

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, August 9, 2018

Location: Armed Forces Reserve Center
Middletown, CT

Present: Ann Irr Dagle (Brian Dagle Foundation), Andrea Duarte (DMHAS), Simone Powell (CHR), Jaclyn Dougan (CHR), Heather Spada (United Way CT), Tom Steen (AFSP/ Steen Consulting), Christina Allen (VA Hospital), Patricia Graham (IOL), Nancy Green, Karen Hanley (CHR), Nancy Hubbard (IOL), Gretchen Marino (Advocacy Unlimited), Jonathan Pohl (CCSU), Steven Rogers (CCMC), Gregory Simpson (Beacon Health), Susan Tobenkin (National Guard), John Torello (Judicial Branch CSSD), Arnold Trasente (DCF), Sara Wakai (UConn), Sydney White (UConn), Jessica Loss (VA Hospital), Lisa Coates (Bristol Hospital), Maggie Davis (Yale University), Samara Harms (Triangle Community Center), Kaitlin Foshay (CCPG), Amy Hanoian Fontana (CT Poison Control Center), Samara Harms (Triangle Community Center), Karen Hensley (ABH), Jennifer Roberts (OCME), Gregory Simpson (Beacon Health Options), Faith Vos Winkel (Office of Child Advocate), LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Introductions	Andrea Duarte and Tom Steen welcomed the group and initiated introductions	
II. Presentation 1	<p>Dr. Maggie Davis from the Yale Translational Brain Imaging Program presented on the <i>Role of Neurotransmitters in Trauma Disorders and Association with Suicidality</i></p> <p>Dr. Maggie Davis shared her team's research on the background of and the neurobiology and how dysfunctions in different neurotransmitters such as glutamate can be seen in a variety of different mental disorders including PTSD and Borderline Personality Disorder. Metabotropic Glutamate (mGluR5), a glutamate receptor has been linked to predictors of suicidal behavior and therefore may be a treatment target for Suicidal Ideations in PTSD.</p> <p>They are currently recruiting participants for this research study.</p> <p>Participants must be:</p> <ul style="list-style-type: none"> • Between 18-65 years old • Currently diagnosed with bipolar disorder, depression, borderline personality disorder and/or PTSD <p>Exclusion Criteria:</p> <ul style="list-style-type: none"> • Current drug/heavy alcohol use • Significant medical/ neurological illness <p>Also recruiting healthy controls.</p> <p>PPT: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Yale_080918-CTSAB_Presentation.pdf</p>	
III. Presentation 2	<p>Sydney White, Avon High School Grad, <i>Capstone 2018 – Suicide Prevention: American Adolescents.</i></p> <p>Sydney White interned at UConn Health Center in 2017 through a program with Avon High School. One of the requirements included a Capstone Project. Seeing a lack of focus on Mental Health and Suicide within her school wellness curriculum Sydney focused on Suicide Prevention for her research. Sydney introduced people to key facts and information on suicide and safe messaging. Sydney created a website offering resources for those seeking help. Also included an FAQ page highlighting, warning signs, conversation starters and resources. The website is meant both individuals in need and someone who may know someone in need</p> <p>PPT: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Suicide_Presentation.pdf</p>	
IV. Review of Minutes and Follow Up	Minutes from July meeting were accepted.	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p>V. Updates</p>	<p><u>Foundations:</u></p> <p>American Foundation for Suicide Prevention (AFSP):</p> <ul style="list-style-type: none"> • There are 7 upcoming AFSP walks scheduled for the fall. The money raised will benefit prevention work both in the local community and on a national level. The walks will be held: 9/15 Niantic; 9/23 Woodstock; 9/29 Hartford area; 10/7 Hamden; 10/14 Bristol; 10/2 Brookfield and 10/27 Westport. For more information: www.afsp.org • “Talk Saves Lives: Firearms and Suicide” Training’s will be held: 8/22 Brian Dagle Foundation; 8/27 Connecticut Clearing House; 8/29 Hamden Police Department. • Working with UWC to hold an Adult Support Group Leaders training coming up on November 2nd. <p>The Benny Fund:</p> <ul style="list-style-type: none"> • Working on SOS with local school systems. <p>The Brian T. Dagle :</p> <ul style="list-style-type: none"> • The annual suicide prevention forum will be held September 12th in East Lyme. • Save the date for the Jingle Ball 5K: December 8th, 2018. • The foundation reports they will be helping some of the local schools in their area who have received the mini grants to support their prevention efforts. • Looking for participants to start a young adult group in Niantic. <p>The Jordan Porco Foundation:</p> <ul style="list-style-type: none"> • The foundation recently held a Super Sunday at the Yard Goats Game, exceeded their fundraising expectations and had a great turn out. <p>Suicide Awareness Voices for Education:</p> <ul style="list-style-type: none"> • On a national level they are active in promoting Safe Messaging. <p><u>Committees:</u></p> <p>Data and Surveillance:</p> <ul style="list-style-type: none"> • Youth Risk Behavior Survey and Adult Risk Factor Survey are now available to view on the DPH website. • Next Data and Surveillance meeting will be held on November 19th from 10:00 am-11:30AM <p>Intervention-Postvention Response:</p> <ul style="list-style-type: none"> • Working closely with the Medical Examiner’s Office to update resource packets for survivors of suicide that will then be distributed to funeral homes throughout the state. provided to the funeral homes <p>Lethal Means:</p> <ul style="list-style-type: none"> • Talk Saves Lives trainings are scheduled. • DOT to address height access to bridges and overpasses and getting signage done. Focus is Arrigoni Bridge. DOT met with Portland and Middletown, getting signage up as soon as possible, draft of signage is done and in approval process.