

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, July 13, 2017

Location: Armed Forces Reserve Center
Middletown, CT

Present: MAJ Javier Alvarado (CTARNG), Kate Ayotte (CCSU), Lisa Barry (UConn Center on Aging), Michelle Bicking (Hidden Acres Farm Inc), Wendy Caruso (United Way of CT 2-1-1), Kathleen Chapman (River Valley Services), Heather Clinger (Wheeler Clinic), Ann Irr Dagle (Brian Dagle Memorial Foundation), Andrea Duarte (DMHAS), Amy Evison (CHR), Marisa Giarnella Porco (Jordan Porco Foundation), Karen Hanley (CHR), Archie Hunnicutt (Teamsters Local 1150/Sikorsky), Walter Krauss (UCHC Correctional Managed Health Care), Meagan MacGregor (CTARNG), Mike Makowski (DPH), Robin McHaelen (True Colors), Rachel Mearman (CCSU), Lucy Orellano (Office of Child Advocate), Jonathan Pohl (CCSU), Simone Powell (CHR), Nydia Rios-Benitez (DMHAS), Kristie Scott (Perception Programs), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), John Torello (CSSD), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), Cheryl Weinstock (Freelance Journalist), Derek Wilson (CTARNG), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Tim Marshall and Andrea Duarte welcomed the group and initiated introductions	
II. Presentations <i>Central Connecticut State University, Garrett Lee Smith Campus Grant</i> Jonathan Pohl, Ph.D., Wellness Education Coordinator Kate Ayotte, M.S., Wellness Programs Administrator Rachael Mearman, B.A., Graduate Intern	Jonathan Pohl, Kate Ayotte and Rachael Mearman gave an overview of the CCSU Garrett Lee Smith Campus Suicide Prevention Grant. The idea is to create a community of support on campus for all students and create a safety net throughout campus. The goal is to train 10% of students, faculty and staff in QPR and train the counselors at the four CSUs in AMSR. The grant focuses on five vulnerable student groups on campus: athletes; males; LBGBTQ; veterans; and first generation. Suicide prevention activities include signs of suicide with Jenga blocks; the semicolon project; self-compassion balloons (write a positive message on a piece of paper on the inside of the balloon, negative thoughts on the outside of the balloon and then pop through the negativity); and chocolate check-in where students are asked to check in with three other people. In April 2018 there will be an Athletes vs. Armed Forces students Fun Run, which will include families. To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/2015_CCSU_College_Suicide_prevention_program_003_.pdf	
III. True Colors and the Office of the Child Advocate: recent youth suicides, including LGBTQ youth Robin McHaelen, True Colors	Robin McHaelen shared that the True Colors office received dozens of phone calls from LGBTQ youth with concerns in the weeks after the election. Gender nonconforming youth feel demonized; the more gender different a child is, the more harassment experienced, especially boys. She encouraged adults to step up to change the climate of the conversation and that adults need to have the backs of youth.	

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Faith Vos Winkel, Office of the Child Advocate	Faith Vos Winkel distributed “Suicide Deaths of Children in Connecticut Between January 1, 2001 and June 30, 2017.” In 2017, nine youth have died by suicide to date; January experienced a high number of deaths by suicide.	
III. Review of Minutes and Follow Up	Minutes from the June 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. • The CT chapter is creating the TOT model for the “Talk Saves Lives” program. The first TOT will be held the end of July. • The Survivor Outreach Program is a great resource for families, friends, co-workers, etc. When requested, a survivor will make a visit. https://afsp.org/find-support/ive-lost-someone/survivor-outreach-program/ <p>Brian T. Dagle Memorial Foundation</p> <ul style="list-style-type: none"> • There are new brochures with prevention programs and grief support programs. • The East Lyme Annual Mental Health Forum is September 28, 2017. • Ann Irr Dagle is presenting QPR to East Lyme teachers and a youth program in Clinton. <p>The Jordan Porco Foundation</p> <ul style="list-style-type: none"> • The Ambassador program for the 9 out of 10 program is gaining a lot of interest. • Fresh Check Day is in 34 states. • The “4 What’s Next” high school program focuses on help-seeking behaviors, conflict resolution, and skills needed after high school. The program is designed to work within community settings (Youth Service Bureaus, Boys and Girls Clubs, etc) in addition to schools. • July 30 is the Scooper Sundae fundraiser at the Yard Goats game. <p>The Benny Fund</p> <ul style="list-style-type: none"> • The Fund, in partnership with CHR of Manchester and the United Way of CT 2-1-1 as part of the Networks of Care for Suicide Prevention Initiative, a Garrett Lee Smith Youth Suicide Prevention grant, hosted a Signs of Suicide Training of Trainers on June 8 and June 9; there were 30 attendees. This training will help create statewide 	

