

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, October 13, 2016

Location: Armed Forces Reserve Center
Middletown, CT

Present: Monica Asher (SAVE Hartford), Jason Bannon (CA 1298), Sue Bogart (ABH/MSP), Kevin Borrup (CCMC), Wendy Caruso (United Way CT 2-1-1), Heather Clinger (Wheeler Clinic), Suzi Craig (Mental Health CT), Elaine Crane (St. Francis Hosp), Ann Irr Dagle (Brian Dagle Memorial Foundation), Andrea Duarte (DMHAS), Amy Evison (CHR), Carrie Franzen (Windham SBHC), Marisa Giarnella-Porco (Jordan Porco Foundation), Patricia Graham (IOL), Amy Hanoian Fontana (CT Poison Control Center), Nancy Hubbard (IOL), Celeste Jorge (DPH), Walter Krauss (UCHC Correctional Managed Health Care), Stephanie Luczak (Office of Child Advocate), Meagan MacGregor (CTARNG), Tim Marshall (DCF), Liz McOsker (Jordan Porco Foundation), Kevin Molinelli (True Colors), Kevin Murray (DMHAS), Allyson Nadeau (Beacon Health Options), Simone Powell (CHR), Andrea Reischerl (DOC), Megan Rock (Office of Child Advocate), Heather Spada (United Way of CT), Kenyatta Thompson (UCONN SSW), Meryl Tom (DPH), Trisha Vayda (Assn School Nurses of CT), Faith Vos Winkel (Office of Child Advocate), Lynne Weeks (Windham SBHC), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte and Tim Marshall welcomed the group and initiated introductions.	
II. Presentation <i>Mental Health and Suicide Prevention in School Based Health Centers and the 4 What's Next Program</i> Meryl Tom, MSW, ACSW, LCSW CT Department of Public Health Carrie Franzen, LMFT Windham SBHC Lynne Weeks Coordinator, Windham SBHC Program Liz McOsker, CPH Program Coordinator, Jordan Porco Foundation	Meryl Tom presented "School Based Health Centers Suicide Prevention." The CT Department of Public Health (DPH) funds 81 School Based Health Centers (SBHCs). Not all SBHCs are funded by DPH but they are all licensed by DPH. SBHCs assure access to primary and preventive health care for school aged students, particularly those from uninsured or underinsured populations. To view the presentation, visit: https://www.ctclearinghouse.org/Files/customer-files/2259-SBHCS_SP-Notes.pdf Presentation terminology: https://www.ctclearinghouse.org/Files/customer-files/2260-Presentation-Terminology.pdf SBHC program description: https://www.ctclearinghouse.org/Files/customer-files/2216-Orient_SBHC-Description-Updated-10.16.pdf SBHC Health Education/Promotion/Risk Reduction Activities: https://www.ctclearinghouse.org/Files/customer-files/2217-Orient_SBHC-Health-Promotion_Ed-Definition.pdf CT Department of Public Health Mental/Behavioral Health Care in School Based Health Centers: A Snapshot: https://www.ctclearinghouse.org/Files/customer-files/2218-SBHC_Mental_Health_Snapshot_2016_Final.pdf	

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	<p>Carrie Franzen and Lynne Weeks both gave presentations on what it is like working in Windham High School’s School Based Health Center (SBHC).</p> <p>Carrie Franzen highlighted the importance of:</p> <ul style="list-style-type: none"> a. Staff members building trust amongst themselves and understand the proper terminology when engaging with students in a crisis. b. Support staff becoming a part of the school community (i.e., Carrie’s office is strategically placed inbetween classrooms so the mental health provider is part of the student’s world, which makes it more comfortable for the students.) c. Teachers and support staff meet regularly to discuss students who may be at risk and who they should be looking out for. d. A “no wrong door” policy that allows students to see support staff who may not be their primary point of contact; they can reach out to any staff member. e. All administrators, guidance counselor, SBHC staff, and health center staff have a step-by-step Suicide Prevention and Intervention Binder. f. 1 WORD materials are located throughout the school <p>Lynne Weeks coordinates three SBHCs in Windham and spoke of the importance of being familiar with the community and making contacts. She presented on Windham High School serving as the pilot of the “4 What’s Next” program of the Jordan Porco Foundation, which is geared to help high school seniors transition to adulthood and navigate life outside of high school.</p> <ul style="list-style-type: none"> a. A total of 25 Windham High School seniors volunteered for the program; many did it for their capstone project. b. The program emphasized teaching the seniors the importance of looking for resources, self-care and being independent. <p>Liz McOsker of the Jordan Porco Foundation briefly discussed what they learned from the pilot, including how hard it was for students to miss class. They will take the lessons learned and work on implementation in order to enhance the success of the program going forward.</p>	
<p>III. Review of Minutes and Follow Up</p>	<p>Minutes of the August and September meetings were accepted.</p>	

