

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, February 8, 2018

Location: Armed Forces Reserve Center
Middletown, CT

Present: Christina Allen (VA Hospital), Wendy Caruso (United Way CT 2-1-1), Heather Clinger (Wheeler Clinic), Michael Dutko (CTARNG), Amy Evison (CHR), Penny Geyer (OCME), Karen Hanley (CHR), BreeAna Johnson (Office of Child Advocate), Celeste Jorge (DPH), Walter Krauss (UCHC Correctional Managed Care), Debra Macht (ECHN), Mike Makowski (DPH), Tim Marshall (DCF), Jessica Matyka (Rushford), Chris McCarty (CTARNG), Rachael Mearman (CCSU), Lucia Morace (JRI), Arnaldo Perez (Coalition for New Britain’s Youth), Jonathan Pohl (CCSU), Simone Powell (CHR), Andrea Reischerl (DOC), Gregory Simpson (Beacon Health Options), Susan Tobenkin (CTARNG), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), Shebrikea Warburton (CHR), Cheryl Weinstock (Freelance Journalist), Abby Wood (DMHAS), and LoriBeth Young (DSS)

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>Crisis Text Line</i> Rachael Mearman Level 2 Crisis Counselor Crisis Text Line	<p>Rachael Mearman presented on the Crisis Text Line, a free 24/7 support that allows individuals in crisis to text 741741 from anywhere in the USA. Texters are connected with trained Crisis Counselors who are trained to bring texters from “a hot moment to a cool calm.” When someone texts the line, an algorithm first filters through the message to scan for words indicating the level of crisis before connecting them to a crisis counselor.</p> <p>Crisis Counselors are volunteers 18 and older who complete a multi-stage application, background check and complete 34 hours of training before becoming volunteers. Volunteers commit to 200 total hours of volunteering and log in via computer for the conversations. There are also staff supervisors who have Master’s degrees in a relevant field and/or crisis intervention experience. They oversee the Crisis Counselors and it is up to supervisors to decide to activate an active rescue and call emergency response services. Crisis counselors are encouraged to practice self-care and utilize peer counselors and supervisors for support.</p> <p>The average text conversation lasts about 45 minutes and in that time counselors work to help the texter calm down from their moment of crisis. Counselors complete a post conversation survey. Crisis Text Line is not long-term counseling. Less than 1% of conversations need Active Rescues. Utilizing data, Crisis Text Line is able to review words that increase the likelihood of calling 911 as well as days and times that are high traffic.</p> <p>A “keyword partnership” with Crisis Text Line allows the partner to receive data reports of all texts with the keyword once the partner reaches 200 keyword texts. Partners must generate at least 100 conversations per month to continue to receive the report. Connecticut United Way/211 has a keyword partnership with Crisis Text Line with the keyword being CT. “Text CT to 741741”</p>	

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	<p>February presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_CTL_Presentation.pdf</p> <p>Crisis Text Line: https://www.crisistextline.org/</p> <p>A Crisis Line that Calms with Texting and Data, Dec. 12, 2017, <i>The New York Times</i>: https://www.nytimes.com/2017/12/12/opinion/a-crisis-line-that-calms-with-texting-and-data.html</p>	
III. Review of Minutes and Follow Up	Minutes from the January meeting were accepted.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention</p> <ul style="list-style-type: none"> • CT members attended the annual national meeting last month. They learned that AFSP will be adopting the Zero Suicide approach nationally. • The two CT chapters are merged and the retreat is this weekend. <p>Benny Foundation</p> <ul style="list-style-type: none"> • No new updates at this time. <p>Brian T. Dagle Foundation</p> <ul style="list-style-type: none"> • The opening of the foundation’s new location was a success. • The foundation will be partnering with the GLS initiative and NAMI-CT to work on expanding services for young adults. • There are five “Lax2Live” games planned. • The 2nd Annual “Dancing with the Stars” is coming up. <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> • The annual Gala is April 7, 2018 at Foxwoods. Tickets are on sale at www.jordanporcofoundation.org/gala • Military Fresh Check Day is May 20, 2018. If interested in volunteering, contact Emily Betts at ebetts@jordanporcofoundation.org <p>Suicide Awareness Voices for Education</p> <ul style="list-style-type: none"> • SAVE will be presenting at the April CTSAB meeting. 	

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	<p><u>Committees</u></p> <p>Armed Forces-Community Health Promotion Council</p> <ul style="list-style-type: none"> • Military Fresh Check Day is May 20, 2018 A request for volunteers went out on the CTSAB listserv on Wednesday. <p>Clinical Workgroup</p> <ul style="list-style-type: none"> • The group will plan a core competency training, one to be completed in each DMHAS service region. • The group includes partnerships with the CT Psychological Association and NASW. • The primary training will occur in one day with around 6 CEUs with the potential for supplemental trainings. <p>Data and Surveillance</p> <ul style="list-style-type: none"> • Beacon Health Options will be presenting on Medicaid data at the next meeting. • An invited has been extended for a DPH EMS representative to attend the next meeting. • Celeste mentioned a request from DPH for denominators to organize data by DMHAS region. <p>Hospital Reporting Workgroup</p> <ul style="list-style-type: none"> • In its first meeting, the group discussed the parallels to getting mandated reporting. Currently mandated reporting is done by EMS regarding traumatic brain injuries and primarily for reporting infectious diseases. • A potential working goal may be to create better guidelines for coding a suicide attempt. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • A discussion was had around individuals who die by suicide when they are living out of state. Cremations in the state will generate an OCME number but burials will not. • If someone dies out of state and is buried or cremated in state, we can still get them postvention materials. <p>Lethal Means</p> <ul style="list-style-type: none"> • Signs have been designed and will be posted to the Arragoni Bridge as soon as they are approved and made. The signs include positive messaging, the Suicide Prevention Lifeline and Crisis Text Line and www.preventsuicidect.org. Other municipalities can order the signs in varying sizes as well. The group will look at OCME death data to decide which site should become the next focus after the Arragoni is complete. • For firearms, the NSSF and AFSP partnership info packets and materials will be distributed soon to ranges and retailers. The committee will use NSSF's list for reference moving forward with follow up and trainings. • The railroads have been a discussion at meetings. Unfortunately DOT was not able to call into the last meeting. 	

