

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, May 9, 2019

Location: Armed Forces Reserve Center
Middletown, CT

Present: Christina Allen (VA Hospital), Meagan Bell (Health 360), Paige Bogda (Beacon Health Options), Kevin Borrup (CCMC), Kathleen Chapman (River Valley Services), Heather Clinger (Wheeler Clinic), Laura Coffin (Jared Coffin Memorial), Andrea Duarte (DMHAS), Bill Dunn, Amy Evison (CHR), Kaitlin Foshay (CCPG), Jennifer Gonzalez-Smith (Health 360), Paul Hammer (Yale Program for Recovery and Community Health), Karen Hanley (CHR), Robert Harrison (Westerly Hospital), Julie Jones (Well Life Therapy), Celeste Jorge (DPH), Jake Kochin (CCMC), Walter Krauss (DMHAS), April Lange (CCMC), Geralyn Laut (AMPLIFY), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Tim Marshall (DCF), Crystallee Martel (Naugatuck Youth Services), Alexis May (Wesleyan University), Chris McCarty (CTARNG), Orlando “Lonny” Mo (Scouts BSA, CT Rivers Council), Allyson Nadeau (Beacon Health Options), Laura Nesta (St. Vincent’s Medical Center), Scott Newgass (SDE), John Panicek (Scouts BSA, CT Rivers Council), Hayley Paquette (OCA), Leigh Powers (Jordan Porco Foundation), Jennifer Roberts (OCME), Steven Rogers (CCMC), Bhumika Shah (AmeriCorps Old Saybrook Youth & Family Svcs), Heather Spada (United Way CT), Arnold Trasente (DCF), Faith Vos Winkel (Office of Child Advocate), Cheryl Weinstock (Freelance Journalist), Marissa White (Correctional Healthcare Quality Improvement Solutions, LLC), LoriBeth Young (DSS) and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte and Tim Marshall welcomed the group and initiated introductions. Reminder to sign in and out and complete an evaluation in order to receive CECs	
II. Presentation <i>Understanding the Etiology, Trajectory, and Prevention of Suicidal Thoughts and Behaviors</i> Alexis May, PhD Wesleyan University Department of Psychology Risk, Prevention and Intervention Lab amay01@wesleyan.edu	Dr. May’s presentation focused on: <ul style="list-style-type: none"> - Scope of suicidality - Why do people attempt suicide? - Who acts on their suicidal thoughts? - Bringing it all together: The 3-Step Theory - Clinical Applications: Couples Crisis Response Plan In the Inventory of Motivations for Suicide Attempts, Dr. May and colleagues found that there are multiple motivations for attempts; the overarching motivations were hopelessness and psychache (unbearable emotional pain). The 3-Step Theory is: <ul style="list-style-type: none"> - 1. Are you in pain and hopeless? - 2. Is your pain greater than your connectedness? - 3. Are you capable of attempting suicide? The Couples Crisis Response Plan maintains that interpersonal connections are key; with other health conditions, having a partner or family involved leads to better outcomes. Currently testing to establish if this is an effective suicide prevention intervention. <p>View the presentation at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_Talk_05_09_2019_ForDist.pdf Supplemental articles available at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_May_9_2019_Supplemental_Articles.pdf</p>	

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III. Review of Minutes	April minutes will be provided at the June meeting for approval.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> - Advocacy Day at the state Capitol was April 29 <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - Gala committee meeting May 14 at 7:00pm <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - Email celeste.george@ct.gov if attending the meeting - Currently conducting data inventory of state plan and identifying gaps <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Continuing the discussion of enhancements to outreach efforts following the death of a child - Andrea Duarte presented to DMHAS and law enforcement CITs <p>Lethal Means</p> <ul style="list-style-type: none"> - The DOT-approved letter will be sent to municipalities that will have signs on bridges and overpasses - New magnet co-branded with Change the Script, Poison Control and CTSAB will be distributed with medication lock bags <p>Student Wellbeing</p> <ul style="list-style-type: none"> - No update <p>Zero Suicide</p> <ul style="list-style-type: none"> - Discussed the July 1, 2019, Joint Commission requirement to screen individuals at risk for suicide utilizing a validated tool - Focused on challenges of clarifying the standards and how to train people who need to be asking and ensuring they are doing so effectively <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Finalizing draft curriculum and guidance document - Summer webinar planned with key individuals who helped develop the curriculum 	

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	<p><u>Suicide-related Federal Initiatives</u> Regional Coalitions</p> <ul style="list-style-type: none"> - Using CTSAB as the structure, there will be five regional advisory boards - Guidance and TA documents will be developed for each region with a focus on prevention and postvention utilizing the state plan <p><u>Legislative/Budget</u> HB 5898 An Act Concerning Aid in Dying for the Terminally Ill</p> <ul style="list-style-type: none"> - Cathy Ludlum from Second Thoughts Connecticut, a grassroots disability organization opposed to physician-assisted suicide, reported that for the fifth time in seven years, legislation was introduced. HB 5898 never came to a vote in committee. <p>HB 7218 An Act Concerning the Safe Storage of Firearms in the Home (Ethan Song bill)</p> <ul style="list-style-type: none"> - To require the safe storage of all firearms, whether loaded or unloaded, in a home with a minor under eighteen years of age - Bill passed the House and will be put on the Senate calendar for a vote <p>To view proposed and passed legislation: www.cga.ct.gov</p> <p><u>Awareness Campaign / Website / Outreach</u></p> <ul style="list-style-type: none"> - Mobile Crisis supplies are being restocked - <i>Gizmo's Pawesome Guide to Mental Health</i> will be reprinted as well as translated in Spanish and printed - Check the website for new, updated materials: www.preventsuicidect.org 	
V. Member Updates	Meeting adjourned 11:03am	
<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"> - 6/13/19: State Plan discussion - 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> 	

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	<p style="text-align: center;">- 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> <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>	