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<p>IV. Updates</p>	<p><u>Foundations</u></p> <p>Jordan Porco Foundation</p> <ul style="list-style-type: none"> • A focus group on delivering a transition program in high schools will be held for educators and those who work in schools on Tuesday, October 18, 2016, at the Connecticut Center for Advanced Technology from 4:00pm-5:30 pm. • The Porco Foundation held a fundraiser in NYC that went extremely well. • They are in 18 states with close to 60 Fresh Check Days scheduled. • The Porco Foundation held a forum on Mental Health at the University of St. Joseph. <p>American Foundation for Suicide Prevention</p> <ul style="list-style-type: none"> • The Bristol Out of the Darkness walk was on September 24, 2016. Leah Nelson from the Porco Foundation gave a moving speech that was well received. • Hartford’s Out of the Darkness Walk is Saturday, October 15, 2016, at Riverside Park. • November 19, 2016, is International Survivors of Suicide Loss Day. • Advocacy Day is April 5, 2017. • Tom Steen facilitated a QPR “Train the Trainer” session in September. <p>Brian T. Dagle Memorial Foundation</p> <ul style="list-style-type: none"> • The Community Forum was held in September. Many educators and local leadership attended. • The Niantic Jingle Ball 5k will be held on December 10, 2016. The group is currently seeking sponsorships. <p>Suicide Awareness Voices of Education (SAVE)</p> <ul style="list-style-type: none"> • The Hartford Chapter will have their Emotions in Motion 5k Run/Walk on Saturday, October 15, 2016, at Elizabeth Park in West Hartford. • SAVE provides public education, raises awareness, and supports survivors of suicide loss. <p>Believe 208</p> <ul style="list-style-type: none"> • Believe 208, under the leadership of Trish Buchannan, held their third 5k on October 2, 2016. <p><u>Committees</u></p> <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • The Office of the Child Advocate (OCA) receives info from the Medical Examiner’s office on the nature of death of a youth. If it is a suicide, Faith Vos Winkel (OCA) shares the information with Tim Marshall (DCF) and Andrea Duarte (DMHAS) and is then shared with Tom Steen. This allows for a community response that involves RACS, EMPS, etc. • Faith Vos Winkel is working with Tom Steen to provide QPR as part of post-licensing training for Foster Parents. The training² will be done by the Regional Action Councils (RACs). 	

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	<p>Student Wellbeing</p> <ul style="list-style-type: none"> The committee met the last week of September and reviewed a resource and referral card and a companion document. Currently they lack feedback from someone in a school system as to who should receive the information and how it would be used. Jean Haughey presented the information to the Town of Enfield and the Board of Education to see if they would consider being a pilot. Tim Marshall suggested sharing the documents with CTSAB for their feedback at the November meeting. <p>Data and Surveillance</p> <ul style="list-style-type: none"> The meeting on September 12, 2016, reviewed the suicide fact sheet on youth prepared by Rob Aseltine, Ph.D., from UConn Health. The committee discussed different types of members to be involved in the committee, including Funeral Directors and the Poison Control. There was a suggestion at the committee meeting to consider the possibility of hospitals having a packet of information to distribute to survivors of suicide loss. The next meeting will be held November 14, 2016, 10:00am. <p>Armed Forces- Community Health Promotion Council</p> <ul style="list-style-type: none"> The Wellness Guide for soldiers is currently being revamped. They will be participating in Red Ribbon week, a national drug awareness campaign. Beginning in March, Wellness Days will be held on a quarterly basis. If community providers are interested in participating, they can contact Meagan MacGregor at meagan.macgregor@accenturefederal.com <p>Zero Suicide</p> <ul style="list-style-type: none"> The Learning Community held their meeting this morning, as per usual. The Connecticut Hospital Association (CHA) held a meeting on September 8, 2016, on suicide prevention and the Zero Suicide Initiative with 101 people in attendance. Almost all of the hospitals in the state have had the Zero Suicide model presented to them. CHA expressed an interest in continuing the collaboration with CTSAB and perhaps offer another event. The C-SSRS seems to be widely adopted throughout the state. <p><u>Suicide Related Federal Grants</u></p> <p>Garrett Lee Smith (GLS)</p> <ul style="list-style-type: none"> The GLS Campus Suicide Prevention Grant has been released by SAMHSA. College/University campus' who have never received the GLS grant are eligible to apply. DMHAS and the CT Healthy Campus Initiative (CHCI) will host a conference call for CT and northeast campuses. <p>HR 2646-Helping Families in Mental Health Crisis Act of 2016</p> <ul style="list-style-type: none"> This Act is exhaustive in health promotion, but the important takeaways for suicide prevention is that it changes the age parameters for the GLS grant from 10-24 to lifespan, appropriates additional funding for suicide prevention outside of GLS, expands the National Suicide Prevention Lifeline, encourages states to join the National Violent Death Reporting System (NVDRS) and promotes Zero Suicide. 	

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<p>V. Member Updates</p> <p>VI 2016 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>Updates</p> <ul style="list-style-type: none"> • QPR Training was held at the Legislative Office Building (LOB) in September for legislative staff. The trainers may be invited back to conduct another QPR session specifically for legislators since they were not in attendance in September. • Andrea Duarte has booked the walkway in the LOB for the 1 word campaign in April. • Mental Health CT is hosting a Mental Health and Media Forum October 26, 2016, 10:00am-12:00pm. The panel will include Congresswoman Esty and a <i>Boston Globe</i> reporter. • 1 WORD PSAs have been heard throughout the state at gas pumps. <p>The meeting adjourned at 11:05 am.</p> <p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>11/10/16: Shawn Lang, AIDS CT and Marianne Buchelli, CT DPH, the <i>CT Opioid Overdose Workgroup: Opioid & Naloxone-related Policy and Access Efforts</i></p> <p>12/8/16: Monica Dijanic Asher, <i>SAVE (Suicide Awareness Voices of Education)</i></p> <p>1/12/17: Suzi Craig, Mental Health CT, <i>Mental Health Advocacy</i></p> <p>2/9/17: Megan Simonian and Victoria Ballet, students of Farmington High School and Chris Brennan, instructor at JEKL, Plainville, <i>Suicide Prevention Fitness Fundraiser Focused on Fostering Mental, Emotional and Physical Empowerment</i></p> <p>3/9/17: Brad Cole, K9 First Responders, <i>Psychological Trauma Stress Management</i></p>	<p><i>In the event of inclement weather</i>, 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: http://www.wfsb.com/category/211195/school-closings</p>