

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, April 9, 2020

**Location:** Zoom Virtual Meeting

**Present:** Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (CHDI), Bill Brassard (NSSF), Jules Calabro (Beacon Health Options), Heather Clinger (Wheeler Clinic), Belle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Michelle Devine (SERAC), Michelle Drolsbaugh (Minding Your Mind), Andrea Duarte (DMHAS), Bill Dunn, Mike Dutko (CTARNG), Ellen Econs (DMHAS), Amy Evison (CHR), Anna Gasinski (BHcare), Marisa Giarnella Porco (Jordan Porco Foundation), Daniela Giordano (CT Assn. SBHC), Paul Hammer (Yale Program for Recovery and Community Health), Latonya Harts (VA Hospital), Erin Huggan, Aaron Jackson (CMHA), Laura Kenney, Justin Kolosky (Village for Families and Children), Walter Krauss (DMHAS), April Lange (CCMC), Andrew LaVallee, Valerie Lepoutre (NAMI CT), Paula Gill Lopez (Fairfield Univ), Lisa Girard (FAVOR), Jessica Loss (VA Hospital), Jodi Lott (Gaggle), Tim Marshall (DCF), Crystallee Martel (Prevention Corps), Melanie Meyer, Tom McMorran (Easton Redding Region 9 School District), Katie McMullan (UConn), Amy Mirizzi (DPH), Lorena Mitchell, Allyson Nadeau (Consultant/Hebron Board of Ed), Karyn O'Brien, Lucy Orellano (OCA), Yania Padilla (Health 360), John Panicek (Scouts BSA, CT Rivers Council), Jonathan Pohl (CCSU), Jonathan Perloe (CT Against Gun Violence), Beth Pizzuto (Beacon Health Options), Simone Powell (CHR), Steve Rogers (CCMC), Michael Ruggiero (Wesleyan Univ), Scott Serviss (Solutions EAP), Cathy Sisco (Wheeler Clinic), Heather Spada (United Way CT), Jessica St. Louis (CCMC), Tom Steen (Steen Consulting), Jennifer Sussman (CPES UCHC), Susan Tobenkin (CTARNG), David Tolin (IOL), Robin Tousey-Ayers (DPH), Faith VosWinkel (OCA), Margaret Watt (The Hub), Cheryl Weinstock (Freelance Journalist), Abby Wood (Western CT Coalition), and Bethany Zorba (DCF)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte, Tim Marshall and Tom Steen welcomed the group via Zoom.	
<b>II. Presentation</b>  <i>Brief CBT for Suicide Prevention</i> David Tolin, Ph.D., ABPP Institute of Living/Hartford Hospital	Dr. Tolin presented on a study of the use of Cognitive Behavioral Therapy (CBT) for suicide prevention in an inpatient study. CBT reduced the likelihood of suicidal behavior. There were four CBT sessions with the sessions' structure as follows: mood check, setting the agenda, reviewing use of the crisis response plan, reviewing skills practice since previous session, introducing a new skill to practice, and assigning skill-practice homework. Sessions included development of a crisis response plan; creating a reasons for living list; means restriction counseling; and relapse prevention.  View the presentation at this link: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Brief_CBT_for_Suicide_Prevention.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Brief_CBT_for_Suicide_Prevention.pdf</a>	
<b>III. Review of Minutes</b>	February and March minutes approved.	
<b>IV. Updates</b>	<b>Foundations</b> <b>American Foundation for Suicide Prevention (AFSP)</b> <a href="https://afsp.org/">https://afsp.org/</a> <ul style="list-style-type: none"> <li>- Trainings and walks are currently on hold.</li> <li>- Board meetings are being held virtually.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Every Friday there is a check-in through Facebook Live on the Connecticut page.</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>- Grief support groups are being held via Zoom.</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>- Check In At Home is a modified version of Fresh Check Day <a href="https://www.rememberingjordan.org/check-in-at-home/">https://www.rememberingjordan.org/check-in-at-home/</a></li> </ul> <p><b>Grief Coalition</b></p> <ul style="list-style-type: none"> <li>- No updates.</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- No update.</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Next meeting is May 7.</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Killingly requested two bridge signs and Waterbury requested five. Outreach continues to other municipalities.</li> <li>- Continue to work on the Extreme Risk Protective Order brochure.</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Meeting immediately following CTSAB at 11;15am via Zoom.</li> <li>- Looking into incorporating suicide prevention into peer specialist support training; if anyone knows of peer support programs, contact Paul Hammer <a href="mailto:paul.hammer@yale.edu">paul.hammer@yale.edu</a> or Val Lepoutre <a href="mailto:vllepoutre@namict.org">vllepoutre@namict.org</a></li> <li>- Paul Hammer's story is archived in the Library of Congress' Story Corps.</li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- No meeting in April; a Doodle poll will be sent for the May meeting.</li> <li>- Release of the survey is currently on hold.</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Meeting will be rescheduled so clinicians can focus on COVID-19 response.</li> </ul>	

