



SW Regional Suicide Advisory Board Meeting Minutes

Meeting Date: December 13, 2019

Location: Norwalk, CT

Present: Ellen Brezovsky (New Canaan Cares), Paige Morrisroe (Stratford Community Services), Cornelia Morris (Trumbull Counseling Center), Jeffrey Santo (RIPPLE), Gillian Anderson (My Friend Abby), Kathy Masi (My Friend Abby), Art Mongillo (CCPG), Melissa McGarry (TPAUD), Yania Padilla (Health 360), Jules Calabro (Beacon Health Options), Denique Weidema-Lewis (Positive Directions and AFSP CT), Deanna D’Amore (Norwalk Health Dept/City of Norwalk), Valerie Babich (Westport Public Schools), Jackie D’Louhy (New Canaan Human Services), Terri Drew (Stamford Youth Services), Sue Levasseur (Town of Westport), Margaret Watt (The Hub), Giovanna Mozzo (The Hub)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome & Introductions	Hub co-directors Margaret & Giovanna welcomed everyone. Participants introduced themselves.	N/A
II. Review & Approval of Minutes from September Kickoff	Minutes were distributed prior to the meeting by email. No changes.	Approved
III. Featured program: <i>Talk Saves Lives</i> – Denique Weidema-Lewis	<p>Denique Weidema-Lewis, AFSP co-chair for CT, provided an overview of the American Foundation for Suicide Prevention’s work and resources, including an overview of their website.</p> <ul style="list-style-type: none"> • 7 AFSP walks were completed this year, she reports they were all successful. • The Westport walk at Sherwood Island will remain there but be renamed as Fairfield County walk. • In April, AFSP hosts a State Capitol Day every year. Stay tuned for the date. • AFSP is looking to increase volunteers next year. <p>Denique then gave an overview of the Talk Saves Lives (TSL) suicide awareness presentation and how/when it is appropriate to use. TSL is a slideshow that can be used in a large group. Denique will provide a full TSL training, followed by a Training of Trainers, at The Hub’s monthly brown bag on January 31. Individuals who attend will receive the slideshow and trainer’s notes and be able to facilitate the program in their own communities.</p> <p>There was a discussion about the different suicide and mental health awareness trainings that exist.</p>	<p>To access AFSP materials visit afsp.org</p> <p>Talk Saves Lives presentation + Training of Trainers – Friday January 31st 11:30-1:30 Norwalk</p> <p>Description of mental health/suicide trainings and trainers to be provided by The Hub</p>



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<p>IV. Reports on Current Suicide Prevention Efforts</p>	<p>A. Heather Spada reported out on the CT Suicide Advisory Board initiatives. B. Meeting members gave updates on suicide-related work in their communities. C. “My Friend Abby” is about to receive its 501(c)(3) status and will provide small grants to support youth in peer mental health and suicide prevention initiatives. D. Health 360 is now collaborating with 5 colleges: WCSU, UB, UCONN, QU, and Yale. Pending FU and SCSU. E. New Canaan discussed Active Minds and their new podcast – see TalkingAboutIt.org. First episode will be on resilience. F. Trumbull will be starting a new support group for suicide loss survivors. G. Norwalk Health Dept and other towns have been provided with signage for bridges where people have jumped. We discussed the need for signage at the new mall and training of the mall security. H. Check out Gizmo’s Pawesome Guide to MH Curriculum for early childhood education.</p>	<p>To join the CT SAB monthly meetings and/or listserv, visit preventsuicidect.org</p> <p>Hub & regional suicide materials are at thehubct.org/suicide</p> <p>Subscribe to the new podcast series at TalkingAboutIt.org</p>
<p>V. Proposed goals for SW SAB</p>	<p>Margaret presented a proposed goal for this group (SW SAB) and meeting participants edited it as follows: <i>“To serve as a regional resource for Southwestern CT for strategically planning, coordinating and supporting suicide awareness and safety efforts across the continuum of prevention, intervention, postvention and grief support, and recovery.”</i></p> <p>Discussion: This role includes data-driven strategy, awareness, capacity, resources, cultural competence. SW SAB members should serve as Ambassadors for suicide-related work in our communities and region.</p> <p>The mapping activity in September showed that most suicide-related activity is prevention/awareness trainings and information dissemination. There are fewer activities related to environmental strategies (barriers, removal of lethal means), suicide postvention, and recovery support. It’s also time to bring ASIST trainings back into the region to support suicide intervention.</p>	<p>Goal statement approved</p>