

Minutes of the Region 5 SAB Virtual Meeting

December 16, 2020 10am- 11:30am

In attendance: Allison Fulton, Kathy Hanley, Abby Wood, Dawn Fawcett, Sarah Lorenzini, Greg Simpson, Sheila Levine, Jeff McKenna, Jules Calabro, Robin Winter, Ethel-Anne Roome, Bethany Didato, Gabe Lomas, Jill Pluta, Brian Smith, Nicole Wiley, Haley Shoop

Allison opened the meeting with everyone introducing themselves.

Allison shared Gabriela Krainer's flyer for National Association of Social Workers CT Chapter on a workshop on Dec. 17th 6pm-7pm. Increase in drinking at home during Covid. (see attached)

Updates:

Gabe has a group on Crisis management that has been meeting for the past 8 years. They met yesterday and covered:

- Covid protocols
- They had a report from Stacy who is the contact for Region 15 on how they reacted to a recent suicide in Southbury. They handled the situation very well
- Dr. Amanda Nickerson from the University of Buffalo spoke about the National School psychology prepare program which is a crisis response and prevention curriculum for clinicians.
- Reviewed crisis situations in the area

How do people receive information on prepared training? Gabe says its mostly meant for school personnel.

Education:

Nicole Wiley reported that today is the last day of training for SOSA (Survivors of Suicide Attempts) Nicole and Jennifer DeWitt have been going to.

Jules reported that Beacon Health Care has PSA's out for radio stations for the holiday season on suicide prevention. Allison stated that our office is also doing some local radio messaging on suicide prevention - One Voice.

Projects:

1) Postvention training as prevention for 2021.

Allison feels very hopeful about this training and feels like it is gaining a lot of momentum. It is getting mentioned at every community meeting with our local prevention councils and our catchment area councils and it's getting a lot of support. Tom Steen has agreed to do it in February. Abby gave a brief overview of what postvention efforts looks like (see attached) and this group will decide who should be involved in the training.

What does the group think about who should be involved in this group?

Jules stated that the faith-based groups should be involved. Can the training also be recorded? This way it can be rolled out to people who may have missed the first go around

Abby stated that the flyer says "Teams of 4-6 individuals are invited to come learn together and bring this information back to their communities."

Gabe says he thinks this is a great idea. This needs to be repeated on regular intervals.

Haley stated that she believes she can find a team in Wolcott to be a part of this.

Kathy Hanley stated that it might be a good idea to bring in some of the LPC members since they already have relationships with their community members. Maybe pick a few communities to start with.

This group would be supporting all ages and not focused on school aged kids in particular, but would make sure to have representation for all age ranges

Nicole Wiley stated that they have been waiting for this training and probably already have a group ready to go, so you can count Naugatuck in.

Bethany Didado from Region 16, stated that she would like to be a part of the team and she thinks starting with the local prevention councils is a good idea and she would bring it to their Superintendent

ASAP is also on board with joining the training.

Haley Shoop stated that Wolcott is interested

Sarah Lorenzini stated that she would like to get some military representation on these teams

Robin Winter is interested

Sheila Levine said her groups would be interested

Ethel-Anne Roome stated that the senior centers should be included in these groups

- 2) **Abby presented data on lethal means.** The lethal means subcommittee has developed strong partnerships with departments of transportation and railroads. Some small community groups may feel that the goal of reducing access to lethal means is out of our reach or we may not see it as an area we can make a large impact. In the suicide prevention state plan goal number 4 is reducing access to lethal means of suicide among individuals with identified suicide risk. This committee has been developing and putting up signs on bridges around the area.
Should this group look into putting up signs at bridges and parking garages? We could send in letters of support and see if we can get signage up in areas with known suicides.
Abby will share more information on this topic at the next meeting.
Allison stated that she feels that this would be a great idea for this group and an easy task to accomplish.
Jules agrees that the signs are important to have and any time someone sees a message of hope it's important and it also raises awareness for everyone who would see the sign.
In Waterbury the waterways should be looked into as well. Naugatuck river area.
Allison will set up a quick brain storming session in January to get some ideas and start a list and everyone can add to the list through email.
Ethel-Anne said she believes these are very powerful a lot of thought has gone into the signage and she really likes it.
Kathy stated that this is a good way to show that our community is not afraid to put up signs like this to get this topic out of the darkness and it shows that we are not afraid to talk about suicide.
Gabe likes this idea and moving it forward. How much do these signs cost and how do they get them out quickly?

