

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** Thursday, October 12, 2017

**Location:** Armed Forces Reserve Center  
Middletown, CT

**Present:** Jenifer Adams and Gizmo (K9 First Responders/Alliance of Therapy Dogs), Kate Ayotte (CCSU), Kevin Borrup (CCMC), Wendy Caruso (United Way of CT 2-1-1), Kathleen Chapman (River Valley Services), Heather Clinger (Wheeler Clinic), Laura Coffin (private practice), Ann Irr Dagle (Brian Dagle Memorial Foundation), Andrea Duarte (DMHAS), Amy Evison (CHR), Joanna Fornwalt (Enfield Youth Services), Marisa Giarnella Porco (Jordan Porco Foundation), Laura Gubbins (Rushford), Amy Hanoian Fontana (CT Poison Control Center), Archie Hunnicutt (Teamsters Local 1150/Sikorsky), Meagan MacGregor (CTARNG), Mike Makowski (DPH), Tim Marshall (DCF), Chris McCarty (CTARNG), Rachael Mearman (CCSU) (CCSU), Allyson Nadeau (Beacon Health Options), Scott Newgass (SDE), Arnaldo Perez (Coalition for New Britain’s Youth), Jonathan Pohl (CCSU), Andrea Reischerl (DOC), Cheryl Richard, Gregory Simpson (Beacon Health Options), Susan Tobenkin (CTARNG), Meryl Tom (DPH), John Torello (CSSD), Arnold Trasente (DCF), Faith Vos Winkel (Office of Child Advocate), Amy Warzecha (Rushford), Abby Wood (DMHAS), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte and Tim Marshall welcomed the group and initiated introductions	
<b>II. Presentations</b>  <i>Lifting the Mask on Mental Health: Efforts to normalize the conversation and remove the stigma</i>  Kevin Lynch The Quell Foundation	Kevin Lynch presented information about his foundation, The Quell Foundation, and its efforts to reduce the number of suicides, overdoses and arrests related to mental health concerns. The foundation’s mission works towards a total paradigm shift including three components: awareness (presenting to different groups, fundraising), access (scholarships for survivors; fighters—those diagnosed with a mental illness; and those who want to enter the field of mental health treatment) and training (mainly for first responders, working on curriculum and needs assessments). The foundation is working with 81 colleges in 26 states and is currently creating a documentary geared toward students.  Foundation website: <a href="http://thequellfoundation.org/">http://thequellfoundation.org/</a> Commencement Address at Penn State: <a href="https://vimeo.com/216746819/c4351712dd">https://vimeo.com/216746819/c4351712dd</a>	
<b>III. Review of Minutes and Follow Up</b>	Minutes from the August meeting were accepted.	
<b>IV. Updates</b>	<u><b>Foundations</b></u> American Foundation for Suicide Prevention (AFSP) <ul style="list-style-type: none"> <li>• The Hartford Out of the Darkness Walk was a success with over 300 people in attendance. Pomfret held its first walk with success and over 150 people have registered for the Bristol walk.</li> <li>• The two AFSP chapters are in the process of merging to one.</li> </ul> The Benny Fund	

