

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, August 8, 2019

Location: Midstate Medical Center
Meriden, CT

Present: Lenny Adams (CTARNG), Rebekah Behan (CHDI), Katherine Bell (Mansfield Youth Services), Heather Clinger (Wheeler Clinic), Laura Coffin (Jared Coffin Memorial), Rob Cubilla (CTARNG), Gabrielle Cyr (CHR), Ann Irr Dagle (Brian Dagle Foundation), Andrea Duarte (DMHAS), Bill Dunn, Michael Dutko (CTARNG), Jennifer Gonzalez-Smith (Health 360), Paul Hammer (Yale Program for Recovery and Community Health), Celeste Jorge (DPH), Jake Kochin (CCMC), Walter Krauss (DMHAS), Linda Kwong (My Friend Abby), Valerie Lepoutre (NAMI-CT), Sarah Lorenzini (CPN), Mike Makowski (DPH), Crystallee Martel (Naugatuck Youth Services), Jessica Matyka (Rushford), Alexis May (Wesleyan Univ), Sarah McCollum (CCMC), Scott Newgass (SDE), Tricia Orozco (Intercommunity SBHC), Hayley Paquette (OCA), Simone Powell (CHR), Samara Rainey (Triangle Community Center), Michael Ruggiero (Wesleyan Univ), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Robin Tousey-Ayers (DPH), Faith VosWinkel (OCA), Sara Wakai (UCHC), Nicole Wiley (Step Up Naugy), Abby Wood (Wheeler Clinic), 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. As attendees introduced themselves, they read a page from <i>Love the Fur You're In, Monster Wit and Wisdom From Sesame Street</i> , which is aligned with safe messaging and safety planning. Reminder to sign in and out and complete an evaluation in order to receive CECs	
II. Presentation <i>Mind the Gap: Understanding Mental Health and Suicide in Transgender and Gender Non-Conforming Individuals</i> Jeffrey Shelton, MD Chair Dept of Psychiatry Middlesex Health 80 South Main St, Suite 201 Middletown, CT 06457 860-358-6760 jeffrey.shelton@midhosp.org https://middlesexhealth.org	Dr. Shelton discussed the meanings of birth sex (assigned at birth), gender (how someone identifies their gender), and sexual orientation. Transgender Identity/Gender Non-Conformity is not a mental illness. It is a human variation that sometimes requires medical attention. Studies have shown that transgender people experience increased rates of depression and suicide. The United States Transgender Survey was conducted in 2015 with 27,715 respondents: <ul style="list-style-type: none"> • More than 40% of respondents had attempted suicide in their lifetime; more than 50% of suicide attempts before the age of 20 • 39% of respondents reported experiencing serious psychological distress within the last 30 days; rate was highest among 18 to 25 year-olds One study reported transgender youth whose parents rejected their gender identity were 13 times more likely to attempt suicide than those whose parents supported them. Another study reported that transgender youth with strong support were 85% less likely to attempt suicide than those without support. There are steps that everyone can do to support transgender people and create a gender affirming environment, including gender neutral restrooms; using the name the individual prefers; and using the pronouns they, them, and theirs.	

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	<p>View the presentation at this link: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Transgender_-_CTSAB.pdf</p> <p>Groups hosted by Middlesex Hospital:</p> <p>Gender Discussion Group, first Tuesday of the month: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Gender_Group_FirstTuesday.pdf</p> <p>Transgender Family/Friends/Supports Group, third Tuesday of the month https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Transgender_Group_ThirdTuesday.pdf</p> <p>Together We Heal Support Group for those who have lost a loved one to suicide or substance overdose, first Monday of the month https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/TogetherWeHeal_Support_Group_24JAN2019_4_.pdf</p>	
<p>III. Review of Minutes</p>	<p>July minutes approved.</p>	
<p>IV. Updates</p>	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP)</p> <ul style="list-style-type: none"> - Fall AFSP walks are scheduled 9/14, 9/22, 9/28, 10/6, 10/20, 10/26 and will be held in all corners of the state except Torrington. For more information, visit www.afsp.org/walks - AFSP CT is sponsoring the breakfast for the September 11 Suicide Prevention Symposium - In the process of designing an LGBTQ and Train the Trainer for Talk Saves Lives. Contact Tom Steen for more information at tom@steenconsulting.net <p>Brian Dagle Foundation</p> <ul style="list-style-type: none"> - Participating in the Niantic AFSP walk - East Lyme and Waterford community forum will be held on September 30 - Grief groups continue to expand - Save the Date for the Jingle Bell 5K on December 14 	

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	<p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> - Scooper Sunday on August 4 at the Yard Goats Game was a success - University of Georgia will be offering Fresh Check Day for 6500 incoming freshmen - With support from the CT Department of Public Health, 25 School-based Health Centers will be implementing “4 What’s Next” - The Foundation will be an official Eversource October 12 Hartford Marathon charity https://www.rememberingjordan.org/fundraising-events/ <p>Grief Coalition</p> <ul style="list-style-type: none"> - Actively Moving Forward hiking groups are going well <p>Smile Anyway</p> <ul style="list-style-type: none"> - Live Loud event in Branford <p><u>Committees</u></p> <p>Data and Surveillance</p> <ul style="list-style-type: none"> - DPH’s Injury Prevention reviewed measures that overlap with the suicide prevention state plan <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Planning for the September 11 Suicide Prevention Symposium focused on the importance of a community postvention plan <p>Lethal Means</p> <ul style="list-style-type: none"> - Reviewed state plan goals, focusing on 4.1 - Part of the State Opioid Response (SOR) to the Opioid Crisis funding will used to focus on opioids and suicide prevention <p>Student Wellbeing</p> <ul style="list-style-type: none"> - Will be promoting the YRBS <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - An invitation was sent to mental health and primary care educational programs and professional associations for the unveiling of the core competency training 	

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	<p><u>Suicide-related Federal Initiatives</u> Regional Coalitions</p> <ul style="list-style-type: none"> - The five regional coalitions will formally transition to the RBHAOs for organizational leadership and will be known as Regional Suicide Advisory Boards - An announcement will be sent to the CTSAB listserv with the contact information for reach regional board <p><u>State Plan</u></p> <ul style="list-style-type: none"> - Survey will be sent in September to gather information <p><u>Legislative/Budget</u></p> <ul style="list-style-type: none"> - Ann Irr Dagle met with the Deputy Chief of Staff to the Governor regarding the lack of resources and legislation in CT for suicide prevention; he asked for current data on suicide demographics - National AFSP has an advocacy group that can help draft legislation - Kevin Borrup suggested interacting with the State Health Improvement Plan (SHIP) that sets the legislative agenda; this may be another avenue to advance the work of the CTSAB 	
<p>V. Member Updates</p>	<ul style="list-style-type: none"> - Steven Rogers, MD, reported that Connecticut Children’s is using the ASQ screening tool to universally screen all youth 10 years-old and older who go to the Emergency Department - There are spots available in the QPR TOT, which will be school-focused, on September 20, 2019. For more information, contact Tom Steen tom@steenconsulting.net <p>Meeting adjourned 11:20am</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"> - 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> 	

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	<ul style="list-style-type: none"> - 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>	