

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, January 10, 2019

Location: Armed Forces Reserve Center
Middletown, CT

Present: Kevin Borrup (CCMC), Wendy Caruso (United Way CT 211), Heather Clinger (Wheeler Clinic), Jennifer Cordier (New England Ctr for CBT), Thomas Cordier (New England Ctr for CBT), Gabrielle Cyr (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Jaclyn Dougan (CHR), Andrea Duarte (DMHAS), Amy Evison (CHR), Kaitlin Foshay (CCPG), Jennifer Gonzalez-Smith (Health 360), Karen Hanley (CHR), Karen Hensley (ABH), Celeste Jorge (DPH), Jake Kochin (CCMC), Valerie Lepoutre (NAMI-CT), Alexander Long (CTARNG), Sarah Lorenzini (CPN), Jessica Loss (VA Hospital), Jodi Lott (Gaggle), Cathy Ludlum (SecondThoughts CT), Mike Makowski (DPH), Tim Marshall (DCF), Alexis May (Wesleyan Univ), Jonathan McKenzie (Advocacy Unlimited), Allyson Nadeau (Beacon Health Options), Lucy Orellano (Office of Child Advocate), Yania Padilla (Health 360), John Panicek (Boy Scouts of America, CT Rivers Council), Dora Penavic (Health 360), Jonathan Pohl (CCSU), Nydia Rios-Benitez (DMHAS), Jennifer Roberts (OCME), Michael Ruggiero (Wesleyan Univ), Satina Salce-Conforti (QVCC), Gregory Simpson (Beacon Health Options), Heather Spada (United Way of CT), Tom Steen (Steen Consulting), John Torello (Judicial/CSSD), Arnold Trasente (DCF), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), Cheryl Weinstock (Freelance Journalist), Marissa White (Correctional Healthcare Quality Improvement Solutions), Abby Wood (Wheeler Clinic), and LoriBeth Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte, Tim Marshall and Tom Steen welcomed the group and initiated introductions.	
<p>II. Presentation</p> <p><i>A Window into Behavioral Intervention Teams</i></p> <p>David Denino, LPC, NCC Director Emeritus, Counseling Services and Adjunct Professor, Clinical Mental Health, Southern Connecticut State University</p> <p>President and Affiliated Consultant, National Behavioral Intervention Team Association</p> <p>deninod1@southernct.edu www.daviddeno.com www.nabita.org</p>	<p>David Denino presented “A Window Into Behavioral Intervention Teams.” He provided an overview of what a good team looks like and some of the useful tools that help make them effective. The presentation can be viewed here: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_BIT_Jan_2019_presentation.pdf</p> <p>Key points included:</p> <ul style="list-style-type: none"> - Defining Behavioral Intervention Team (BIT): a multi-disciplinary team, typically 8-10 student affairs professionals, faculty members and administrators who educate the community about what behaviors of concerns should be reported to the team. BITs are committed to providing education, resources, and support to those who endeavor every day to make their schools, campuses, and workplaces safer through caring prevention and intervention. Ideally the team meets weekly to discuss and intervene with at-risk students, faculty and staff. - BIT consists of: set membership, meeting time, vision and mission statement, protocol, web presence, marketing materials and a decision-making rubric. - Three phases of BITs: gathering data, rubric / analysis, intervention. Rubric is the heart of the team’s operation. - What to report: share behaviors with the BIT such as suicide, eating disorders, serious loss and grief, extremely odd/strange behavior or conduct, alcohol or drug abuse, depression and anxiety, talking to oneself, any other concerning behaviors, etc - When to report: don’t wait, report to BIT through phone, in-person, or through computer incident reporting system. 	

