



**SW Regional Suicide Advisory Board Meeting Minutes**

**Meeting Date:** September 11, 2020

**Location:** ZOOM

**Present:** See attached with attendance

<b>AGENDA ITEM/TOPIC</b>	<b>SUMMARY OF DISCUSSION</b>	<b>OUTCOME / ACTION/RESPONSIBLE</b>
<b>Welcome &amp; Introductions</b>	<ul style="list-style-type: none"><li>a. Margaret Watt, Positive Directions (formerly The Hub) chaired in the absence of Janice Andersen, The Hub, who was detained.</li><li>b. People introduced themselves in the chat.</li></ul>	



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Statewide Update	<p>a. CT Suicide Advisory Board (CT SAB) held a statewide meeting yesterday to highlight the last 5 years of work and present the new 5-year Suicide Prevention Plan, available at <a href="https://www.preventsuicidect.org/wp-content/uploads/2020/09/Suicide-Prevention-Plan-2020-2025.pdf">https://www.preventsuicidect.org/wp-content/uploads/2020/09/Suicide-Prevention-Plan-2020-2025.pdf</a></p> <ul style="list-style-type: none"> <li>• CT SAB started in 2012 &amp; recent survey found 83% of state respondents recognized the 1 Word campaign</li> <li>• Have trained &gt;23K in Question-Persuade-Refer (QPR) suicide prevention</li> <li>• Regional Suicide Advisory Boards (like this one) created last year</li> <li>• Gizmo’s Pawesome Guide to Mental Health (for preK / elementary)</li> <li>• 4 What’s Next: 5-session coping skills curriculum for middle/high school (Jordan Matthew Porco Foundation)</li> <li>• Suicide risk screening now in EDs at children’s hospitals – with amazing outcomes</li> <li>• Health 360 trained 138 future medical professionals in ASIST, the 2-day suicide intervention program</li> <li>• NAMI Young Adult program sent 500+ Caring Cards to young adults post hospitalization. Margaret noted that there is research since the 1950s showing that when behavioral health professionals send physical cards/letters to their suicidal patients between appointments, it makes a difference.</li> </ul> <p>b. Between 2015-2019, CT suicide deaths and death rate increased:</p> <ul style="list-style-type: none"> <li>• Deaths increased from 384 to 486</li> <li>• Rate increased from 10.7 to 11.9</li> <li>• 74% = mostly white non Hispanic men over age 45</li> <li>• Region 1 rate for that 5 year period was 7.0 (lowest); highest</li> </ul>	<p>Connect identified individuals to those subcommittees.</p> <p>Jules Calabro, Beacon Health Options, is willing to work with Heather Spada from CT SAB to put together slides summarizing the full report.</p> <p>Please share RIPPLE’s new support group information. <a href="http://rockingrecovery.org/zoom-meetings/">http://rockingrecovery.org/zoom-meetings/</a></p>



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<b>American Foundation for Suicide Prevention (AFSP CT) Update:</b>	<ul style="list-style-type: none"><li>a. 2020 national and state fact sheets are available online: <a href="https://www.datocms-assets.com/12810/1589485970-2020-state-fact-sheets-connecticut.png">https://www.datocms-assets.com/12810/1589485970-2020-state-fact-sheets-connecticut.png</a></li><li>b. Out of the Darkness (OOTD) Walk season 2020 held soft launch last week; mostly virtual. Theme is 'Experiences.' Channel 3 is hosting a Facebook Live next Tuesday 9/15.</li><li>c. International Survivors of Suicide Loss Day will be held virtually the Saturday before Thanksgiving.</li><li>d. Contact: Michelle Peters, <a href="mailto:mpeters@afsp.org">mpeters@afsp.org</a></li></ul>	<p>Please follow OOD walk on Facebook where there are fundraising options and incentives</p> <p>Please send pictures/videos of how you're walking.</p> <p>Tune into closing ceremony on November 7 (AFSP CT and AFSP national will stream on Facebook).</p>



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<p><b>Discussion of Postvention Training provided by The Hub/RYSAP</b></p>	<p>c. Several people stated that the training was excellent.</p> <p>d. Progress by town or agency &amp; who to contact to be involved:</p> <ul style="list-style-type: none"> <li>• Trumbull: Has had a large group meeting several times (faith based, law enforcement, hospitals, funeral home, social services, My Friend Abby, etc.) to put a plan together. Have had monthly meetings to identify everyone’s responsibilities. To join or get info, email Cornelia at <a href="mailto:cmorris@trumbull-ct.gov">cmorris@trumbull-ct.gov</a></li> <li>• Stamford: Breakout group decided to continue meeting and has met 1-2x and emailed. UCONn Stamford and Emergency services are involved. Still gathering info, reaching out to Child Guidance for school plan and Ted Jankowski who oversees emergency responders. Sharing resources within the group. Did the TSL training of trainers since last time as well. Contact <a href="mailto:Ingrid.gillespie@liberationprograms.org">Ingrid.gillespie@liberationprograms.org</a></li> <li>• Stratford: 2-3 meetings so far to identify community members and partners to bring into team, esp BOE. Question about 1 plan for BOE and Town or 2 separate ones. Currently paused while BOE gets back to school. Contact <a href="mailto:pmorrisroe@townofstratford.com">pmorrisroe@townofstratford.com</a></li> <li>• Greenwich: Have started meeting, small group with some turnover. Resource rich. Making sure to combine efforts with other partners. Contact <a href="mailto:tina.corlett@greenwichct.org">tina.corlett@greenwichct.org</a> or <a href="mailto:Danielle.sittol@greenwichct.org">Danielle.sittol@greenwichct.org</a></li> <li>• Wilton: Going to move forward probably in a few months. Will use very small committee and reach out to other towns to see what’s working or not. Contact <a href="mailto:sarah.heath@wiltonct.org">sarah.heath@wiltonct.org</a></li> <li>• Fairfield: Have had a few meetings to recruit new people. Schools and town to work on it together as a joint plan. Easton was also invited to the conversation. Valerie Babich can also cross-pollinate between Westport and Fairfield. Created Google file with the training documents, spreadsheet of names, etc. that people can update. Contact Cristin (temporarily): <a href="mailto:cristinmccarthyvabey@gmail.com">cristinmccarthyvabey@gmail.com</a></li> </ul>	



