

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, April 12, 2018

Location: Armed Forces Reserve Center
Middletown, CT

Present: Jenifer Adams (K9 First Responders/Alliance of Therapy Dogs), Howard Asher (SAVE Hartford), Monica Asher (SAVE Hartford), Kate Ayotte (CCSU), Kathleen Chapman (River Valley Services), Heather Clinger (Wheeler Clinic), Andrea Duarte (DMHAS), Betty Egidio (Beacon Health Options), Amy Evison (CHR), Kaitlin Foshay (CCPG), Penny Geyer (OCME), Karen Hanley (CHR), Amy Hanoian-Fontana (CT Poison Control Center), Amanda Johnson (UConn SPH), Walter Krauss (UCHC Correctional Managed Health Care), Alexander Long (CTARNG), Cathy Ludlum (Second Thoughts Connecticut), Meagan MacGregor (CTARNG), Tim Marshall (DCF), Jessica Matyka (Rushford), Rachael Mearman (CCSU), Cecilia Miller (SAVE Hartford), Allyson Nadeau (Beacon Health Options), Yumi Panui (CTARNG), Jonathan Pohl (CCSU), Simone Powell (CHR), Michelle Queen (Beacon Health Options), Steven Rogers (CCMC), Valerie Sacco (NAMI-CT), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Patty Sumner, Arnold Trasente (DCF), Jennifer Visone (CTARNG), Alicia Voyer (CCSU), 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>Veterinary Suicide</i> Cecilia Miller SAVE	<p>Cecilia Miller presented on the unique environment and risk factors for suicide that are present in veterinarians. Veterinarians have four times the rate of suicide than the general population and two times that of medical/dental professionals. There is ongoing research regarding the high levels of stress in the profession, poor work environment, financial stress and easy access to and knowledge of lethal means. Risk factors include but are not limited to compassion fatigue, overwhelming and irregular hours, expectations and demands of clients and lack of resources to deal with stress. Cecilia presented some research findings including that one in six veterinarians have considered suicide and suggestions that euthanasia and ideas about humanity and end of life may be a factor for the high suicide rates. Some suggestions presented to reduce suicides among veterinarians include QPR training which is free for AVMA members, focusing on the practice vs. practice and the business, work-life balance, locked and double-monitored medications and overall education and awareness among the profession.</p> <p>To view the presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Veterinarian_Suicide_2.pdf</p>	
III. Review of Minutes and Follow Up	Minutes from the March meeting were accepted.	
IV. Updates	<p><u>Foundations</u> American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> • The merging of the two chapters is official and there is now one chapter for CT. • The CT chapter funded \$5,000 for breakfast at the Suicide Prevention Conference on May 1st. 	

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	<ul style="list-style-type: none"> • Another walk has been added to the seven between September and October and a full list of the walks will be posted by May 1st. • There was an advocacy day at the LOB which was successful • Ann and Tom will be attending National Advocacy Day on June 10-13. • Those interested in getting involved can become an advocate on the website. • The CT chapter is looking to spend funds on local efforts. • AFSP is continuing work with the statewide media campaign and the lethal means committee. <p>The Benny Fund</p> <ul style="list-style-type: none"> • No new updates at this time. <p>The Jordan Porco Foundation</p> <ul style="list-style-type: none"> • The Gala was this past weekend. It had a Broadway-like musical theme. It was well-attended and attendees had a great time. <p>Suicide Awareness Voices for Education</p> <ul style="list-style-type: none"> • There will be an outreach event this spring and a nationwide annual memorial and training this week. <p>Brian T. Dagle Foundation</p> <ul style="list-style-type: none"> • No new updates at this time. <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. <p>Data and Surveillance</p> <ul style="list-style-type: none"> • The group met at DPH for a presentation on the joint DCF and DMHAS first episode psychosis project using claims data to learn about first episode psychosis to link people to services. There is work around identifying folks who are experiencing active suicidality. <p>Hospital Reporting Workgroup</p> <ul style="list-style-type: none"> • The group had one meeting. It is waiting to hear back from government relations on how to best approach DPH. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • Tom will be ordering more folders for the OCME to give to funeral home directors. Input is always welcome. There will be continued outreach to the funeral directors with potential for a presentation at their large meeting. <p>Lethal Means</p> <ul style="list-style-type: none"> • The firearm safety packet rollout is on hold while we wait for the National AFSP/NSSF rollout. • Regarding bridge signage, the sign is designed and ready to go and we are waiting to get 	

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	<p style="padding-left: 40px;">approval from the appropriate entity to post.</p> <ul style="list-style-type: none"> • Meetings are the first Friday of the month at United Way at 1:00. <p>Student Wellbeing</p> <ul style="list-style-type: none"> • The wellness cards are still being distributed widely. <p>Zero Suicide</p> <ul style="list-style-type: none"> • There has been an increase in the number of attendees at the meetings. The meetings are an opportunity for updates and peer support around Zero Suicide. • The most recent meeting included a presentation on bullying and how it interacts with our work. • The Zero Suicide Academy will be May 2 and 3 at the Omni. <p>State Conference Planning</p> <ul style="list-style-type: none"> • The May 1st conference is completely full! 300 people filled registration in just four business days. • If you registered and can no longer attend, please be sure to let us know so we can fill all spots. • A reminder with specific parking details and directions will be sent out the week prior. <p><u>Suicide-related Federal Grants</u></p> <ul style="list-style-type: none"> • CoIIN: Wheeler and United Way are continuing collaboration around the crisis line and reducing dropped calls. • GLS: Representatives will be attending the AAS conference next week in Washington D.C. <p><u>Legislative/Budget Updates</u></p> <ul style="list-style-type: none"> • Many positions will be up for re-election. The commissioners will submit resignation. <p><u>Awareness Campaign/Website</u></p> <ul style="list-style-type: none"> • The Gizmo curriculum pilot is underway and the 13 sites will be implementing by the end of the school year. • 1 Word campaign materials available on the website. • Following this meeting’s presentation on veterinary suicide, it was suggested that the campaign collaborate on creating a veterinarian-specific tab for the website. 	
<p>V. Member Updates</p>	<p><u>Member Updates</u></p> <ul style="list-style-type: none"> • Tom Steen shared that several school systems are doing QPR. There will be a QPR refresher in the future for those trainers whose certification has expired. • Cathy Ludlum, a member of Second Thoughts Connecticut (https://sites.google.com/site/secondthoughtsconnecticut/) shared information about the work they are doing in the state including defeating an assisted suicide bill four different times in the state legislature. The group welcomes participation. 	

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	<ul style="list-style-type: none"> The list of AFSP walks for CT in September and October was shared and is available online. https://afsp.donordrive.com/index.cfm?fuseaction=cms.page&id=1370 The meeting adjourned at 10:41AM.	
<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>*5/1 State Conference – “Inspiring Hope: Coming Together for Suicide Prevention” OMNI, New Haven (Registration FULL) No meeting 5/10</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 (registration required)</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: Dr. Rob Aseltine and Sara Wakai, UConn Health, <i>Workforce Studies on Suicide</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>