

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, March 14, 2019

Location: Armed Forces Reserve Center
Middletown, CT

Present: Angela Ahern (Madison Youth and Family Services), Christina Allen (VA Hospital), Paloma Bayona (NAMI CT), Rachel Betts (CCSU), Gabrielle Bierwirth (CCSU), Heather Clinger (Wheeler Clinic), Laura Coffin (Jared Coffin Memorial), Thomas Cordier (New England Ctr for CBT), Jennifer Cordier (New England Ctr for CBT), Gabrielle Cyr (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Jennifer Donnelly (DMHAS), Jaelyn Dougan (CHR), Andrea Duarte (DMHAS), Amy Evison (CHR), Jim Fox (CTARNG), Karen Hanley (CHR), Amy Hanoian-Fontana (CT Poison Control Center), Samara Harms (Triangle Community Center), Celeste Jorge (DPH), Jake Kochin (CCMC), Walter Krauss (DMHAS), April Lange (CCMC), Valerie Lepoutre (NAMI CT), Sarah Lorenzini (CPN), Steve MacHattie (Mercy Housing and Shelter), Mike Makowski (DPH), Laura Manacchio (New England Ctr for CBT), Orlando “Lonny” Mo (Scouting BSA, CT Rivers Council), Lucy Orellano (Office of Child Advocate), John Panicek (Scouting BSA, CT Rivers Council), Jonathan Pohl (CCSU), Louise Pyers (CABLE), Jennifer Roberts (OCME), Michael Ruggiero (Wesleyan Univ), Erin Senel (New England Ctr for CBT), Gregory Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Arnold Trasente (DCF), 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 and Tom Steen welcomed the group and initiated introductions. Reminder to sign in and out and complete an evaluation if you need CECs for the meeting.	
II. Presentation <i>The Interpersonal-Cognitive Behavioral Treatment System Approach for Suicide Prevention</i> Thomas A. Cordier, Ph.D. American Center for CBT New England Center for I-CBT NECBT.com necbt@necbt.com	Thomas Cordier, Ph.D., provided the following overview for his presentation: what is CBT?, the differences between I-CBT and traditional CBT, and how I-CBT works. Cognitive Behavioral Therapy (CBT) is an umbrella term based on The Cognitive Theory (Beck) that thoughts create our emotions and we behave accordingly. The Cognitive-Affective Model (CAM) is a newer model that correlates with the I-CBT system; it’s based on the diathesis stress model and the belief is that emotions and thoughts coincide together to determine behavioral outcomes. Interpersonal-Cognitive Behavioral Treatment (I-CBT) is neurologically based upon how the brain works and is a working model that is always changing and growing. I-CBT believes people learn their thoughts, beliefs and perceptions from their life experiences and many of the thoughts and beliefs are absorbed through the subconscious. View the presentation at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/I-CBT_CTSAB_PRESENTATION_3_14_2019.pdf On April 12 Dr. Cordier will be presenting part two, the neuroscience aspect of I-CBT. May 9 and 10 there will be a 2-day I-CBT training workshop. Information will be sent to the CTSAB listserv regarding these opportunities.	Email: necbt@necbt.com

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III. Review of Minutes	Minutes from the February meeting were accepted.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> - CT was chosen to pilot Safe Side, an online training for health professionals, at First Choice Health Center - Hosted their first CT Board Retreat – will be bringing on 5 new board members - May 11 is the Annual Meeting; new officers will be elected and next year’s plan will be determined - Six walks are planned for the Fall - Three Safe Talk trainings are being scheduled in Woodstock and at Simsbury Library and Wheeler - ASIST Train the Trainer is being planned; information will be sent to listserv <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - There will be a young adult (ages 18-30) grief support group starting in May in Niantic for any loss - LAX 2 Live pre-season lacrosse tournament in Clinton March 23 currently has six schools signed up; more games between April and May reaching a total of 18 schools - Utilizing <i>Gizmo’s Pawesome Guide to Mental Health</i> book in their communities’ elementary and middle schools <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> - The Gala on March 23 at the Hartford Marriot is sold out - Continuing to do workshops and conferences - Webinar April 4 for GLS Grantees <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Time to revise and update the state plan for suicide prevention - Conducted a data inventory at the last committee meeting to get a grasp on what indicators to update and what should be added to accurately reflect the suicide prevention efforts in the state - Subcommittees who are aligned with state goals should be looking at what needs to be revised and preparing for the author of the new state plan - All board members encouraged to review the state plan at: https://www.preventsuicidect.org/preventionplan/ 	

