



Suicide Advisory Board Meeting Minutes

Meeting Date: March 12, 2021

Location: Online

Present: See Ring Central chat with attendance

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome & Introductions	-Gillian Anderson, My Friend Abby: Looking for event partners and would like help circulating her premiere event. More info below.	
State & Regional Updates	<p>-CT SAB: They are working on the 988 number and statewide grant that they have received. They have a lot of work to do to start the campaign for the number. No updates about DPH grant as far as we are concerned.</p> <ul style="list-style-type: none"> • Mike Makowski: It is in the works and will be involving local health departments for suicide prevention across the lifespan, focusing on vulnerable populations (middle-aged white males & young adults). They are in the early planning stages. <p>-AFSP: In the process of developing their business plan to be submitted to the national office. Want to continue supporting the community through fundraising and education. We are one of two states that will be starting the Gizmo program, CT is piloting. Efforts will be to talk to families to talk about mental health with their young folks and creating mental health plans. Has current support for loss survivors and want to extend those efforts to those with lived experience. A new module of Talk Saves Lives related to the workplace is available. Advocacy Day will be in May. Recruiting for their board, please reach out to Denique Weidema-Lewis</p> <p>-Margaret: Interested in anyone who is attending the CT-SAB subcommittees to update this group.</p>	Gillian can report more on the CT SAB meeting as she attends monthly.



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<p>Mike Makowski Presentation</p>	<ul style="list-style-type: none"> -Mike Makowski, Epidemiologist -CT Landscape of Violent Deaths (2015 – 2020) -Grant from CDC from 2014 to collect data, primarily from OCME, death certificates & law enforcement. -Data is violent cases (homicides, suicides, undetermined intent & accidental firearm) -CTVDRS will be the official count of suicide for state -Suicide rates & numbers have gone up (2015-2019), most suicides are white males, ages 45-64. -Method most used is hanging/asphyxia followed by firearms. For men, firearms. For women, hanging/asphyxia -Mental health is consistent top risk factors (loss of relationship for young adults & substance use for adults) -CT Data: Region 1 is lower in numbers of suicide deaths compared to other regions (Stamford, Bridgeport & Norwalk have higher numbers). Most data ends at 2019, pre-COVID. -Compared to the 5-year average, suicide deaths were in decline in 2020. From COVID numbers, we can hypothesize that more suicides happen when folks are alone. Most deaths in 2020 were March-May. -SAMHSA Traumatic Stress & Suicide After Disasters, 2015: https://www.samhsa.gov/sites/default/files/dtac/srb_sept2015.pdf -Comprehensive Suicide Prevention is newly rewarded 5-year grant from CDC (2020-2025) -Resources for Suicide Survivors handouts -Even with clusters of suicide deaths in young adults in 2020, the numbers are consistent with the data presented in that overall, trends are low -LGBTQIA+ data is difficult to track. According to this data, it seems that trends are low -There can be some difficulties in classifying overdose deaths as accidental suicides -Since 2016, we see an increase in hospital psych evals & mental health admissions but the reason is unclear 	



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	<p>-When there is a suicide death in our region, DMHAS updates with cause of death. Medical examiner determines cause of death. Cause of death can change in the process.</p> <p>-What does this data mean in terms of our prevention efforts? (DPH)</p> <p>-How does our data compare nationally and internationally?</p> <p>https://www.datocms-assets.com/12810/1615230382-14155afspnationalfactsheet2021m1.pdf</p>	
<p>Postvention Planning Efforts</p>	<p>-Demetria Nelson (Greenwich): meet with first selectman and explained to them what is going on. Small committees are reaching out to potential stakeholders to hold an information session. In the beginning stages of a task force.</p> <p>-Julie DeMarco & Cristin McCarthy Vahey (Fairfield): hoping to ramp up efforts for postvention planning, they are working to expand. Identified a number of willing stakeholder participants and will establish a core group. Has a lot of support from the school and town.</p> <p>-Leah Goodman (Trumbull): has postvention task force. Great work, and some challenges in implementation of efforts but motivated to continue to share resources and offer support while respecting anonymity and safety.</p> <p>-Postvention subcommittee interest: Leigh Goodman, Sylvia Sanchez, Denique Weidema-Lewis, Demetria Nelson, Julie DeMarco</p> <p>- Denique Weidema-Lewis (Norwalk): convening with group and really want to ensure that ownership is happening at the town level. Their next step will be making templates for everyone in a shared Google folder and to plan for a virtual postvention training to be local. Inviting key folks to this.</p> <p>-Postvention training from The Hub is available on our YouTube channel for anyone's interest and reference</p> <p>-(New Canaan): no postvention team but uses Crisis Intervention team for postvention efforts</p>	<p>We can begin implementing a postvention subcommittee. Giovanna will collect interested individuals and she will reach out to everyone with a Doodle Poll to get a meeting date together. She will not chair but can organize.</p> <p>Giovanna will reach out to New Canaan for information on the process of using a Crisis Intervention team and will forward that information to everyone</p>



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FCCF Grant	<p>-FCCF grant was given to The Hub a few months ago. The goal of the grant is to train EMS workers in Region 1 in QPR. We are working with Mark Blake, President of the Council, to gather QPR trainers and scheduling trainings. From now to July. Our goal is to get 200 EMS workers trained.</p> <p>-The Hub has been making connections through Mark, reaching out to supervisors of EMS workers and going from through.</p> <p>-The Hub can reach out to Cristin McCarthy Vahey for more connections of EMS folks</p>	<p>Please spread the word about QPR trainings for EMS workers. Reach out to Daniella & Victoria for questions or comments: Daniella Arias: darias@ryasap.org Victoria O'Neill: victoria@ryasap.org</p>
May is Mental Health Awareness Month & National Prevention Week	<p>-NPW (May 10th – 14th): Monday: Opioids, Tuesday: Alcohol, Wednesday: Marijuana, Thursday: Vaping, Friday: Preventing Suicide</p> <p>-The Hub is working with libraries to create a toolkit with information and activities. Also available for pick-up at any libraries open. Working on having authors present to do a Q & A online.</p> <p>-The Hub wishes to compile everyone's NPW events and efforts so we can share this. State also appreciated this calendar.</p>	<p>The Hub will reach out for any plans on NPW so we can compile events and efforts</p>
Other	<p>-Gillian Anderson: My Friend Abby: The premiere host of a new documentary, My Ascension. Tells the story of Emma who attempted suicide and survived. She tells her story and gives hope to others. Movie is not yet available but will be for free Sunday, April 11th at 6PM with a panel discussion. My Friend Abby needs event partners to spread the word. Any event partners will have their organization represented.</p>	<p>Anyone interested in being an event partner in the documentary, please reach out to Gillian Anderson: gillian@myfriendabby.org</p>



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	<p>-Steve Bogan: Will to Live: teen suicide prevention. In the early planning stages of organizing for December.</p> <p>-Reini Knorr: Fairfield Center Stage Theater: in the process of coming up with a one-person play/comedy that focuses on suicide prevention. Prevention Comedy Every Brilliant Thing by Duncan Macmillan, with Jonny Donahoe https://www.dramatists.com/cgi-bin/db/single.asp?key=5451</p>	