

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** November 12, 2020

**Location:** Zoom Virtual Meeting

**Present:** Gillian Anderson (My Friend Abby), Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Cheri Bragg (DMHAS), Wendy Caruso (United Way 211), Heather Clinger (Wheeler), Erika Cruz (DMHAS), Michele Devine (SERAC), Monica Dijanic (), Andrea Duarte (DMHAS), William Dunn, Mike Dutko (CTARNG), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Michelle Forella (), Tom Fulton (Wheeler), Anna Gasinski (), Marisa Giarnella-Porco (Jordan Porco Foundation), Paul Hammer (Yale Program for Recovery and Community Health), Aaron Jackson (), Brandon Jewell (SAVE), Angela Jimenez (), Valerie Lepoutre (NAMI-CT), Susan Logan (DPH), Gabriel Lomas (WCSU), Sarah Lorenzini (CTARNG), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Tim Marshall (DCF), Pam Mautte (), Giovanna Mozzo (The Hub), Allyson Nadeau (Amplify CT), Lucy Orellano (OCA), John Panicek (), Beth Pizzuto (Beacon Health Options), Jonathan Pohl (CCSU), Steve Rogers (CCMC), Scott Serviss (), Greg Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Faith VosWinkel (OCA), Sara Wakai (UCHC), Marissa White (Correctional Healthcare Quality Improvement Solutions), 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, Tim Marshall and Tom Steen welcomed the group via Zoom.	
<b>II. Presentation</b>  <i>Suicide Prevention and Mental Health Promotion for CT Veterinarians</i> Michelle Forella, DVM Connecticut Veterinary Medical Association <a href="http://www.ctvet.org">www.ctvet.org</a>	Dr. Forella presented on why veterinarians have an increased suicide risk and the suicide prevention and mental health promotion efforts of the CT Veterinary Medical Association. Veterinary medicine is a relatively small profession when compared with other health professions. There are about 100,000 veterinarians in the US and 750,000 human physicians.  Male veterinarians are experiencing suicide two times more than the average US male, and female veterinarians are 3.5 times more likely to die by suicide than the average US female adult. Veterinarians are at risk due to a variety of factors, including: burnout; moral distress; secondary trauma; compassion fatigue; experience euthanasia and death, sometimes on a daily basis; witness animals in situations of abuse or neglect; financial stress, veterinarians have the highest debt to income ratio; and access to lethal drugs.  View the PowerPoint at this link: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/MF_CTSAB_FINAL.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/MF_CTSAB_FINAL.pdf</a>	
<b>III. Review of Minutes</b>	October minutes approved.	
<b>IV. Updates</b>	<u><b>Foundations</b></u> <b>American Foundation for Suicide Prevention (AFSP)</b> <a href="https://afsp.org/">https://afsp.org/</a> - Spring walks will be virtual. - November 21 is Survivors of Suicide Loss Day (virtual). Information shared on listserv.	

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	<p><b>Brian Dagle Foundation</b> <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a></p> <ul style="list-style-type: none"> <li>- The Jingle Bell 5K: December 5, 2020 (in-person and virtual).</li> </ul> <p><b>SAVE</b> <a href="https://save.org/">https://save.org/</a></p> <ul style="list-style-type: none"> <li>- New law enforcement guide is available at no cost</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>- Working on distributing the “Check-In” program to businesses in 2021.</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>- Second round of grants distributed to youth and young adults.</li> <li>- New board members added.</li> </ul> <p><b>Grief Coalition</b></p> <ul style="list-style-type: none"> <li>- Reviewing AFSP’s Healing Conversations program.</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- Next meeting is November 16, 2020, 10:00am-11:30am. Regional and local level data will be reviewed.</li> <li>- Regional suicide advisory boards invited to attend.</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Four youth suicides in October; currently at the statewide average for the year for youth. A Public Health Alert and Call to Action was released:</li> <li>- <a href="https://www.preventsuicidect.org/wp-content/uploads/2020/11/Suicide-Prevention-Public-Health-Alert-and-Call-to-Action-October-30-2020.pdf">https://www.preventsuicidect.org/wp-content/uploads/2020/11/Suicide-Prevention-Public-Health-Alert-and-Call-to-Action-October-30-2020.pdf</a></li> <li>- Postvention trainings continue with Regional Suicide Advisory Boards.</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- DEA National Prescription Drug Take Back Day was October 24, 2020. It was promoted through United Way 211 social media channels. Wheeler’s Connecticut Clearinghouse Change the Script Van attended 14 events in October reaching approximately 900 individuals. Medication lock boxes and deterra medication disposal bags were distributed.</li> <li>- Continuing to work with the state and municipalities on bridge signs.</li> </ul>	