²⁴ • Poison control Center blending poison control and suicide prevention to better reduce access to over the counter medication and prescription drugs; how to safely distribute medication to those who actually need it <p>Student Wellbeing:</p> <ul style="list-style-type: none"> • Still in process of reviewing feedback from the schools who did a pilot of the Gizmo Curriculum. Feedback so far has been positive and informative. Still in process of reviewing feedback. • Schools that will be receiving the mini grants will be announced at the symposium. <p>Zero Suicide & Clinical Workgroup:</p> <ul style="list-style-type: none"> • Information about safe messaging and the vetting of training and presenters who are up to date with evidence based practices was discussed. • Core competency outline is currently being developed by the Clinical Group. • PPT shared at ZSLC: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Lets_Talk_13_Reasons_Why.pdf 	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
	<p>Suicide-related Federal Initiatives- Grants</p> <ul style="list-style-type: none"> • 21 Award letters for the schools and community partners who applied for the mini grants around suicide prevention were sent out. The purpose is to support schools to look at their policies and procedures, gate keeper training and embedding curriculum; SOS (middle school and high school) Gizmo (elementary). • Opiate Grant Regional through SAMHSA <ul style="list-style-type: none"> ➢ Behavioral Health Action Network who are doing Narcan training are going to be intergrading QPR, introduction to the C-SSRS, also training of recovery support specialists in C-SSRS; that grant starts on October 1st; it's the 2nd ➢ Article: Suicide: A Silent Contributor to Opioid- Overdose Deaths <p>Legislative/Budget Updates</p> <ul style="list-style-type: none"> • NSPL Improvement Act: Once signed, a feasibility study will be done to develop a 3 digit number. After Kate Spade and Anthony Bourdain died by suicide, active recuse calls doubled that weekend. It is increasingly more challenging to estimate what funding is needed due to the increase in calls after these public incidents where the calls spike and a “new normal” is created, it is a shifting base. Links: NSPL Improvement Act 2018 (Passed) NSPL Improvement Act 2017 (Passed) • Farmer Suicide Prevention Act: provide grants for programs that provide mental health services to individuals engaged in farming, ranching, and other agriculture-related occupations. Links: Stress Act (Introduced) Farmers First Act (Introduced) <p>Awareness Campaign/Website/ Outreach: New Gizmo products will be displayed at the symposium. Constant flow of new resources on the website</p>	
<p>VI. Member Updates</p>	<p>Member Updates</p> <ul style="list-style-type: none"> • Tom Steen shared that individuals can go to AFSP.org website and sign up as an advocate and be notified about new legislative proposals. • Gretchen Marino from Advocacy Unlimited is partnering with CCSU Health and Wellness Center to host a Young Adult Emerging Leadership Recovery Summit: January 19th 2019 to be held on 1/19/19 @ CCSU; ages 18–29. • Amy from Poison Control Center spoke about the Hartford Opiate Project (collaboration with Saint Francis and AMR) where paramedics are calling in suspected overdoses to the Department of Public Health in real time; no data as of yet. Poison Control is also working to gather poison control educators to start a suicide prevention workgroup Amy will be co-chairing the group w/ a colleague. They have been asked by national leadership to funnel recommendations and research findings to AFSP and similar organizations at national level. 	
<p>VII. 2018 Meeting Schedule</p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am MG Maurice Rose Armed Forces Reserve Center 375 Smith Street Middletown, CT 06457</p>	<ul style="list-style-type: none"> • *9/13: National Suicide Prevention Week Event (registration required) • 10/11: Dr. Jerry Sanacora, Yale School of Medicine, <i>Ketamine’s Effect on Suicidal Ideation</i> • 11/8: Dr. Jeffrey Shelton, MidState Medical Center, <i>LGBTQ Persons and Suicide</i> • 12/13: Drs. Rob Aseltine and Sara Wakai, UConn Health, <i>Workforce Studies on Suicide</i> • 1/10/19: David Denino, National Behavioral Intervention Team Assoc., <i>BITs for Schools & Campuses</i> • 2/14/19: Gretchen Marino, Advocacy Unlimited, <i>Join Rise Be and Warmline</i> • 3/14/19: Thomas Cordier, American Center for CBT Treatment & Training, <i>Interpersonal Cognitive Behavioral Treatment and Suicide</i> • 2019 Dates: 1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12(Nat’l SP Wk), 10/10, 11/14, 12/12. 	<p>In the event of inclement weather, the CTSAB meeting is cancelled if Middletown Schools are closed. If they have a delay, the meeting will still take place. Here is a link for closings and delays: Closing and Delays</p>