

CT Suicide Advisory Board Meeting Minutes

Meeting Date: January 14, 2021

Location: Zoom Virtual Meeting

Present: Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Amanda Carrington (OCA), Erika Cruz (DMHAS), Heather Clinger (Wheeler), Yvette Cortez (DCF), Ann Irr Dagle (Brian Dagle Foundation), Melissa Demma (United Services), Michele Devine (SERAC), Michelle Drolsbaugh (Minding Your Mind), Andrea Duarte (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Taylor Ford (FAVOR), Tom Fulton (Wheeler), Cheryl Gatling-Galloway (Taft School), Marisa Giarnella-Porco (Jordan Porco Foundation), Paul Hammer, Rob Harrison (Westerly Hosp.), Brandon Jewell (SAVE), Angela Jimenez (DPH), Kelly Leppard (DMHAS), Valerie Lepoutre (NAMI-CT), Sarah Lorenzini (CTARNG), Jodi Lott (Gaggle), Jessica Loss (VA CT Healthcare), Mike Makowski (DPH), Jessica Markure (VA CT Healthcare), Tim Marshall (DCF), Pam Mautte (Alliance for Prevention and Wellness), Katie McMullan (DMHAS), Dena Miccinello (Durham Middlefield YFS), Ashleigh Miller (Family Centers), Emily Morse (UCFS), Giovanna Mozzo (The Hub), Allyson Nadeau (Amplify CT), Lucy Orellano (OCA), Eduardo Osello (SAVE), John Panicek (Scouts BSA, CT Rivers Council), Jonathan Pohl (CCSU), Megan Purvis (The Hub), Steve Rogers (CT Children’s), Scott Serviss (Solutions EAP), Marisa Sicley-Rogers (IOL), Greg Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Jennifer Sussman (UCHC), Robin Tousey-Ayers (DPH), Faith VosWinkel (OCA), Sara Wakai (UCHC), Nicole Wiley (Naugatuck Youth Svcs), Abby Wood (Western CT Coalition), LoriBeth Young (DSS) and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Tim Marshall and Andrea Duarte welcomed the group via Zoom.	
II. Presentation <i>QPR for Substance Use Disorder Treatment</i> Tom Steen Steen Consulting tom@steenconsulting.net	<i>QPR for Substance Use Disorder Treatment</i> <ul style="list-style-type: none"> - Pilot funded via Substance Abuse Block Grant dollars - Created a QPR training specific to substance use disorder - QPR Presentation Content (note: the presentation is not a full QPR training) <ul style="list-style-type: none"> • QPR: Question, Persuade, Refer. • Being comfortable asking Questions can save a life; Persuade someone to get help; and Refer (connect) someone to help. The goal for QPR is to present a suicide prevention program so that it becomes rote memory. Training is approximately 90 minutes. • People thinking about suicide often use indirect language about suicide. QPR training teaches you how to recognize the warning signs, question them in a compassionate way, and refer them to help. • Asking a person directly about suicide will not put the idea of suicide into someone’s head. They are either thinking about suicide or they aren’t. • One of the key risk factors of suicide is hopelessness and helplessness. One suicide is one too many. Having as many merchants of hope will get us closer to the goal of there being no suicide. 	

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	<ul style="list-style-type: none"> • QPR is an evidence-based program to raise awareness, dispel myths and misconceptions, educate individuals on the warning signs of suicide and how to appropriately respond. It is not a form of treatment or counseling. • QPR has 21 Core Slides and a QPR booklet that must be used in the training. • How we talk about suicide matters. Use language such as “died by suicide, ended his/her life, killed him/herself. Rather than failed/successful attempt use “suicide attempt” or “death by suicide”. Somebody who has lost someone is a “loss survivor”. • Data from AFSP: Suicide is the 11th leading cause of death in CT. 2nd leading for 10-34 year-olds. Most people who die by suicide in CT are adults. Most at risk are white non-Hispanic males age 35-54. • SUD, AUD, OUD and suicide: Individuals with SUD and AUD have significantly higher risk of suicide. Alcohol has a significant impact, especially on impulsivity. Opiates present in 20% of suicide deaths. • Protective factors include hope, community connectedness, coping and problem-solving skills, resiliency, reasons for living, sense of personal control or determination, and receiving effective mental health and substance use disorder care. • Joiners Interpersonal Theory of Suicide: The intersection of thwarted belongingness, Perceived burdensomeness, Capability for Suicide. • Columbia Suicide Severity Rating Scale (C-SSRS): a short screening tool. For more information, https://cssrs.columbia.edu/ The tool is also available for DMHAS employees in the Learning Management System through the DMHAS Office of Workforce Development: www.ct.gov/dmhas/workforcedevelopment • Suicide Risk Curve and Safety Plan Intervention (Brown and Stanley) www.suicidesafetyplan.com <p>Results from the Pilot:</p> <ul style="list-style-type: none"> • Total trainings-16, Average Class Size-23, Total Number who registered-405, Total who participated-375. • Results from the survey indicate significantly increased knowledge about suicide prevention/intervention. <p>To view the presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_QPR_SUD_presentation.pdf</p>	
<p>III. Review of Minutes</p>	<p>December minutes approved</p>	

