

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, June 11, 2020

Location: Zoom Virtual Meeting

Present: Gillian Anderson (My Friend Abby), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Melanie Bonjour (CIFC), Kevin Borrup (CCMC), Bill Brassard (NSSF), Heather Clinger (Wheeler), Erika Cruz (DMHAS), Belle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Maureen Dinnan (HAVEN), Michelle Drolsbaugh (Minding Your Mind), Andrea Duarte (DMHAS), William Dunn, Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Fred Fetta (DMHAS), Tom Fulton (Wheeler), Lisa Girard (FAVOR), Paul Hammer (Yale Program for Recovery and Community Health), Brandon Jewell (SAVE), Gabe Lomas (WCSU), Paula Lopez (Fairfield Univ), Cathy Ludlum (Second Thoughts Connecticut), Mike Makowski (DPH), Tim Marshall (DCF), Kathy Masi, Pam Mautte (Alliance for Prevention and Wellness), Alexis May (Wesleyan University), Melanie Meyer (Tri-Town Youth Services), Amy Mirizzi (DPH), Cornelia Morris, Allyson Nadeau (Amplify CT), Scott Newgass (SDE), Lucy Orellano (OCA), John Panicek (Scouts BSA, CT Rivers Council), Jonathan Perloe (CT Against Gun Violence), Bethany Pizzuto (DCF), Jonathan Pohl (CCSU), Simone Powell (CHR), Matt Riley (Jordan Porco Foundation), Steve Rogers (CCMC), Scott Serviss (Solutions EAP), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Jennifer Sussman (CPES UHC), Faith VosWinkel (OCA), Sara Wakai (UHC), 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	Andrea Duarte, Tim Marshall and Tom Steen welcomed the group via Zoom.	
II. Presentation <i>Health Assistance InterVention Education Network</i> Maureen Sullivan Dinnan, JD Executive Vice President and Chief Executive Officer HAVEN 1210 Mill Street East Berlin, CT 06023 Tel. (860) 828-3175 Fax (860) 828-3192 mdinnan@haven-ct.org www.haven-ct.org	<p>Maureen Sullivan Dinnan presented on the role of HAVEN in 2020, which was created in 2007 for all healthcare professionals. HAVEN is the health assistance program authorized by state law to serve healthcare professionals licensed or eligible for license in the State of Connecticut. HAVEN offers a confidential alternative to "public disciplinary action for professionals suffering from chemical dependency, emotional or behavioral disorder, or physical or mental illness."</p> <p>There are misconceptions that healthcare professionals aren't allowed to be sick; that they don't have mental health or substance use disorders or medical issues and if they do, the expectation is they will continue to work. The suicide rate is higher for healthcare professionals than the general population; young professionals are at an increased risk for substance misuse; healthcare professionals have mental health conditions at the same rate as the general population. The impacts of COVID-19 include the following: expectation to be a hero; compassion fatigue; inadequate PPE; practicing beyond the scope of their practice; moral injury and financial crisis.</p> <p>Working with HAVEN is a choice. The most common reasons for referral are substance use, mental illness and physical illness. HAVEN provides health accountability. A health and wellness contract is developed with terms and conditions based on individual needs. Abstinence-based monitoring is the best opportunity for recovery and when the healthcare professional starts feeling well, they continue going to treatment.</p>	

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	View the PowerPoint at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CT_Suicide_Advisory_Board_06-11-2020.pdf	
III. Review of Minutes	Review and acceptance of May minutes was tabled to the July meeting.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Fall walks are being planned as in-person and virtual if necessary. - Talk Saves Lives trainings are being held held virtually. TOT is being offered for regional suicide advisory boards. <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Grief support groups are being held in person outside adhering to physical distancing guidelines. - Planning golf tournament and other September events. - Save the date for the Jingle Bell 5K: December 5, 2020 <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Westfield State University held a successful virtual Fresh Check Day. There will be a webinar June 17 for colleges on how to conduct a virtual Fresh Check Day; there are currently 200 registered. - A video adaptation of 4 What's Next will be launched this summer. <p>Grief Coalition</p> <ul style="list-style-type: none"> - No update. <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Met on May 18. - 2019 Connecticut School Health Survey can be accessed at: https://portal.ct.gov/DPH/Health-Information-Systems--Reporting/Hisrhome/Connecticut-School-Health-Survey 	

