

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, July 10, 2014

Location: Reserve Center, Middletown, CT

Present: MAJ Javier Alvarado (CT Army National Guard), Paloma Bayona (NAMI CT), Lynn Biella (CT Air National Guard), Samantha Cavagnolo (VA West Haven volunteer), Heather Clinger (Wheeler Clinic), Ann Irr Dagle (Brian Dagle Memorial Foundation), Andrea Duarte (DMHAS), Michael Dutko (CT Army National Guard), Barbara Fasulo (Saint Francis Hospital), Marisa Giarnella Porco (JMPMF)), James Grimord (Quinebaug Valley Community College), Amy Hanoian Fontana (CT Poison Control Center), Latonya Harts (Newington VA), Holly Hinds (Parent), Mui Mui Hin-McCormick (APAAC), Nancy Hubbard (Institute of Living), Amanda Johnston (Governor’s Prevention Partnership), Zach Laskey (CASAC), Tim Marshall (DCF), Leah Nelson (JMPMF), Chinedu OKeke (CT DPH), Maureen Pasko (West Haven VA), Margaret Rosa (CCADV), Rhonda Spaziani (Three Rivers Community College), Tom Steen (CASAC), Susan Tobenkin (CT Army National Guard), Faith VosWinkel (Office of the Child Advocate), Alissa Wurtzel (CTARNG), LoriBeth W. Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome and Introductions		
<p>II. Presentation: Barbara Fasulo Coordinator Integrative Medicine Saint Francis Hospital</p> <p>Topic: Sampling of Integrative Medicine Modalities</p>	<p>Barbara Fasulo presented integrative medicine modalities and approaches to self-care. She led the group in breathing exercises, meditation, and spinal exercises. For a copy of the packet of information distributed, please visit: http://www.ctclearinghouse.org/files/customer-files/1074-2014-July-CTSAB-Barbara-Fasulo-presentation.pdf</p> <p>The Center for Integrative Medicine at Saint Francis Hospital offers a variety of integrative medicine modalities, including a physician-guided stress reduction group and community acupuncture. For a list of services, please visit: http://www.ctclearinghouse.org/files/customer-files/1073-St.-Francis-Hosp-Integrative-Medicine.pdf</p>	<p>Contact information:</p> <p>Barbara Fasulo Saint Francis Hospital Center for Integrative Medicine 114 Woodland Street Hartford, CT 06109 860.714.7432 bfasulo@stfranciscare.org www.stfranciscare.org/integrative</p> <p>Balanced Essence, LLC 860.416.5288 balancedessence@yahoo.com www.balancedessence.com</p>
III. Review of Minutes and Follow Up	June minutes accepted.	

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<p>IV. Updates regarding priority areas & sub-committees</p>	<p><u>Awareness Campaign</u> <u>September Awareness Month Events</u></p> <ul style="list-style-type: none"> • Suicide Prevention in Older Adults, 9/10/2014, 8:00am—12:00pm http://www.ctclearinghouse.org/files/customer-files/1057-SuicidePrevention_flyer_v5.pdf • The Columbia-Suicide Severity Rating Scale (C-SSRS), 9/11/2014, 8:30am-12:00pm http://www.ctclearinghouse.org/files/customer-files/1058-CSSRS_Posner-CTSAB-091114-(2).pdf • Cracked Not Broken: A Suicide Survivor’s Experience, 9/23/14, 7:00pm—8:30pm http://www.ctclearinghouse.org/files/customer-files/1059-IOL_Hines_Flyer_09232014_v1.pdf • The week of September 8, 2014, the awareness campaign large banner will be posted across the street from the Bushnell on Capital Ave., Hartford on the Dept. of Admin. Services wall. • Discussion ensued about creating an editorial, op-ed piece and/or media advisory for suicide prevention month. • VA Mental Health Summit: more information to come. • Military Fresh Check Day/ Jordan Matthew Porco Memorial Foundation, 9/7/2014 Volunteers are needed for set-up, take-down and to run booths and activities http://www.ctclearinghouse.org/files/customer-files/1056-FCD-Military-Flyer.pdf <p>Campaign Materials</p> <ul style="list-style-type: none"> • Tim Marshall informed the board that he is hoping to purchase additional campaign items depending upon funding. Within a few weeks, he should find out if CT will be receiving a one-time \$25,000 mental health block grant, which would be used to purchase materials and print the state plan. • Through DCF, the United Way and Wheeler Clinic’s Connecticut Clearinghouse receive money for campaign materials and to offer evidence-based trainings. • EMPS funds EMPS-specific suicide prevention materials. 	<p>Submit open events to the calendar at www.preventsuidect.org</p> <p>The CSSRS event is in place of the CTSAB meeting on 9/11/2014</p> <p>To volunteer for Fresh Check Day, contact The Jordan Matthew Porco Memorial Foundation, Liz McOsker, 860.904.6041 or liz@rememberingjordan.org</p>