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IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - The national leadership conference will be virtual, January 21-23, 2021. - Talk Saves Lives trainings continue. - Fundraising is half of what it was this time last year. Efforts continue to raise funds. - Andrea Duarte, Heather Spada, Jeanette Baker and Katie McMullan have been working with AFSP National to prepare the national rollout of the Gizmo Project. Currently in the process of formalizing read along guidance and will present the read along program to AFSP on January 15, 2021. - If there are any survivors of suicide loss who would like to become part of the AFSP Healing Conversations program, please contact Ann Irr Dagle: ann@brianshealinghearts.org <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Groups continue to meet virtually. - Going to be starting a peer group facilitator training in February. Working with a licensed therapist to get it going and expand groups. - Looking to hire a part-time staff member with an MSW background to help with programs in grief support and suicide prevention. <p>SAVE https://save.org/</p> <ul style="list-style-type: none"> - Brandon Jewell introduced Eduardo Osello, a charter member of SAVE. <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Offering the “Check-In” program free to businesses and community providers in 2021. If anyone is interested in this program, contact Marissa Giarnella-Porco at mgiarnella-porco@jordanporcofoundation.org - Continue to participate in a series of mental health conversations with a sergeant from the State Police and Renee Denino from iHeart radio. <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - All welcome to join “Get Real” conversation January 21, 2021, 7:00pm. Information sent to CTSAB listserv. <p>Grief Coalition</p> <ul style="list-style-type: none"> - No report 	

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	<p><u>Committees</u></p> <p>Data to Action</p> <ul style="list-style-type: none"> - Formerly the Data and Surveillance committee; the name has been changed to better reflect the work of the committee. - At the November meeting, the Regional Suicide Advisory Board (RSAB) members were invited to share their regional needs at the meeting. - Next meeting is January 25, 2021, at 10am. Focusing on community data from the community readiness survey and young adult survey. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Draft framework is being reviewed. There is a system in place for individuals under 25 years-old where the medical examiner’s office notifies the Office of the Child Advocate when there is a potential suicide of someone under 25. - Focus on community response to suicide. - After the alert was sent out in early November, there continues to be interest (e.g. Hartford Curreant). - The committee is currently codifying the infrastructure, solidifying lines of integration and communication. <p>Lethal Means</p> <ul style="list-style-type: none"> - No January meeting. - Working with Metro North to get materials placed in stations. - Working with Mike at DPH to get data regarding the next town to approach for bridge signage. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - The first Survivor of Suicide Attempt (SOSA) group has been introduced in CT. The group is being facilitated by Paul Hammer and Steve McHattie. This is an 8-week structured support group that leads to the development of a plan to lead a life worth living and where to turn to for help. The group is established in recognition that attempt survivors are a high-risk group. The intent is to have more SOSA groups in the future. - Looking to expand Alternatives to Suicide groups. In collaboration with the Western Mass Recovery Learning Collaborative, hoping to train more people and bring more groups to CT. There are many support groups, but “Alternatives to Suicide” is specifically focused on people who have suicidal ideation as opposed to those who are experiencing other clinical conditions. 	

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	<ul style="list-style-type: none"> - The committee will soon be sending a flyer to the listserv to recruit new members. <p>Zero Suicide</p> <ul style="list-style-type: none"> - At the December meeting, Angel Breeze Scents, IOL and NAMI presented the outcomes of the Caring Cards program; connected with over 500 individuals in treatment. - Next meeting is January 27, 2021, and every other month thereafter. Next meeting is an opportunity for people to catch up with each other and hear about different strategies currently taking place. <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - DMHAS Workforce Development is working on getting the curriculum into the LMS. <p>Advocacy</p> <ul style="list-style-type: none"> - Committee will get a name adjustment to Legislative Advocacy Committee or something similar. - The CTSAB tri-chairs and the committee have been involved with an SEL legislative workgroup and met with 12-16 legislators interested in suicide prevention legislation. The committee has been working to educate the legislators on what CTSAB does and what the foundations do. Engaging the legislators in this group with increase communication about legislation and help avoid unnecessary consequences of legislation. Incredible suicide prevention work has been done in the state with no state funding; hopefully this will change since it is on the radar of so many leaders in state government. Any CTSAB members who want to join are free to do so. State employees are limited in their advocacy. - University of New Haven suicide prevention policy summit is January 22, 2021. Information was sent to the listserv. - AFSP CT chapter continues to work with national AFSP on putting helpline resources on the back of student IDs. Several states have successfully passed this legislation. <p>Armed Forces</p> <ul style="list-style-type: none"> - Initiative launched across the VA to annually screen all veterans using the Columbia Suicide Severity Rating Scale (C-SSRS) no matter where they show up in the system. - Lethal Means safety is a priority. - Offering Operation Save trainings (veteran specific and similar to QPR) to community partners. - A variety of supplies for the veteran’s crisis line are available. 	