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	<p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Created a tear-off sheet with resources for police officers to give families at the scene of a suspected suicide. It has been presented to officers via CABLE and to the state police. Next step is approval by the Chiefs. <p>Lethal Means</p> <ul style="list-style-type: none"> - Talk Saves Lives trainings being done virtually. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Reviewing survivor resources that are available through the AAS membership division. - Looking into incorporating suicide prevention into peer specialist support training; if anyone knows of peer support programs, contact Paul Hammer paul.hammer@yale.edu or Valerie Lepoutre vlepoutre@namict.org - If anyone is interested in joining the committee, contact Paul Hammer or Valerie Lepoutre. <p>Zero Suicide</p> <ul style="list-style-type: none"> - Met virtually on May 26 and discussed efforts healthcare organizations have created during this pandemic, including warm lines and peer-to-peer lines recognizing that healthcare workers are at risk for mental health and substance misuse concerns, trauma, moral injury and compassion fatigue. <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - On hold due to the COVID-19 response. <p>Advocacy</p> <ul style="list-style-type: none"> - AFSP National Virtual Advocacy Day will be June 22, 3:00pm-5:00pm. To register, afsp.org/advocacy. Contact Ann Irr Dagle with questions ann@brianshealinghearts.org - Connecticut hosted a virtual advocacy day at which Rep. John Hampton and Sen. Tony Hwang spoke. Any of the bills that were in committee were tabled due to COVID-19. <p>Armed Forces Committee</p> <ul style="list-style-type: none"> - On hiatus during the response of the Guard to the COVID-19 pandemic. 	

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	<p>State Conference</p> <ul style="list-style-type: none"> - Due to the COVID-19 federal and state guidelines regarding large group events, there will not be a state conference in September. Resources will be reallocated to support current mental health efforts related the impact of the COVID-19 pandemic. - The state plan will be presented via a virtual meeting on September 10, 2020. <p>State Plan</p> <ul style="list-style-type: none"> - The CTSAB tri-chairs are reviewing the latest draft. The plan will be presented in September. <p>Suicide-related Federal Initiatives</p> <ul style="list-style-type: none"> - DMHAS submitted a proposal for the SAMHSA suicide prevention grant to support states and communities during the COVID-19 pandemic with a special focus on victims of domestic violence. - DPH submitted a proposal for the Centers for Disease Control and Prevention (CDC) competitive suicide prevention grant with the focus on healthcare, community-level and upstream interventions in partnership with five local health departments. <p>Regional Suicide Advisory Board Meetings https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <ul style="list-style-type: none"> - Contact the lead for each region for more information regarding meetings and trainings. - North Central: June 18 meeting; Talk Saves Lives TOT, June 23, 2020, 10:00am-12:00pm - Eastern: no report - Western: virtual meeting to be held in June. - South Central: Two safeTALK TOT sessions are scheduled for mid-June. Planning on hosting postvention training late fall and possibly a survivor group training. - Southwestern: At the May meeting, Dr. Carol Tosone presented on shared trauma. At that time a decision was made to create two regional subcommittees, one for suicide prevention and one for postvention/grief support. Dr. Tosone’s slideshow and the video of her presentation can be found here: https://www.thehubct.org/suicide The regional community postvention response planning training is being rescheduled as three 1.5 hour virtual trainings in July. <p>Awareness Campaign/Website/Outreach https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Materials can be ordered on the website. 	

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	<ul style="list-style-type: none"> - Andrea Duarte and Tim Marshall are working with United Way, Beacon and FAVOR for messaging throughout the state. 	
V. Member Updates	Meeting adjourned 11:00am.	
VI. 2019-2020 Meeting Schedule Meetings are the second Thursday of the month, 9:00am—11:00am Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.	Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov Dates/Presentations: <ul style="list-style-type: none"> - 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> - 8/13/20: Lisa Buckley and Tim Buckley, <i>Project Paws: Animal Assisted Activity & Therapy</i> - 9/10/2020: <i>State Suicide Prevention Conference & State Plan Release</i> - 10/8/20: TBD - 11/12/20: Dr. Michelle Forella, <i>CT Vet Medical Association, Wellness Committee Efforts</i> - 12/10/20 Amy Johansson, <i>Smile Anyway/Hidden in Plain Sight</i> <u>2020 Dates:</u> 1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10 (Nat'l SP Wk-State Conference), 10/8, 11/12, 12/10 Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.	