

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, February 14, 2019

Location: Armed Forces Reserve Center
Middletown, CT

Present: Paige Bogda (Beacon Health Options), Kevin Borrup (CCMC), Wendy Caruso (United Way CT 211), Heather Clinger (Wheeler Clinic), 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), Marisa Giarnella-Porco (Jordan Porco Foundation), Karen Hanley (CHR), Amy Hanoian-Fontana (CT Poison Control Center), Samara Harms (Triangle Community Center), Fallyn Jakiela (Advocacy Unlimited), Celeste Jorge (DPH), Jake Kochin (CCMC), Walter Krauss (DMHAS), Jessica Loss (VA Hospital), Mike Makowski (DPH), Tim Marshall (DCF), Crystallee Martel (Naugatuck Youth Services), Alexis May (Wesleyan Univ), Jonathan McKenzie (Advocacy Unlimited), Orlando “Lonny” Mo (Scouts BSA, CT Rivers Council), Allyson Nadeau (Beacon Health Options), Laura Nesta (St. Vincent’s Medical Center), Scott Newgass (SDE), Lucy Orellano (Office of Child Advocate), Yania Padilla (Health 360), John Panicek (Scouts BSA, CT Rivers Council), Michelle Peters (AFSP), Jonathan Pohl (CCSU), Jennifer Roberts (OCME), Michael Ruggiero (Wesleyan Univ), Kara Sepulveda (Quinnipiak Valley Health District), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Arnold Trasente (DCF), Ann Turkington (Prospect/ECHN), Faith Vos Winkel (Office of Child Advocate), Marissa White (Correctional Healthcare Quality Improvement Solutions), Nicole Wiley (Step Up Naugy), 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.	
II. Presentation <i>Join Rise Be and Warmline</i> By: Johnathan McKenzie & Fallyn Jakiela Advocacy Unlimited	Presenters provided an overview of their mission: “sharing our experience to influence change so every young person has the opportunity to achieve and maintain recovery across the state of Connecticut,” programs and initiatives, and resources provided to the young adult community. Some resources and programs included are: young adult support groups, writing meet up groups, their call line: Warmline (ages 18-25), alternatives to suicide, and more. View the presentation at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Presentation_SAB_FINAL.pdf www.joinrisebe.org	Check them out at: Facebook.com/JoinRiseBe Givecthope.tumblr.com Twitter.com/JoinRiseBe Givecthope.wordpress.org Instagram.com/JoinRiseBe_CT Email: Info@joinrisebe.org
III. Review of Minutes	Minutes from the January meeting were accepted.	
IV. Updates	<u>Foundations</u> American Foundation for Suicide Prevention (AFSP) <ul style="list-style-type: none"> - Held their national conference last month; all 50 states represented - The school response to a death by suicide toolkit has been updated and uploaded to the AFSP website - More to come on changes in state initiatives and proposals - In regard to local initiatives: contact Tom Steen at: tom@steenconsulting.net or 	In the future look to reach out to the foundations who cannot be present to get their updates and share their work being done

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	<p>Michelle Peters: mpeters@afsp.org if you are interested in Safe Talk training – they are providing training in the next months for free. Safe talk is a 3-hour training</p> <ul style="list-style-type: none"> - Advocacy day is officially booked for April 29th, info will be sent to the CTSAB - Several campus walks are scheduled in Spring. Fall walks are posted on the AFSP CT Chapter website. - Boston Overnight Walk – there is a CT team already forming, you can register on the AFSP CT Chapter website if you are interested in joining the team <p>Benny Foundation</p> <ul style="list-style-type: none"> - No updates at this time <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - Space is filling up in their grief support groups - There will be a young adult grief support group in Niantic for any loss - Gearing up for their LAX 2 Live lacrosse games with six schools signed up to date <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> - Fresh Check Day is their signature event; 113 college campuses signed up so far - 4 What's Next Program launched nationally last month targeted at juniors and seniors in high schools and elsewhere – providing psychological resilience modules for students with information regarding what's next after high school - Military Fresh Check Day at Camp Niantic on May 19th – will be looking for volunteers - The Gala is on March 23 at the Hartford Marriot www.rememberingjordan.org <p>Suicide Awareness Voices for Education (SAVE)</p> <ul style="list-style-type: none"> - No updates at this time <p>Nathan B. Field Foundation</p> <ul style="list-style-type: none"> - No one is able to attend the meeting. They are doing great work in the Haddam / Killingworth area as well as with the Cheshire community - Looking for support and materials from the CTSAB <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Next meeting on March 11 at DPH from 10 AM – 11:30 AM; email Celese Jorge (celeste.jorge@ct.gov) if you would like to attend - DPH put a notice out to the local health districts and directors asking what providers 	

