

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, December 12, 2019

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

**Present:** Gillian Anderson (My Friend Abby), Rebekah Behan (CHDI), Kevin Borrup (CCMC/Hartford Hospital), Wendy Caruso (United Way CT), Heather Clinger (Wheeler Clinic), Gabrielle Cyr (CHR), Andrea Duarte (DMHAS), Jennifer Esposito (Judicial Branch CSSD), Amy Evison (CHR), Fiorigio (Fred) Fetta (DMHAS), Marisa Giarnella Porco (Jordan Porco Foundation), Paul Hammer (Yale Program for Recovery and Community Health), Celeste Jorge (DPH), Jake Kochin (CCMC), Pamela Lang (CSSD Family Svcs), Lesa Laraia (CCPG), Jessica Loss (VA Hospital), Meagan MacGregor (CTARNG), Mike Makowski (DPH), Tim Marshall (DCF), Kathy Masi (My Friend Abby), Susan McLaughlin (DMHAS), Art Mongillo (CCPG), Scott Newgass (SDE), Jonathan Pohl (CCSU), Simone Powell (CHR), Steven Rogers (CCMC), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Susan Tobenkin (CTARNG), Robin Tousley-Ayers (DPH), Craig Turner (Wallingford Youth & Social Svcs), Jennifer Visone (CTARNG), Faith VosWinkel (OCA), Cheryl Weinstock (Freelance Journalist), Marissa White (Correctional Healthcare Quality Improvement Solutions), Abby Wood (Western CT Coalition), and LoriBeth Young (DSS),

