

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, November 14, 2019

Location: Midstate Medical Center
Meriden, CT

Present: Kevin Borrup (CCMC/Hartford Hospital), Sarah Camerota (United Way CT), Heather Clinger (Wheeler Clinic), Laura Coffin (Jared Coffin Memorial), Erika Cruz (DMHAS), Gabrielle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Andrea Duarte (DMHAS), Michael Dutko (CTARNG), Jennifer Esposito (Judicial Branch CSSD), Amy Evison (CHR), Paul Hammer (Yale Program for Recovery and Community Health), Celeste Jorge (DPH), Marko Kaar (BBE), April Lange (CCMC), Valerie Lepoutre (NAMI-CT), Sarah Lorenzini (CPN), Meagan MacGregor (CTARNG), Mike Makowski (DPH), Alexis May (Wesleyan Univ), Tom McMorrnan (Easton Redding Region 9 Schools), Allyson Nadeau (Consultant), Scott Newgass (SDE), John Panicek (Scouts BSA, CT Rivers Council), Marissa Parker (Rushford), Jonathan Perloe (CT Against Gun Violence), Jonathan Pohl (CCSU), Jeff Purpura (Angel Breeze Scents), Kristy Purpura (Angel Breeze Scents), Steven Rogers (CCMC), Haley Shoop, Heather Spada (United Way CT), Tom Steen (Steen Consulting), Jennifer Visone (CTARNG), Faith VosWinkel (OCA), Sara Wakai (UCHC), Nicole Wiley (Step Up Naugy), Abby Wood (Wheeler Clinic), LoriBeth Young (DSS), Carleen Zambetti (DMHAS), and Bethany Zorba (DCF).

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. The December meeting 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.	
II. Presentation <i>Caring Cards Campaign</i> Jeff and Kristy Purpura Angel Breeze Scents Valerie Lepoutre NAMI-CT Heather Spada United Way of CT/211	<p>At the Zero Suicide Academy in May 2018, Andrea Duarte and Allyson Nadeau attended a presentation on the importance of some type of caring contact with caring communication after discharge. This can be a challenge within healthcare systems. 43% of suicides occur within a month of discharge from a hospital and 47% of those individuals died before their first follow-up appointment. Research has shown that sending caring postcards or letters following an emergency visit is an effective approach in preventing post-emergency suicide attempts.</p> <p>Jeff Purpura lost his sister to suicide in 2010. He and his sister had an idea in 2001 to create inspirational cards; now, Jeff and his wife Kristy have created Angel Breeze Scents, LLC: A Unique Gift Card Experience. The cards are scented with a variety of subtle fragrances meant to produce uplifting feelings. Their mission includes donating 10% of all profits to mental health awareness and suicide prevention. Jeff connected with Andrea and after discussing the mission of Angel Breeze Scents and the research behind caring communication after discharge, an opportunity to collaborate on a pilot was created.</p> <p>The “Caring Cards Connection to Hope” pilot is funded by the CT Department of Mental Health and Addiction Services (DMHAS). It is coordinated by United Way of CT in partnership with the NAMI-CT Young Adult Coordinator and Angel Breeze Scents, LLC. A healthcare institution has to have a follow-up procedure in place to participate in the pilot. The NAMI Young Adult Connection Community will write messages in the cards at their Friendsgiving. At the AFSP Hartford walk there was a table set up for the Caring Cards with</p>	

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	<p>guidelines and suggested messages. CTSAB members were given an opportunity to write a message in cards provided at the meeting.</p> <p>View the presentation at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Caring_Cards.pdf</p>	
III. Review of Minutes	October minutes will be presented at the December meeting.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Six AFSP walks were held raising approximately \$320,000. - International Survivors of Suicide Loss Day is the Saturday before Thanksgiving. Programs will be held in Hartford, Westport, and Niantic. - If anyone would like to be a facilitator for survivor outreach and survivor support groups, AFSP will provide funding to attend facilitator training. - Training will be scheduled to train individuals to become a Talk Saves Lives presenter. More information to come. <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - The Jingle Bell 5K (walk or run) is on December 14, 2019. - The Foundation had an “Anchored in Hope” event to honor those who’ve been with the foundation since its inception five years ago. - Yoga for Grief will be begin in January 2020. <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Jordan’s Journey Gala will be held on Saturday, April 25, 2020, at the Hartford Marriott Downtown https://www.rememberingjordan.org/fundraising-events/ <p>Grief Coalition</p> <ul style="list-style-type: none"> - Committee meeting immediately following the November CTSAB meeting. <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Meeting is scheduled for November 18, 2019, 10:30am-12:00pm at UConn Farmington. Contact Celeste Jorge to be added to the distribution list celeste.jorge@ct.gov 	

