

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, July 11, 2019

Location: Armed Forces Reserve Center
Middletown, CT

Present: Gillian Anderson (My Friend Abby), Rebekah Behan (CHDI), Meagan Bell (Health 360), Kevin Borrup (CCMC), Heather Clinger (Wheeler Clinic), Thomas Cordier (New England Center for CBT), Gabrielle Cyr (CHR), Andrea Duarte (DMHAS), Bill Dunn, Amy Evison (CHR), Daniela Giordano (CT Assn SBHC), Celeste Jorge (DPH), Jake Kochin (CCMC), April Lange (CCMC), Steve MacHattie (Charter Oak Family Center), Debra Macht (ECHN), Tim Marshall (DCF), Crystallee Martel (Naugatuck Youth Services), Kathy Masi (My Friend Abby), Chris McCarty (CTARNG), Allyson Nadeau, Scott Newgass (SDE), Lucy Orellano (Office of Child Advocate), Lisa Palazzo (Beacon Health Options), John Panicek (Scouts BSA, CT Rivers Council), Hayley Paquette (OCA), Matt Riley (Jordan Porco Foundation), Nydia Rios-Benitez (DMHAS), Jennifer Roberts (OCME), Kara Sepulveda (Quinnipiack Valley Health District), Gregory Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Sara Wakai (UCHC), Nicole Wiley (Step Up Naugy), Abby Wood (Wheeler Clinic), 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 and initiated introductions. Reminder to sign in and out and complete an evaluation in order to receive CECs	
II. Presentation <i>4 What's Next</i> Leah Nelson Nicholas Marinelli Jordan Porco Foundation www.4whatsnext.org lnelson@jordanporcofoundation.org	The transition from high school to “what’s next” (college, military, workforce, etc) can cause significant stress and can contribute to mental illness and suicide. With suicide the second leading cause of death among 15-24 year-olds, it’s important that there be a focus on this developmental stage. Leah Nelson and Nick Marinelli presented an overview of “4 What’s Next,” an upstream primary prevention program that builds psychological resiliency in high school students by giving them tools to help them handle stress and distress now and in their future. The program is delivered by a facilitator in five, 30-minute modules; the ideal group size is 15-30 students. By participating in “4 What’s Next” students will: <ul style="list-style-type: none"> - Identify their individual manifestations of distress - Understand how internal and external stressors impact mental health - Build resilience by learning specific actions to improve mental wellness View the presentation at this link: https://www.ctclearinghouse.org/Content/www/files/PDFs/4WN_CTSAB_Presentation_-_Jordan_Porco_Foundation.pdf	
III. Review of Minutes	June minutes approved.	

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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"> - The National Advocacy Conference in Washington, DC was held in June; the focus was on parity. All CT legislative offices were visited. - The AFSP-CT Chapter has been offered an audience with the Governor. - At the CT AFSP Annual Meeting, it was announced that Tom Steen was stepping aside as co-chair in order to lead the training and development initiative. Denique Weidema-Lewis is the Chair of the CT AFSP chapter. - Fall AFSP walks are organized and will be held in all corners of the state except Torrington. For more information, visit www.afsp.org/walks <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - Ann Irr Dagle participated in a news conference held by the Patrick Kennedy Foundation for Mental Health. <p>My Friend Abby</p> <ul style="list-style-type: none"> - The launch will be in a few months. <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> - Scooper Sunday is August 4 at the Yard Goats Game - Second Annual Tribute Dinner at Bistro on Main in Manchester on July 14 <p>Grief Coalition</p> <ul style="list-style-type: none"> - There are currently three young adult support groups. <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - The next meeting is July 19, 10:00am-12:00pm at UConn Farmington; Email celeste.jorge@ct.gov to be added to the committee email list. - The committee is continuing to go through the data elements of the state plan. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Preparing postvention planning assistance for communities. - Jonathan Pohl and Tom Steen presented their postvention planning to protocol to CCSU leadership. - Office of the Chief Medical Examiner was resupplied with folders. - Save the date September 11 for the symposium “Suicide Postvention as Prevention.” Registration will be required and will be sent to the listserv in August. 	

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	<p>Lethal Means</p> <ul style="list-style-type: none"> - The DOT-approved letter was sent to communities that will have signs on bridges and overpasses. The letter was sent to the Town Manager, Director of Public Health and Local Prevention Council. - New magnet co-branded with Change the Script, Poison Control and CTSAB will be distributed with medication lock bags. - The CCMC Injury Prevention Center visits gun clubs to discuss safe storage. - A Talk Saves Lives: Firearm Safety Suicide Prevention was hosted by NSSF on July 8, 2019. - Andrea Duarte and Abby Wood are currently working on messaging for Change the Script materials on opioid misuse prevention and suicide prevention. <p>Student Wellbeing</p> <ul style="list-style-type: none"> - No additional responses have been received for how the referral cards are utilized. - The committee will be reaching out to principals within the next six months. <p>Zero Suicide</p> <ul style="list-style-type: none"> - Goal 3 of the state plan was the focus of the meeting; there are eight objectives under the goal, which will be more measurable going forward. - Language in the plan has more accountability and benchmarks. - There will be an additional committee meeting on July 23, 2019, United Way of CT, 1344 Silas Deane Highway, 4th Fl, Rocky Hill. <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - An invitation was sent to mental health and primary care educational programs for the unveiling of the core competency training. - Working with the MHTTC to see if the training could potentially be rolled out more broadly. <p><u>Suicide-related Federal Initiatives</u></p> <p>Regional Coalitions</p> <ul style="list-style-type: none"> - July is the final quarterly meeting for this Fiscal Year. Transitioning to RBHAOs, which will provide coalition leadership. The Regional Network of Care Advisory Meeting will continue. Tim Marshall encouraged CTSAB members to consider attending two meetings: the statewide CTSAB meeting and the regional advisory board meeting. 	

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	<p><u>Legislative/Budget</u> Looking for resources to support the National Suicide Prevention Lifeline providers. Andrea Duarte will be attending the NSPL meeting on behalf of the DMHAS Commissioner.</p> <p><u>Awareness Campaign / Website / Outreach</u></p> <ul style="list-style-type: none"> - 50,000 <i>Gizmo's Pawesome Guide to Mental Health</i> ordered; 1,000 ordered in Spanish. - Check the website for new, updated materials: www.preventsuicide.org 	
V. Member Updates	<p>A teen mindfulness group will be starting on July 18, 2019 in Manchester. Info to be sent on the listserv.</p> <p>Spots available at the QPR TOT on August 30, 2019. For more information, contact Tom Steen tom@steenconsulting.net</p> <p>Meeting adjourned 11:04am</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>Dates/Presentations: 8/8, 9/12(Nat'l SP Week), 10/10, 11/14, 12/12</p> <ul style="list-style-type: none"> - 8/8/19: Dr. Jeffrey Shelton, Middlesex Hospital, <i>LGBTQ Persons and Suicide</i> - 9/11/19*: National Suicide Prevention Week symposium; more info to come *note: there will not be a regular meeting on 9/12/19 - 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> - 1/9/20: Pamela Mautte, Alliance for Prevention & Wellness, <i>Intersection of Suicide and Opioids</i> - 2/13/20: Jimmy Choi, Institute of Living/Hartford Hospital, <i>Social Media & Sui</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>	