

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, November 8, 2018

**Location:** Armed Forces Reserve Center  
Middletown, CT

**Present:** Heather Clinger (Wheeler Clinic), Rob Cubillo (CTARNG), Thomas Cordier (New England Center for CBT), Jennifer Cordier (New England Center for CBT), Gabrielle Cyr (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Jaclyn Dougan (CHR), Andrea Duarte (DMHAS), Jennifer Ferrand (HHC), Kaitlin Foshay (CCPG), Karen Hanley (CHR), Amy Hanoian-Fontana (CT Poison Control Center), Samara Harms (Triangle Community Center), Robert Harrison (YNHH/Westerly Hospital), Walter Krauss (DMHAS), April Lange (CCMC), Valerie Lepoutre (NAMI-CT), Jessica Loss (VA Hospital), Mike Makowski (DPH), Tim Marshall (DCF), Jessica Matyka (Rushford), Alexis May (Wesleyan University), Susan McLaughlin (DMHAS Problem Gambling), Allyson Nadeau (Beacon Health Options), Scott Newgass (SDE), Lucy Orellano (Office of Child Advocate), Jonathan Pohl (CCSU), Simone Powell (CHR), Nydia Rios-Benitez (DMHAS), Jennifer Roberts (OCME), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Susan Tobenkin (CTARNG), Arnold Trasente (DCF), Sara Wakai (UCHC), Marissa White (Correctional Healthcare Quality Improvement Solutions, LLC), Abby Wood (Wheeler Clinic), and LoriBeth Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte, Tom Steen, and Tim Marshall welcomed the group and initiated introductions. Dr. Jeffrey Shelton, MidState Medical Center, <i>LGBTQ Persons and Suicide</i> cancelled –court.	
<b>II. Presentation</b>  <i>Regional Suicide Prevention Coalitions</i>  Heather Spada, United Way of CT / Networks of Care for Suicide Prevention Grant	Heather Spada presented on the Connecticut Networks of Care for Suicide Prevention Regional Networks of Care Key Points Included: <ul style="list-style-type: none"> <li>- The overall purpose is to reduce suicide attempts and deaths among youth age 10-24 in CT with a goal to strengthen CT’s support of mental health promotion, suicide prevention, intervention and response using effective strategies. The primary objective is to integrate and coordinate suicide prevention, intervention and response activities across multiple sectors and settings through state and community networks.</li> <li>- Strategic evidence-based approaches being utilized are the Strategic Prevention Framework and the Suicide Prevention Resource Center’s Comprehensive Approach to Suicide Prevention.</li> <li>- The Regional Suicide Advisory Coalitions agenda items include: increased focus on coalition forming, resource sharing, data needs, review of SPRC framework, and action planning.</li> <li>- Quarterly meetings scheduled through July 2019.</li> <li>- For sustainability beyond 2020, encouraging the Regional Suicide Advisory Coalitions to take part in CTSAB, provide regional updates and share coalition meeting dates</li> </ul> To view the presentation: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/11_8_1-CT_Regional_SP_Coalitions.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/11_8_1-CT_Regional_SP_Coalitions.pdf</a>	
<b>III. Review of Minutes</b>	Minutes from the October meeting were accepted.	