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III. Review of Minutes	Minutes from the December meeting were accepted.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> - Annual conference is January 24 – 27, 2019 - Have money to offer for trainings; talk to Tom Steen for more information. - Need more instructors for ASIST training; potential Training of Trainers sometime in the next year. More information to come. <p>Benny Foundation</p> <ul style="list-style-type: none"> - No updates. <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - December 2018 Jingle Up 5K had 782 participants; want to get over 800 next year. - Grief support programs have high rates of participation. - Starting a new group for traumatic losses (suicide, homicide, overdose, sudden death, etc.) to occur monthly. - Searching for additional group facilitators. If interested, contact Ann Irr Dagle at ann@brianshealinghearts.org - Working with NAMI to get a young adult group for loss to suicide; additionally NAMI is utilizing their space for an additional 2 groups weekly. - Gearing up for Lax to Live programs in the spring. Hoping to have 10-12 teams this year and perhaps a tournament. - Working on the CT statewide Grief Coalition fundamentals such as the mission statement, vision, etc. Looking to create something similar to the CTSAB but related to grief and loss. <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> - Tickets on sale for Jordan’s Journey Gala, March 23, 2019, at the Marriot in Hartford. Click Here for more details and to purchase tickets. <p>Suicide Awareness Voices for Education (SAVE)</p> <ul style="list-style-type: none"> - No updates. 	

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	<p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Meeting on 1/14/19 at DPH. Looking to recap, discuss work being done in Rhode Island, and presenting data highlights related to suicide for CT youth and adults. - Previous meeting was on the Syndromic Surveillance System (reporting from acute setting hospitals – is meant to capture infectious disease information, there is a free text form where other information can be entered). - DPH in Rhode Island is adding suicide attempts into their system. We are investigating what DPH in Rhode Island is doing to inform our practice here. Adding this information into our system would aid in painting a picture of suicide risk in CT, death data, in-patient data, and where the gaps are. It would be helpful to expand what data sources are reporting to have more information about what is occurring in our state. <p>Hospital Reporting Workgroup</p> <ul style="list-style-type: none"> - Group has been tabled for the moment; no updates. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - The group will meet after the CTSAB meeting on 1/10/19. - Tom brought the folder packets that are distributed by OCME for CTSAB members to review. <p>Lethal Means</p> <ul style="list-style-type: none"> - This group has grown a lot; if you'd like to be involved, contact Andrea Duarte for more information. - Looking to be strategic about the dissemination of the medication lock bags (i.e., what organizations, what populations, etc.) and the messaging with the bags. Amy Hanoian Fontana from Connecticut Poison Control undertook a literature review and is working on messaging for the bags in collaboration with other committee members. - Abby Wood is working on Change the Script and working alongside Amy to work on messaging around safe storage and safe disposal messaging. - Some lethal means committee members recently met with the Department of Transportation about the signage for bridges and posting new ones; continuing this conversation under a new commissioner. - DOT is working with Lethal Means to target three priority areas in CT. There will be collaboration with the Department of Correction to produce the signs. - Tom is training Metro North employees in QPR gatekeeper training. 	

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	<p>Student Wellbeing</p> <ul style="list-style-type: none"> - The group has not met in a while; the next steps are updating and replenishing the supply of informational cards for educators. - The educator’s referral cards are utilized to educate teachers and staff working with youth about the risk factors and resources available. - Looking to research how others who have ordered the cards in bundles are utilizing them - Following up with individuals from IOL about their report about some school systems reading <i>13 Reasons Why</i> and the concerns of committee members. <p>Zero Suicide & Clinical Workgroup</p> <ul style="list-style-type: none"> - Zero Suicide subcommittee meets before the larger CTSAB meeting at 8 AM if anyone wants to join. Everyone is welcome to attend. - Andrea Duarte and Belle Cyr took part in a grant review of Wisconsin regarding zero suicide – interesting to see how others are using the same model and best practices. - During the zero suicide meeting held before the CTSAB meeting this month, the group discussed postvention, procedures in place to deal with the death of a client as well as addressing other traumatic events. - Next meeting the group will focus on care pathways. Looking to utilize screenings as a mechanism – how to utilize them and engage within different levels of systems. <p><u>Legislative/Budget</u></p> <ul style="list-style-type: none"> - CT has a new governor. The first day of session was 1/10/19. - The Federal government partial shutdown has had little effect on our suicide prevention efforts in CT – mostly federally funded. SAMHSA and the block grants have not been affected either. - CT Against Gun Violence is pushing a bill forward in the new session that would tighten legislation regarding safe storage of firearms and ammunition. - AFSP will host an Advocacy Day on April 29, 2019. AFSP is currently putting together a planning committee to lay out what the day will look like. If you’re interested in getting involved talk to Tom Steen or Belle Cyr; they are looking for more participants in both planning and attending the advocacy day. <p>Garrett Lee Smith / Coalition Updates</p> <ul style="list-style-type: none"> - Continuing the work with the 20 school system grantees; most are starting to implement the Gizmo curriculum. First quarterly reports are due soon. - A majority of their staff and teachers are now QPR trained. Teachers and staff have 	