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<b>Other Updates</b>	<ul style="list-style-type: none"> <li>e. The Hub’s suicide resources flyer was updated in July and sent out. It includes the newest suicide loss group in the region (Trumbull). Please share it on social media and around town. It includes prevention messages, crisis info (the National Lifeline and the Crisis Text Line), and all the suicide loss support groups in the region.</li> <li>f. Trumbull’s suicide loss group is open to all, meets on Zoom 2<sup>nd</sup> Wednesdays – email Cornelia Morris</li> <li>g. Ashleigh Miller shared the flyer for her support group</li> <li>h. Jeff Santo is starting a twice-weekly late-night peer support group meeting (see above) – flyer will be sent ; please share the information</li> <li>i. My Friend Abby has active young adult committee that meets online Mondays at 7pm (15-26yo)</li> <li>j. My Friend Abby is giving out small grants to YA: right now for back to school &amp; coping with COVID – go to <a href="http://www.myfriendabby.org/grants">www.myfriendabby.org/grants</a> to apply (very simple)</li> <li>k. The Hub submitted a grant to Fairfield County’s Community Foundation to provide ASIST suicide intervention training to 2 leaders from each EMS department, as well as coordinating monthly QPRs for a year aimed at EMTs</li> <li>l. Kate, Margaret, Susannah and others developed a project idea to provide a regional Training of Trainers in the new teen Mental Health First Aid (tMHFA) curriculum to build capacity within 14-20 youth-serving organizations in the region to train entire grades of high-school aged students in tMHFA year after year. Silver Hill Hospital is submitting the proposal on behalf of the region.</li> <li>m. Margaret just trained 90+ doctors and nurses from Nuvance Health who are part of the PACT peer support team in suicide prevention.</li> <li>n. Norwalk Community College is offering weekly Question-Persuade-Refer (QPR) trainings in English and will offer training in Spanish in collaboration with Positive Directions next month</li> </ul>	



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Next Steps	<ul style="list-style-type: none"><li>o. At the last quarterly meeting there was interest in developing a Prevention Subcommittee and Postvention Subcommittee. We now have town-level postvention committees which are already working. We asked for thoughts on the prevention subcommittee, but based on the presentation of the state plan, Jules suggested that this group might first need to create our own regional strategic plan or workplan for year 2. From there we can identify “bite-sized” pieces to address. Leigh suggested an education plan as part of suicide prevention, with each town committing to hosting mental wellness/ prevention events. For now, towns will continue to work on their postvention planning. New goals or structure can be discussed at the next quarterly meeting.</li></ul>	<p>Re-circulate and share the 2020 suicide resource sheet, inventory of behavioral health trainings for SW CT, and flyer for RIPPLE’s new night time support group</p> <p>SW RSAB meeting dates: <b>Quarterly on 2<sup>nd</sup> Fridays, 12pm-2pm (Dec. 11, Mar. 12, June 11)</b></p>

**Attendance: SW RSAB 9/11/20**

Genevieve Eason, Wilton Youth Council

Gillian Anderson with My Friend Abby

Janice Andersen

Cornelia Edgeworth from Trumbull Counseling Center

Michele Jakab, Trumbull Human Services

Valerie Babich from Westport Public Schools

Paige Morrisroe from Stratford Community Services

Ariana Trotman, GBAPP Inc

Jules Calabro Beacon Health Options, Network of Care Manager for regions 1 and 5

Ashleigh Miller, Clinician at Family Centers

Ameneya Phillips from Stratford Community services.

Alessia Gagnon, Youth and Family Counselor from Stratford Community Services

Leigh Goodman, Trumbull Emergency Medical Services

Christophe Armero - Support Each Other (Suicide Bereavement Support Group) Greenwich CT

Jeffrey Santo, Executive Director, Recovery Innovations for Pursuing Peer Leadership and Empowerment, Inc (RIPPLE) - RockingRecovery.org

Kiersten Naumann, TPAUD

Melissa McGarry - TPAUD, Trumbull's Prevention Partnership

Taylor Ford, FAVOR

Danielle Jean-Guillaume Sittol, Greenwich Youth Services Bureau

Sarah Heath, Director of Social Services, Town of Wilton

Nancy von Euler, ED Horizons at NCCS and will be a member of Fairfield's Postvention Subcommittee

Demetria Nelson - New Commissioner of the Greenwich Department of Human Services

Kristen Mulhearn, District Social Worker for the Greenwich Public Schools

Kate Venison

Sarah Menard, Mobile Crisis Intervention Services, Child Guidance Southern CT; member of Stamford's Postvention subcommittee

Ingrid Gillespie, Director of Prevention, Liberation Programs

Tina Corlett, GDHS

Susannah Lewis, Silver Hill

Bethany Zaro, RN, MPH Director New Canaan Human Services