

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, January 9, 2020

**Location:** MediQuick/ Hartford Healthcare  
91 Pomeroy Ave, Meriden, CT

**Present:** Meagan Bell (Health 360), Deb Berns (CCMC), Kevin Borrup (CCMC/Hartford Hospital), Sarah Camerota (United Way CT), Erika Cruz (DMHAS), Gabrielle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Christine DesChamps (CCSU), Jennifer DeWitt (City of Waterbury), Andrea Duarte (DMHAS), Michael Dutko (CTARNG), Jennifer Esposito (Judicial Branch CSSD), Amy Evison (CHR), Tom Fulton (Wheeler Clinic), Marisa Giarnella-Porco (Jordan Porco Foundation), Paul Hammer (Yale Program for Recovery and Community Health), Celeste Jorge (DPH), Jake Kochin (CCMC), Walter Krauss (DMHAS), Pamela Lang (CSSD), GERALYN LAUT, Sarah Lorenzini (CPN), Mike Makowski (DPH), Crystallee Martel (Naugatuck Youth Svcs), Amy Mirizzi (DPH), Allyson Nadeau (Consultant), Lucy Orellano (OCA), Yania Padilla (Health 360), John Panicek (Scouts BSA, CT Rivers Council), Carissa Peckrul (Health 360), Jonathan Perloe (CT Against Gun Violence), Jonathan Pohl (CCSU), Jennifer Roberts (OCME), Steven Rogers (CCMC), Michael Ruggiero (Wesleyan), Gregory Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Craig Turner (Wallingford Youth and Social Svcs), Faith VosWinkel (OCA), Marissa White (Correctional Healthcare Quality Improvement), Nicole Wiley (Step Up Naugy), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), Carleen Zambetti (DMHAS), and Bethany Zorba (DCF).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte and Tom Steen welcomed the group and initiated introductions. Reminder to sign in and out and complete an evaluation in order to receive CECs.	
<b>II. Presentation</b>  <i>Intersection of Suicide and Opioids</i>  Pamela Mautte Alliance for Prevention & Wellness	Pamela Mautte discussed the intersection of suicide and the current opioid epidemic. Emphasized returning to our prevention roots, looking at root causes, and utilize the Strategic Prevention Framework to look beyond the top of the iceberg. Call to action: think how we can engage nontraditional partners in our communities to reach further into our high-risk populations.  View the presentation at this link: <a href="https://www.etcclearinghouse.org/Customer-Content/www/files/PDFs/Suicide_Advisory_Board_presentation_january2020.pdf">https://www.etcclearinghouse.org/Customer-Content/www/files/PDFs/Suicide_Advisory_Board_presentation_january2020.pdf</a>	
<b>III. Review of Minutes</b>	December minutes will be available at the next meeting.	
<b>IV. Updates</b>	<b>Foundations</b> <b>Jordan Porco Foundation</b> <ul style="list-style-type: none"> <li>- Gala at the Hartford Marriot in March</li> <li>- Dear Even Hansen at the Bushnell</li> <li>- Tom Steen to do QPR through their Catalyst Grant in the New Britain area</li> <li>- Looking for businesses or communities interested in piloting Check In Program contact Marisa</li> </ul> <b>Brian T. Dagle Foundation</b> <ul style="list-style-type: none"> <li>- Gearing up for Lax to Live Programs – previously had 22 teams, looking to increase to 25 / 26</li> </ul>	

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	<ul style="list-style-type: none"> <li>- CT National Guard in Niantic is doing a Polar Plunge and providing the funding to the Brian T. Dagle Foundation</li> <li>- Gained entry to New London school districts to complete suicide prevention programming</li> <li>- Split suicide loss survivor group into two due to such high attendance</li> </ul> <p><b>American Foundation for Suicide Prevention</b></p> <ul style="list-style-type: none"> <li>- Tom Steen is going to the National Conference – January 24 in Denver, CO – will report back in February</li> <li>- Working on the approval process for making the Gizmo curriculum a national program</li> <li>- Newman Foundation donated \$25,000 to support walks in CT</li> <li>- Special fundraiser raised \$10,000 dollars to put towards Connecticut prevention as well</li> <li>- Tom Steen’s new role: Chair of the Education Committee; will bring updated information on initiatives and training opportunities next month.</li> </ul> <p><b>My Friend Abby</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Grief Coalition</b></p> <ul style="list-style-type: none"> <li>- Formed a new group, have met a few times. Planning to have a roll out conference in the future. Have a committee but haven’t had a chance to pull it all together yet.</li> <li>- Working on creating a vision and mission statement</li> <li>- Increasing network</li> </ul> <p><b>Committees</b></p> <p><b>Data and Surveillance</b></p> <ul style="list-style-type: none"> <li>- Last meeting was in November – have been meeting with Dr. Alexis May to go through the state plan data points; didn’t want to bring it to the full committee so they are moving the upcoming meeting. They will send out the new list of dates for the upcoming year.</li> <li>- Contact <a href="mailto:celeste.jorge@ct.gov">celeste.jorge@ct.gov</a> if you’re interested in getting involved</li> <li>- Dual press release between DPH and DMHAS; got no media traction due to bad timing. Message was to correct a misconception about the suicide rates within the state – continuing to make the point that white, middle aged, males are highest in the state.</li> <li>- CDC reported that they have seen a doubling of youth suicide across the nation – we are unique in that CT does not match those rates.</li> <li>- Heather Clinger sent out the full press release to the listserv Dec. 30</li> </ul> <p><b>Intervention – Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Replenished the supply of packets at the OCME for families coping with suicide loss</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Finding people coming to support groups with the folders – showing that they are utilized and helping individuals throughout the state</li> <li>- Unclear if they'll reschedule the meeting for this month or meet next – leadership will email out around meeting date and times either way</li> <li>- Increased conversations with police officers to begin tapping into a peer network to provide support for loss of officers, prevention etc.</li> <li>- Creating a small resource, emulating a small domestic violence resource already used, so that they can provide additional assistance to survivors of suicide. Would help explain police approach to investigating suicide and provide resources.</li> <li>- Wanting to bridge the gap between those who die by suicide out of state; their families being contacted by police and not through the OCME or clinicians.</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Canceled scheduled meeting due to holidays.</li> <li>- Increased interest in varying towns wanting to put up suicide prevention signage on their local bridges</li> <li>- United Way was funded additional dollars to purchase lock boxes and print materials to include and get out to individuals through the emergency rooms</li> <li>- Working on a flier to increase awareness of extreme risk protection order – allows firearms to be removed if someone is at risk to themselves or others. Continued education to police departments.</li> <li>- CT Against Gun Violence – survey to chiefs of police around this subject</li> <li>- Metro North Railroad started pilot program to train all station personnel on QPR</li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- Finalizing survey tool to engage with zero suicide committee membership – looking to gauge where systems in CT are at with the Zero Suicide Framework and a better, longer meeting time bimonthly – moving meetings to the CT Hospital Association</li> <li>- Discussion around providing support to staff regarding suicide bereavement – potential training opportunity through the IOL</li> <li>- Continued discussion around challenges faced when rolling out universal Columbia screenings</li> </ul> <p><b>Advocacy</b></p> <ul style="list-style-type: none"> <li>- Tom Steen spoke to his representative who has agreed to host a meeting with other legislators to discuss suicide prevention statewide.</li> <li>- Need to decide what legislation we want to get behind – need to know by February</li> <li>- Opening up the AFSP annual advocacy day to other similar organizations</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Attempt Survivors / Lived Experience</b></p>	

