

CT Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, March 11, 2021

Location: Zoom Virtual Meeting

Present: Gillian Anderson (My Friend Abby), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Dana Bossio (Fairfield PS), Kathy Chapman (DMHAS), Heather Clinger (Wheeler), Kaitlin Comet (Prevention Corps/The Hub), Ann Irr Dagle (Brian Dagle Foundation), Melissa Demma (United Services), Michele Devine (SERAC), Riddhi Doshi (Beacon Health Options), Andrea Duarte (DMHAS), Sarah Eagan (OCA), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Taylor Ford (FAVOR), Joanna Fornwalt (Enfield Youth Svcs), Tom Fulton (Wheeler), Marisa Giarnella-Porco (Jordan Porco Foundation), Lisa Girard (FAVOR), Stefanie Goins (CTARNG), Jonathan Goodison (Fairfield PS), Addressa Granado (CHN CT), Paul Hammer (Charter Oak Family Center), Brandon Jewell (SAVE), Angela Jimenez (DPH), Pamela Lang (CSSD), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI-CT), Susan Logan (DPH), Gabriel Lomas (WCSU), Paula Gill Lopez (Fairfield Univ), Jodi Lott (Gaggle), Melissa Luginbuhl (Amplify CT), Mike Makowski (DPH), Jessica Markure (CT VA), Tim Marshall (DCF), Katie McMullan (DMHAS), Cornelia Morris (Trumbull Counseling Ctr.), Emily Morse (UCFS), Giovanna Mozzo (The Hub), Allyson Nadeau (Amplify CT), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting Council), Michelle Peters (AFSP-CT), Beth Pizzuto (Beacon Health Options), Jonathan Pohl (CCSU), Megan Purvis (The Hub), Scott Serviss (Solutions EAP), Richard Siddall, Greg Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Jennifer Sussman (UCHC CPES), Robin Tousey-Ayers (DPH), Colleen Violette (DPH), Faith VosWinkel (OCA), Sara Wakai (UCHC), Nicole Wiley (Naugatuck Youth Svcs), Abby Wood (Western CT Coalition), and LoriBeth Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Tim Marshall, Andrea Duarte and Tom Steen welcomed the group via Zoom.	
II. Presentation <i>Garrett Lee Smith Youth Suicide Prevention Grant Outcomes 2015-2020</i> Sara Wakai, Ph.D. UConn Health	<p>Dr. Sara Wakai is an assistant professor and Associate Director for the Center of Population Health at UConn Health. For over 25 years, she has conducted research and program evaluation related to suicide prevention, mental health, public health, substance misuse, correctional mental health and education. She has been the PI for the evaluation of several Garrett Lee Smith grants funded by SAMHSA to develop and enhance suicide prevention and mental health promotion programs in communities and statewide. Additionally, Dr. Wakai is contracted by CT DPH to conduct research on intentional, undetermined and unintentional deaths of Connecticut residents using the CTVDRS, the Connecticut level data of the National Violent Death Reporting System (NVDRS), and the CDC-funded Comprehensive Suicide Prevention in CT grant (2020-2025). She is a co-investigator on a study using transfer learning approaches to identify the clinical and demographic characteristics associated with elevated risk of suicidal behavior among prescription opioid users funded by NIH. She has been a lead evaluator in the development of the Connecticut Suicide Prevention Plans 2020 and 2025.</p> <p>Garrett Lee Smith State and Tribal Prevention Grant Program: Connecticut Networks of Care for Suicide Prevention</p>	

