

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, October 10, 2019

**Location:** Midstate Medical Center  
Meriden, CT

**Present:** Christina Allen (VA Hospital), Kevin Borrup (CCMC/Hartford Hospital), Heather Clinger (Wheeler Clinic), Laura Coffin (Jared Coffin Memorial), Erika Cruz (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Andrea Duarte (DMHAS), Jennifer Esposito (Judicial Branch CSSD), Amy Evison (CHR), Kasijyn Frost (Bristol CERT), Marisa Giarnella Porco (Jordan Porco Foundation), Paul Hammer (Yale Program for Recovery and Community Health), John Higgins, Celeste Jorge (DPH), Jake Kochin (CCMC), Elana Korman (CCMC), Walter Krauss (DMHAS), April Lange (CCMC), Valerie Lepoutre (NAMI-CT), Jessie Loss (VA CT), Cathy Ludlum (Second Thoughts CT), Mike Makowski (DPH), Crystallee Martel (Naugatuck Youth Services), Alexis May (Wesleyan Univ), Tom McMorran (Easton Redding Region 9 Schools), Orlando “Lonny” Mo (Scouts BSA, CT Rivers Council), Allyson Nadeau (consultant), Laura Nesta (St. Vincent’s Medical Center), Lucy Orellano (OCA), Hayley Paquette (OCA), Jonathan Pohl (CCSU), Jennifer Roberts (OCME), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Robin Tousey-Ayers (DPH), Arnold Trasente (DCF), Faith VosWinkel (OCA), Sara Wakai (UCHC), Marissa White (Correctional Healthcare Quality Improvement Solutions), Nicole Wiley (Step Up Naugy), 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. The November and December meetings will be held at Midstate Medical Center. In 2020, the meeting location will be a Midstate Hospital outpatient center in Meriden. Further details will be shared soon.	
<b>II. Presentation</b>  State Plan 2025 Discussion	<p>Alexis May, Ph.D., consultant for the Suicide Prevention State Plan 2025, provided updates, including that the survey was sent to the CTSAB, Prevention, and Connecticut Healthy Campus Initiative listservs. The survey closing date is November 1, 2019. Meeting attendees were encouraged to share the survey with others to complete. Updates were given by committees for the following State Plan Goals:</p> <p>Goal 3: Promote suicide prevention as a core component of health care services.            Goal 4: Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk.            Goal 5: Increase the timeliness and usefulness of state and national surveillance systems relevant to suicide prevention and improve the ability to collect, analyze and use the information for action.</p> <p>Small group discussions were conducted during the meeting for Goal 1 and Goal 2; information gathered during the group discussions will guide updates for the goals.</p> <p>Goal 1: Integrate and coordinate suicide prevention activities across multiple sectors and settings.            Goal 2: Develop, implement, and monitor effective programs that promote wellness and prevent suicide and related behaviors.</p>	

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III. Review of Minutes	August minutes approved.	
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>- Four AFSP walks have been held to date; there are two walks remaining in Danbury and Westport.</li> <li>- In the process of designing an LGBTQ Train the Trainer for Talk Saves Lives. Contact Tom Steen for more information at <a href="mailto:tom@steenconsulting.net">tom@steenconsulting.net</a></li> <li>- International Survivors of Suicide Loss Day is the Saturday before Thanksgiving. Programs will be held in Hartford, Westport, and Niantic. Information will be sent on the listserv.</li> <li>- If anyone would like to be a facilitator for survivor outreach and survivor support groups, AFSP will provide funding to attend facilitator training.</li> <li>- Ann Irr Dagle was on a call with Connecticut legislators and the Washington, DC AFSP Advocacy staff to discuss the process of drafting legislation. They are currently looking at legislation from other states.</li> </ul> <p><b>Brian Dagle Foundation</b></p> <ul style="list-style-type: none"> <li>- East Lyme and Waterford community forum was held on September 30.</li> <li>- The Jingle Bell 5K (walk or run) is on December 14.</li> </ul> <p><b>Jordan Porco Foundation</b></p> <ul style="list-style-type: none"> <li>- 191 Fresh Check Days are scheduled in 43 states.</li> <li>- Currently, there are 60 licenses for “4 What’s Next” for middle and high schools; with support from the CT Department of Public Health, 25 School-based Health Centers will be implementing “4 What’s Next.”</li> <li>- The Foundation will be an official Eversource October 12 Hartford Marathon charity <a href="https://www.rememberingjordan.org/fundraising-events/">https://www.rememberingjordan.org/fundraising-events/</a></li> </ul> <p><b>Grief Coalition</b></p> <ul style="list-style-type: none"> <li>- Actively Moving Forward groups are going well. The Cove is partnering with a local hospital for regional groups.</li> </ul>	