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	<p>Funding/Donations</p> <ul style="list-style-type: none"> • A law firm identified the suicide prevention campaign as the recipient of their June “dress-down Fridays” donation • Wheeler Clinic can accept donations for the CTSAB <p>Campaign Evaluation</p> <ul style="list-style-type: none"> • A company was hired to do an evaluation of campaign materials. This was done through a survey and focus groups. A formal report has not been received yet. <p>Photo campaign</p> <ul style="list-style-type: none"> • The campaign is closed to be included in the September campaign. <p><u>Statewide Network</u></p> <p>Northern CT AFSP Chapter Update</p> <ul style="list-style-type: none"> • CTSAB supports the development of a chapter. A meeting about the AFSP chapter occurred after the CTSAB meeting 7/10. Regional Director, Melanie Varady attended CTSAB and AFSP meeting. Interested CTSAB members were invited to stay. • Tom Steen agreed to Chair the Northern CT AFSP Chapter. In order to form a chapter, there has to be nine board members and four officers, and a conference call with AFSP. • Andrea Duarte informed the group that state employees can act as an AFSP board member as long as they are representing in their capacity as a state employee per Ethics Commission. <p><u>Evidence-Based Practice Promotion</u></p> <p>Enfield Project</p> <ul style="list-style-type: none"> • Dave Denino submitted a first draft for review, which focused primarily on prevention. <p>QPR</p> <ul style="list-style-type: none"> • Tom Steen reported that there is a small group of stakeholders pulling together a group for peer to peer QPR. He also indicated he is getting many requests for TOT refreshers. • Andrea Duarte congratulated Tom on his first QPR TOT as a Master Trainer. He trained 26 new trainers. There are currently more than 170 trainers in the state. 	<p>Andrea to check on status of the donations.</p>

CT Suicide Advisory Board Meeting Minutes

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	<ul style="list-style-type: none"> • The Southwest Regional Mental Health Board has received all of the new QPR videos from Dr. Quinnett. They will be translating them into Spanish subtitles. It is unclear as to when the new videos will be released by QPR for trainers. • Barbara Fasulo reported that she is collaborating with the Director of Behavioral Health at Saint Francis Hospital on how to train all employees as gatekeepers. <p>Armed Forces Committee</p> <ul style="list-style-type: none"> • Susan Tobenkin reported that there will be a postvention training on August 28, 2014 for commanders and leaders. • Fresh Check Day for the Military is in the initial stages of approval. <p>Garrett Lee Smith Grant Application</p> <ul style="list-style-type: none"> • Andrea Duarte informed the board the GLS grant was submitted on May 19, 2014. It is a five-year grant, \$736,000 per year, to engage healthcare providers statewide and advance efforts at the community level. <p>National Strategy for Suicide Prevention Grant Application</p> <ul style="list-style-type: none"> • Andrea Duarte reported that this is a three-year grant, \$470,000 per year, for the 25 year-old to 64 year-old population; there will be four grants funded. This grant focuses on healthcare systems, early identification, referral, and follow-up (EIRF), continuity of care for individuals at risk and the zero suicide approach. http://zerosuicide.actionallianceforsuicideprevention.org/ • Hartford and its surrounding counties have the highest rates of suicidal behavior. • If funded, there will be collaboration among DMHAS, St. Francis Hospital, Hartford Healthcare, Wheeler Clinic and United Way. <p>Healthy Transitions Grant</p> <ul style="list-style-type: none"> • Tim Marshall discussed a grant opportunity for transitioning youth from DCF care into the DMHAS system. 	

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<p>V. Member Updates</p>	<ul style="list-style-type: none"> • Tim Marshall will be attending a system of care conference in Washington, DC to present on mobile crisis intervention services for kids. There are three components to mobile crisis intervention: response time within 45 minutes; crisis is defined by the caller; and mobile face to face in the community. He will be presenting with New Jersey and California. California has behavioral health crisis assessment centers as an alternative to using the emergency department. • Andrea Duarte reported that DMHAS submitted an application to SAMHSA for an Opioid Policy Academy in August. • Paloma Bayona informed the group that there is a peer to peer support group of approximately 25 to 30 veterans at the VA in Newington every two weeks. • Ann Dagle reported that a survivor support group will be starting in August in Old Lyme, CT. For more information, visit http://www.afsp.org/coping-with-suicide-loss/find-support/find-a-support-group/connecticut/old-lyme-ct • Tom Steen asked for location suggestions for a Survivor Voices Training to be held on a Saturday and Sunday. He currently has five people interested. Email Tom at tsteen@casac.org if you have a suggestion for a location. 	<p>PLEASE REGISTER FOR THE SEPTEMBER AWARENESS EVENTS:</p> <ul style="list-style-type: none"> • Suicide Prevention in Older Adults, 9/10/2014, 8:00am—12:00pm http://www.ctclearinghouse.org/files/customer-files/1057-SuicidePrevention_flyer_v5.pdf
<p>VI. Future Meetings</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</p>	<p>8/14/14: Margaret Watt, Executive Director, Southwest Regional Mental Health Board, Young Adult Program</p> <p>9/11/14*: Dr. Kelly Posner, New York State Psychiatric Institute, Columbia-Suicide Severity Rating Scale <i>*please note, this meeting begins at 8:30am with registration and refreshments and ends at 12:00pm.</i></p> <p>10/9/14: Dr. James Gill, CT Office of the Chief Medical Examiner, Suicide Data</p> <p>11/13/14: Rosemary Baggish, Institute of Living, Independent Schools Study</p> <p>12/11/14: Dr. Elizabeth Schilling, UCONN Health Center, Signs of Suicide (SOS) High School Program Studies</p>	<ul style="list-style-type: none"> • The Columbia-Suicide Severity Rating Scale (C-SSRS), 9/11/2014, 8:30am-12:00pm http://www.ctclearinghouse.org/files/customer-files/1058-CSSRS_Posner-CTSAB-091114-(2).pdf • Cracked Not Broken: A Suicide Survivor’s Experience, 9/23/14, 7:00pm—8:30pm http://www.ctclearinghouse.org/files/customer-files/1059-IOL_Hines_Flyer_09232014_v1.pdf