- Abby stated that the subcommittee is looking into the details that have to be worked out as to if the responsibility is state vs town. Abby feels that if the outreach was taken on by individuals or groups at the town level that it could have a stronger impact on getting the signs up.
Abby would be happy to be the liaison to the statewide committee.
- 3) **Access Line Message Roll Out** – Allison stated that at the next meeting she would ask someone to come and talk about what the changes are and how we can help

Updates:

Kathy stated that her and Abby have been doing QPR trainings online since the Spring and have trained just over 400 people as of today. One of the silver linings of Covid has been that they have been able to reach so many people doing them online. They have done small community groups as well as schools. Bethel schools has trained 18 staff members and 44 staff members in the Brookfield school district. They would like to continue to offer these and will add a TOT (trainer of the trainings) to train school staff members to be able to train new staff as they come on board.

- Kathy and Abby are taking the time now to go back and evaluate their work.
- What sectors they have reached and what the pre and post surveys tell them
- Data will help them see what sectors need to be reached moving forward, what parts of our service area are not being reached
- They will have data at the next meeting to share

A common question that has been coming up is can youth be trained in QPR?

The position of WCTC right now is that since we take the position that safety is the number one priority – they will not be doing any training of youth until they can do in person training. The reason is because with online training the person can walk away from their computer and you can't tell if they are having a problem. The other reason is that ideally, you should have all the adults trained first in one district to build a sort of cocoon of safety and awareness about the topic so everyone knows how to take the steps to intervene. When there are districts that have had everyone trained (bus drivers, secretaries, nurses, PTO members, etc) then they can consider some youth training. There are steps that need to be taken before this can be rolled out.

Nicole Wiley stated that there is a training for teen mental health first aide that is being piloted but is very expensive. \$3,000 for one or \$40,000 for a group of 16 people.

Allison said this item should be added to the next agenda and we will see if some money can be found for this.

Jules stated that Taylor Ford who is the family and youth engagement specialist does a Connecting Youth training. It's not specific to suicide but its mental health awareness raising for youth.

Contact info: tford@favor-ct.org CONNECTing Youth training

Jules reported that CHDI did a training for Western Area Providers on the SHAPE system. It's a way for schools to self access as well as to make changes around school environment, social emotional learning, universal ways to improve the environment and the culture that is more supportive. It's free to any school nationwide and technical assistance to CT schools.

On December 14th, The Western Network of Care in collaboration with the area Regional Advisory Council hosted a SHAPE System overview presented by Rebekah Behan, Project Coordinator, Child Health & Development Institute of CT, Inc. behan@uchc.edu.

Folks can find out more about the SHAPE system on the CHDI website or contact Rebekah Behan.

This is a link to a pdf overview: [States-SHAPE-10.211.pdf](#)

Allison reviewed results of the 2020 CT Community Readiness Survey Results

See attached

Gabe shared that groups should be aware and keep your eyes open to social media aspects during the postvention process. The youth need to realize that that is not the right channel to work through for this situation. Some school districts are using a software program that will pick up on key words and alert the administration if they are on their chrome books.

It was suggested to find out what all the schools are using
Gabe will check with the crisis team and see what school districts are using.
Everyone in the group should send us the info on what their schools are using and we will compile a list

Next meeting is March 16th 10am – 11:30am