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IV. Updates	<p><b><u>Foundations</u></b></p> <p><b>American Foundation for Suicide Prevention (AFSP)</b></p> <ul style="list-style-type: none"> <li>- International Survivors of Suicide Loss Day is November 17, 2018</li> <li>- All seven scheduled walks are finished; five out of seven met or exceeded their goal. Half of the money raised at walks stays in the state – can continue giving until the end of the 2018</li> <li>- Finding locations to hold the Support Group Training</li> <li>- ASFP National Conference is coming up in January. Will be held in Dallas, Texas</li> <li>- <a href="#">Click here for Conference Information</a></li> <li>- Moving forward, looking to ban together similar minded foundations in Connecticut to build a stronger, unified voice to stand together and advocate</li> <li>- Advocacy day is in the works – look out for updates</li> <li>- <a href="#">Click Here</a> to see the new toolkit available by ASFP National, the second edition of <i>After a Suicide: A Toolkit for Schools</i></li> <li>- Tom Steen has sent a letter of support to ASFP National to gain funding for the use of the <i>Gizmo's Pawesome Guide to Mental Health</i> at CCMC Emergency Department (would be a research grant with a focus on 2<sup>nd</sup> to 6<sup>th</sup> graders)</li> </ul> <p><b>Benny Foundation</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Brian Dagle Foundation</b></p> <ul style="list-style-type: none"> <li>- Young Adult Facilitator Peer-to-Peer Training with NAMI and AFSP was hosted at Brian's Healing Hearts Center for Hope and Healing in Niantic. Two trainers had significant experience to offer. Eight Young Adult Trainees were trained.</li> <li>- QPR trainings scheduled in East Lyme and Colchester</li> <li>- Hosting a program for the first time for International Survivors of Suicide Loss Day on November 17 in Niantic</li> <li>- As the Foundation and the Center continue to expand, volunteers are needed. If you are interested, please contact Ann Irr Dagle at <a href="mailto:ann@brianshealinghearts.org">ann@brianshealinghearts.org</a></li> <li>- Grief support programs are held at the Center for Hope and Healing and hope to unite grief support programs across the state to make a statewide grief coalition</li> <li>- Jingle Bell 5K fundraiser, December 8, 2018, <a href="#">Click here for Registration Information</a></li> </ul> <p><b>Jordan Porco Foundation</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Suicide Awareness Voices for Education (SAVE)</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b><u>Committees:</u></b></p> <p><b>Armed Forces – Community Health Promotion Council</b></p> <ul style="list-style-type: none"> <li>- Andrea Duarte had a conversation with the National Guard and they are currently</li> </ul>	

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	<p>going through a re-organization. In the meantime, this committee will be taken off the agenda.</p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- Meeting on Monday, November 19, 2018, 10:00 AM – 11:30 AM, CT DPH. Invited Syndromic Surveillance will be presented. Anyone is free to attend.</li> </ul> <p><b>Hospital Reporting Workgroup</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Kits are being updated</li> <li>- Annual meeting for Funeral Home Directors is December 6, 2018</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Cover Me Veterans <a href="https://covermeveterans.org/">https://covermeveterans.org/</a> and Cover Me Blue <a href="http://covermeblue.org/">http://covermeblue.org/</a> provide gun skins and vinyl coverings with an optional personally relevant photo for veterans and law enforcement officers. Gun skins are free for veterans and law enforcement officers; they are available to others for purchase.</li> <li>- Making way with working alongside DOT to continue making bridges, railways etc. safer in CT. Suicide prevention and help information signs posted on the Arrigoni Bridge between Portland and Middletown. <a href="#">Click here</a> to view the <i>Hartford Courant</i> coverage of the signage.</li> <li>- Tom Steen contacted by Metro North NY who is interested in QPR training for staff</li> <li>- There have been four trainings of “Talk Saves Lives: Firearms and Suicide. Prevention.” Four more will be offered in the future. For more information, contact Tom Steen <a href="mailto:tsteen@steenconsulting.net">tsteen@steenconsulting.net</a></li> </ul> <p><b>Student Wellbeing</b></p> <ul style="list-style-type: none"> <li>- Many requests for materials have been disseminated to schools.</li> </ul> <p><b>Zero Suicide &amp; Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Reviewed three PowerPoint presentations by Beacon Health Options, Institute of Living, and DMHAS that are used to educate for quality improvement of the initiative. The three organizations are going to work together to come up with one main PowerPoint presentation that can be tailored for individual needs when presenting.</li> <li>- The clinical workgroup for core competency development is close to finishing a draft curriculum.</li> <li>- Reached out to Zero Suicide Institute National and Dean of Social Work at UCONN to see if any other state is doing something equivalent to our Zero Suicide initiative.</li> </ul> <p><b><u>Suicide-related Federal Initiatives</u></b></p> <p><b>Garrett Lee Smith Grant</b></p> <ul style="list-style-type: none"> <li>- 20 school systems are funded and working toward planning their implementation.</li> </ul>	

