

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, August 14, 2014

Location: Reserve Center, Middletown, CT

Present: MAJ Javier Alvarado (CT Army National Guard), Jeanette Baker (United Way of CT 2-1-1), Vered Brandman (SWRMHB), Claude Campbell (Accenture Federal Services), Wendy Caruso (United Way of CT 2-1-1), Heather Clinger (Wheeler Clinic), Ann Irr Dagle (Brian Dagle Memorial Foundation), Dave Denino (Higher Ed Mental Health Consultant), Andrea Duarte (DMHAS), Michael Dutko (CT Army National Guard), Ernie Elliott (Business), Barbara Fasulo (Saint Francis Hospital), Karen Friedmann (Advanced Behavioral Health, Inc), Marisa Giarnella Porco (JMPMF), Patricia Graham (Institute of Living), Amy Hanoian Fontana (CT Poison Control Center), Holly Hinds (Parent), Ronna Keil (DMHAS), Mui Mui Hin-McCormick (APAAC), Tom Kocienda (Dept. of Correction), Yania Padilla (Accenture Federal Services), Maureen Pasko (West Haven VA), Andrea Reischerl (Dept. of Correction), Tom Steen (CASAC), Susan Tobenkin (CT Army National Guard), Faith VosWinkel (Office of the Child Advocate), Margaret Watt (SWRMHB), Alissa Wurtzel (CTARNG)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome and Introductions		
<p>II. Presentation</p> <p>Margaret Watt Executive Director Southwest Regional Mental Health Board (SWRMHB)</p> <p>Vered Brandman Project Coordinator Southwest Regional Mental Health Board (SWRMHB)</p> <p>Topic: Young Adult Program</p>	<p>Margaret Watt and Vered Brandman presented on TurningPointCT.org (turningpointct.org), a new resource to support young adults in the search for mental wellness. This is a project for and by young adults. The goal of the project is “To design or adapt a technology-based platform that assists young adults to enhance their own mental health and address mental health issues as they arise, in an anonymous and non-threatening venue.”</p> <p>The website includes a Q&A guide, personal stories, videos, facts, resources, and a forum. The National Suicide Prevention Lifeline number (1-800-273-8255) and the crisis text line (741741) appear on every page. Young adults can submit their personal stories and videos, which are approved and have all identifying information removed prior to being posted. The “Let’s Talk” forum provides an opportunity for young adults to discuss a variety of topics. An individual must register in order to post. The forum follows standard policies that are accepted elsewhere and there is a protocol to reach out to someone who may be suicidal. In addition to other resources listed on the website, SWRMHB is partnering with Join Rise Be to develop a service locator map.</p> <p>CTSAB members can help by sharing information about the site, putting the widget on their website and getting young adults to go to the website. The official launch party for TurningPointCT.org is Wednesday, September 3, 2014.</p> <p>For a copy of the PowerPoint presentation, please visit:</p>	<p>Contact information:</p> <p>Margaret Watt mwatt@swrmhb.org</p> <p>Vered Brandman vbrandman@swrmhb.org</p> <p>Southwest Regional Mental Health Board, Inc. 1 Park Street Norwalk, CT 06851 (203) 840.1187 www.HealthyMindsCT.org www.TurningPointCT.org</p>

CT Suicide Advisory Board Meeting Minutes

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	<p>http://www.ctclearinghouse.org/files/customer-files/1095-SWRMHB-Young-Adult-program-presentation.pdf</p> <p>For information about TurningPointCT.org, please visit: http://www.ctclearinghouse.org/files/customer-files/1093-TurningPointCT-flyer.pdf</p>	
<p>III. Review of Minutes and Follow Up</p>	<p>July minutes accepted.</p>	
<p>IV. Updates regarding priority areas & sub-committees</p>	<p><u>Awareness Campaign</u> <i>September Awareness Month Events</i></p> <ul style="list-style-type: none"> • Suicide Prevention in Older Adults, 9/10/2014, 8:00am—12:00pm http://www.ctclearinghouse.org/files/customer-files/1057-SuicidePrevention_flyer_v5.pdf • The Columbia-Suicide Severity Rating Scale (C-SSRS), 9/11/2014, 8:30am-12:00pm http://www.ctclearinghouse.org/files/customer-files/1058-CSSRS_Posner-CTSAB-091114-(2).pdf • Cracked Not Broken: A Suicide Survivor’s Experience, 9/23/14, 7:00pm—8:30pm http://www.ctclearinghouse.org/files/customer-files/1059- 	<p>Submit open events to the calendar at www.preventsuidect.org</p> <p>The C-SSRS event is in place of the CTSAB meeting on 9/11/2014. Please register if you will be attending.</p>

CT Suicide Advisory Board Meeting Minutes

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	<p>IOL Hines Flyer 09232014 v1.pdf</p> <ul style="list-style-type: none"> • VA Mental Health Summit: The summit is a collaboration between the VA and community partners who work with veterans, service members and their families. This is a working meeting with breakout sessions on how to meet the mental health needs of veterans and service members. This event is not open to the public. If you would like an invitation, contact Maureen Pasko at maureen.pasko@va.gov • Military Fresh Check Day/ Jordan Matthew Porco Memorial Foundation, 9/7/2014 Volunteers are needed for set-up, take-down and to run booths and activities http://www.ctclearinghouse.org/files/customer-files/1056-FCD-Military-Flyer.pdf • If there is an awareness event open to the public, please post it through the website www.preventsuicidect.org 	<p>To volunteer for Fresh Check Day, contact The Jordan Matthew Porco Memorial Foundation, Liz McOsker ,860.904.6041 or liz@rememberingjordan.org</p>

