

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** August 13, 2020

**Location:** Zoom Virtual Meeting

**Present:** Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Kevin Borrup (CCMC), Bill Brassard (NSSF), Lisa Buckley (Tim Buckley Project), Chelsy Cardillo, Jessica Champagne (Monroe School District), Heather Clinger (Wheeler), Laurie Collins (CT Assn SBHC), Belle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Andrea Duarte (DMHAS), Christine Deschamps (CCSU), Angela Duhaime (SERAC), Mike Dutko (CTARNG), Kelly Edwards (Clinton Youth and Family Svcs), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Tom Fulton (Wheeler), Anna Gasinski (Alliance for Prevention and Wellness), Marissa Giarnella-Porco (Jordan Porco Foundation), Lisa Girard (FAVOR), Paul Hammer (Yale Program for Recovery and Community Health), Aaron Jackson (CMHA), Brandon Jewell (SAVE), Walter Krauss (DMHAS), Paula Gill Lopez (Fairfield Univ), Jessica Loss (VA Hospital), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts Connecticut), Tim Marshall (DCF), Crystallee Martel (Prevention Corps), Katie McMullan (UCONN), Dena Miccinello (DMYFS), Giovanna Mozzo (The Hub), Allyson Nadeau (Amplify CT), Scott Newgass (SDE), Lucy Orellano (OCA), John Panicek (Scouts BSA, CT Rivers Council), Beth Pizzuto (Beacon Health Options), Jonathan Pohl (CCSU), Simone Powell (CHR), Steve Rogers (CCMC), Greg Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Robin Tousey-Ayers (DPH), Faith VosWinkel (OCA), Marissa White (Correctional Healthcare Quality Improvement Solutions), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte, Tim Marshall and Tom Steen welcomed the group via Zoom.	
<b>II. Presentation</b>  <i>Project Paws: Animal Assisted Activity &amp; Therapy</i> Lisa Buckley The Tim Buckley Project <a href="https://timbuckleyproject.org/">https://timbuckleyproject.org/</a>  Additional resources: Human Animal Bond Research Institute: <a href="https://habri.org/">https://habri.org/</a>  Pet Partners: <a href="https://petpartners.org/">https://petpartners.org/</a>  Soul Friends: <a href="http://www.soul-friends.org">www.soul-friends.org</a>	Project Paws, The Tim Buckley Project, was born out of a desire of Tim’s family to share his story. In May of 2017, at the age of 22, Tim lost his battle with addiction to an accidental drug overdose. The mission of the organization is to foster the therapeutic benefits of the human animal bond, impact social emotional learning for youth, and restore hope to families impacted by mental health and substance use disorders.  Project Paws provides education and resources for bringing Animal Assisted Activity and Animal Assisted Therapy to schools, youth services bureaus, libraries, and community events. Benefits of Pet Therapy include: enhances student psychological development; improves social behavior and interaction; increases self-esteem; teaches responsibility; teaches compassion and respect for others; helps teach specific skills; and calms fear and anxiety.  View the PowerPoint at this link: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Project_Paws_Powerpoint_Presentation_DMHAS.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Project_Paws_Powerpoint_Presentation_DMHAS.pdf</a>	

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<b>III. Review of Minutes</b>	July 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>- September 1, 2020 virtual opening ceremony for the Out of Darkness Walks.</li> <li>- All walk teams are encouraged to walk independently and take photos and videos to celebrate. <a href="http://www.afsp.org/cttogether">www.afsp.org/cttogether</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>- Grief support groups are being held in person outside adhering to physical distancing guidelines. When groups move inside, there will be more groups of smaller size.</li> <li>- Planning golf tournament and other September events, including a clambake fundraiser and a Talk Saves Lives training for the city of Norwich.</li> <li>- Save the date for the Jingle Bell 5K: December 5, 2020 (in-person and virtual). Collaborating with a local children’s museum to create a family scavenger hunt to find elves with bells.</li> <li>- Main Street Niantic: the AFSP lifesaver logo will promoted at local businesses.</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>- Colleges are hosting virtual Fresh Check Days.</li> <li>- 4 What’s Next has pre-recorded modules for virtual trainings.</li> <li>- The foundation is collaborating with Bear’s Restaurant Group for a “Linked 4 Life” event on World Mental Health Day, October 10, where teams will link-up to break the Guinness World Record for the most carabiners linked together in a single chain. The carabiner is a visual reminder that we’re linked together, and it’s OK to ask for help</li> </ul> <p><b>Grief Coalition</b></p> <ul style="list-style-type: none"> <li>- No update.</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- Preparing a presentation for the September meeting.</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Created a tear-off sheet with resources for police officers to give families at the scene of a suspected suicide. It is currently at the printer and will then go to the OCME</li> <li>- OCME continues to distribute folders.</li> </ul>	

