

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, December 13, 2018

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

**Present:** Christina Allen (VA Hospital), Ron Brone (DCF), Kathleen Chapman (River Valley Services), Heather Clinger (Wheeler Clinic), Thomas Cordier (New England Ctr for CBT), Rob Cubilla (CTARNG), Gabrielle Cyr (DMHAS), Jaclyn Dougan (CHR), Andrea Duarte (DMHAS), Amy Evison (CHR), Amy Hanoian-Fontana (CT Poison Control Center), Rob Harrison (YNHH/Westerly Hospital), Amanda Johnson (UConn SPH), April Lange (CCMC), Valerie Lepoutre (NAMI-CT), Alexander Long (CTARNG), Jessica Loss (VA Hospital), Meagan MacGregor (CTARNG), Debra Macht (ECHN), Mike Makowski (DPH), Crystallee Martel (Naugatuck Youth Services), Alexis May (Wesleyan Univ), Orlando “Lonny” Mo (Boy Scouts of America, CT Rivers Council), Allyson Nadeau (Beacon Health Options), Yania Padilla (Health 360), John Panicek (Boy Scouts of America, CT Rivers Council), Jonathan Perloe (CT Against Gun Violence), Jennifer Roberts (OCME), Michael Ruggiero (Wesleyan Univ), Kara Sepulveda (Quinnipiak Valley Health District), Gregory Simpson (Beacon Health Options), Tom Steen (Steen Consulting), John Torello (Judicial/CSSD), Arnold Trasente (DCF), Katie Volk (Center for Social Innovation & MHTTC), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), 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 and Tom Steen welcomed the group and initiated introductions.	
<b>II. Presentation</b>  <i>Workforce Preparedness on Suicide Study: Suicide Prevention Training Needs for Behavioral Health Care Professionals Using the Zero Suicide Workforce Survey</i>  Sara Wakai, Ph.D. Assistant Professor Department of Medicine UConn Health	Dr. Sara Wakai from UConn Health presented results from the Zero Suicide Workforce Development Survey. Please note, the presentation will be made available pending publication.  Key points included: <ul style="list-style-type: none"> <li>- Purpose of the research study was to examine whether behavioral health care professionals were trained in suicide prevention and, if so, what types of trainings they had received; how that breaks down by job category; does training make a difference in practice, skills and confidence; does the length of training make a difference.</li> <li>- The Zero Suicide Workforce Development Survey 2015 version was administered at six clinical behavioral health treatment settings and had 847 clinical respondents.</li> <li>- To review the seven elements of zero suicide – <a href="http://zerosuicide.sprc.org/">http://zerosuicide.sprc.org/</a></li> <li>- Take home messages: training makes a difference, longer training is better, training seems to have limited impact on comfort inquiring about suicidal thoughts and behaviors, training topic priorities for specific professional roles</li> <li>- The presentation led to extensive conversation regarding the results, how it impacts everyday practice, and how there is a need for more suicide prevention and intervention training for professionals within behavioral health settings.</li> </ul>	
<b>III. Review of Minutes</b>	Minutes from the November meeting were accepted.	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
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>- After the first of the year, they will be utilizing the CTSAB listserv to coordinate a meeting with those interested in taking part in and/or helping plan the advocacy day to take place sometime in April (potentially the first or second Tuesday or Wednesday)</li> <li>- They are planning to invite other foundations to participate in the advocacy day – open to suggestions on who should be invited. Contact Tom Steen <a href="mailto:tom@steenconsulting.net">tom@steenconsulting.net</a></li> </ul> <p><b>Benny Foundation</b></p> <ul style="list-style-type: none"> <li>- No one present to report.</li> <li>- Andrea Duarte reported that they funded all of the Signs of Suicide Kits to all of the schools funded by the GLS grant</li> </ul> <p><b>Brian Dagle Foundation</b></p> <ul style="list-style-type: none"> <li>- No one present to report.</li> <li>- Tom reported they had their large run this past weekend and it was a huge success</li> </ul> <p><b>Jordan Porco Foundation</b></p> <ul style="list-style-type: none"> <li>- No one present to report.</li> <li>- Save the date was sent out through the listserv. The March 25, 2019, gala will take place in Hartford at the Marriot.</li> </ul> <p><b>Suicide Awareness Voices for Education (SAVE)</b></p> <ul style="list-style-type: none"> <li>- No one present to report.</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- CT Department of Public Health has syndromic surveillance reporting from 29 hospital emergency departments. They are able to use billable codes they can follow in order to gauge the pulse of what’s happening within the state.</li> <li>- Moving forward they want to work to track and incorporate suicide attempts, overdoses, and deaths by suicide in the already existing surveillance systems.</li> <li>- Quinnipiack Health District is tracking the amount of overdoses in their district and are working to analyze how many are deemed as intentional and want to work to help provide services to this population to prevent suicide</li> <li>- Drawback of surveillance – feels like you’re chasing your own tail sometimes.</li> </ul> <p><b>Hospital Reporting Workgroup</b></p> <ul style="list-style-type: none"> <li>- Nothing to report</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- The subcommittee will meet directly following the January 10, 2019, CTSAB meeting to discuss strategy going forward.