

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, August 10, 2017

Location: Armed Forces Reserve Center
Middletown, CT

Present: Christina Allen (VA Hospital), Kate Ayotte (CCSU), Sarah Camerota (United Way of CT 2-1-1), Betsey Chadwick (MCSAAC), Heather Clinger (Wheeler Clinic), Andrea Duarte (DMHAS), Michael Dutko (CTARNG), Amy Evison (CHR), Jim Fox (CTARNG), Karen Hanley (CHR), Amy Hanoian Fontana (CT Poison Control Center), Rob Harrison (YNHH/Westerly Hosp), Nancy Hubbard (IOL), Archie Hunnicutt (Teamsters Local 1150/Sikorsky), Natalie Jean-Louis (CASAC), Denise Keane (Perception Programs), Walter Krauss (UCHC/Correctional Managed Health Care), Meagan MacGregor (CTARNG), Mike Makowski (DPH), Tom Matthews (Solutions EAP), Jessica Matyka (Rushford), Chris McCarty (CTARNG), Amy Mirizzi (DPH), Allyson Nadeau (Beacon Health Options), Michael Pepe (Windsor Health Dept), Simone Powell (CHR), Karen Reckmeyer (Solutions EAP), Matt Riley (Jordan Porco Foundation), Rob Rudewicz, Michele Scott (Eastern AHEC), Gregory Simpson (Beacon Health Options), Susan Tobenkin (CTARNG), Meryl Tom (DPH), John Torello (CSSD), Faith Vos Winkel (Office of Child Advocate), Shabrikea Warburton (CHR), Cheryl Weinstock (Freelance Journalist), Derek Wilson (CTARNG), Abby Wood (DMHAS), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte and Matt Riley welcomed the group and initiated introductions	
II. Presentations <i>Sandy Hook Promise: Know the Signs Programs</i> Mary Kay Wishneski	People who are at-risk of hurting themselves or others often show signs and signals before an act of violence takes place. It can be easy to miss or dismiss signs if people don't know what they're looking for; the Sandy Hook Promise "Know the Signs" programs train middle and high schoolers as well as adults on warning signs and signals and how to intervene and get help for the person. Programs for adults <ul style="list-style-type: none"> • Safety Assessment and Intervention: meant to be implemented district-wide so everyone is trained in the same way on how to identify, assess and respond to threatening behaviors before they escalate to violence. The goal is to get students help. • They are transitioning from Youth Mental Health First Aid to utilizing the Signs of Suicide (SOS) program this summer. Programs for youth created by Sandy Hook Promise <ul style="list-style-type: none"> • Start with Hello: focused on grades 2-12 to recognize social isolation. The program provides ways to reach out and connect. The goal is to have the trainings embedded in school culture and to empower students. • Say Something: for grades 6-12. If a student sees something, act immediately and tell a trusted adult. Students are trained to know why they need to say something and what 	

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	<p>the conversation looks like; part of the training is about social media. It empowers youth to know if they say something, adults will listen.</p> <p>All four programs are available at no cost to schools. Two million students were trained to know the signs last year; there are programs in all 50 states. 90% of the schools are self-leading. University of Michigan is analyzing the data.</p> <p>www.sandyhookpromise.org https://www.youtube.com/watch?v=sGw2MBCMMY8 https://www.youtube.com/watch?v=A8syQeFtBKc</p>	
III. Review of Minutes and Follow Up	Minutes from the July meeting were accepted.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> • The Out of the Darkness Walks are scheduled for the Fall: Danbury, September 17; Hartford, September 23; Pomfret, October 1; Hamden, October 8; Bristol, October 14; and Westport, October 22. 50% of money raised stays with the state chapter. • The TOT for “Talk Saves Lives” was held the end of July. Trainings for firearm retailers will be scheduled. • Michelle Peters has been hired as the new state AFSP coordinator. <p>The Benny Fund</p> <ul style="list-style-type: none"> • There will be an implementer training on November 3, 2017 for the individuals who attended the SOS TOT in June. <p>The Jordan Porco Foundation</p> <ul style="list-style-type: none"> • The first Wisconsin college has signed up to host a Fresh Check Day. • Scooper Sundae at the Yard Goats raised over \$10,000. • September suicide prevention activities are on www.rememberingjordan.org <p><u>Committees</u></p> <p>Armed Forces-Community Health Promotion Council</p> <ul style="list-style-type: none"> • Members will be part of a panel discussion at CCSU on September 15. • A Resiliency Day is scheduled for September. Agencies/organizations that would like to participate should contact Meagan MacGregor at: 	