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	<p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Catherine Barber, founding director of Means Matter at the Harvard Chan School of Public Health, presented at the August meeting on new work in the field of lethal means safety and how to engage the firearm community in a non-threatening way.</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Members of the committee have written their own stories of recovery. The committee is working to establish a speakers' bureau. If anyone is interested, contact <a href="mailto:paul.hammer@yale.edu">paul.hammer@yale.edu</a></li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- The results of the survey are being analyzed.</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- This group will be re-engaged.</li> </ul> <p><b>Advocacy</b></p> <ul style="list-style-type: none"> <li>- Ann Irr Dagle has an upcoming call with AFSP national.</li> </ul> <p><b>Armed Forces Committee</b></p> <ul style="list-style-type: none"> <li>- On hiatus during the response of the Guard to the COVID-19 pandemic.</li> </ul> <p><b>State Conference</b></p> <ul style="list-style-type: none"> <li>- Due to the COVID-19 federal and state guidelines regarding large group events, there will not be a state conference in September.</li> <li>- The state plan will be presented via a virtual meeting on September 10, 2020.</li> </ul> <p><b>State Plan</b></p> <ul style="list-style-type: none"> <li>- Final draft was approved by DCF and DMHAS Commissioners.</li> </ul> <p><b>Suicide-related Federal Initiatives</b></p> <ul style="list-style-type: none"> <li>- DMHAS did not receive the Zero Suicide or National Strategy for Suicide Prevention grants.</li> <li>- GLS grant ends September 30, 2020.</li> <li>- A three-digit national suicide prevention lifeline was passed by Congress and will be geo-located; the number goes into effect in 2022.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- The CT adult mobile crisis is coordinated by United Way; there will be a four-stage roll-out.</li> </ul> <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>North Central:</b> CHR will be sharing postvention updates and suicide prevention month resources at the August 20 meeting.</li> <li>- <b>Eastern:</b> Continuing to do QPR and Talk Saves Lives trainings. Under the MHAT grant, “Bring Light” campaign created focusing on positivity.</li> <li>- <b>Western:</b> Trained 201 individuals in QPR since COVID-19 restrictions began. Working with schools to share mental health resources.</li> <li>- <b>South Central:</b> Planning three Talk Saves Lives trainings and hosting postvention training in September.</li> <li>- <b>Southwestern:</b> The regional community postvention response planning training to be delivered as three 1.5 hour virtual trainings.</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>- Materials can be ordered on the website.</li> <li>- Lifespan brochure is being updated.</li> </ul>	
<b>V. Member Updates</b>	Meeting adjourned 11:05am.	
<p><b>VI. 2019-2020 Meeting Schedule</b></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, <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></p> <p><b>Dates/Presentations:</b></p> <ul style="list-style-type: none"> <li>- 9/10/2020: <i>State Suicide Prevention Conference &amp; State Plan Release</i></li> <li>- 10/8/20: TBD</li> <li>- 11/12/20: Dr. Michelle Forella, <i>CT Vet Medical Association, Wellness Committee Efforts</i></li> <li>- 12/10/20 Amy Johansson, <i>Smile Anyway/Hidden in Plain Sight</i></li> </ul> <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><b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	