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte and Tim Marshall welcomed the group and initiated introductions. In 2020, the meeting location will be a Midstate Hospital outpatient center in Meriden. Location information will be sent via the CTSAB listserv.	
<b>II. Presentation</b>  <i>Problem Gambling and Suicide</i> Jeremy Wampler, LCSW, ICGC II, BACC, LADC Clinical Manager  Susan McLaughlin, MPA, CPS Prevention Coordinator  Problem Gambling Services Connecticut Department of Mental Health and Addiction Services	<p>Gambling is betting money or material goods on an event with an uncertain outcome in the hope of winning additional money and/or material goods. On the continuum, approximately 95% of people do not gamble or do gamble with no serious problems. An estimated 67,000 CT residents meet the criteria for disordered gambling. For a diagnosis, an individual must have four or more of the nine criteria in the DSM-V. Eight to nine people are impacted by one person's gambling.</p> <p>The impact of gambling on vulnerable populations includes high rates of relationship problems, legal problems, financial problems, poor work performance, job loss, poor general health, co-occurring substance use/mental health, suicide, suicide ideation and/or attempts. In 2017 in the United States, 4.3% of adults 18 or older had serious thoughts of suicide and 0.6% attempted suicide. Up to 50% of individuals in treatment for gambling disorder had suicidal ideation and approximately 17% attempted suicide.</p> <p>Screening tools available include the Brief Problem Gambling Screen (clinical setting) and the Problem Gambling Severity Index (prevention setting). The twentieth question in the "20 Questions of Gamblers Anonymous" is "Have you ever considered self-destruction as a result of your gambling?"</p> <p>View the presentation at this link: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Gambling_and_Suicide_Slides.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Gambling_and_Suicide_Slides.pdf</a></p>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>III. Review of Minutes</b>	October and November minutes were approved.	
<b>IV. Updates</b>	<p><b><u>Foundations</u></b></p> <p><b>American Foundation for Suicide Prevention (AFSP)</b> <a href="https://afsp.org/">https://afsp.org/</a></p> <ul style="list-style-type: none"> <li>- Training will be scheduled to train individuals to become a Talk Saves Lives presenter. More information to come.</li> </ul> <p><b>Brian Dagle Foundation</b> <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Jordan Porco Foundation</b> <a href="https://www.rememberingjordan.org/">https://www.rememberingjordan.org/</a></p> <ul style="list-style-type: none"> <li>- Awarded a grant to work with CCSU and CCMC for evaluation of Fresh Check Day.</li> <li>- Received a catalyst grant from the Community Foundation of Greater New Britain to serve the towns of New Britain, Southington, Berlin and Plainville with 4 What's Next, QPR and postvention trainings.</li> <li>- Jordan's Journey Gala will be held on Saturday, April 25, 2020, at the Hartford Marriott Downtown <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>- No update</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- The January meeting at UConn Farmington will focus on data points to include in the State Plan. Contact Celeste Jorge to be added to the distribution list <a href="mailto:celeste.jorge@ct.gov">celeste.jorge@ct.gov</a></li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Faith Vos Winkel reported that a follow-up email was 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; approximately 40 responses have been received to date.</li> <li>- OCME received 300 new packets.</li> <li>- Connecting with Regional Suicide Advisory Boards to continue to enhance postvention planning and response.</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Continuing collaboration with DOT with signage for high-risk overpasses.</li> <li>- Potentially developing a small brochure to educate people about the Extreme Risk Protective Order.</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- At the last meeting discussed reaching out to recovery support specialists and recovery coaches.</li> <li>- The committee is not exclusive to only attempt survivors.</li> <li>- For more information, contact Valerie LePoutre <a href="mailto:vlpoutre@namict.org">vlpoutre@namict.org</a> or Paul Hammer <a href="mailto:paul.hammer@yale.edu">paul.hammer@yale.edu</a> .</li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- Developing a learning community survey.</li> <li>- Exploring having meeting every other month at the Connecticut Hospital Association.</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Continuing to work on integrating the core competency curriculum into the Learning Management System.</li> </ul> <p><b>Advocacy</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Armed Forces Committee</b></p> <ul style="list-style-type: none"> <li>- Meeting will be in January. If anyone is interested in joining the committee, contact Meagan MacGregor <a href="mailto:Meagan.e.macgregor.ctr@mail.mil">Meagan.e.macgregor.ctr@mail.mil</a></li> <li>- Strengthening the peer to peer support model with “Six for my Six” (identify 6 people and 6 programs they could reach out to).</li> </ul> <p><b>State Conference</b></p> <ul style="list-style-type: none"> <li>- More info to come.</li> </ul> <p><b>State Plan</b></p> <ul style="list-style-type: none"> <li>- A draft of the plan is being finalized.</li> </ul> <p><b><u>Suicide-related Federal Initiatives</u></b></p> <ul style="list-style-type: none"> <li>- GLS grant ends September 30, 2019.</li> <li>- Met with IOL to pilot the Caring Cards campaign.</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> <li>- DMHAS released an RFA for mobile crisis services for the adult side.</li> </ul> <p><b><u>Regional Suicide Advisory Board Meetings</u></b>  <a href="https://www.preventsuicidect.org/about-us/regional-sab-business/">https://www.preventsuicidect.org/about-us/regional-sab-business/</a></p> <ul style="list-style-type: none"> <li>- 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.</li> </ul> <p><b><u>Awareness Campaign/Website/Outreach</u></b> <a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a></p> <ul style="list-style-type: none"> <li>- Materials have been re-stocked.</li> <li>- Looking for special populations to pilot use of the lock boxes. Contact Tim Marshall at <a href="mailto:tim.marshall@ct.gov">tim.marshall@ct.gov</a></li> </ul>	
<b>V. Member Updates</b>	<ul style="list-style-type: none"> <li>- Paul Hammer shared that there was a suicide prevention and construction company discussion on NPR:  <a href="https://www.npr.org/sections/health-shots/2019/12/12/783300736/a-construction-company-embraces-frank-talk-about-mental-health-to-reduce-suicide">https://www.npr.org/sections/health-shots/2019/12/12/783300736/a-construction-company-embraces-frank-talk-about-mental-health-to-reduce-suicide</a></li> <li>-My Friend Abby is in the process of obtaining their 501©3 and developing a brochure.</li> </ul> <p>Meeting adjourned 11:02am</p>	
<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><b>In the event of inclement weather</b>, the CTSAB meeting is cancelled <b>only if</b> Meriden Schools are closed. If Meriden schools are delayed, the meeting will meet at</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>- 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> <li>- 3/12/20: Tentative—Amy Hanoian-Fontana, CT Poison Control Center, <i>Saint Francis and EMS Pilot Project</i></li> <li>- 4/9/20: Dr. David Tolin, Institute of Living/Hartford Hospital, <i>Brief CBT for Suicide Prevention</i></li> <li>- 5/14/20: Cathy Ludlum, <i>Suicide Prevention &amp; Assisted Dying</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- Ryan's Story: <i>A Father's Hard-Earned Lessons about Cyberbullying and Suicide</i></li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<p>the regular time. For closings and delays, visit:  <a href="https://www.wfsb.com/weather/closings/">https://www.wfsb.com/weather/closings/</a></p>	<ul style="list-style-type: none"> <li>- 9/2020: <i>State Suicide Prevention Conference &amp; State Plan Release</i></li> <li>- 11/12/20: Dr. Michelle Forella, <i>CT Vet Medical Association, Wellness Committee Efforts</i></li> <li>- 12/10/20 Amy Johansson, <i>Smile Anyway/Hidden in Plain Sight</i></li> </ul> <p><u>2020 Dates:</u> 1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/9 (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>	