CT Suicide Advisory Board Meeting Minutes

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	<p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Faith Vos Winkel reported that a follow-up email will be sent to everyone who attended the Suicide Prevention Symposium on September 11 to gather information on what they have done related to postvention planning since the conference. - Andrea Duarte and Dr. Kathy Chapman of River Valley Services presented at a community conversation event on October 24, 2019, at Tolland High School. <p>Lethal Means</p> <ul style="list-style-type: none"> - Continuing collaboration with DOT with signage. - Jonathan Perloe reported that he is working on a plan to raise awareness about the Extreme Risk Protective Order. Tim Marshall indicated that the committee is discussing what role the CTSAB may have in the education about ERPO. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - The committee is meeting after the CTSAB meeting at 12:45pm. <p>Zero Suicide</p> <ul style="list-style-type: none"> - The committee has discussed meeting bi-monthly for a longer period of time (1-2.5 hours). <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Andrea Duarte met with Richard Fisher, Director of DMHAS Office of Workforce Development, regarding integrating the core competency curriculum into the Learning Management System and making it available to others who use similar systems. <p>Advocacy</p> <ul style="list-style-type: none"> - Tom Steen, Ann Irr Dagle and Faith Vos Winkel have a conference call scheduled with AFSP. - To be an advocate, sign up at https://afsp.org/our-work/advocacy/ <p>Armed Forces Committee</p> <ul style="list-style-type: none"> - Meeting will be in January. If anyone is interested in joining the committee, contact Meagan MacGregor Meagan.e.macgregor.ctr@mail.mil <p><u>State Plan</u></p> <ul style="list-style-type: none"> - Alexis May and Allyson Nadeau reported that the survey had more than 200 responses. In addition, meetings were held with stakeholder groups throughout the 	

CT Suicide Advisory Board Meeting Minutes

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	<p>state. Out of this process of the survey and group meetings, the feedback received has opened up a wealth of information. Currently transitioning to finalizing a draft.</p> <p><u>Suicide-related Federal Initiatives</u></p> <ul style="list-style-type: none"> - Andrea Duarte has been having conversations with SAMHSA on sustainability as the GLS grant is in the final year. Tim Marshall reminded CTSAB members that as the GLS grant ends, there is still no state money dedicated to suicide prevention. - The National Suicide Prevention Lifeline (NSPL) Act is to create a 3-digit number. - DMHAS released an RFA for mobile crisis services for the adult side. <p><u>Regional Suicide Advisory Board Meetings</u> https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <ul style="list-style-type: none"> - CTSAB members are encouraged to also attend the quarterly Regional Suicide Advisory Board meetings, which are led by the RBHAOs. Regional meetings are intended to help build capacity and create a more formal structure locally for suicide prevention and postvention. <p><u>Awareness Campaign/Website/Outreach</u> https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - New materials are on the website, including “CABLE and the State Police Peer Program Self-Care After Response” brochure 	
V. Member Updates	<ul style="list-style-type: none"> - Tom Steen reported that there was a QPR TOT held in November with 22 participants. - Celeste Jorge mentioned that the CT Behavioral Risk Factor Surveillance System (CT BRFSS) for adults can be accessed on the DPH website www.ct.gov/dph -Marko Kaar reported that the construction industry sponsored a stand down for opioid awareness, including mental health and suicide prevention, which occurred at more than 30 sites with over 2700 attendees. <p>Meeting adjourned 11:03am</p>	
<p>VI. 2018-2019 and 2019-2020 Meeting Schedule</p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>Midstate Medical Center 435 Lewis Avenue</p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>Dates/Presentations:</p> <ul style="list-style-type: none"> - 12/12/19: Susan McLaughlin, DMHAS Problem Gambling Services, <i>Gambling and Suicide</i> - 1/9/20: Pamela Mautte, Alliance for Prevention & Wellness, <i>Intersection of Suicide and Opioids</i> - 2/13/20: Jimmy Choi, Institute of Living/Hartford Hospital, <i>Social Media & Suicide</i> 	

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<p>Meriden, CT</p> <p>In the event of inclement weather, the CTSAB meeting is cancelled only if Meriden Schools are closed. If Meriden schools are delayed, the meeting will meet at the regular time. For closings and delays, visit: https://www.wfsb.com/weather/closings/</p>	<ul style="list-style-type: none"> - 3/12/20: Tentative—Amy Hanoian-Fontana, CT Poison Control Center, <i>Saint Francis and EMS Pilot Project</i> - 4/9/20: Dr. David Tolin, Institute of Living/Hartford Hospital, <i>Brief CBT for Suicide Prevention</i> - 5/14/20: Cathy Ludlum, <i>Suicide Prevention & Assisted Dying</i> - 6/11/20: Maureen Sullivan Dinna, <i>Health Assistance InterVention Education Network</i> - 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> - 9/2020: <i>State Suicide Prevention Conference & State Plan Release</i> - 11/12/20: Dr. Michelle Forella, <i>CT Vet Medical Association, Wellness Committee Efforts</i> - 12/10/20 Amy Johannson, <i>Smile Anyway/Hidden in Plain Sight</i> <p><u>2020 Dates:</u> 1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/9 (Nat'l SP Wk-State Conference), 10/8, 11/12, 12/10</p> <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	