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	<ul style="list-style-type: none"> <li>- Attempt survivor’s committee has had three meetings thus far; looking for new members</li> <li>- Two projects to begin: one is to integrate suicide prevention into peer support training programs. Additionally, wanting to publicize suicide prevention trainings as a way for peers to attain their CEUs after certification.</li> <li>- Working to share their stories, inviting other attempt survivors outside of the committee or state to share their stories as well – interested in getting into psychiatric hospitals and intensive outpatient settings as well.</li> </ul> <p><b>Armed Forces</b></p> <ul style="list-style-type: none"> <li>- Starting back up January 31, 10AM – 11AM at the Armed Forces Reserve Center, Middletown</li> </ul> <p><b>State Conference</b></p> <ul style="list-style-type: none"> <li>- September 9, 2020 – mark your calendars!</li> <li>- Need to start a planning committee</li> </ul> <p><b>Regional Advisory Boards</b></p> <ul style="list-style-type: none"> <li>- Regularly meeting</li> </ul> <p><b>Suicide-related Federal Initiatives</b></p> <ul style="list-style-type: none"> <li>- No time for update</li> </ul> <p><b>Legislative/Budget</b></p> <ul style="list-style-type: none"> <li>- No time for update</li> </ul> <p><b>Awareness Campaign / Website / Outreach</b></p> <ul style="list-style-type: none"> <li>- No time for update</li> </ul> <p><b>State Plan</b></p> <ul style="list-style-type: none"> <li>- Coding through the survey data from the CTSAB responses earlier in the year</li> <li>- Potentially wanting to get additional feedback about certain data points – you may hear from Allyson Nadeau</li> <li>- Up to 16 qualitative data interviews / focus group sessions to inform the state plan</li> </ul> <p><b>AAS Conference</b></p> <ul style="list-style-type: none"> <li>- Gizmo results of the pilot program will be presented at the conference, day 1!</li> </ul>	
<b>V. Member Updates</b>	No member updates at this time	
<p><b>VI. 2020 Meeting Schedule</b></p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p>	<p>Contact <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a> if you’d like to present or have presentation ideas.</p> <p><b>2020 Dates:</b> TBD 10/8</p> <ul style="list-style-type: none"> <li>- 2/13/20: Dr. Jimmy Choi, Institute of Living/Hartford Hospital, <i>Social Media &amp; Suicide</i></li> <li>- 3/12/20: Willow Lake, CT Department of Agriculture, <i>Farm Stress &amp; Suicide</i></li> </ul>	<p>In the event of inclement weather, the CTSAB meeting is cancelled if Meriden Schools are closed. If they have a delay, the</p>

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<p>MG Maurice Rose Armed Forces Reserve Center 375 Smith Street <b>Middletown, CT 06457</b></p>	<ul style="list-style-type: none"> <li>- 4/9/20: Dr. David Tolin, Institute of Living/Hartford Hospital, <i>Brief CBT for Suicide Prevention</i></li> <li>- 5/14/20: Cathy Ludlum, <i>Suicide Prevention &amp; Assisted Dying</i></li> <li>- 6/11/20: Maureen Sullivan Dinna, <i>Health Assistance InterVention Education Network</i></li> <li>- 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></li> <li>- 8/13/20: Lisa Buckley, Tim Buckley Project, <i>Project Paws: Animal Assisted Activity &amp; Therapy</i></li> <li>- 9/9/2020: <i>State Suicide Prevention Conference &amp; State Plan Release</i></li> <li>- 11/12/20: Dr. Michelle Forella, <i>CT Vet Medical Association, Wellness Committee Efforts</i></li> <li>- 12/10/20: Amy Johannson, <i>Smile Anyway/Hidden in Plain Sight</i></li> </ul> <p><b>Subcommittee Meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	<p>meeting will meet at the regular time. Here is a link for closings and delays: <a href="https://www.wfsb.com/weather/closings/">https://www.wfsb.com/weather/closings/</a></p>