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	<p>Systems are currently training their trusted adults in QPR and reviewing policies and procedures. January 2019 through the end of the school year they will begin to implement the curriculum and in year two there will be a full rollout.</p> <p><b>State Opioid Response (SOR) Grant</b></p> <ul style="list-style-type: none"> <li>- Integrating suicide prevention into this grant</li> <li>- RBHAOs will be doing Narcan training with QPR and C-SSRS training.</li> </ul> <p><b>Project Aware</b></p> <ul style="list-style-type: none"> <li>- The CT Department of Education in collaboration with the Department of Children and Families has been awarded a five-year SAMHSA Project Aware grant to implement evidence-based programs in Middletown, Naugatuck and Windham school districts. Evidence-based programs include CBITS, BounceBack, Primary Project, QPR, A-SBIRT, SHAPE assessment and RULER.</li> </ul> <p><b>SAMHSA Law Enforcement and Behavioral Health Partnerships for Early Diversion program</b></p> <ul style="list-style-type: none"> <li>- CHR and the Suffield Police Department were awarded a five-year \$1.6 million SAMHSA grant to more effectively address mental health emergencies. The grant targets the towns of Suffield, East Windsor, East Granby and Windsor Locks, all of which are rural towns with high rates of mental health crises, substance use and opioid use disorders and rising rates of suicide. Crisis clinicians will be embedded to respond with police officers and provide post hospitalization follow-up. Crisis intervention training will also be provided for the police departments.</li> </ul> <p><b>Rhode Island</b></p> <ul style="list-style-type: none"> <li>- Robert Harrison reported that Rhode Island was awarded a Zero Suicide \$2 million grant for five years for implementation in six different mental health systems. PHQ9 and C-SSRS will be screening tools utilized to screen individuals 18 years of age and older. 65 percent of the grant needs to be spent on those who do not have insurance coverage. After five years, all primary care should be sharing universal information and utilizing the new tools. Robert is open for suggestions and help from anyone who has overseen or been involved with a project such as this.</li> <li>- Rhode Island is on board with the Change Direction national campaign with information shared with barber shops, hair salons, and coffee shops. <a href="https://www.changedirection.org/">https://www.changedirection.org/</a> The five signs to know that someone may be in emotional pain and might need help: personality change; agitated; withdrawn; poor self-care; and hopelessness.</li> <li>- Rhode Island was also awarded a three-year grant for CIT police officer training and a SAMHSA grant for Youth Mental Health First Aid and Mental Health First Aid trainings.</li> </ul>	

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	<p><b><u>Legislative/Budget</u></b></p> <ul style="list-style-type: none"> <li>- AFSP is starting to plan legislative advocacy days at the state level; late-March/early-April to meet with legislators. Working to build a network and want bring in partners to work together. Want an army of people to be trained to advocate so the importance of suicide prevention cannot be ignored. Advocacy training will be scheduled.</li> </ul> <p><b><u>Awareness Campaign/Website/Outreach</u></b></p> <ul style="list-style-type: none"> <li>- Colorado invested \$5,000 to order more than 700 <i>Gizmo's Pawesome Guide to Mental Health</i> books</li> <li>- Some of the funding from the Mental Health Block Grant will be used to support awareness campaign brochure development and purchase Gizmo books.</li> </ul>	
<p><b>V. Member Updates</b></p>	<p><b>Mike Makowski, DPH</b></p> <ul style="list-style-type: none"> <li>- Requested data from the <a href="#">Trevor Project</a> to understand suicide rates with the LGBTQ++ population</li> <li>- Preparing a newsletter for law enforcement with suicide information to inform police officers of what's happening statewide</li> </ul> <p><b><u>Training Announcements</u></b></p> <p><b>Interpersonal Cognitive Behavioral Training (I-CBT) Training Workshop for Mental Health Professionals</b></p> <ul style="list-style-type: none"> <li>- November 15 &amp; 16; FREE</li> <li>- <a href="#">Click here</a> for more information</li> <li>- More of these trainings to come in the new year</li> </ul> <p><b>QPR TOT</b></p> <ul style="list-style-type: none"> <li>- Encourage attending gatekeeper QPR training before TOT</li> <li>- December 14: Canton</li> <li>- January 18: location TBD</li> </ul>	
<p><b>VI. 2018-2019 Meeting Schedule</b></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 <b>Middletown, CT 06457</b></p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></p> <p>12/13: Dr. Rob Aseltine and Sara Wakai, UCONN Health, <i>Workforce Studies on Suicide</i> 2019 Dates: 1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12(National Suicide Prevention Week), 10/10, 11/14, 12/12</p>	<p><b>In the event of inclement weather</b>, the CTSAB meeting is cancelled if Middletown Schools are closed. If they have a delay, the meeting will meet at the regular time. Here is a link for closings and delays: <a href="https://www.wfsb.com/weather/closings/">https://www.wfsb.com/weather/closings/</a></p>