

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** April 3, 2014

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

**Present:** Kevin Borrup (CCMC), Rachel Bruno (Middletown Public Schools), Wendy Caruso (United Way of CT 211), Heather Clinger (Wheeler Clinic), Dave Denino (Higher Education Mental Health Consultant), Andrea Duarte (DMHAS), Ernie Elliot (Advocate), Karen Friedman (ABH, Inc.), Marisa Giarnella Porco (Jordan Mathew Porco Memorial Foundation), Patricia Graham (IOL/HH), Amy Hanoian Fontana (CT Poison Control Center), Holly Hinds (Parent), Sarah Jones (Governor’s Prevention Partnership), Celeste Jorge (DPH), Corrine King (Wheeler Clinic), Cathy Ludlum (Second Thoughts CT), Tim Marshall (CT DCF), April McLean (UCHC), Yania Padilla (Accenture Federal Services), Haley Shoop (ERASE), Fran Simcic (DMHAS – Office Commissioner, Military Support Program), Tom Steen (CASAC), Susan Tobenkin (CT Army National Guard), MAJ Javier Alvarado (CT Army National Guard), Faith VosWinkel (Office of Child Advocate), LoriBeth W. Young (DSS),

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome and Introductions	Members introduced themselves and Tim and Andrea mentioned the Photo Campaign effort. Those in attendance may have a photo taken with their message at the meeting.	Photos will be submitted for campaign due 7/1/14.
II. Presentation: Marisa Giarnella-Porco, <b>The Jordan Mathew Porco Memorial Foundation (JMPMF)</b>	<ul style="list-style-type: none"> <li>• Looking Forward: The Transition Years               <ul style="list-style-type: none"> <li>➤ HS Seniors transitioning to 1<sup>st</sup> year of college</li> <li>➤ HS Actors from Hartford area</li> <li>➤ Orientation (college), HS presentations</li> <li>➤ Discuss/dialogue after performance</li> </ul> </li> <li>• Nine out of Ten               <ul style="list-style-type: none"> <li>➤ Resource website</li> <li>➤ 1/10 college students contemplate suicide</li> <li>➤ 9 others can reach out and help someone</li> <li>➤ Warning suicides and what they look like</li> <li>➤ Action steps and resources</li> <li>➤ Virtual pledge at Fresh Check Day</li> </ul> </li> <li>• Fresh Check Day               <ul style="list-style-type: none"> <li>➤ Revamping the typical college health and wellness fair</li> <li>➤ Free food, giveaways, prizes, entertainment</li> <li>➤ Fun, engaging, interactive</li> <li>➤ 10 Tents, 9/10 tent –booth</li> <li>➤ Jed Model (SPRC-Air force)</li> <li>➤ School owns program</li> <li>➤ Senior Administrator buy –in, attempting to change the culture</li> </ul> </li> </ul>	Contact information for JMPMF: Marisa Giarnella-Porco, LCSW President The Jordan Matthew Porco Memorial Foundation Goodwin Square 225 Asylum Street 12th floor Hartford, CT 06103 Office: 860-904-6041 (cell) 860-983-4891 <a href="mailto:marisagiarnellaporco@gmail.com">marisagiarnellaporco@gmail.com</a>  Leah Nelson Program Coordinator, The Jordan Matthew Porco Memorial Foundation Goodwin Square 225 Asylum Street, 12th Floor Hartford, CT 06103 <a href="mailto:leah@rememberingjordan.org">leah@rememberingjordan.org</a> Office:860-904-6041 Mobile:774-218-4670  visit our website: <a href="http://www.rememberingjordan.org">www.rememberingjordan.org</a> <a href="http://www.freshcheckday.com">www.freshcheckday.com</a> <a href="http://www.nineoutoften.org">www.nineoutoften.org</a>

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	<ul style="list-style-type: none"> <li>➤ Hidden mental component</li> <li>➤ Stamp card</li> <li>➤ Curriculum infusion</li> <li>➤ Kick-off event- Therapy dogs, gong therapy, blitz marketing</li> <li>➤ Booth- Peer nun, peer to peer</li> <li>➤ Promotes help seeking, peer outreach, connect to resources</li> <li>➤ Check in and chill out – Includes depression screening, up # of screenings</li> <li>➤ Ongoing relationship</li> <li>➤ Why host?               <ul style="list-style-type: none"> <li>▪ Show campus community that SP is an issue</li> <li>▪ Funding opportunities</li> <li>▪ Cast a wider net</li> <li>▪ Interactive peer to peer messaging</li> </ul> </li> <li>➤ Future populations (as long as we stay with under 25 mission)</li> </ul> <p><a href="https://thejordanmatthewporcomemor.box.com/s/3s6fzaczozu4lgck43v3">https://thejordanmatthewporcomemor.box.com/s/3s6fzaczozu4lgck43v3</a></p>	
III. Review of Minutes and Follow Up	<ul style="list-style-type: none"> <li>• Accepted</li> </ul>	Posted on website

