

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, December 10, 2015

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

**Present:** Kevin Borrup (CCMC), Heather Clinger (Wheeler Clinic), Wende Cooper (CASAC), Ann Irr Dagle (Brian T. Dagle Memorial Foundation), Dave Denino (Higher Education Mental Health Consultant), Andrea Duarte (DMHAS), Michael Dutko (CTARNG), Amy Evison (CHR), Jim Fox (CTARNG), Penny Geyer (OCME), Marisa Giarnella Porco (Jordan Porco Foundation), Diane Freeman (St. Francis Hospital), Jennifer Glick (DMHAS), Patricia Graham (IOL), Karen Hanley (CHR), Karen Hensley (ABH), Miu Mui Hin-McCormick (APAAC), Nancy Hubbard (IOL), Amanda Johnson (UConn SPH), Amanda Johnston (SERC), Celeste Jorge (DPH), Walter Krauss (UCHC Correctional Managed Health Care), Gabriel Lomas (WCSU), Cathy Ludlum (Second Thoughts CT), Meagan MacGregor (Accenture Federal Services), Mike Makowski (CTDOH), Chris McCarty (CTARNG), Allyson Nadeau (Beacon Health Options), Chinedu Okeke (DPH), Jonathan Pohl (CCSU), Louise Pyers (CT Alliance to Benefit Law Enforcement), Maureen Quinn (ABH), Andrea Reischerl (DOC), Tom Steen (CASAC), Colleen Sullivan (Enfield Youth Services), Susan Tobenkin (CTARNG), and Arnold Trasente (DCF)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I Welcome and Introductions	Andrea Duarte welcomed the group and initiated introductions.	
II Presentation  Gabriel I. Lomas, Ph.D., Associate Professor of Counseling, Western CT State University  <i>CT Regional Crisis Team Response with School Systems and the NOVA Model</i>	<p>Gabriel Lomas, Ph.D., presented on school-based regional crisis teams in western CT. He gave a brief overview of Federal and State legislation as well as best practice papers, including the U.S. Department of Education, Office of Elementary and Secondary Education, Office of Safe and Healthy Students, <i>Guide for Developing High-Quality School Emergency Operations Plans</i>, Washington, DC, 2013.</p> <p>Dr. Lomas indicated that we want to prevent crises and when crises cannot be prevented, we must be prepared to respond to them. Crisis response should be prepared for in advance and practiced regularly. Crisis response is designed to return the learning environment back to its prior functioning, usually within one to three days with helpers. Mutual aid is a best practice as individuals should not respond to their own mental health crises. The Regional Crisis Team of Western Connecticut meets monthly and debriefs after a crisis; everyone learns from each other.</p> <p>Presentation:  <a href="http://www.ctclearinghouse.org/files/customer-files/1774-GLomas-Based-Crisis-Teams-CTSAB-1210-2015.pdf">http://www.ctclearinghouse.org/files/customer-files/1774-GLomas-Based-Crisis-Teams-CTSAB-1210-2015.pdf</a></p>	Gabriel I. Lomas, Ph.D. Western Connecticut State University 181 White Street Danbury, CT 06810 203-837-8512 lomasg@wcsu.edu  Regional Crisis Team of Western Connecticut <a href="http://www.wcsu.edu/rct">www.wcsu.edu/rct</a>
III Review of Minutes and Follow-Up	Minutes of the November monthly meeting were accepted.	

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IV Updates	<p><b><u>CTSAB Co-Chairs and Tri-Chair</u></b></p> <ul style="list-style-type: none"> <li>• Andrea Duarte indicated that she and Tim Marshall would like to fill the Tri-Chair position that has been vacant. This person would communicate with sub-committees inbetween monthly CTSAB meeting and support the vision, mission and goals of the state plan. If you are interested in finding out more about the position, please contact Andrea at <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></li> <li>• The fourth anniversary of CTSAB is January 2016.</li> <li>• Tom Steen wondered if it is time to formalize the CTSAB (i.e., election of officers, create by-laws, etc).</li> </ul> <p><b><u>Foundations</u></b></p> <p><b>AFSP</b></p> <ul style="list-style-type: none"> <li>• Tom Steen reported that \$273,000 has been raised to date combined for the Southern and Northern CT Chapters; after expenses, half of the money raised stays in the state.</li> <li>• There were two International Survivors of Suicide Loss Day events—one in Danbury and on in Windsor. Approximately 50 people attended.</li> <li>• There will be campus walks scheduled in the spring focusing on education and awareness.</li> <li>• Ann Irr Dagle distributed samples of the postcard for the survivor outreach program. On the AFSP website an individual can request a visit from a survivor of suicide loss. It is usually a one-time visit.</li> </ul> <p><b>Brian T. Dagle Memorial Foundation</b></p> <ul style="list-style-type: none"> <li>• The Niantic Jingle Bell 5 K will be held on Saturday, December 12, 2015.</li> </ul> <p><b>Jordan Porco Foundation</b></p> <ul style="list-style-type: none"> <li>• Marisa Giarnella Porco indicated that there are 17 Fresh Check Days booked thus far for the spring. They are awaiting confirmation for a military Fresh Check Day. In January there will be a Fresh Check Day at Catholic University in Washington, DC.</li> <li>• The first pilot of the high school program “For What’s Next” finished at East Catholic high school. Thirty peer leaders were involved.</li> <li>• 9 out of 10, a free-standing peer education booth, is being utilized at three colleges.</li> <li>• Save the Date: 2016 Jordan’s Journey Gala, Saturday, April 2, Mohegan Sun</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Zero Suicide/Workforce Committee</b></p> <ul style="list-style-type: none"> <li>• The learning community met prior to the CTSAB meeting. Agencies who attended are all at a different place in the process.</li> <li>• Andrea Duarte reported that there was a meeting on November 17 with Mike Hogan, a national consultant for the Zero Suicide Initiative. CT has been invited to join a national community of practice which starts in January 2016.</li> </ul>	

