

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, March 9, 2017

Location: Armed Forces Reserve Center
Middletown, CT

Present: Christina Allen (VA Hospital), Howard Asher (SAVE Hartford), Laura Ballet (JEKL), James Brennan (JEKL), Daniel Boissoneault (IAMAW District 26), Kevin Borrup (CCMC), Wendy Caruso (United Way CT 2-1-1), Heather Clinger (Wheeler Clinic), David Cruickshank (Berlin PD), Sarah Cubeta (CCSU), Ann Irr Dagle (Brian Dagle Memorial Foundation), Andrea Duarte (DMHAS), Laura Durst (IOL), Mike Dutko (CTARNG), Ernie Elliott, Amy Evison (CHR), Catherine Ewing, Jim Fox (CTARNG), Penny Geyer (OCME), Marisa Giarnella Porco (Jordan Porco Foundation), Christopher Goodale (LL 700 UTC), Laura Gubbins (Rushford), Karen Hanley (CHR), Amy Hanoian Fontana (CT Poison Control), Nancy Hubbard (IOL), Archie Hunnicutt (Teamsters Local 1150/Sikorsky), Amanda Johnson (UConn SPH), Celeste Jorge (DPH), Walter Krauss (UCHC Correctional Managed Health Care), Meagan MacGregor (CTARNG), Mike Makowski (DPH), Wendy Marinelli (Wallingford Public Schools), Jessica Matyka (Rushford), Chris McCarty (CTARNG), Liz McOsker (Jordan Porco Foundation), Rachael Mearman (CCSU), Kim Moonan (DMHAS), Allyson Nadeau (Beacon Health Options), Scott Newgass (SDE), Lucy Orellano (Office of Child Advocate), Lana Pecoske (Wallingford Public Schools), Brian Pendergast (JEKL), Jonathan Pohl (CCSU), Simone Powell (CHR), Andrea Reischerl (DOC), Matt Riley (Jordan Porco Foundation), Megan Rock (Office of Child Advocate), Syliva Simonian (JEKL), Heather Spada (United Way CT), Tom Steen (CASAC), Kenyatta Thompson (UConn SSW), Susan Tobenkin (CTARNG), Meryl Tom (DPH), John Torello (CSSD), Trisha Vayda (Assn of School Nurses of CT), Shebrikeya Warburton (CHR), and Cheryl Weinstock (Freelance Journalist)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte and Tim Marshall welcomed the group and initiated introductions	
II. Presentations <i>Psychological Trauma Stress Management</i> Brad Cole and Spartacus K9 First Responders	<p>Brad Cole and Spartacus, K9 First Responders (https://k9fr.org/), presented on various types of stress: psychological trauma, critical incident stress, acute stress, chronic stress, post-traumatic stress, and moral injury. A body of research indicates a correlation between PTSD and suicide and traumatic events and increased suicide risk.</p> <p>A K9 First Responder is: “.A handler and dog trained as an ‘All Hazards Psychological Trauma Response Team’ supporting the re-establishment of a person’s cognitive and emotional equilibrium who has been impacted by psychological trauma.” They focus on two main groups: the general public and public safety. K9 First Responders never self-deploy, they are always invited in. The dogs have many impacts, including lessen anxiety, stress and blood pressure.</p> <p>For a copy of the presentation, visit: https://www.ctclearinghouse.org/Files/customer-files/2412-K9-First-Responders--CTSAB-March-2017.pdf</p>	

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<p><i>Suicide Prevention Fitness Fundraiser Focused on Fostering Mental, Emotional and Psychological Empowerment</i></p> <p>Megan Simonian and Victoria Ballet Farmington High School students</p> <p>Chris Brennan and Brian Pendergast, JEKL</p>	<p>Megan Simonian and Victoria Ballet, both students at Farmington High School, shared their experience organizing a fundraiser for suicide prevention in conjunction with JEKL. The fundraiser raised over \$2,100, which was donated to the Northern Connecticut AFSP Chapter. https://www.ctclearinghouse.org/Files/customer-files/2413-high-school-students-suicide-prevention-fundraiser-JEKL.pdf</p> <p>Chris Brennan and Brian Pendergast of JEKL discussed the organization’s purpose, which is to promote holistic health into their exercise regimen. The pair discussed the science behind JEKL’s mission, which is “to change the world through empowerment by maximizing mental, emotional and physical potential.”</p> <p>To learn more about JEKL, visit: http://www.jekl7.com/</p>	
III. Review of Minutes and Follow Up	Minutes from the January meeting were accepted. February meeting cancelled due to snow.	
IV. Updates	<p><u>Foundations</u></p> <p>The Jordan Porco Foundation</p> <ul style="list-style-type: none"> • The 6th Annual Jordan’s Journey Gala will be held on March 25, 2017 at the Foxwoods Resort and Casino. Kevin Hines, author of <i>Cracked, Not Broken: Surviving and Thriving After A Suicide Attempt</i>, will be the Keynote Speaker. • The Foundation signed partnerships with Dartmouth, Harvard and Carnegie Mellon. • The 4 What’s Next Program, which was piloted in two high schools, is in the process of being re-developing some components. There will be a relaunch in the CT market in the near future. <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> • The Northern CT AFSP Chapter will have their board meeting this Saturday, March 11, 2017, at CASAC. All are invited to attend. • Training for ASSIST and a Train the Trainer opportunity for safeTALK will be happening soon. More information on these trainings will be available in the CTSAB listserv. • Advocacy Day will be Wednesday, April 5, 2017. The event will be held from 10:00am -5:00pm, with the opportunity to meet with state representatives. Specifically, AFSP will focus on the Mental Health parity bill. • A QPR Train the Trainer occurred in January at Central Connecticut State University. 	