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<p>IV. Updates regarding priority areas &amp; sub-committees</p>	<p><u>Awareness Campaign:</u></p> <ul style="list-style-type: none"> <li>• New Materials               <ul style="list-style-type: none"> <li>○ Post-It and tab pads</li> <li>○ Chap-stick</li> <li>○ Mouse pad</li> </ul> </li> <li>• Photo Campaign – Official Release 5/1/14               <ul style="list-style-type: none"> <li>○ Photo montage with music for September release</li> <li>○ Host a photo table at May 1 GLS Close-out event</li> <li>○ Future use- possible posting in LOB hallway</li> </ul> </li> <li>• Website- Now mobile</li> <li>• Maureen Pasko (VACT)- to lead September Suicide Prevention Awareness Committee               <ul style="list-style-type: none"> <li>○ Will meet soon to plan events</li> </ul> </li> </ul> <p><u>State Plan (PLAN -2014)</u></p> <ul style="list-style-type: none"> <li>• Thank you to all who performed reviews of the Special Population sections. Nina Heller continues to work on these sections.</li> <li>• 3/27/14-Tim, Andrea, Nina and Rob Aseltine presented to Commissioner Katz (DCF) and Rehmer (DMHAS). The draft Executive Summary and PPTs covering the CTSAB, Plan development and state data were shared. The Commissioners agreed to provide joint opening remarks for the plan.</li> <li>• Healthy CT 2020- DPH, CTSAB endorsed it. Open for comment period.</li> <li>• Future efforts: CTSAB may develop 5 committees to address each of the 5 goals in PLAN-2014.</li> </ul> <p><u>Statewide Network-Membership List discussion</u></p> <ul style="list-style-type: none"> <li>• Membership survey in development</li> </ul> <p><u>Evidence-Based Practice (EBP) Promotion:</u></p> <ul style="list-style-type: none"> <li>• Plan to place QPR evaluation tools on website</li> <li>• EMPS close to being formally recognized as National EBP</li> <li>• Rx drug drop box legislation currently in the works</li> <li>• Intervention-Postvention Response Committee               <ul style="list-style-type: none"> <li>○ Dave Denino consulting with CTSAB to work with Enfield on developing a template/road map of post intervention response efforts</li> </ul> </li> <li>• Armed Forces Committee               <ul style="list-style-type: none"> <li>○ ¼ Bases</li> <li>○ 1500 Screened since October 1<sup>st</sup></li> <li>○ Dr. Posner will come on 9/11</li> <li>○ Meeting with JMPMF, possible Fresh Check Day</li> <li>○ PMCS – Suicide prevention check, financial, relationship, stress, possibly an inspect able guide</li> </ul> </li> </ul>	<p>Materials are available through the website upon request. Specialty items for members and evidence-based practice trainers.</p> <p>Maureen will send out a request for members to join the September Planning Committee.</p> <p>Andrea will submit an application to the LOB for photo display.</p> <p>On behalf of the CTSAB, DMHAS will send out a press release on the Photo Campaign early May.</p> <p>Nina continues to develop state plan.</p>
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	<ul style="list-style-type: none"> <li>• Garrett Lee Smith Grant Committee               <ul style="list-style-type: none"> <li>○ Funding announcement should be released soon by SAMHSA</li> <li>○ Close-out event on 5/1. Legislators and Governor invited.</li> </ul> </li> </ul>	
<p>V. Updates</p>	<ul style="list-style-type: none"> <li>• Ernie: Admiration for what CTSAB does; discussed in brief his 1<sup>st</sup> suicide attempt at the age of 10yrs old; discussed family situations around substance abuse, suicide attempts , mental health, 45 y.o. diagnosed with bipolar; would like to have “War against mental illness” and “Conquer” into public relations</li> <li>• Getting people to the table, there are a lot of people struggling not getting the programs</li> <li>• Alternatives to Suicide peer support groups coming to CT for people who live with chronic suicidality. Orientation sessions in May and leader training in June. More info at: <a href="http://www.ct.gov/dmhas">http://www.ct.gov/dmhas</a></li> <li>• Reminder to add events to website calendar</li> <li>• MA Suicide Prevention Conference- 4/16 &amp; 17. Notice sent to list serve</li> <li>• Tim, Andrea, Nina, Rob and Sara Wakai presenting on State Planning at AAS Conference April 9 in LA, CA</li> <li>• Tim presenting at Wyoming Regional Suicide Prevention Conference early May</li> <li>• Advanced Behavioral Health (Karen Friedman) update on new Specialized Crisis Intervention for Young Adults (SCYA) Diversion services for 18-25 y.o. not in DMHAS system. SAMHSA Grant, DMHAS with Cable (CIT)/NAMI/ABH. Police –referral to trained CIT clinicians, &amp; follow up support as needed.</li> </ul>	<p>To add events to the calendar:  <a href="http://www.preventsuicidect.org/calendar-submission/">http://www.preventsuicidect.org/calendar-submission/</a></p> <p>For more information on SCYA:  <a href="http://www.abhct.com/Programs_Services/SCYA/">http://www.abhct.com/Programs_Services/SCYA/</a></p>
<p>VI. Future Meeting Dates</p>	<p><b>5/1/14:</b> Garrett Lee Smith Suicide Prevention Initiative Event- Celebrating Today &amp; Promoting Tomorrows</p> <p><b>6/12/14:</b> Lisa Barry- Incarcerated Older Adults &amp; Suicide</p> <p><b>7/10/14:</b> Barbara Fasulo, Saint Francis Hospital, Sampling of Integrated Medicine Modalities</p> <p><b>8/14/14:</b> Margaret Watt &amp; Erika McCarthy, Southwest Regional Mental Health Board, Young Adult Program</p> <p><b>9/11/14:</b> Dr. Kelly Posner, New York State Psychiatric Institute, Columbia-Suicide Severity Rating Scale</p> <p><b>10/9/14:</b> Dr. James Gill, CT Office of the Chief Medical Examiner, Suicide Data</p> <p><b>11/13/14:</b> Rosemary Baggish, Institute of Living, Independent Schools Study</p> <p><b>12/11/14:</b> Dr. Elizabeth Schilling, UCONN Health, Signs of Suicide (SOS) High School Program Studies</p>	<p>Meetings are held at the Armed Forces Reserve Center, 375 Smith St., Middletown, CT from 9-11AM.</p>

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