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	<p>had a positive response to the QPR training and the impact it has on their job function.</p> <ul style="list-style-type: none"> - Coalition meetings are happening quarterly. Discussions occurring regarding training needs to bridge gaps and address any issues they may be facing. Postvention is a huge topic statewide people would like to be better trained on. Working to decrease duplicative work and bridge the divide between coalitions <p><u>Awareness Campaign / Website / Outreach</u></p> <p>Gizmo Related</p> <ul style="list-style-type: none"> - Potentially looking into ordering new materials related to Gizmo and/or the curriculum - Will be purchasing an additional few thousand <i>Gizmo's Pawesome Guide to Mental Health</i> book –approximately 15,000 books distributed to date! Translating <i>Gizmo's Pawesome Guide to Mental Health</i> into Spanish. - Andrea was approached by a toy company that is looking to partner in our effort and create a toy plush version of Gizmo. The company is not interested in making a profit – they just want to support the cause. They are making a prototype version of Gizmo. <p>Department of Agriculture and the Department of Labor</p> <ul style="list-style-type: none"> - Both reached out to discuss training their staff in QPR - The Department of Agriculture wants to create materials relevant to their community regarding mental health and resources available to the agriculture community. <p>Awareness of the Media Campaign</p> <ul style="list-style-type: none"> - Through a telephone survey, 10,000 adults in CT were asked if they had seen the One Word, One Life, One Voice campaign; 1 in 3 said yes. The highest rates of those who have been exposed to the campaign were females between the ages of 18 – 34. More information to come. 	
V. Member Updates	<p>QPR Refresher and Re-Certification for QPR Trainers</p> <ul style="list-style-type: none"> - Tom Steen is working with Joe Navarro to set up a two-hour QPR refresher course for QPR trainers and a one-hour program to re-certify. The refresher will include new material. More details to come. 	
<p>VI. 2018-2019 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</p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>2019 Dates: 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12(Nat'l SP Wk), 10/10, 11/14, 12/12</p> <ul style="list-style-type: none"> - 2/14/19: Gretchen Marino, Advocacy Unlimited, <i>Join Rise Be and Warmline</i> - 3/14/19: Thomas Cordier, American Center for CBT Treatment & Training, <i>Interpersonal Cognitive Behavioral Treatment and Suicide</i> - 4/11/19: Samara Harms, Triangle Community Center, <i>TCC & Resources for LGBTQ Mental Health & Suicide Prevention</i> 	<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 meet at the regular time. Here is a link</p>

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<p>375 Smith Street Middletown, CT 06457</p>	<ul style="list-style-type: none"> - 5/9/19: Alexis May, Wesleyan RPI Lab, <i>Understanding the Etiology, Trajectory, and Prevention of Suicidal Thoughts and Behaviors</i> - 10/10/19: Susan McLaughlin, DMHAS Problem Gambling Services, <i>Gambling and Suicide</i> - 11/14/19: Amy Hanoian-Fontana, CT Poison Control Center, <i>Saint Francis and EMS Pilot Project</i> <p>Subcommittee Meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	<p>for closings and delays: https://www.wfsb.com/weat/her/closings/</p>