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	<ul style="list-style-type: none"> • The New Haven Parking Authority contacted Andrea and Tim after having 4 attempts (two of which resulted in deaths) at their garages. Andrea and Tim met with a multidisciplinary group including the police chief, the head of the parking authority, a clinician, Yale Parking Services representatives, CIT Mobile Crisis DMHAS provider as well as others. They are in postvention mode after the two deaths and are looking to draft a community plan and reviewing signage, barrier options, etc. • The International Parking Institute guidelines regarding suicide prevention for reducing access will be posted to the resource page on the website. <p>State Conference Planning</p> <ul style="list-style-type: none"> • The conference is May 1, 2018 at the Omni in New Haven from 8:00am-4:00pm. • The Save the Date is out and registration will begin mid-February. • Details for workshops including titles and learning objectives for CEU purposes are being finalized. <p>Student Wellbeing</p> <ul style="list-style-type: none"> • There is still a high demand for the cards and orders are coming in. • The payment process and invoices with Vanguard need to be clarified moving forward. • The cards are listed on the materials page of the website. The guide will be posted as a PDF and uploaded to the website. • The group will be suspended for now and can reconvene as necessary. <p>Zero Suicide</p> <ul style="list-style-type: none"> • The call for applications for the Academy has been released. There is room for 16 teams and 14 notices of intent have been received to date. • Andrea may invite Westerly from Rhode Island to participate if the space is available since they are a member of the ZS learning community. • The ZS meeting today was cancelled due to weather. The agenda will be postponed and today's topic will be discussed next meeting. <p><u>Suicide-related Federal Grants</u></p> <ul style="list-style-type: none"> • CoIIN: United Way and Wheeler Clinic, the two providers, have met to talk about data regarding call data metrics and their goal moving forward is to work toward using the same nomenclature/language so that data is comparable. Additionally, they will create strategies to respond to callers in need as quickly as possible, including staffing appropriately during peak call times. • The Campus GLS grant is out and Housatonic Valley Community College intends on applying. Jonathan Pohl was thanked for his assistance in responding to CT campuses who are considering applying. • GLS CNC: Manchester Public Schools are implementing the SOS curriculum and rolling 	

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	<p>out the “4 What’s Next” program. The college is planning their Fresh Check Day and the hospital is preparing for Zero Suicide. Simone is meeting with the police today and a new officer has been assigned to work with the CNC.</p> <p><u>Legislative/Budget Updates</u></p> <ul style="list-style-type: none"> • The state budget still looks bleak. • Regarding the RACs, the five new regional entities are assuming the core functions of the RACs. Each new entity, a pairing of the RACs and Mental Health Boards, will represent one DMHAS region. <p><u>Awareness Campaign/Website</u></p> <ul style="list-style-type: none"> • Work on the Gizmo curriculum continues and we will be meeting with Vanguard this week. Schools and youth service bureaus are actively requesting the curriculum and expressing interest in becoming pilot sites. • A formal request for pilot sites will be out this month. 	
V. Member Updates	<p><u>Member Updates</u></p> <ul style="list-style-type: none"> • Andrea shared that The Avielle Foundation is hosting Kevin Hines this month. Go to https://aviellefoundation.org/community/brainstormexperience/brainstorm-experience/ for more information. <p>The meeting adjourned at 10:59 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>3/8: David Denino, National Behavioral Intervention Team Assoc., <i>BITs for Schools & Campuses</i></p> <p>4/12: Cecilia Miller, SAVE, <i>Veterinary Suicide</i></p> <p>*5/1: State Conference- “<i>Inspiring Hope: Coming Together for Suicide Prevention</i>,” OMNI, New Haven (<i>registration required</i>)</p> <p>6/14: John Torello, Judicial/CSSD, <i>Applying the Zero Suicide Approach for Adjudicated Youth</i></p> <p>7/12: Steve MacHattie, Mercy Housing and Shelter, <i>Client Relationships in Suicide Assessment</i></p> <p>8/9: Dr. Maggie Davis, Yale Translational Brain Imaging Program, <i>Role of Neurotransmitters in Trauma Disorders, and Association with Suicidality</i></p> <p>*9/13: National Suicide Prevention Week Event (<i>registration required</i>)</p> <p>10/11: Dr. Jerry Sanacora, Yale School of Medicine, <i>Ketamine’s Effect on Suicidal Ideation</i></p> <p>11/8: Dr. Jeffrey Shelton, MidState Medical Center, <i>LGBTQ Persons and Suicide</i></p> <p>12/13 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>