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	<p style="text-align: center;">meagan.macgregor@accenturefederal.com</p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> • Mike Makowski from DPH will be presenting at the September committee meeting. • By the end of June, there were 176 suicides (167 were older than 17 years-old). <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • CASAC intern recently made 100 folders. • People are attending the support groups with the folders. <p>Lethal Means</p> <ul style="list-style-type: none"> • The “Talk Saves Lives” TOT received positive feedback. Each trainer received a flashdrive with all of the training materials. It will be rolled out in the coming months. • The United Way with their DPH Block Grant funding is trying to get signage up in high-risk areas. There was a meeting with the Deputy Commissioner of DOT and staff to discuss reducing access to environmental lethal means such as bridges and overpasses. They were very receptive to working on this initiative. <p>Student Well-Being</p> <ul style="list-style-type: none"> • Materials are ready to go to print; hoping to have them ready by the September 14 event. <p>Zero Suicide</p> <ul style="list-style-type: none"> • Most organizations are planning for September suicide prevention events. • Zero Suicide Academy is facilitated by SPRC; 16 teams of 4 people each are accepted. Westerly Hospital and Perceptions Programs applied for the SAMHSA Zero Suicide grant. <p><u>Suicide-related Federal Grants</u></p> <ul style="list-style-type: none"> • Calls from CT to the National Suicide Prevention Lifeline increased in the Spring. <p><u>Legislative/Budget Updates</u></p> <ul style="list-style-type: none"> • More updates to come as the budget process continues. <p><u>Awareness Campaign/Website</u></p> <ul style="list-style-type: none"> • The clinician guide is almost finished; it will be sent to all licensed clinicians in the state with information including training opportunities and peer to peer support. 	

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	<ul style="list-style-type: none"> <i>Gizmo's Pawesome Guide to Mental Health</i> will be released at the September 14 event. <p>State Conference Planning</p> <ul style="list-style-type: none"> May 1, 2018, at the Omni Hotel, New Haven <p>Zero Suicide Academy</p> <ul style="list-style-type: none"> May 2 and 3, 2018 	
V. Member Updates	<p><u>Member Updates</u></p> <ul style="list-style-type: none"> Faith Vos Winkel distributed a Child Trends E-News “To Prevent Youth Suicide We Must Address More than Bullying” https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Child_Trends--To_prevent_youth_suicide_we_must_address_more_than_bullying.pdf At last month’s Child Fatality Review Panel, Faith Vos Winkel reported there was a desire to create a Public Health Alert. The panel wanted CTSAB input since there is a balance between getting information out and the reactions people may have. Members of the board agreed there should be an alert. Andrea Iger Duarte indicated that the September 14 “Back to School Symposium on Mental Health Promotion and Suicide Prevention for K-12” went to school systems first. The symposium is intended to engage schools system-wide for their mental health and suicide prevention efforts. The invitation will be issued to the CTSAB at the end of August. There is no regular September CTSAB meeting. The school symposium will be on that day. <p>The meeting adjourned at 11:03 a.m.</p>	
<p>VI. 2017 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>9/14: National Suicide Prevention Week “Back to School Symposium for Mental Health Promotion and Suicide Prevention for K-12” event</p> <p>10/12: Kevin Lynch, Quell Foundation, <i>Lifting the Mask on Mental Health: Efforts to normalize the conversation and remove the stigma</i></p> <p>11/9: Michelle Louise Bicking, Hidden Acres Farm, <i>Farmer Mental Health and Suicide</i></p> <p>12/14: Michele Scott, <i>Eastern AHEC/Mashantucket Pequot Tribal Nation, Native Connections Grant</i></p>	<p>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: http://www.wfsb.com/category/211195/school-closings</p>