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	<p>would like to see added to the Syndromic Surveillance System – if anyone is connected to this group of professionals, let them know you would like suicide added</p> <ul style="list-style-type: none"> - Looking at the YRB survey results focusing on measure of resiliency, the amount of sleep students are getting nightly, and other basic healthy habits - Put out a fact sheet for the Adult Risk Survey - Screening of Resilience movie at the Women’s Consortium www.womensconsortium.org <p>Hospital Reporting Workgroup</p> <ul style="list-style-type: none"> - No update at the moment <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Intentionally looking at the protocol for postvention – what is working, what needs improvement, what is the follow-up, how we can engage all of the stakeholders and be a resource after a death by suicide - Discussed the dangers of vigils / memorials that are not driven by families but rather by the community; the postvention group has been able to help communities do these activities safely and by national best practices - The team was able to assist families and communities respond appropriately after recent youth suicides - CTSAB members were encouraged to review postvention and other best practices on www.preventsuicidect.org - Discussion around gaggle: Jodie informed us about gaggle and its use in monitoring student content – utilized to inform schools about negative things happening with students through the internet - Improving school/community relationships so the school doesn’t need to feel alone in addressing the postvention process <p>Lethal Means</p> <ul style="list-style-type: none"> - Continuing work on the language that will be included with the distribution of the medication lock bags with blending the Change the Script Campaign and One Word One Life campaign so there is consistent messaging - More Talk Save Lives trainings are coming –information to come - United Way CT and the Departments of Correction and Transportation are working to create more street signs to hang on the bridges and areas with high suicide activity <p>Student Wellbeing</p>	

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	<ul style="list-style-type: none"> - In response to the student referral cards for educators (cards that go to educators that show the signs of suicide or concerning signs and how to refer), this group will reach out to these communities to bridge connections and see what they're doing with the cards - A pastor requested 200 cards and gave wonderful feedback for improvement - Continuing follow up with groups utilizing the card - Would like one printed guide to go with each request for cards – it is downloadable, but many are missing this portion <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 - Discussed different ideas and protocols in place regarding non-demand contacts, no show contact, different forms of follow-up, form transfers, and discharge protocol and how it can be improved – not let anyone fall through the cracks - Discussed the issue of how a person is often discharged to an address that is different from their mailing address - Caring cards – potentially have funds to create them in the near future <p><u>Suicide-related Federal Initiatives</u></p> <p>Project AWARE</p> <ul style="list-style-type: none"> - 5 year federal grant from SAMHSA – State Department of Education partnering with DCF within 3 communities (Naugatuck, Windham, Middletown) - Utilizing evidence based programs, including SHAPE evaluation, Pyramid, Ruler, CBITS, Bounceback, A-SBIRT, and - Developing resources in the three communities and bridging connections between the schools and their local resources / communities <p>Garrett Lee Smith</p> <ul style="list-style-type: none"> - Have approximately 18 months left of the grant; currently looking at sustainability and what our next steps as a state will be <p>There are new Technical Assistance Centers within the Regions for Prevention and Mental Health</p> <ul style="list-style-type: none"> - Additional information will be released on the listserv <p><u>Legislative/Budget</u></p>	

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	<ul style="list-style-type: none"> - CT Against Gun Violence is pushing a bill forward in the new session that would tighten legislation regarding safe storage of firearms; more information will be sent to listserv. - Multiple bills regarding social emotional learning this session; look at cga.ct.gov to see bills proposed and check for when their public hearings are (if scheduled) - Pay attention to the Governor’s proposed budget – potentially many budget cuts to education and human service programs over the next two years - Suicide prevention education for police officers is proposed - Aid in dying legislation – there is a statement in our state plan regarding this topic in case anyone needs to reference <p><u>Awareness Campaign / Website / Outreach</u> Project AWARE</p> <ul style="list-style-type: none"> - 5 year federal grant from SAMHSA – State Department of Education partnering with DCF within 3 communities (Naugatuck, Windham, Middletown) - Utilizing evidence based programs, including SHAPE evaluation, Pyramid, Ruler, CBITS, Bounceback, A-SBIRT, and - Developing resources in the three communities and bridging connections between the schools and their local resources / communities <p>Garrett Lee Smith</p> <ul style="list-style-type: none"> - Have approximately 18 months left of the grant; currently looking at sustainability and what our next steps as a state will be <p>There are new Technical Assistance Centers within the Regions for Prevention and Mental Health</p> <ul style="list-style-type: none"> - Additional information will be released on the listserv 	
V. Member Updates	No member updates at this time	
<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: 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"> - 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>