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	<p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- The committee has acquired 10 free slots in the December 2020 Didi Hirsch Mental Health Services’ Survivors of Suicide Attempts (SOSA) Group Facilitator Training for 5 teams of CT clinicians and individuals with lived experience so they may initiate this group model in the state. Information was sent to the listserv.</li> <li>- New group for young adults created that incorporates the Dungeons and Dragons theme.</li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- The review of the results of the learning community survey will provide direction on technical assistance needs</li> <li>- Connecticut Children’s will develop a Zero Suicide plan in the first three months of 2021.</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Meeting date to be scheduled.</li> </ul> <p><b>Advocacy</b></p> <ul style="list-style-type: none"> <li>- Many of the state legislators who have supported suicide prevention efforts were re-elected in November.</li> </ul> <p><b><u>Suicide-related Federal Initiatives</u></b></p> <ul style="list-style-type: none"> <li>- State of Connecticut Department of Public Health was awarded a five-year grant from the U.S. Centers for Disease Control and Prevention (CDC) to enhance a range of suicide prevention activities. It is a joint effort between DPH, the Connecticut Department of Mental Health and Addiction Services (DMHAS), the Connecticut Department of Children and Families (DCF), and UConn Health. To view the Governor’s press release: <a href="https://www.preventsuicidect.org/wp-content/uploads/2020/11/Governor-Press-Release-Suicide-Prevention-Award10192020.pdf">https://www.preventsuicidect.org/wp-content/uploads/2020/11/Governor-Press-Release-Suicide-Prevention-Award10192020.pdf</a></li> </ul> <p><b><u>Legislative/Budget</u></b></p> <ul style="list-style-type: none"> <li>- Any of the specialists answering the United Way lines are trained to determine if a person is in crisis. This positions the state well for the 3-digit suicide prevention lifeline.</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>North Central:</b> AMPLIFY completed the youth anxiety review. One Hebron school administrator signed the Gizmo pledge. The pledge will be shared with the Hebron Board of Education.</li> <li>- <b>Eastern:</b> Created a flowchart for regional postvention response and will be creating a postvention liaison position. Working with school nurses in the region. QPR/Narcan virtual trainings occur on Thursdays.</li> <li>- <b>Western:</b> Reviewed Plan 2025 at the September meeting. Continuing the virtual QPR/Narcan trainings. Have trained 300 to date in QPR and 250 Narcan.</li> <li>- <b>South Central:</b> Postvention training held in October. Successful virtual story time with Gizmo was held. Virtual QPR trainings are held virtually.</li> <li>- <b>Southwestern:</b> Gabriel Lomas will be presenting at the December meeting.</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>- Gizmo’s Pawesome Pledge for Mental Health can be accessed via <a href="https://www.gizmo4mentalhealth.org/mental-health-pledge/">https://www.gizmo4mentalhealth.org/mental-health-pledge/</a></li> </ul>	
<b>V. Member Updates</b>		
<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>- 12/10/20 Amy Johannson, <i>Smile Anyway/Hidden in Plain Sight</i></li> </ul> <p><b><u>2021 Meeting Dates/Presentations:</u></b></p> <ul style="list-style-type: none"> <li>- 1/14/21: Tom Steen, Steen Consulting, <i>QPR for Substance Use Disorder Treatment</i></li> <li>- 2/11/21: Gabriel Lomas, WestConn and Paula Gill Lopez, Fairfield University, <i>School System Peer Crisis Response</i></li> <li>- 3/11/21: Sara Wakai, UConn Health, <i>Garrett Lee Smith Grant Outcomes (2015-20)</i></li> <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> </ul>	

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	<ul style="list-style-type: none"> <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>	