

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, April 11, 2019

Location: Armed Forces Reserve Center
Middletown, CT

Present: Angela Ahern (Madison Youth & Family Svcs), Christina Allen (VA Hospital), Katherine Bell (Mansfield Youth Svcs), Gabriella Bierwirth (CCSU), Heather Clinger (Wheeler Clinic), Laura Coffin (Jared Coffin Memorial), Thomas Cordier (New England Ctr for CBT), Gabrielle Cyr (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Andrea Duarte (DMHAS), Kaitlin Foshay (CCPG), Jim Fox (CTARNG), Marisa Giarnella-Porco (Jordan Porco Foundation), Samara Harms (Triangle Community Center), Karen Hensley (ABH), Jake Kochin (CCMC), Walter Krauss (DMHAS), Valerie Lepoutre (NAMI-CT), Cathy Ludlum (Second Thoughts CT), Debra Macht (ECHN), Mike Makowski (DPH), Alexis May (Wesleyan University), Chris McCarty (CTARNG), Jonathan McKenzie (Advocacy Unlimited), Orlando “Lonny” Mo (Scouts BSA, CT Rivers Council), Allyson Nadeau (Beacon Health Options), Lucy Orellano (Office of Child Advocate), John Panicek (Scouts BSA, CT Rivers Council), Jonathan Pohl (CCSU), Jeff Pupura (Angel Breeze Scents), Kristy Purpura (Angel Breeze Scents), Steven Rogers (CCMC), Kara Sepulveda (Quinnipiack Valley Health District), Gregory Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Arnold Trasente (DCF), Faith Vos Winkel (Office of Child Advocate), Sara Wakai (UCHC), Cheryl Weinstock (Freelance Journalist), and LoriBeth Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte and Tom Steen welcomed the group and initiated introductions. Reminder to sign in and out if you are looking for CECs for this meeting.	
II. Presentation <i>Triangle Community Center & Resources for LGBTQ Mental Health and Suicide Prevention</i> Samara Harms Triangle Community Center samara.harms@gmail.com	Samara Harms presented on suicide prevention and resources for the LGBTQ+ community within Connecticut. <ul style="list-style-type: none"> - 3.9% of adults in CT identify as LGBT; higher prevalence of LGBT identify among younger adults Presentation included: <ul style="list-style-type: none"> - Statistics regarding mental health and intersectionality between the LGBTQ+ community and suicide - Overview of risk and protective factors - Resources provided by the Triangle Community Center to the LGBTQ+ community and online resources View the presentation at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/TCC_and_LGBTQ_MH_and_SP_Resources_in_CT.pdf LGBTQ Resources in Connecticut: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/LGBTQ_Resources_in_Connecticut.pdf	
III. Review of Minutes	Minutes from the March meeting were accepted.	

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IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> - In regard to local initiatives: contact Tom Steen at: tom@steenconsulting.net or Michelle Peters: mpeters@afsp.org - safeTalk trainings are scheduled for April 24 and April 30 with an additional training TBD - ASIST Train the Trainer coming – information will be sent to listserv - Advocacy Day is officially scheduled for April 29; info will be sent to the CTSAB - Fall walks are posted on the AFSP CT Chapter website www.afsp.org - Annual meeting is on May 11 - Tom Steen and Ann Dagle will be going to Washington, DC for National Advocacy Day on June 9, 2019 <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - There will be a young adult (ages 18-30) grief support group in Niantic for any loss, starting May 14 - LAX 2 Live lacrosse games have been well-received; six games scheduled between April and May - Increase in attendance at the Survivor of Suicide Loss Group – looking for more people to be trained as facilitators as well as more people to join the Healing Conversations Outreach Program; contact Ann if interested ann@brianshealinghearts.org - Working with Kevin Breele, to bring him to East Lyme and Waterford school districts to talk with students about mental health through comedy <p>Grief Coalition</p> <ul style="list-style-type: none"> - Meeting every second Thursday of the Month at noon at Beacon Health Options in Rocky Hill - Looking to train additional young people to be support group facilitators - Connecting with Heal Grief and Actively Moving Forward to potentially start a CT chapter - Created a bereavement manual to guide their practice - Contact Valerie Lepoutre for more information youngadultcoordinator@namict.org <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> - Fresh Check Day is their signature event; 113 college campuses signed up to date - University of Georgia is holding Fresh Check Day at their First Year Experience for incoming students 	