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	<ul style="list-style-type: none"> - Susan Tobenkin, CTNG Behavioral Health Team (BHT) submitted this statement: <i>“The CT Army National Guard has been extremely busy over the past months. Units have been activated. Some soldiers are being deployed to Washington D.C. and other Units will remain in CT. All have been tasked with the mission of supporting local law enforcement security efforts. Additionally, activities have increased as preparations for deployments are being made for missions to Africa and Poland. The increase reflects growing demands made on the National Guard and their ever expanding role in defense of the country. The citizen-soldiers of the CT Army National Guard have committed themselves to safeguarding democratic ideals by swearing an oath to support and defend the Constitution. They protect the rights of every American with the utmost professionalism, character, and integrity. With regards to Covid response and impact we/CTNG BHT continue to evaluate and assess the continuing impact that this pandemic has had on our SMs (service members). It is clear they are impacted in multiple ways including through their military duties, employment responsibilities, and personal and home life as well. We have also continued to evaluate and assess suicide prevention measures during this time and are looking into several different prevention measures to assist during this stressful time.”</i> <p><u>Suicide-related Federal Initiatives</u></p> <ul style="list-style-type: none"> - Submitted a proposal for 9-8-8 grant planning. <p><u>Legislative/Budget</u></p> <ul style="list-style-type: none"> - Tabled <p><u>Regional Suicide Advisory Board Meetings</u> https://www.preventsuicidect.org/about-us/regional-sab-business/ Contact the lead at the link provided above for each region for more information regarding meetings and trainings.</p> <ul style="list-style-type: none"> - North Central: Postvention training in progress. - Eastern: Consulting with Scott Barton from Mashantucket Pequot Tribal Nation to expand on guidance document to work with postvention flow chart. This is funding through the mental health awareness training grant. 	

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	<ul style="list-style-type: none"> - Western: Postvention training February 23, 2021. Doing more around lethal means education and supporting some of the signage. Working with an evaluator to evaluate the QPR trainings to paint a picture of who was trained and what was learned. - South Central: RSAB meeting January 14, 2021. Continuing to work on Postvention Planning. QPR sessions have been held biweekly with additional requests to do them a different time. Sent out SOSA group letter and there is a lot of interest in that. - Southwestern: Dr. Gabriel Lomas from WCSU spoke at the January meeting about the regional crisis team in the greater Danbury area. He is trying to get a suicide prevention grant and has been talking to state legislators. In addition, the postvention trainings held over the summer were discussed. Many people are in the beginning stages. Some towns are creating a work plan and sharing it with other towns so they don't have to start from scratch. - Talk Saves Lives presentation occurred in Westport, specific to the senior population. - RIPPLE, a local organization in Norwalk, has had a weekly night peer support group from 10pm-12am, virtually. <p>The SOSA group information was shared by all RSABs with their local contacts.</p> <p>Awareness Campaign/Website/Outreach https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Materials can be ordered through the website. 	
V. Member Updates	Meeting adjourned 11:03am.	
<p>VI. 2021 Meeting Schedule</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, andrea.duarte@ct.gov</p> <p>Dates/Presentations:</p> <p><u>2021 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - 2/11/21: Gabriel Lomas, WestConn and Paula Gill Lopez, Fairfield University, <i>School System Peer Crisis Response</i> - 3/11/21: Sara Wakai, UConn Health, <i>Garrett Lee Smith Grant Outcomes (2015-20)</i> - 4/8/21: Erika Cruz, DMHAS and United Way of CT/211, <i>ACTION Line: Adult Mobile Crisis Call Center</i> - 5/13/21: Paul Hammer, Yale, and Valerie LePoutre, NAMI CT, <i>Attempt Survivor Advocacy</i> - 6/10/21: Maureen Pasko, VACT Healthcare, <i>Homelessness and Suicide</i> - 7/8/21: Kathy Chapman, DMHAS, <i>Impact of Gender on Suicide</i> - 8/12/21: Audrey Silva, UConn, <i>A Deaf Perspective of Mental Health and Suicide</i> 	

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	<ul style="list-style-type: none"> - 9/9/21: Annual Meeting - 10/14/21: Sara Gaer, Suicide Prevention Specialist/Author, <i>Trauma and Suicide</i> <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	