

Minutes of the Region 5 SAB Virtual Meeting May 14, 2020

Attendees: Allison Fulton, Kathy Hanley, Sarah Lorenzini, Abby Wood, Dawn Fawcett, Heather Spada, Ethel Anne Roome, Sheila Levine, Gabe Lomas, Nicole Wiley, Kate Glendon, Nicole Wiley, Greg Simpson, Chris Morino, Paula Gil-Lopez, Joy Geraci, Valerie English Cooper, Kristin Mabrouk, Debbie Berman

Heather Spada introduced herself. She works for the United Way CT out of Rocky Hill, CT. Her role is to support the suicide advisory board in the statewide suicide prevention activities that have been happening for the past 4.5 years. She is here to give some support and partnership with the Regional Behavioral Health Action Organizations especially since they are now coordinating the suicide advisory boards and the regional capacity.

Update on the State suicide prevention Plan 2025 –

CT has a state suicide prevention plan 2020 that ends this year. There has been an effort under the direction of Alexis May who works at Wesleyan University to look at how effective the plan has been since it was written in 2015. A copy can be found on the suicide prevention website – preventsuicidect.org. They will keep the same goals, see how effective they have been and adjust the objectives. They will see what objectives have been met, what are the ones that need to be adjusted and what are the new objectives that need to be established to continue with the 5 goals.

Status:

Data collection and feedback is complete and the steering committee is synthesizing the data and they will draft the elements of the state plan.

Timeline:

The information will be presented on September 10th during a virtual conference.

Allison restated that the reason we have this group is to support that initiative that Heather described and ensure that the statewide plan is happening regionally.

The development of postvention teams at the town level is on hold for now due to COVID. We will need to approach local officials and community partners with a rough draft plan. WCTC staff will prepare something to discuss at the June 24th meeting of the R5SAB.

Gabe introduced Paula Gil-Lopez from Fairfield University. She has a group that will come together monthly according to the model Gabe started. She is charged with forming a statewide committee that brings together a broad variety of people. They gave an overview of the basics for a school crisis and then overlaid COVID on top of it.

Discussion centered on merging the crisis principles with the school protocol in a model for reentry.

Paula talked about trauma informed care and how that figures prominently in any opening because we are in a crisis that we have never seen before. Her specialty is caring for the caregiver and selfcare, with an emphasis on mindfulness.

Joel Barlow HS is creating plan for handling virtual memorials and similar situations while we are not physically in the schools. Maryanne will share with the Drug Free Schools committee after its been approved. The group agreed that it will be very important for schools to have a plan to deal with the COVID social/emotional issues impacting both the students and staff.

Abby listened to a webinar from WHYTRY – they have a free parent guide around resilience.

Trainings:

We are still doing QPR and Narcan trainings and distribution.

Kathy and Abby are doing (QPR) Question Persuade Refer Suicide Prevention once a week on Fridays. There is a maximum of 15 people per training. They have done 3 already and have gone very well. If anyone wants to put together their own group, you can contact Kathy or Abby to set it up. They have had Jules Calabro at the meetings who is a licensed clinical social worker who makes her presence know and if there is anyone who needs to talk afterward, she is there scanning the room and she is there as support and it's a very safe way to run these meetings.

This training is appropriate for teachers and everybody. If there are students under 10th grade it would be better to have a parent present. It's very user friendly and introductory.

Tom Steen is doing a training for the trainers in how to handle the online training.

During these check in meetings we would like to know if there is anything that you have noticed there is an emerging need.

There are local officials that have been reading books online. Raghiv Allie-Brennan has been doing these online and Allison will reach out to him to see if he wants to read Gizmo's Pawesome Guide.

Ethel Ann Roome is a certified grief recovery specialist who has been doing this for 20 years. She helps people one on one. She is waiting to be able to provide her work online. She helps the griever make piece with the past so they can move forward.

Greg Simpson gave an update from a Medicaid point of view. Pre-pandemic anxiety and depression were the two highest numbers in young adults, high school and college. What we have noticed recently in the first 3 months 2020 is an alarming increase in child self harm for children under 12 and for adolescent suicide. What Beacon is doing is working with their partners and putting some money toward these issues.

Valerie English Cooper – maybe there should be some extra training for teachers when the kids go back to school.

If you have topics you would like to discuss for the next meeting or if you have a task that we can accomplish from a distance, please send them to us. If you hear of any cool things that people are doing we can add that for discussion.

Everyone take care – Extra Self Care

Next meeting date is June 24th at 10am