

## CT Suicide Advisory Board Meeting Minutes February

**Meeting Date:** February 11, 2021

**Location:** Zoom Virtual Meeting

**Present:** Gillian Anderson (My Friend Abby), Jeanette Baker (United Way CT), Rebekah Behan (CHDI), Scott Barton (Mashantucket Pequot Tribal Nation), Cheri Bragg (DMHAS), Dana Bossio (Fairfield Schools), Bill Brassard (NSSF), Kevin Borrup (CT Children’s), Amanda Carrington (OCA), Kathleen Chapman (DMHAS), Holly Cheeseman (CGA), Erika Cruz (DMHAS), Heather Clinger (Wheeler), Ann Irr Dagle (Brian Dagle Foundation), Melissa Demma (United Services), Christine Deschamps (CCSU), Michele Devine (SERAC), Michelle Drolsbaugh (Minding Your Mind), Andrea Duarte (DMHAS), Mike Dutko (CTARNG), Jennifer Esposito (Judicial Branch), Marisa Giarnella-Porco (Jordan Porco Foundation), Stefanie Goins (CTARNG), Rob Harrison (Westerly Hosp.), Brandon Jewell (SAVE), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI-CT), Gabriel Lomas (WCSU), Paula Gill Lopez (Fairfield Univ.), Sarah Lorenzini (CTARNG), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Mike Makowski (DPH), Jessica Markure (VA CT Healthcare), Pam Mautte (Alliance for Prevention and Wellness), Katie McMullan (DMHAS), Emily Morse (UCFS), Allyson Nadeau (Amplify CT), Scott Newgass (SDE), Lucy Orellano (OCA), John Panicek (Scouts BSA, CT Rivers Council), Liz Pelissier (Solutions EAP), Jonathan Perloe (CT Against Gun Violence), Beth Pizzuto (Beacon Health Options), Scott Serviss (Solutions EAP), Marisa Sicley-Rogers (IOL), Tom Steen (Steen Consulting), Robin Tousey-Ayers (DPH), Elizabeth Traester (NAMI-CT), Colleen Violette (DPH), Faith VosWinkel (OCA), Sara Wakai (UCHC), Nicole Wiley (Naugatuck Youth Svcs), 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 Tom Steen welcomed the group via Zoom.	
<b>II. Presentation</b>  <i>School System Peer Crisis Response</i>  Dr. Gabriel Lomas Western Connecticut State University  Dr. Paula Gill Lopez Fairfield University	<p>Dr. Gabriel Lomas is a professor and program director in the counseling program at Western Connecticut State University. He was part of a highly trained school-based crisis team in Texas from 2000-2009. He has extensive experience in crisis preparation and management. He has published widely, including publications on crisis and safety. Finally, he developed the western Connecticut Regional Crisis Team in 2013 and continues to lead the group.</p> <p>Dr. Paula Gill Lopez is an Associate Professor, department chair, and school psychology program director in the Graduate School of Education and Allied Professions at Fairfield University. While working as a school psychologist in Richmond, CA, she co-wrote curriculum and conducted workshops in cultural awareness, anger management, conflict mediation, and gang violence prevention for the West Contra Costa Human Relations Department. She is a PREPaRE trainer and currently chairs the CT School Safety and Crisis Response Committee.</p>	

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	<p>School System Peer Crisis Response</p> <p>Gabriel Lomas:</p> <ul style="list-style-type: none"> <li>• Developed Western CT Regional Crisis Team and started meeting regularly in the spring of 2014. FEMA endorses the crisis team model to give mutual aid.</li> <li>• Meet once a month with representatives from all school districts. Community partners join too (e.g. Mobile Crisis, Danbury Women’s Center, etc.)</li> <li>• Goal: to provide resource for crisis management and prevention in local schools. Meetings are held to plan and prepare for crisis situations and learn about handling certain crisis events. Serves function of professional development.</li> <li>• Due to established relationships, if there is a crisis they don’t hesitate to call, and they trust the people who come into the building. After-action reviews are conducted to process what happened.</li> <li>• The meetings serve as an onboarding process, so when things come up, people are ready and familiar with the team. Relationships are critical, especially to vulnerability of processing after a crisis.</li> <li>• Developed draft legislation which codifies what is being done. It would fund the crisis specialists who would coordinate with school districts. They could do safety audits, professional development, data collection, etc. This way a statewide infrastructure can be built.</li> <li>• It wouldn’t be appropriate for the Western team to show up in regions they aren’t familiar with, which is why the state committee is so valuable.</li> </ul> <p>Paula Gill Lopez:</p> <ul style="list-style-type: none"> <li>• May of 2018 charged to create a statewide committee for statewide crisis response.</li> <li>• After doing some research for about a year and a half trying to figure out what this statewide committee would look like, the decision was to emulate what Dr. Lomas had created. This is to support every district with training, discussion, debriefing, and support, so that when a crisis does happen, they are already engaged.</li> <li>• This committee is not currently in a position to deploy like the western team as it has only been meeting for a year.</li> <li>• Statewide Committee Functions: To create a culture of preparedness, support the district levels, coordinate with existing efforts in the schools and also groups like CTSAB to really be able to have best practices to inform the members and coordinate efforts as well as successfully address crises through practical means and through ongoing training and discussion. Currently developing a core group of people who are regularly attending meetings and can help process after-action reviews.</li> </ul>	