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	<p>The SAMHSA GLS grant provides funds to states, Native American tribes, and institutions of higher education to develop and implement suicide prevention and intervention programs.</p> <p>Networks of care for Suicide prevention (NCSP): purpose to implement evidence- based suicide prevention, intervention, and response strategies to reduce non-fatal suicide attempts and suicide deaths among 10-24 year-olds</p> <p>Goals:</p> <ol style="list-style-type: none"> 1. State Level Highlights (reviewed stats and great success of both CTSAB and subcommittees, as well as Gizmo campaign) 2. Community Network of Care <ul style="list-style-type: none"> • Intensive Community Based Effort (ICBE): reviewed networks, suicide prevention trainings, 3. Lessons Learned: <ul style="list-style-type: none"> • Relationships are vital • Data: EHR data not created for research and eval. Data sharing agreements take longer to implement; difficult to measure progress without access to baseline data; backlog/lag time in accessing data complicates decision making. • Funding: dedicated funding needed to effectively sustain suicide prevention programs • Infrastructure: dependent on relationships, data, funding, <p>To view the presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Swakai-GLS_CTSAB_Pres_03_12_21_v2_1_.pdf</p>	
III. Review of Minutes	February minutes approved.	
IV. Updates	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> • CT and NH will be the chapters to pilot Gizmo in the classroom in the Fall • Implementing read-alongs nationwide (gizmo4mentalhealth.org); contact Michelle Peters at mpeters@afsp.org if interested in a read-along • Continue to offer Talk Saves Lives, including a new workplace module and a Spanish version. Working on an LBGTQ model as well. • More than Sad is developing Spanish version • March 19, 2021: complicated grief webinar, 1:00pm 	

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	<p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> • Halfway through facilitator training to bring on more facilitators and increase number of support groups • Tripled call volume looking for grief support • Working on Fall programming • Implementing online fundraising <p>SAVE https://save.org/</p> <ul style="list-style-type: none"> • No update <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> • 10-year anniversary; monthly themes being implemented • Increased inquiries for check-ins from school systems <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> • Deadline for grant submissions is March 15, 2021, for grants to youth and young adults for mental wellness and suicide prevention • Spreading sunshine lawn sign campaign • Host viewing of <u>My Ascension</u> documentary film, April 11, 6:00 p.m., free, virtual. Panel discussion to follow. Contact gillian@myfriendabby.org for more info <p>Grief Coalition</p> <ul style="list-style-type: none"> • No update <p><u>Committees</u></p> <p>Data to Action</p> <ul style="list-style-type: none"> • Registered to be Suicide Prevention Resource Center Community of Practice participant. Meeting March through August with communities of practice nationwide to explore equitable infrastructure, community engagement, etc. • Next meeting April 26 <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> • Working on the postvention response to ensure it is well-coordinated between youth and adult mobile crisis response. • Working to improve follow up and intervention with schools • Postvention triage continues 	

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	<ul style="list-style-type: none"> • 4 of 5 RBHAOs have completed postvention workshops with Tom Steen with the final one scheduled for April 30 <p>Lethal Means</p> <ul style="list-style-type: none"> • Rhode Island has given approval to CT to tweak its Suicide Proof your Home brochure for CT • Starting work on signage in commuter lots similar to bridge signage • Bridge sign was put up in Waterbury—Austin Road • Lockbox project is moving forward. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> • Charter Oak Family Center SOSA group is up and running • Young Adult Out of the Abyss group has been condensed into 12-week sessions <p>Zero Suicide</p> <ul style="list-style-type: none"> • At the March 24 meeting, discussion will be around how Spring has typically higher rates of attempts and suicides and there will be a report out on the event from Illinois that Yale participated in. Talking more about committee itself and its leadership, and the leadership within the systems. • May is Mental Health Month <p>Clinical Workgroup</p> <ul style="list-style-type: none"> • Andrea Duarte had a call with the state of Washington and will discuss with the committee what WA has been doing. Trying to advance training that has been developed here; however, turning it into a web-based training is cost-prohibitive. <p>Legislative Advocacy:</p> <ul style="list-style-type: none"> • Virtual meeting will be March 25 at 9:30. Registration in advance will be required; notice will be sent to CTSAB listserv. • State Plan is the guidance as the focus is determined. Narrowed it down to approximately five bills. Will also need to work on bill introducing 988 number. We have until July of 2022 to get that done. • AFSP Capitol Days will be virtual this year in May. <p><u>Suicide-related Federal Initiatives</u></p> <ul style="list-style-type: none"> • CDC grant: comprehensive approach to suicide prevention in CT. Working on strategic planning for 5 year suicide prevention project. Put together multiple 	