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	<p><b>Advocacy</b></p> <ul style="list-style-type: none"> <li>- AFSP Advocacy Day at the State Capitol is on hold due to COVID-19.</li> <li>- Senator Tony Hwang and Representative Holly Cheeseman have been strong advocates of mental health promotion and suicide prevention. Both of them have had an OpEd published in April.</li> <li>- Senator Tony Hwang: <a href="https://patch.com/connecticut/weston-ct/letter-mental-health-support-during-coronavirus-pandemic">https://patch.com/connecticut/weston-ct/letter-mental-health-support-during-coronavirus-pandemic</a></li> <li>- Representative Holly Cheeseman: <a href="https://www.theday.com/op-edguest-opinions/20200331/be-on-watch-for-signs-of-suicidal-thoughts-amid-crisis">https://www.theday.com/op-edguest-opinions/20200331/be-on-watch-for-signs-of-suicidal-thoughts-amid-crisis</a></li> </ul> <p><b>Armed Forces Committee</b></p> <ul style="list-style-type: none"> <li>- A virtual meeting will be scheduled.</li> </ul> <p><b>State Conference</b></p> <ul style="list-style-type: none"> <li>- Save the Date for Thursday, September 10, 2020, 8:00am-3:30pm at the Farmington Marriott.</li> </ul> <p><b><u>State Plan</u></b></p> <ul style="list-style-type: none"> <li>- Data collection and feedback is complete. Work is continuing on synthesizing the plan.</li> </ul> <p><b><u>Suicide-related Federal Initiatives</u></b></p> <ul style="list-style-type: none"> <li>- Many RFPs have been released on behalf of the Federal Government; GLS was not one of them.</li> <li>- DMHAS submitted a proposal for the National Strategy Suicide Prevention grant, which is community-focused for adults 25 years-old and older.</li> <li>- UConn Center for Population Health as the fiduciary in collaboration with Hartford Healthcare submitted a proposal for the five-year Zero Suicide RFP.</li> <li>- DPH participated in the notice of funding opportunity call and is reviewing the suicide prevention RFP that was released by the Centers for Disease Control and Prevention (CDC).</li> <li>- On a national level, the Disaster Distress Helpline calls are increasing.</li> <li>- National Suicide Prevention Lifeline calls for CT have not increased in March. The need is still there but schools have been the primary referral source for the 211 Mobile Crisis Intervention Services calls.</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>	

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	<ul style="list-style-type: none"> <li>- March meetings were cancelled.</li> </ul> <p><b>Awareness Campaign/Website/Outreach</b> <a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a></p> <ul style="list-style-type: none"> <li>- New materials are being ordered. If you have any ideas, please let Jeanette Baker or one of the tri-chairs know.</li> </ul>	
<b>V. Member Updates</b>	<p>Tim Marshall reported that the state through DCF is in the process of creating a parent caregiver support line as household stress is high for parents/caregivers and youth. The focus will be to provide a compassionate presence offering care and support. There will be a soft launch prior to the number being released on a statewide level.</p> <p>Jennifer Sussman, DMHAS Center for Prevention Evaluation and Statistics (CPES) at UConn Health, requested that CTSAB members complete the Community Readiness Survey when it is sent through the CTSAB listserv. Members may answer based on where they work or live.</p> <p>Meeting adjourned 11:00am.</p>	
<p><b>VI. 2019-2020 Meeting Schedule</b></p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.</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>- 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- <i>Ryan's Story: A Father's Hard-Earned Lessons about Cyberbullying and Suicide</i></li> <li>- 8/13/20: Lisa Buckley and Tim Buckley, <i>Project Paws: Animal Assisted Activity &amp; Therapy</i></li> <li>- 9/10/2020: <i>State Suicide Prevention Conference &amp; State Plan Release</i></li> <li>- 10/8/20: TBD</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>	