</li> <li>- Created 500 new kits for the chief medical examiner’s office. There will be a supply of them at the next CTSAB meeting.</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> <li>- Created the guidelines/protocol for a postvention response after a death by suicide: OCME→OCA→DCF, DMHAS, AFSP, and Porco Foundation to support the response at the community level (RBHAO, Mobile Crisis—child and adult) to ensure safe practices.</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- There is a meeting with the Department of Transportation next week regarding signage with bridges and railroads.</li> <li>- The committee was approached by the Department of Agriculture to assist in providing resources to the agriculture community as farmers are at an increased risk of suicide. The group is going to continue collaboration with Colorado for guidance as they have rolled out initiatives in this area.</li> <li>- Tom Steen will be planning four to five Talk Saves Lives trainings in collaboration with the Connecticut Clearinghouse and the National Shooting Sports Foundation after the new year.</li> <li>- Tom Steen is going to NYC for a presentation at the end of January to executive leadership of MTA about training all of their staff in QPR.</li> <li>- The committee is looking at utilization of medication lock bags as a way to reduce access to lethal means. Amy Hanoian-Fontana conducted a marketing analysis and literature search around medication lock bags/boxes and messaging. She shared her findings with the committee and presented a draft of key messages to include in the medication lock bags. The group is looking for potential partners for a medication lock bag dissemination pilot.</li> </ul> <p><b>Student Wellbeing</b></p> <ul style="list-style-type: none"> <li>- It was brought to CTSAB’s attention by the IOL that some school systems have students reading the <i>13 Reasons Why</i> book as part of the curriculum, which can be triggering for youth.</li> </ul> <p><b>Zero Suicide &amp; Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Zero Suicide subcommittee meets before the larger CTSAB meeting at 8 AM if anyone wants to join</li> <li>- The group reviewed how to capture and utilize data to track progress and outcomes.</li> <li>- At the January Zero Suicide subcommittee the topic will be postvention response in a systems setting – specifically what happens within a community or agency after a client or patient dies by suicide.</li> <li>-</li> </ul> <p><b><u>Suicide-related Federal Initiatives</u></b></p> <ul style="list-style-type: none"> <li>- Health 360 received a 3-year MHAT grant to train healthcare profession students in ASIST at Yale University, University of Bridgeport, UCONN School of Medicine, Western CT State University and Quinnipiac University.</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> <li>- The Center for Social Innovation, Harvard, and Yale received a 3-year SAMHSA grant to create a Mental Health Technology Transfer Center for New England. They are currently working on a needs assessment of the region to create a plan moving forward for the grant.</li> </ul> <p>GLS</p> <ul style="list-style-type: none"> <li>- Valerie Lepoutre from NAMI-CT reported that Monday, December 10, 2018, was the first grief coalition meeting. Valerie is connecting with universities to find out what young adults need and how to address that (i.e., young adult support groups). Tom Steen and Valerie are Young Adult Suicide Support Facilitator Trainers and can train support group co-facilitators to begin support groups.</li> <li>- The Regional Networks of Care managers, Beacon Health, RBHAOs, FAVOR, and local health departments have been meeting to establish regional coalitions for suicide prevention within the existing infrastructure for sustainability purposes</li> <li>- The 20 schools that are funded to work with the Gizmo Curriculum are almost in their implementation stage – most are completing or completed their QPR training for staff. Tom has trained almost 70 trainers within these schools. There is continued interest from Idaho and Colorado in the curriculum and the future results of the feasibility study.</li> </ul> <p><b><u>Legislative/Budget</u></b></p> <ul style="list-style-type: none"> <li>- CT Against Gun Violence is pushing a bill forward in the new session that would tighten legislation regarding safe storage of firearms.</li> </ul>	
<b>V. Member Updates</b>	No member updates at this time	
<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, andrea.duarte@ct.gov</p> <p><b>2019 Dates:</b> 1/10, 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"> <li>- 1/10/19: David Denino, National Behavioral Intervention Team Assoc., <i>BITs for Schools &amp; Campuses</i></li> <li>- 2/14/19: Gretchen Marino, Advocacy Unlimited, <i>Join Rise Be and Warmline</i></li> <li>- 3/14/19: Thomas Cordier, American Center for CBT Treatment &amp; Training, <i>Interpersonal Cognitive Behavioral Treatment and Suicide</i></li> <li>- 4/11/19: Samara Harms, Triangle Community Center, <i>TCC &amp; Resources for LGBTQ Mental Health &amp; Suicide Prevention</i></li> <li>- 5/9/19: Alexis May, Wesleyan RPI Lab, <i>Understanding the Etiology, Trajectory, and Prevention of Suicidal Thoughts and Behaviors</i></li> </ul>	<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>

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> <li>- 10/10/19: Susan McLaughlin, DMHAS Problem Gambling Services, <i>Gambling and Suicide</i></li> <li>- 11/14/19: Amy Hanoian-Fontana, CT Poison Control Center, <i>Saint Francis and EMS Pilot Project</i></li> </ul> <p><b>Subcommittee Meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	