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	<ul style="list-style-type: none"> <li>• There will be a SOS implementer training on November 3 at Connecticut Valley Hospital. The foundation will partner with the Garret Lee Smith grant funds to sponsor the training.</li> </ul> <p>The Jordan Porco Foundation</p> <ul style="list-style-type: none"> <li>• Fresh Check Days are going well.</li> <li>• “4 What’s Next” pilots are in 6 programs at Manchester high and multiple other sites and are experiencing success.</li> </ul> <p>Brian T. Dagle Foundation</p> <ul style="list-style-type: none"> <li>• The 5<sup>th</sup> Annual East Lyme Community Forum focusing on law enforcement and veteran populations was held in September and was successful.</li> <li>• The foundation has found its forever home in Niantic, CT. The permanent address will be sent out to CTSAB members.</li> <li>• The Jingle Bell 5k will be held on December 9 in Niantic.</li> </ul> <p><b><u>Committees</u></b></p> <p>Armed Forces-Community Health Promotion Council</p> <ul style="list-style-type: none"> <li>• Red Ribbon week is this month.</li> <li>• Members participated in a panel discussion last month at CCSU.</li> <li>• Meagan MacGregor new email address: <a href="mailto:meagan.e.macgregor.ctr@mail.mil">meagan.e.macgregor.ctr@mail.mil</a></li> </ul> <p>Data and Surveillance</p> <ul style="list-style-type: none"> <li>• Mike Makowski from DPH presented at the September committee meeting on the 2016 Violent Death Reporting System data. For all of 2016 there were 388 suicides in Connecticut. As of August 2017, there have been 218 suicides in Connecticut. An increase in suicides is persistent in the 26-64 age range, especially white males.</li> <li>• Rob Aseltine will be creating regional profiles matching each of the Regional Networks of Care to better identify hot spots and areas of concern.</li> </ul> <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> <li>• Packets are still available and being given out frequently.</li> <li>• The addition of the Department of Education to the notification process has been helpful in keeping open lines of communication in the event of a youth suicide.</li> <li>• The toolkit for schools in crisis continues to be helpful for schools after a student dies by suicide.</li> </ul> <p>Lethal Means</p> <ul style="list-style-type: none"> <li>• Information packets have been sent out to firearms retailers in the state. The next steps will be to do follow-up phone calls to those who received packets and ask if they would like additional materials and aTalk Saves Lives training.</li> <li>• There will be a Talk Saves Lives training at CT Clearinghouse on November 1.</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Department of Transportation Deputy Commissioner met with Andrea and Tim to discuss where to utilize resources and post signs. CTSAB will provide signs.</li> <li>• Follow-up calls will be made to offer training to staff who manage the train lines and are being impacted.</li> <li>• DOT regulations require higher barriers if a bridge is over an overpass. Barrier will have to be raised when the Arrigoni Bridge is renovated.</li> </ul> <p>Student Wellbeing</p> <ul style="list-style-type: none"> <li>• The school wellness committee’s materials were released at the School Symposium in September.</li> <li>• The package was introduced in pilots and we are waiting on data.</li> </ul> <p>Zero Suicide</p> <ul style="list-style-type: none"> <li>• We did not receive the adult grant.</li> <li>• The Zero Suicide Academy will be May 2 &amp; 3, 2018 at the Omni Hotel in New Haven.</li> </ul> <p>State Conference Planning</p> <ul style="list-style-type: none"> <li>• The conference will be May 1, 2018, the day before the Zero Suicide Academy at the Omni Hotel in New Haven.</li> <li>• The next planning meeting will be October 19 at 1:00PM at the United Way in Rocky Hill.</li> <li>• The planning committee hopes to take the idea of a Fresh Check Days and bring it to the conference with multiple tables and stations throughout the venue where attendees can participate as well as propose ideas for working towards the new state plan.</li> </ul> <p><b><u>Suicide-related Federal Grants</u></b></p> <ul style="list-style-type: none"> <li>• Increased calls to the National Suicide Prevention Lifeline might be related to popular song by Logic performed at VMAs.</li> <li>• GLS site visit was successful.</li> <li>• RNC kickoff meetings start this month.</li> <li>• A part-time young adult coordinator with NAMI will be working with the grant to integrate suicide prevention training into NAMI peer to peer training.</li> </ul> <p><b><u>Legislative/Budget Updates</u></b></p> <ul style="list-style-type: none"> <li>• Tim Marshall had to present on the block grant. He indicated that zero state dollars are allocated for suicide prevention in Connecticut.</li> </ul> <p><b><u>Awareness Campaign/Website</u></b></p> <ul style="list-style-type: none"> <li>• The children’s book <i>Gizmo’s Pawesome Guide to Mental Health</i> was released at the School Symposium in September where 35 school systems attended. Since its release,</li> </ul>	

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	<p>the book and supporting materials have been requested from 35 states, the UK, and New Zealand. The next step will be to start developing a curriculum to accompany the book.</p> <ul style="list-style-type: none"> <li>The Hartford Public Library has already ordered two copies for every branch and requested book readings and signings with Gizmo.</li> </ul>	
<b>V. Member Updates</b>	<p><b><u>Member Updates</u></b></p> <ul style="list-style-type: none"> <li>Faith Vos Winkel reported on a new documentary titled “Zero Weeks” that highlights the issue of paid leave and how the U.S. does not have paid leave law. The documentary focuses in on general health but topics are relevant for mental health as well.</li> </ul> <p>The meeting adjourned at 11:05 a.m.</p>	
<p><b>VI. 2017 Meeting Schedule</b></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 <b>Middletown, CT 06457</b></p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>11/9: Michelle Louise Bicking, Hidden Acres Farm, <i>Farmer Mental Health and Suicide</i> 12/14: Michele Scott, <i>Eastern AHEC/Mashantucket Pequot Tribal Nation, Native Connections Grant</i></p> <p>2018 meetings: 1/11/18: Elizabeth McOsker, Jordan Porco Foundation, <i>Trends in Emergency Department Visits by Young Adults for Suicide Attempts in Connecticut, 2011-2015</i> 2/8, 3/8, 4/12, <b>5/1*</b>, 6/14, 7/12, 8/9, <b>9/13**</b>, 10/11, 11/8, 12/13 *5/1/18: State Suicide Prevention and Mental Health Promotion Conference, OMNI, New Haven **9/13/18: National Suicide Prevention Week Event</p>	<p><b>In the event of inclement weather,</b> 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: <a href="http://www.wfsb.com/category/211195/school-closings">http://www.wfsb.com/category/211195/school-closings</a></p>