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	<p>infrastructure to support schools and assist in integrating the curriculum in middle and high schools.</p> <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: meagan.macgregor@accenturefederal.com <p>Data and Surveillance</p> <ul style="list-style-type: none"> • Liz McOsker presented her thesis on Emergency Department discharge data over a five-year period. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • All materials have been reordered and information updated. • Ann Dagle wondered if opioid information should be added. Andrea Iger Duarte indicated that the STR funding is focused on opioids and DMHAS will be rolling out programs statewide in the fall. <p>Lethal Means</p> <ul style="list-style-type: none"> • The “Talk Saves Lives” TOT will be July 28. • The United Way with their DPH Block Grant funding is trying to get signage up in high-risk areas; there will be a meeting with the Deputy Commissioner of the Department of Transportation. <p>Student Well-Being</p> <ul style="list-style-type: none"> • The pilot is complete and information is ready to go to print. <p>Zero Suicide</p> <ul style="list-style-type: none"> • The IOL presented on their Zero Suicide Champions. Bristol Hospital is interested in a Champions group. • If the grant is received, a Zero Suicide Academy will be held May 2 and 3, 2018. The CT Suicide Prevention conference would most likely be held May 1. <p><u>Suicide-related Federal Grants</u></p> <ul style="list-style-type: none"> • Calls to the National Suicide Prevention Lifeline skyrocketed in November 2016. 	

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	<ul style="list-style-type: none"> The Department of Public Health, in conjunction with DMHAS and DCF, has taken the lead on a Collaborative Improvement and Innovation Network (CoIIN) initiative for youth suicide prevention. The initiative is led by the Health Resources and Services Administration. For this CoIIN, the focus will be on reducing the call abandonment rate of those who call into the National Suicide Prevention Lifeline in Connecticut. <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"> Working with United Way to develop materials for younger kids. Out of state inquiries receive a sample packet. Jeanette Baker of United Way is looking into trademark requirements for the statewide campaign. 	
V. Member Updates	<p><u>Member Updates</u></p> <ul style="list-style-type: none"> Michelle Bicking informed the group that the self-injury awareness network is now Hidden Acres Farm. She has an interest in rural mental health. The June 2018 National Women in Agriculture Conference is being held in New Haven June 2018. Andrea Iger Duarte reported that Sara Wakai, PhD, and colleagues are looking at suicide prevention with construction workers. Robin McHaelen mentioned that Queer Academy is a summer youth leadership program. <p>The meeting adjourned at 11:04 am.</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>8/10/17: Mary Kay Wishneski, <i>Sandy Hook Promise: Know the Signs Programs</i> 9/14: National Suicide Prevention Week Special Meeting 10/12: Kevin Lynch, Quell Foundation, <i>Lifting the Mask on Mental Health: Efforts to normalize the conversation and remove the stigma</i> 11/9: Michele Scott, <i>Eastern AHEC/Mashantucket Pequot Tribal Nation, Native Connections Grant</i> 12/14: TBD</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>