

CT Suicide Advisory Board Meeting Minutes

Meeting Date: July 9, 2020

Location: Zoom Virtual Meeting

Present: Jeanette Baker (United Way CT), Rebekah Behan (CHDI), Kevin Borrup (CCMC), Wendy Caruso (United Way CT), Heather Clinger (Wheeler), Belle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Michele Devine (SERAC), Emily Dickson (Southington Schools), Andrea Duarte (DMHAS), Angela Duhaime (SERAC), Mike Dutko (CTARNG), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Joanna Fornwalt (Enfield Youth Svcs), Anna Gasinski (Alliance for Prevention and Wellness), Tressa Giordano (AHM Youth and Family Svcs), John Halligan (Ryan’s Story), Paul Hammer (Yale Program for Recovery and Community Health), Aaron Jackson (CMHA), Brandon Jewell (SAVE), Angela Jimenez (DPH), Celeste Jorge (DPH), Valerie Lepoutre (NAMI-CT), Gabe Lomas (WCSU), Paula Lopez (Fairfield Univ), Sarah Lorenzini (CPN), Cathy Ludlum (Second Thoughts Connecticut), Andrew Lyon (McCall Center), Tim Marshall (DCF), Crystallee Martel (Prevention Corps), Pam Mautte (Alliance for Prevention and Wellness), Tom McMorran (Easton Redding Region 9 Schools), Katherine McMullan (UCONN), Dena Miccinello (DMYFS), Amy Mirizzi (DPH), Emily Morse (UCFS), Allyson Nadeau (Amplify CT), Lucy Orellano (OCA), John Panicek (Scouts BSA, CT Rivers Council), Jonathan Pohl (CCSU), Simone Powell (CHR), Steve Rogers (CCMC), Scott Serviss (Solutions EAP), Greg Simpson (Beacon Health Options), Heather Spada (United Way CT), Janet Spoltore (Connecticut College), Tom Steen (Steen Consulting), Jennifer Sussman (CPES UCHC), Robin Tousey-Ayers (DPH), Faith VosWinkel (OCA), Sara Wakai (UCHC), Kelly Waterhouse (East Hartford 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	Andrea Duarte, Tim Marshall and Tom Steen welcomed the group via Zoom.	
II. Presentation <i>Ryan’s Story: A Father’s Hard-Earned Lessons about Cyberbullying and Suicide</i> John P. Halligan johnhalligan@ryansstory.org www.ryansstory.org Emily B. Dickson emilybethdickson@yahoo.com	<p>John Halligan’s son died by suicide at 13 years-old in 2003. After his death it was learned that he was being ridiculed and humiliated at school and online by his peers and had been confiding in his peers that he was feeling suicidal. John was instrumental in creating the Vermont Bully Prevention bill which was signed into law May 2004 and a law for mandatory suicide prevention education in the Vermont public schools that was signed into law April 2006.</p> <p>John shared the importance of making sure youth have other approachable adults to go to besides their parents; talking about bullying; and monitoring their children’s social media accounts. He also discussed having a smartphone use agreement in place with youth that sets expectations, limits screen time, and ensures parents have access to their accounts and passwords.</p> <p>For more information about presentations and the books written by John Halligan and Emily Dickson, <i>Ryan’s Story: A Father’s Heard-Earned Lesson about Cyberbullying and Suicide</i> written for adults and <i>Ryan’s Story: Love Beyond Belief</i> written for middle and high school students, visit www.ryansstory.org</p> <p>View the PowerPoint at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/HalliganDicksonCTSAB070920Presentation.pdf</p>	