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	<ul style="list-style-type: none"> - California consortium will be holding eight Fresh Check Days on the same day - UCONN Fresh Check Day is Saturday April 27 - 4 What’s Next Program launched nationally last month targeted at juniors and seniors in high schools and elsewhere – providing psychological resilience modules for students - Military Fresh Check Day at Camp Niantic on May 19 <p>Suicide Awareness Voices for Education (SAVE)</p> <ul style="list-style-type: none"> - They are currently on hiatus <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Meet bi-monthly; will meet next month at DPH. Email celeste.george@ct.gov for more information Reviewed the state plan to conduct a data inventory - Looking at death by suicide data regarding location throughout the state - April 18, 2:30 pm – 4:00 pm online webinar regarding data – more information to come through the CTSAB Listserv - ECHN is hosting a Community Conversation for their networks in Vernon, Rockville, and Manchester <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Intentionally reviewing protocol for postvention—what communities need and existing resources - Collaborating with the Chief Medical Examiner – Faith Vos Winkel from the Office of the Child Advocate is notified of death by suicide up to age 24 so the group can respond and provided assistance to communities - Will engage SPRC for state and community postvention response guidance documents <p>Lethal Means</p> <ul style="list-style-type: none"> - Metro North Railroad has trained 200 employees in QPR to date - Tom Steen presented “Talk Saves Lives: Firearms and Suicide Prevention” to NSSF’s employees and board members - Sally Spencer Thomas is preparing new materials for bridge-related suicide prevention; connecting with states who have had success collaborating with their Department of Transportation, including CT 	

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	<p>Student Wellbeing</p> <ul style="list-style-type: none"> - No update <p>Zero Suicide</p> <ul style="list-style-type: none"> - Zero Suicide subcommittee meets before the larger CTSAB meeting at 8 AM if anyone wants to join - Continued discussion about transitions, including warm hand-offs, connections to care, and follow-up - As of July 1, 2019, the new Joint Commission requirement is to screen all individuals at risk for suicide utilizing a validated tool - CCMC developed a transitions clinic for patients who do not need to be admitted as an inpatient from the Emergency Department but need immediate help; it is a half-day clinic available three to four days a week to bridge the gap between discharge and their connection to behavioral health care resources within their communities <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Finalizing draft curriculum which includes core competencies for suicide prevention for mental health clinicians - Plan to engage academic programs for clinicians and professional associations for feedback and to build support - UCONN School of Social Work Dean Nina Heller will review the draft of the curriculum <p><u>Suicide-related Federal Initiatives</u></p> <p>National Suicide Prevention Lifeline</p> <ul style="list-style-type: none"> - Additional dollars from the state opioid grant and mental health block grant spend down are being reallocated to 211, the state’s crisis number - A meeting is scheduled April 29 at the Commissioner’s office to discuss future funding <p>Regional Coalitions</p> <ul style="list-style-type: none"> - By the beginning of 2020, coalitions will be functioning on their own with administrative support from the GLS grant and will serve as a conduit to local resources <p>Caring Cards Campaign</p> <ul style="list-style-type: none"> - Jeff and Kristy Purpura have created a new greeting card company “Angel Breeze” in memory of their sister/sister-in-law who died by suicide - Andrea Duarte and Jeff and Kristy have been discussing a potential pilot program 	

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	<p><u>Awareness Campaign / Website / Outreach</u> Gizmo curriculum</p> <ul style="list-style-type: none"> - AFSP administrators are interested in what is being done in schools with the Gizmo book and curriculum - 	
V. Member Updates	<p>Second Thoughts Connecticut</p> <ul style="list-style-type: none"> - Cathy Ludlum reported that the coalition and others were successful in stopping the aid in dying bill HB 5898 <p>Meeting adjourned 11:02am</p>	
<p>VI. 2018-2019 Meeting Schedule</p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>MG Maurice Rose Armed Forces Reserve Center 375 Smith Street Middletown, CT 06457</p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>2019 Dates: 5/9, 6/13, 7/11, 8/8, 9/12(Nat'l SP Week), 10/10, 11/14, 12/12</p> <ul style="list-style-type: none"> - 5/9/19: Alexis May, Wesleyan RPI Lab, <i>Understanding the Etiology, Trajectory, and Prevention of Suicidal Thoughts and Behaviors</i> - 6/13/19: State Plan - 7/11/19: Marisa Porco, Jordan Porco Foundation, <i>4 What's Next</i> - 8/8/19: Dr. Jeffrey Shelton, Middlesex Hospital, <i>LGBTQ Persons and Suicide</i> - 10/10/19: Susan McLaughlin, DMHAS Problem Gambling Services, <i>Gambling and Suicide</i> - 11/14/19: Amy Hanoian-Fontana, CT Poison Control Center, <i>Saint Francis and EMS Pilot Project</i> - 12/12/19: Tentative- John P. Halligan and Emily B. Dickson, Book: <i>Ryan's Story: A Father's Hard-Earned Lessons about Cyberbullying and Suicide</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>	