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	<p>To view the presentation:  <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/SAB_2_11_2021_School_Crisis_Teams.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/SAB_2_11_2021_School_Crisis_Teams.pdf</a></p>	
<b>III. Review of Minutes</b>	January minutes 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>- Annual Board Retreat is February 27, 2021</li> <li>- Continue to offer Talk Saves Lives Trainings</li> <li>- Healing Conversations is offered to newly bereaved loss survivors. There is more and more interest. If anyone is interested in helping, contact Ann Irr Dagle <a href="mailto:ann@brianshealinghearts.org">ann@brianshealinghearts.org</a></li> <li>- About to roll out a national Read-Along program with AFSP for the Gizmo program and want to ensure that the Read-Alongs that take place meet the minimum standards of the program. AFSP will promote this to their chapters across the country. There will be a press release as well. More info at <a href="https://www.gizmo4mentalhealth.org/">https://www.gizmo4mentalhealth.org/</a></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>- Offering facilitator training to train more people to run support groups.</li> <li>- Moving forward with school-based suicide prevention trainings.</li> </ul> <p><b>SAVE</b> <a href="https://save.org/">https://save.org/</a></p> <ul style="list-style-type: none"> <li>- Workplace suicide prevention program in progress.</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>- 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 <a href="mailto:mgiarnella-porco@jordanporcofoundation.org">mgiarnella-porco@jordanporcofoundation.org</a></li> <li>- 10-year anniversary campaign starting.</li> </ul> <p><b>My Friend Abby</b> <a href="https://www.myfriendabby.org/">https://www.myfriendabby.org/</a></p> <ul style="list-style-type: none"> <li>- Grants given to youth and young adults who are willing to take action and make a difference in area of mental health, mental illness and suicide prevention. Current grant application cycle closes March 15.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Young adult advisory committee meets once per week.</li> <li>- SOS meetings with the Trumbull counseling center every second Wednesday.</li> </ul> <p><b>Grief Coalition</b></p> <ul style="list-style-type: none"> <li>- No report</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- At the January 25 meeting, results reviewed from latest community readiness survey regarding community attitudes surrounding prevention strategies on substance use, mental health promotion, problem gambling, etc.</li> <li>- Upcoming meetings: April, July, and October.</li> <li>- Community of Practice application being submitted to SPRC to increase data collection, analysis, and evaluation, as well as equity and community engagement.</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Multiple legislative agendas and public hearings.</li> <li>- Looking for a new date and time to meet due to multiple conflicts.</li> <li>- With the starting of new Advocacy and legislative group, trying to balance involvement.</li> <li>- Examining network of information and how the information is disseminated. There are 169 towns and 171 school districts, and each district can have multiple schools. Looking into how to triage the information flow as responses have to be at a community level.</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Continuing with bridge signage.</li> <li>- Looking at developing literature to “suicide proof” your home, modeled off of RI</li> <li>- Working with DOT’s “Operation Lifesaver” to get info in train stations.</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Survivor of Suicide Attempt (SOSA) group starting, and two more to begin in the next few months.</li> <li>- Creating Speakers Bureau and welcome folks to share their stories.</li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- Continued increased adoption of Columbia Suicide Severity Rating Scale (C-SSRS)</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Connecticut Children’s is concerned about the behaviors they have seen in the children in the ER. Increase in percentage of youth with thoughts of suicide and needing services.</li> <li>- Further advances in training: a number of the healthcare providers are using QPR as the standard basic training for all staff.</li> <li>- Trying to get core competency training onto LMS.</li> </ul> <p><b>Legislative Advocacy Workgroup:</b></p> <ul style="list-style-type: none"> <li>- Meetings will begin the fourth Thursday of the month at 9:30am.</li> <li>- Need to prioritize the focus regarding the multiple bills coming out.</li> <li>- Kevin Borrup shared the four areas of primary interest that coming up in legislation: universal screening for suicide risk, recognition of CTSAB, education/information on school IDs, participation of schools in Youth Risk Behavioral Survey.</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- No Report</li> </ul> <p><b><u>Suicide-related Federal Initiatives</u></b></p> <ul style="list-style-type: none"> <li>- There was a planning call with the CDC that Andrea Duarte participated in. Multiple deliverables are due related to planning. CT received the 988 planning grant to help prepare for the standup for 988.</li> <li>- Rob Aseltine has two zero suicide grants from NIMH. The first is related to suicide risk among prescription opioid users and the second is designing suicide risk algorithms to better serve community-based hospitals who may have less information on their patients.</li> </ul> <p><b><u>Legislative/Budget</u></b></p> <ul style="list-style-type: none"> <li>- Tom Steen: There are a number of bills currently out.</li> <li>- Jonathan Perloe; Strengthen Extreme-Risk Protection Order (removing firearms for people who are at extreme risk to themselves or others).</li> <li>- Cathy Ludlum: Bill concerning Aid in Dying for Terminally Ill Adults. There is concern regarding who will get channeled into suicide prevention and who will get channeled in to Aid in Dying.</li> </ul>	