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	<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; perhaps create a white paper for the initial response to a death by suicide - Discussing how communities don't know what they don't know – want to bridge the gap and assist communities in the realm of prevention and postvention - CTSAB members were encouraged to review postvention and other best practices on www.preventsuicidect.org - Improving school/community relationships so the school doesn't need to feel alone in addressing the postvention process - Annual refresher course for CIT trained law enforcement officers and first responders will include postvention and resources for communities and officers themselves <p>Lethal Means</p> <ul style="list-style-type: none"> - Final revisions of the card that will be included with the distribution of the medication lock bags; suggestion was made to make a magnet out of the card - Materials being developed that integrate the Change the Script Campaign and One Word One Life campaign - In the process of formalizing a letter to be signed by the CTSAB and DOT to be sent to the communities where the six bridge signs will be posted - Continued work with Metro North Pilot Program to actively train their conductors and station personnel in QPR - Additional Talk Save Lives: Firearms and Suicide Prevention trainings to be planned <p>Student Wellbeing</p> <ul style="list-style-type: none"> - Educator referral cards to GLS grantees <p>Zero Suicide</p> <ul style="list-style-type: none"> - Continuing the conversation about transitioning in and out of care and systems, identifying resources, and policies and procedures - Zero Suicide Institute reached out to find out how they can be more helpful from the national level to support our initiative <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Clinical workgroup is developing curriculum to provide core competencies in suicide prevention for licensed clinicians; draft anticipated to be complete by summer - Looking at different ways to best disseminate the curriculum, e.g., connecting with 	

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	<p>graduate programs at universities, different professional associations (NASW, APA, etc.)</p> <ul style="list-style-type: none"> - Trying to engage primary care, pediatrics, etc., before finalizing the curriculum - March 22 at CCSU, Assessing and Managing Suicide Risk training for licensed health care professionals – more information to come on Listserv; 15 seats remaining <p><u>Legislative/Budget</u></p> <ul style="list-style-type: none"> - Look at cga.ct.gov to see bills proposed and check for when their public hearings are scheduled - Suicide prevention bill trying to change the Sandy Hook Law where currently anyone who voluntarily admits themselves for inpatient hospitalization for mental health would automatically go on the state police directory and not be able to have a permit to carry a weapon for 6 months. By asking for help, law enforcement officers lose their capacity to carry a weapon, which is a deterrant since they need to carry their service weapon 24/7 and may lose their job. The proposed bill is requesting an exception for law enforcement officers. - Aid in dying legislation – there is a statement in our state plan regarding this topic in case anyone needs to reference – included in the Public Health Public Hearing 3/18 - Reach out to Tom (tom@steenconsulting.net) for updates on legislation - April 29 is AFSP Legislative Day <p><u>Awareness Campaign / Website / Outreach</u></p> <p>Garrett Lee Smith</p> <ul style="list-style-type: none"> - Have approximately 18 months left of the grant; leadership support is transitioning from United Way to the RBHAOs - Gearing up to reapply for the grant next year; more to come - CTSAB Members are attending the AAS conference in Denver - Faith is getting trained in Psychological Autopsy - Gizmo plushie is coming soon <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>Meeting ended at 11:25am</p>	

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V. Member Updates		
VI. 2018-2019 Meeting Schedule Meetings are the second Thursday of the month, 9:00am—11:00am MG Maurice Rose Armed Forces Reserve Center 375 Smith Street Middletown, CT 06457	Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov 2019 Dates: 4/11, 5/9, 6/13, 7/11, 8/8, 9/12(Nat'l SP Week), 10/10, 11/14, 12/12 - 4/11/19: Samara Harms, Triangle Community Center, <i>TCC & Resources for LGBTQ Mental Health & Suicide Prevention</i> - 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> Subcommittee Meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.	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 for closings and delays: https://www.wfsb.com/weather/closings/