CT Suicide Advisory Board Meeting Minutes

	<p>Funding/Donations</p> <ul style="list-style-type: none">• Andrea Duarte reported that the law firm who identified the suicide prevention campaign as the recipient of their June “dress-down Fridays” donated approximately \$140.00. This will support the purchase of materials.• The booking agent with Sea Green Records is interested in holding a benefit concert in the future. <p>Campaign Evaluation</p> <ul style="list-style-type: none">• Jeanette Baker informed the board that the results of the two focus groups (total of 17 participants) and online survey (approximately 200 completed surveys) are currently being reviewed and a meeting with Tim Marshall will be scheduled to discuss the reports from the company that was hired to conduct the evaluation. <p>Photo campaign</p> <ul style="list-style-type: none">• There were 55 photos submitted for the photo campaign. Due to time limitations with a 30-second and 60-second PSA, all of the photos were unable to be used. Jeanette Baker, Marisa Giarnella Porco, and Andrea Duarte went through the photos and selected them based on the message and clarity in order to create a comprehensive, diverse PSA. The CTSAB was given a preview of the 60-second PSA and gave their appreciation to Jeanette for creating the PSAs. Suggestions were made to use the PSA at QPR trainings, on the website, on community access television stations and at Fresh Check Days next year. <p><u>Statewide Network</u></p> <p>Northern CT AFSP Chapter Update</p> <ul style="list-style-type: none">• Tom Steen is chair of the Northern CT AFSP Chapter. The first organizational meeting will be held at the end of October or early November. If you are interested in more information, contact Tom at tsteen@casac.org• Tom attended Safe Talk and met their Train the Trainer who is interested in working with the chapter. <p><u>Evidence-Based Practice Promotion</u></p> <p>Enfield Project</p> <ul style="list-style-type: none">• Dave DeNino discussed the comprehensive report, which included a SWOT analysis. The report includes improved community resources, protocols, targeted suicide prevention activities and a coordinated approach to suicide prevention. He indicated a smaller report will eventually be created out of the larger report to be used by communities.	
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CT Suicide Advisory Board Meeting Minutes

	<p>QPR</p> <ul style="list-style-type: none">• Margaret Watt gave an update on the translation with Spanish subtitles of the revised versions of the 3-minute and 9-minute QPR videos. Awaiting approval from Dr. Quinnett. <p>Intervention-Postvention Response Committee</p> <ul style="list-style-type: none">• Faith Vos Winkel reminded the board that Dr. James Gill from the CT Office of the Chief Medical Examiner will be presenting at the October CTSAB meeting. He has been in touch with his counterpart in New Hampshire about community response packets that are distributed in NH. <p>Armed Forces Committee</p> <ul style="list-style-type: none">• Major Alvarado reported that 2,500 family educational brochures have been distributed to date.• There is a military postvention training on August 28, 2014.• Fresh Check Day is Sunday, September 7, 2014. Please see section IV of the minutes for more information.• Yania Padilla will be attending the military suicide prevention conference in Indiana. Connecticut was chosen as a best practice state for their community partnerships. <p>Garrett Lee Smith and National Strategy for Suicide Prevention Grant Applications</p> <ul style="list-style-type: none">• Announcements have not been made by SAMHSA as to the recipients of these grants. <p><u>State Plan/National Plan</u></p> <ul style="list-style-type: none">• Andrea Duarte was interviewed on July 30, 2014, by SAMHSA and the HHS Office of the Assistant Secretary of Health on how the national strategy was used to revise the state plan. Partnerships with the military in the state were also discussed.	<p>Andrea Duarte and Yania Padilla reached out to the Department of Defense in Groton, CT.</p>
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CT Suicide Advisory Board Meeting Minutes

<p>V. Member Updates</p>	<ul style="list-style-type: none">• Ronna Keil informed the group about the Alternatives to Suicide Support Group, which is a peer support model out of the western Massachusetts recovery learning community. Meetings will be held every Wednesday beginning September 10, 2014, 4:00pm-5:00pm, Toivo by Advocacy Unlimited, 399 Franklin Avenue, Hartford, CT. For more information, visit http://www.ctclearinghouse.org/files/customer-files/1078-Alt2Su-Flyer.pdf• Tom Steen reported that there is a new monthly survivor support group on the second Tuesday of the month, 6:30pm, at the Avon Public Library. The first meeting will be September 9, 2014.• Ann Dagle reported that a survivor support group is being held each month on the first and third Thursday at 6:30pm, Old Lyme Youth Services, 59 Lyme St.• Tom Steen is still looking for a location for a Survivor Voices Training to be held on a Saturday and Sunday. He currently has 15 people interested. Since there is an 8-person maximum per training, it is possible there could be two trainings. Email Tom at tsteen@casac.org if you have a suggestion for a location.• Maureen Pasko informed the board that she has accepted a new position at the VA and will now be working with the homeless programs.• Major Alvarado showed the board the new challenge coin from the behavioral health team of the CT National Guard. He explained that challenge coins are used to recognize special achievements in the Armed Forces when an individual goes above and beyond. Major Alvarado presented Andrea Duarte with a challenge coin to thank her for her support of suicide prevention efforts.	
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CT Suicide Advisory Board Meeting Minutes

<p>VI. Future 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>9/11/14*: Dr. Kelly Posner, New York State Psychiatric Institute, Columbia-Suicide Severity Rating Scale <i>*please note, this meeting begins at 8:30am with registration and refreshments and ends at 12:00pm.</i></p> <p>10/9/14: Dr. James Gill, CT Office of the Chief Medical Examiner, Suicide Data</p> <p>11/13/14: Rosemary Baggish, Institute of Living, Independent Schools Study</p> <p>12/11/14: Dr. Elizabeth Schilling, UCONN Health Center, Signs of Suicide (SOS) High School Program Studies</p>	
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