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	<p>Intervention-Postvention Response Committee</p> <ul style="list-style-type: none"> <li>• There is a meeting after the CTSAB meeting.</li> <li>• The committee will be strategizing about approaches to get school systems to accept EMPS help when necessary.</li> </ul> <p>Student Wellbeing Workgroup</p> <ul style="list-style-type: none"> <li>• There is a meeting after CTSAB today.</li> </ul> <p>Armed Forces Advisory Panel</p> <ul style="list-style-type: none"> <li>• Susan Tobenkin reported that they are in the process of moving forward with the zero suicide initiative.</li> <li>• There is a meeting of the committee on December 17 at 9:00am. The regularly scheduled meeting will occur on the fourth Thursday of the month at 9:00am.</li> </ul> <p><b><u>Suicide-related Federal Grant Efforts</u></b></p> <p>DPH Public Health Block Grant</p> <ul style="list-style-type: none"> <li>• Chinedu Okeke updated the board on the collaboration between DPH, DMHAS, DCF, Wheeler and United Way regarding suicide prevention focused on means restriction, Goal 4 of the State Suicide Prevention Plan 2020. A letter will be sent shortly to firearm retailers about how they may be included in suicide prevention efforts.</li> </ul> <p>SAMHSA</p> <ul style="list-style-type: none"> <li>• Andrea Duarte reported that DMHAS is getting ready to apply for a mobile crisis grant with an anticipated February release. There is a gap in adult mobile crisis services.</li> <li>• Andrea Duarte indicated that a federal grant has been released for the National Suicide Prevention Lifeline for follow-up efforts.</li> </ul> <p><b><u>Awareness Campaign/Website</u></b></p> <ul style="list-style-type: none"> <li>• Certain Big Y stores will have digital ads at the deli and grocery carts will have the campaign on them.</li> <li>• Audio ads have been purchased at gas stations and physician offices.</li> </ul> <p><b><u>State Suicide Prevention Plan (PLAN-2020)</u></b></p> <p>Survey Update</p> <ul style="list-style-type: none"> <li>• Results of the survey are tentatively scheduled to be presented at the February CTSAB meeting.</li> </ul> <p>Healthy CT 2020 Objectives</p> <ul style="list-style-type: none"> <li>• Chinedu Okeke and Kevin Borrup presented on the work of the injury action team for the State Health Improvement Plan (SHIP). They want to work with the CTSAB to ensure that the goals of the SHIP injury and violence prevention section align with the state suicide prevention plan. If you are interested in joining this workgroup, contact <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></li> </ul>	<p>Healthy CT 2020  <a href="http://www.ctclearinghouse.org/files/customer-files/1775-IVP-CT-SAB-Talking-Points-Borrup_Okeke-121015.pdf">http://www.ctclearinghouse.org/files/customer-files/1775-IVP-CT-SAB-Talking-Points-Borrup_Okeke-121015.pdf</a></p>

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V Member Updates	<p><b><u>Member Updates</u></b></p> <ul style="list-style-type: none"> <li>• Louise Pyers reported that peer support trainings continue for law enforcement. There have been over 12,000 contacts over the past seven years through State Troopers Offering Peer Support (STOPS). Believe 208, created by the wife of a police officer who died by suicide, has provided funding for trainings by the CT Alliance to Benefit Law Enforcement.</li> <li>• Celeste Jorge announced that the sample size is large enough for the Youth Risk Behavior Surveillance System results to be released statewide.</li> </ul>	
<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, <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></p> <p>1/14/16: Alternatives to Suicide, Martin Burke and Hilary Bryant, Advocacy Unlimited, Inc. 2/11/16: CTSAB Survey Results (tentative) 3/10/16: Myths of Grief and Loss, Ann Dagle, Brian T. Dagle Memorial Foundation 4/14/16: AFSP/NAMI NH Survivorship Services (tentative) 5/12/16: TBD 6/9/16: TBD 7/14/16: TBD 8/11/16: TBD 9/8/16: Suicide Prevention Month 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, 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></i></p>