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	<p><b><u>Committees</u></b></p> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- The workforce development core competency training was unveiled on September 6, 2019. The content feedback was positive. The next step is figuring out dissemination of the training and how to integrate it into the Learning Management System.</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- The Suicide Prevention Symposium on September 11 focused on the importance of a community postvention plan.</li> <li>- Andrea Duarte and Faith Vos Winkel presented on postvention at the CCMC Injury Prevention Conference. Andrea will be presenting a community postvention conversation with Cathy Chapman of River Valley Services.</li> <li>- Members of the committee will be meeting with the National Guard regarding their postvention plan and response.</li> </ul> <p><b><u>Awareness Campaign/Website/Outreach</u></b></p> <ul style="list-style-type: none"> <li>- Heather Spada was featured in a five-minute Suicide Prevention Resource Center (SPRC) “Prevention in Practice: Success Stories from the Field.” Heather presented on the upstream suicide prevention curriculum in elementary schools using <i>Gizmo’s Pawesome Guide to Mental Health</i>. <a href="http://www.sprc.org/news/upstream-suicide-prevention-connecticut-elementary-schools">http://www.sprc.org/news/upstream-suicide-prevention-connecticut-elementary-schools</a></li> </ul>	
<b>V. Member Updates</b>	Meeting adjourned 11:06am	
<p><b>VI. 2018-2019 and 2019-2020 Meeting Schedule</b></p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>Midstate Medical Center 435 Lewis Avenue Meriden, CT</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><b>Dates/Presentations:</b></p> <ul style="list-style-type: none"> <li>- 11/14/19: Amy Hanoian-Fontana, CT Poison Control Center, <i>Saint Francis and EMS Pilot Project</i></li> <li>- 12/12/19: Susan McLaughlin, DMHAS Problem Gambling Services, <i>Gambling and Suicide</i></li> <li>- Tentative- John P. Halligan and Emily B. Dickson, Book: <i>Ryan’s Story: A Father’s Hard-Earned Lessons about Cyberbullying and Suicide</i></li> <li>- 1/9/20: Pamela Mautte, Alliance for Prevention &amp; Wellness, <i>Intersection of Suicide and Opioids</i></li> <li>- 2/13/20: Jimmy Choi, Institute of Living/Hartford Hospital, <i>Social Media &amp; Suicide</i></li> </ul>	

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	<ul style="list-style-type: none"> <li>- 3/12/20: State Plan Update</li> <li>- 4/9/20: Dr. David Tolin, Institute of Living/Hartford Hospital, <i>Brief CBT for Suicide Prevention</i></li> <li>- 6/11/20: Maureen Sullivan Dinna, <i>Health Assistance InterVention Education Network</i></li> <li>- 7/9/20: John P. Halligan and Emily B. Dickson, Book- <i>Ryan's Story: A Father's Hard-Earned Lessons about Cyberbullying and Suicide</i></li> <li>- 9/2020: <i>State Suicide Prevention Conference &amp; State Plan Release (Date TBD)</i></li> <li>- 11/12/20: Dr. Michelle Forella, <i>CT Vet Medical Association, Wellness Committee Efforts</i></li> </ul> <p><u>2020 Dates:</u> 1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10 (Nat'l SP Wk-State Conference), 10/8, 11/12, 12/10</p> <p><b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	