Foundation), Robert Dexter (Coventry PD), Andrea Duarte (DMHAS), Michael Dutko (CTARNG), Amy Evison (CHR), Jim Fox (CTARNG), Penny Geyer (OCME), Jennifer Glick (DMHAS), Patricia Graham (IOL), Kristen Granatek (GPP), Karen Hanley (CHR), Ray Hassett (CABLE), Holly Hinds (Attorney/Parent), Russ Iger (Coventry PD), Celeste Jorge (DPH), John Kissane (AFSP), Frank Kuchinski (Ongo Health/TAKE 5), Meagan MacGregor (CTARNG), Tim Marshall (DCF), Chris McCarty (CTARNG), Allyson Nadeau (Beacon Health Options), Lucy Orellano (Office of Child Advocate), Louise Pyers (CABLE) Maureen Quinn (ABH), Nydia Rios-Benitez (DMHAS), Jim Tackett (DMHAS), Susan Tobenkin (CTARNG), Trisha Vayda (Assn School Nurses CT), Faith Vos Winkel (Office of Child Advocate), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I Welcome and Introductions	Andrea Duarte and Tim Marshall welcomed the group and initiated introductions.	
II Presentation Trish Buchanan, Believe 208 and Ray Hassett, CT Alliance to Benefit Law Enforcement (CABLE) Partnership for Officer Mental Health	<p>Trish Buchanan presented “Suicide, The Threshold of Pain.” Trish’s husband Paul was an East Hartford Police Officer, Badge 208, who died by suicide on March 12, 2013. Believe 208 was established in Officer Paul Buchanan’s memory to break the silence of the underlying traumatic stress that officers and first responders face. Believe 208 works collaboratively with the Connecticut Alliance to Benefit Law Enforcement (CABLE).</p> <p>CABLE is a nonprofit organization with the goal to enhance the safety and well-being of those in law enforcement and the communities they serve through collaboration and education. CABLE offers numerous trainings throughout the state. In collaboration with Believe 208, CABLE:</p> <ul style="list-style-type: none"> • provides peer support training to municipal police departments • offers training for mental health clinicians who want to provide mental health services to police and their families • partners with Believe 208 for the annual Race for the Brave and Finest, which honors first responders and promotes the awareness of the importance of physical and emotional well-being • works with Brattleboro Retreat and Believe 208 for Mind Fitness Training Retreats for first responders (mindfulness-based stress reduction). <p>Presentation: https://www.ctclearinghouse.org/Files/customer-files/1955-PRESENTATION-FOR-CT-Suicide-Advisory-Council-3-10-16.pdf https://www.youtube.com/watch?v=6HJldvQR0Ao&feature=youtu.be https://www.youtube.com/watch?v=mDsYvgVsreU&feature=youtu.be</p>	

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III Review of Minutes and Follow-Up	.February minutes accepted	
IV Updates	<p><u>Foundations</u></p> <p>AFSP</p> <ul style="list-style-type: none"> • Heather White has been hired by AFSP to help coordinate AFSP activities for western Massachusetts and northern Connecticut. • There will be a pig roast June 11, 2016, 2:00pm, at Falcon’s Pavilion in Middletown. It will be \$20 per person and bring your own beverages. For more information and to purchase tickets, visit: http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4158 • Camp Kita, located in Rome, Maine, is for children ages 8 to 17 who have been directly affected by suicide. There is no cost for the camp; a \$50 deposit will be returned once the child enters the camp. The camp is August 16-21, 2016. www.campkita.com <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> • The gala is April 2, 2016, at Mohegan Sun. www.rememberingjordan.org • Volunteers are needed for Military Fresh Check Day, May 22, 2016, at Camp Niantic. If you are interested in volunteering, contact Emily Betts at emilybetts@rememberingjordan.org <p>Brian T. Dagle Memorial Foundation</p> <ul style="list-style-type: none"> • Fundraiser April 7 in East Lyme at Flanders Fish Market, 5:00pm-9:00pm • Hosting the speaker John Morello “I am Dirt” for East Lyme and Waterford students in May with an evening presentation for adults. • QPR training will be held in the spring. <p><u>Committees</u></p> <p>Zero Suicide/Workforce Committee</p> <ul style="list-style-type: none"> • Andrea Duarte reported that legislators invited NASW and AAP chapters to a meeting. Zero suicide, workforce development and working within systems was discussed. • CT Hospital Association (CHA) is supporting and endorsing the zero suicide initiative. • The learning community met before the CTSAB meeting and discussed capacity and who would follow up with individuals after being discharged from inpatient. 	