CT Suicide Advisory Board Meeting Minutes

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	<p>SAVE-Hartford</p> <ul style="list-style-type: none"> • SAVE designed their 2017 suicide prevention plan. The plan will focus on Native American tribes and on the education of animal care workers on suicide prevention. • The Hartford charter will be holding their Emotions in Motion walk May 7, 2017. • The Hartford Chapter is also looking for 3-3 more volunteers to work with them on their events. Please visit their website if you are interested in volunteering. • https://www.save.org/blog/save-charter/hartford-ct-save-charter/ <p>Brian T. Dagle Memorial Foundation</p> <ul style="list-style-type: none"> • The Foundation will be holding a fundraiser in a few weeks to raise money for mental health and suicide prevention. They are working in conjunction with Waterford Youth Services to put on a Dancing with the Stars-like event. • The Lax2Live suicide awareness program for youth lacrosse players is expanding. Games will be held in East Lyme, Ledyard and Waterford with interactive booths. <p>The Benny Fund</p> <ul style="list-style-type: none"> • Leaders from The Benny Fund will be attending a future CTSAB meeting. They are developing a TA team in CT to encourage the use of SOS in schools throughout the state. <p>The Quell Foundation</p> <ul style="list-style-type: none"> • The Quell Foundation will soon be attending the CTSAB in the future. <p>Andrea Duarte will create a section for foundations on the website.</p> <p><u>Committees</u></p> <p>Armed Forces Community Health Promotion Council</p> <ul style="list-style-type: none"> • ASIST trainings will be starting soon with the Army National Guard. • Fresh Check Day for the military will be held on May 21, 2017. • There will potentially be a Suicide Stand Down day in September. If you have services you could provide, contact Megan MacGregor Meagan.e.macgregor.ctr@us.army.mil <p>Data and Surveillance</p> <ul style="list-style-type: none"> • The subcommittee reviewed data gathered from the CT Poison Control Center and hospitalization data as potential data sources to understand attempts and restriction of means. This information could serve as an education tool for safe messaging around locking up over the counter and prescription medications. 	

CT Suicide Advisory Board Meeting Minutes

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	<ul style="list-style-type: none"> • Amy Hanoian Fontana from CT Poison Control may present the findings she shared with the Data and Surveillance subcommittee at a future CTSAB meeting. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • A short meeting will be held after the CTSAB meeting. <p>Lethal Means</p> <ul style="list-style-type: none"> • The next subcommittee meeting will be held tomorrow morning, March 10, 2017. • Tim Marshall explained there may be a way to link our materials and AFSP's materials together for outreach to the firearm retailers. <p>Student Well-Being</p> <ul style="list-style-type: none"> • A meeting for this subcommittee will be held after the CTSAB to review comments for final edits. • If you are interested in working with this subcommittee, please join them for the meeting. <p>Zero Suicide</p> <ul style="list-style-type: none"> • The Learning Community is growing. Hartford Healthcare is moving on from the pilot at IOL to Rushford and Natchaug. • The American Association of Suicidology conference panel submission on zero suicide was accepted. Representatives from the Connecticut Hospital Association, Community Health Resources, the Institute of Living, the Department of Mental Health and Addiction Services and the Department of Correction will be presenting on a panel April 28 in Arizona. <p><u>Suicide-related Federal Grants</u></p> <ul style="list-style-type: none"> • The CTSAB is currently thinking about developing a campaign for clinicians. • DMHAS is in the application process for the National Strategy for Suicide Prevention (NSSP) grant. This is a highly competitive grant (four awardees). If DMHAS receives the grant, it will focus predominately on the DMHAS system. <p><u>Legislative/Budget Updates</u></p> <ul style="list-style-type: none"> • During the first two weeks of April, the 1 Word campaign images will be in the LOB hallway. <p><u>State Plans-PLAN 2020 and SHIP</u></p> <ul style="list-style-type: none"> • Coordination among PLAN 2020 and the State Health Improvement Plan (SHIP) is occurring. Andrea Duarte is on the SHIP subcommittee. 	

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	<p><u>National Suicide Prevention Week</u></p> <ul style="list-style-type: none"> • May 15, 2017 is the Connecticut National Prevention Week Conference. • Heather Spada and the Regional Networks of Care are looking to hold some events for National Prevention Week. 	
V. Member Updates	The meeting adjourned at 11:01 am.	
<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, andrea.duarte@ct.gov</p> <p>4/13/17: Catherine Ewing, LCSW, MDiv, Transformational Life Coach, <i>Healing from Trauma and Loss</i></p> <p>5/11/17: Chief Marc Montminy, Manchester Police Department, <i>Manchester HOPE Initiative (Heroin/Opioid Prevention and Education)</i></p> <p>6/8/17: TBD</p> <p>7/13/17: Jonathan Pohl, Central Connecticut State University, <i>Campus GLS Grant</i></p> <p>8/10/17: MaryKay Wishneski, <i>Sandy Hook Promise Know the Signs Programs</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>