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	<p>Resources shared by meeting attendees:</p> <ul style="list-style-type: none"> -Jordan Porco Foundation “4 What’s Next” is a life skills program that addresses resiliency https://www.rememberingjordan.org/programs/4-whats-next/ - The Anti-Defamation League’s high school program NO Place for Hate has a resource guide https://www.adl.org/media/11295/download - CT YRBS trends: https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/CSHS/2019CTYRBS_Trend_Report_10Year.pdf - Second Step Pre-K-12 evidence-based program is a curriculum that supports youth violence and bullying prevention. -SOS Signs of Suicide for middle and high schools https://www.mindwise.org/what-we-offer/suicide-prevention-programs/ - NAMI Ending the Silence training addresses mental health and suicide for middle schoolers https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence - Dickon Pownall-Gray, <i>Surviving Bullies Workbook: Skills to Help Protect You from Bullying</i> 	
III. Review of Minutes	May and June minutes approved.	
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. - The Gizmo curriculum pilot with AFSP national has been put on hold due to COVID-19 planning being undertaken by schools. In lieu of the pilot launch, Andrea Duarte, Heather Spada and Jeanette Baker are developing a Pawesome Pledge for Mental Health campaign. <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 (in-person and virtual) 	

CT Suicide Advisory Board Meeting Minutes

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	<p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - No update <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 in May; there was an update on the Community Readiness Survey, NVDRS and CHA admission data. - 2019 Connecticut School Health Survey can be accessed at: https://portal.ct.gov/DPH/Health-Information-Systems--Reporting/Hisrhome/Connecticut-School-Health-Survey - National Suicide Prevention Lifeline call volume is lower than this time last year; Mobile Crisis Intervention Services calls are starting to increase. - Next meeting is August 17, 2020. <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, the State Police and President of the Chiefs' Association. Next step is approval by the Chiefs. - OCME continues to distribute folders. <p>Lethal Means</p> <ul style="list-style-type: none"> - No meeting in July. - Catherine Barber, founding director of Means Matter at the Harvard Chan School of Public Health, will present at the August meeting on new work in the field of lethal means safety. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Members of the committee have written their own stories of recovery. The committee is working to establish a speakers' bureau. <p>Zero Suicide</p> <ul style="list-style-type: none"> - A survey was released to collect data on the utility of the group, how Zero Suicide is used and to provide guidance for the committee going forward. 	

CT Suicide Advisory Board Meeting Minutes

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	<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 was held on June 22, 2020. <p>Armed Forces Committee</p> <ul style="list-style-type: none"> - On hiatus during the response of the Guard to the COVID-19 pandemic. <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. - The state plan will be presented via a virtual meeting on September 10, 2020. <p><u>State Plan</u></p> <ul style="list-style-type: none"> - The CTSAB tri-chairs are reviewing the final draft. Commissioners will review the plan in August and it will go to print in September. <p><u>Suicide-related Federal Initiatives</u></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. - Statewide ACES application is due mid-July; this is a collaboration among state agencies. - Through the GLS grant, NAMI-NH Connect Postvention training will be held in July. <p><u>Regional Suicide Advisory Board Meetings</u></p> <p>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: Met in June to plan current and future events. Focus groups were held with youth and key informants. Alicia Farrell presented on teens and Marijuana. August 20 is the next meeting. - Eastern: Planning for the Fall. Next meeting is September. 	

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	<ul style="list-style-type: none"> - Western: Paula Gill Lopez presented on the hierarchy of needs and re-entry to schools. They continue to conduct QPR webinar trainings. - South Central: Planning on hosting postvention training in September. - Southwestern: The regional community postvention response planning training is being rescheduled as three 1.5 hour virtual trainings. <p>Awareness Campaign/Website/Outreach https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Materials are being replenished and can be ordered on the website. - Mobile Crisis Intervention Services will be using pop-up tents at schools offering meal pick-up during the summer. The tents are co-branded with Mobile Crisis and the 1 WORD campaign. - Outfront Media is putting up suicide prevention billboards at no cost. 	
V. Member Updates	<p>-Kevin Borrup reported that CCMC is offering QPR to Boys and Girls Club staff.</p> <p>-Tressa Giordano reported AHM Youth and Family Services is offering a virtual QPR and Narcan training August 26.</p> <p>-DMHAS Substance Use Disorder clinicians will be trained in QPR by Tom Steen.</p> <p>Meeting adjourned 11:00am.</p>	
<p>VI. 2019-2020 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> <ul style="list-style-type: none"> - 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> <p><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</p> <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	