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	<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>- Contact the lead for each region for more information regarding meetings and trainings.</li> <li>- <b>Region One:</b> Actively supporting postvention.</li> <li>- <b>Region Two:</b> Working with towns to develop Postvention. Some towns still having challenges so a subcommittee will be formed. Dr. Lomas will be asked to attend the next meeting. We will also partake in the Thousand Crane Project. Some suicide awareness events in Sept in planning as well. Next meeting via Zoom is April 5, 1:00p.m.</li> <li>- <b>Region Three:</b> No report</li> <li>- <b>Region 4:</b> Next meeting is February 1, 1:30pm. Continuing postvention activities and presenting on priority needs process.</li> <li>- <b>Region 5:</b> Postvention training on February 23; continue to do QPR and Narcan trainings; shared outcomes of trainings with the board; collaborating with LPCs and professors at Western to train students. Next meeting March 24.</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>- Updates being made to the website.</li> </ul> <p><b>Member Update:</b></p> <ul style="list-style-type: none"> <li>- Rob Harrison: wooden signs being posted around RI that have a QR code and when scanned there are three options that come up (I need help now, resources, stress reduction). They are placed in areas with high risk of suicide, in bathroom stalls in high schools, etc.</li> <li>- Mike Makowski: looking at Substance Use Disorder and substance use as a comorbidity in mental illness.</li> <li>- Andrea: We are creating resources for police officers to give out.</li> </ul>	
<b>V. Member Updates</b>	Meeting adjourned 11:00am.	
<p><b>VI. 2021 Meeting Schedule</b></p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</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>  <u>2021 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> <li>- 3/11/21: Sara Wakai, UConn Health, <i>Garrett Lee Smith Grant Outcomes (2015-20)</i></li> </ul>	

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<p>Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.</p>	<ul style="list-style-type: none"> <li>- 4/8/21: Erika Cruz, DMHAS and United Way of CT/211, <i>ACTION Line: Adult Mobile Crisis Call Center</i></li> <li>- 5/13/21: Paul Hammer, Yale, and Valerie LePoutre, NAMI CT, <i>Attempt Survivor Advocacy</i></li> <li>- 6/10/21: Maureen Pasko, VACT Healthcare, <i>Homelessness and Suicide</i></li> <li>- 7/8/21: Kathy Chapman, DMHAS, <i>Impact of Gender on Suicide</i></li> <li>- 8/12/21: Audrey Silva, UConn, <i>A Deaf Perspective of Mental Health and Suicide</i></li> <li>- 9/9/21: Annual Meeting</li> <li>- 10/14/21: Sara Gaer, Suicide Prevention Specialist/Author, <i>Trauma and Suicide</i></li> </ul> <p><b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	