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	<p>Intervention-Postvention Response Committee</p> <ul style="list-style-type: none"> Ann Dagle reported on the AFSP survivor outreach program. A request can be made on the AFSP website for a peer support visit by two trained volunteers. Typically it is a one-time visit to offer support and resources and keep in contact via email. Faith Vos Winkel informed the board that Amy Hanoian Fontana from the CT Poison Control Center, presented to the committee about the center, including what they do for follow-up. <p>Student Wellbeing Workgroup</p> <ul style="list-style-type: none"> Celeste Jorge presented to the Student Advisory Leadership Council of the state board of education.. The council is a group of 35 students from around the state who have the ear of the state board of education. The topic of the year is senior year being a transition year. Tim Marshall reported that schools are required to have a suicide prevention plan and many are not updated. He also indicated that a Youth Move chapter in Waterbury came about from a student death and the school response. Youth Move has a focus to reduce stigma around behavioral health. <p>Armed Forces Advisory Panel</p> <ul style="list-style-type: none"> Military Fresh Check Day is May 22, 2016, at Camp Niantic. Volunteers are needed and can contact emilybetts@rememberingjordan.org Applied Suicide Intervention Skills Training (ASIST) is being offered once a month for the next six months at the Armed Forces Reserve Center in Middletown. CTSAB members may register by contacting Meagan MacGregor at Meagan.macgregor@accenturefederal.com <p><u>Suicide-related Federal Grant Efforts</u></p> <p>SAMHSA Garrett Lee Smith grant</p> <ul style="list-style-type: none"> A contract is close to being executed with UCHC for evaluation of the grant and Rob Aseltine has been invited to present at the federal grantee meeting on our Cohort 10 data surveillance. Andrea Duarte presented on a conference call with Region 5 suicide prevention directors on the integration of substance abuse and mental health services. <p><u>Legislative/Budget Updates</u></p> <ul style="list-style-type: none"> Andrea Duarte and Tim Marshall discussed the status of the state budget and at this point it is “wait and see” as to layoffs, bumping, concessions, etc. The largest part of the discretionary budget is human services. Regional Action Councils and mental health boards may be impacted. <p><u>Awareness Campaign/Website</u></p> <ul style="list-style-type: none"> Tim Marshall reported that there was a \$2 million enhancement to EMPS, which extends the time for mobile crisis response by two hours, 6:00am-10:00pm (M-F); 1:00pm-10:00pm (weekend). The website now has multi-language translation available. 	

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	<p><u>State of CT Suicide Prevention Plan (PLAN-2020)</u></p> <ul style="list-style-type: none"> Amanda Johnson, a UCONN MPH student, is conducting a survey on clinical professionals' attitudes on suicide. The survey will be sent to CTSAB members. Please forward to clinicians. 	
V Member Updates	<p><u>Member Updates</u></p> <ul style="list-style-type: none"> Tim Marshall indicated that there is money set aside for a statewide suicide prevention conference, perhaps Spring 2017. Louise Pyers reported that NAMI-CT is getting ready to launch Breaking the Silence training into schools. <p>Meeting adjourned at 11:00am.</p>	
<p>VI 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, andrea.duarte@ct.gov</p> <p>4/14/16: Myths of Grief and Loss, Ann Dagle, Brian T. Dagle Memorial Foundation 5/12/16: CT AFSP and NAMI NH, Survivorship Services 6/9/16: CT & National Violent Death Reporting System, Chinedu Okeke, CT DPH; 2015 CT School Health Survey/YRBS Results, Celeste Jorge, CT DPH 7/14/16: Take 5: Veteran Wellness, Frank Kuchinski 8/11/16: TBD 9/8/16: Suicide Prevention Month Programs 10/13/16: Mental Health and Suicide Prevention in School Based Health Centers, Meryl Tom, DPH and SBHC Representative 11/10/16: TBD 12/8/16: TBD</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>