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	<p>plans. Looking at vulnerable populations such as youth, middle age, white non-Hispanic males with highest rates of suicide, etc. Will continue gatekeeper trainings, Fresh Check Days, postvention initiatives. Creating a multi-sectoral partnership plan and evaluation plan. Once the plans are done, Susan Logan from DPH would like to present them to elicit feedback.</p> <p><u>Legislative/Budget</u></p> <ul style="list-style-type: none"> - No update. <p><u>Regional Suicide Advisory Board Meetings</u></p> <p>https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <ul style="list-style-type: none"> - Contact the lead for each region for more information regarding meetings and trainings. - Region 1: <ul style="list-style-type: none"> • Meeting March 12 12:00pm-2:00pm. Michael Makowski from DPH will be presenting at the meeting on violent deaths with a focus on Region 1. • Received mini-grant to train approximately 200 EMS members in QPR and train some in ASIST. - Region 2: <ul style="list-style-type: none"> • Next meeting is 4/15 - Region 3: <ul style="list-style-type: none"> • Postvention training completed. QPR training with Spanish translator, both in Willimantic and New London. - Region 4: <ul style="list-style-type: none"> • Postvention training April 30 Next board meeting is May 20 with a focus on priority planning. - Region 5: <ul style="list-style-type: none"> • Postvention training February 23; Post-training survey: 87% of respondents interested in follow-up meetings. • Continuing QPR and Narcan trainings. Participated in Fresh Check Day at Northwestern Connecticut Community College. <p>988</p>	

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	<ul style="list-style-type: none"> • 988 Coalition will be advising. Quick turn-around for implementation grant. Funded through foundation dollars (not federal). Putting together plan that is due in draft in August. Contracts being executed with United Way and UConn SSW to do cost projection and planning for capacity building. The federal act explicitly states that states will adopt call, text and chat features July 2022. Services can be expanded if the state has resources. There are many modalities for funding that are being explored. • Legislative support is needed. The federal suggested model for funding is to tax phone bills like 911. <p>Awareness Campaign/Website/Outreach https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> • Preventsuicidect.org website getting a facelift and will preview it at the next meeting 	
V. Member Updates	<ul style="list-style-type: none"> • Tom Steen: provided QPR training for legislators <p>Meeting adjourned 11:00am.</p>	
<p>VI. 2021 Meeting Schedule</p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p> <p>Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.</p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>Dates/Presentations:</p> <p><u>2021 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - 1/14/21: Tom Steen, Steen Consulting, <i>QPR for Substance Use Disorder Treatment</i> - 2/11/21: Gabriel Lomas, WestConn and Paula Gill Lopez, Fairfield University, <i>School System Peer Crisis Response</i> - 3/11/21: Sara Wakai, UConn Health, <i>Garrett Lee Smith Grant Outcomes (2015-20)</i> - 4/8/21: Erika Cruz, DMHAS and United Way of CT/211, <i>ACTION Line: Adult Mobile Crisis Call Center</i> - 5/13/21: Paul Hammer, Yale, and Valerie LePoutre, NAMI CT, <i>Attempt Survivor Advocacy</i> - 6/10/21: Maureen Pasko, VACT Healthcare, <i>Homelessness and Suicide</i> - 7/8/21: Kathy Chapman, DMHAS, <i>Impact of Gender on Suicide</i> - 8/12/21: Audrey Silva, UConn, <i>A Deaf Perspective of Mental Health and Suicide</i> - 9/9/21: Annual Meeting - 10/14/21: Sara Gaer, Suicide Prevention Specialist/Author, <i>Trauma and Suicide</i> 	

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	Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.	