

CT Suicide Advisory Board Meeting Minutes

Meeting Date: May 13, 2021

Location: Zoom Virtual Meeting

Present: Jeanette Baker (United Way CT), Rebekah Behan (CHDI), Kevin Borrup (CT Children’s), Cheri Bragg (DMHAS), Bill Brassard (NSSF), Heather Clinger (Wheeler), Laura Coffin (Jared Coffin Memorial Fund), Rachel Collins (Rachel Collins, LPC Counseling Svcs), Yvette Cortez (DCF), Erika Cruz (DMHAS), Belle Cyr (Enfield Youth Svcs), Ann Irr Dagle (Brian Dagle Foundation), Sarah DeFlumeri (Step Up Naugy), Melissa Demma (United Services), Michele Devine (SERAC), Nancy D’Incecco, Andrea Duarte (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Anna Gasinski (NEHIDTA), Marisa Giarnella-Porco (Jordan Porco Foundation), Lisa Girard (FAVOR), Tressa Giordano (AHM YFS), Paul Hammer (Charter Oak Family Ctr), Brandon Jewell (SAVE), Angela Jimenez (DPH), Lynn Kelley (Beacon Health Options), Rati Kumar (CCSU), Kelly Leppard (DMHAS), Valerie Lepoutre (NAMI-CT), Susan Logan (DPH), Gabriel Lomas (WCSU), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Ctr), Mike Makowski (DPH), Lorrie McFarland (Alliance for Prevention & Wellness), Ashleigh Miller (Family Centers), Giovanna Mozzo (The Hub), Allyson Nadeau (Amplify CT), Lucy Orellano (OCA), Jonathan Perloe (CTAGV), Michelle Peters (AFSP), Jonathan Pohl (CCSU), Lauren Sgro (Beacon Health Options), Greg Simpson (Beacon Health Options), Tom Steen (Steen Consulting), Jennifer Sussman (UConn Health/CPES), Robin Tousey-Ayers (DPH), Liz Traester (NAMI-CT), Colleen Violette (DPH), Faith VosWinkel (OCA), Abby Wood (Western CT Coalition), and LoriBeth Young (DSS).

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
|---|--|-----------------------------|
| I. Welcome and Introductions | Andrea Duarte and Tom Steen welcomed the attendees via Zoom. | |
| II. Presentation Attempt Survivor Advocacy Valerie Lepoutre NAMI-CT Stephen MacHattie Charter Oak Family Center, LLC Elizabeth Traester NAMI-CT Volunteer | <p>Valerie Lepoutre, Stephen MacHattie, and Elizabeth Traester presented “Bridging the Gap: an intro to peer-driven support in crisis services and enhancing suicide prevention in Connecticut.” Valerie and Stephen are members of the CTSAB Lived Experience/Attempt Survivor Committee. Historically, individuals with lived experience have been excluded from the conversation; the vision of the CTSAB Lived Experience Committee is to honor and value people with lived experience and create a better system for those experiencing thoughts of suicide.</p> <p>The crisis response was reviewed when a call or text is sent to 9-1-1 and crisis lines (2-1-1, ACTION Line, NSPL). The role of storytelling to change the narrative on mental health and suicide was discussed. Liz Traester shared her story in a condensed version of an “In Your Own Voice” presentation.</p> <p>The importance of training peers in suicide prevention includes how to make QPR peer friendly and a peer focus on meaningful options and connections to live versus “staying alive.” Support groups were presented, including Survivors of Suicide Attempts (SOSA); Alternatives to Suicide (Alt2Su) and Groups for Emerging Adults (Out of the Abyss).</p> | |

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| | To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Bridging_the_Gap_PowerPoint.pdf | |
| III. Review of Minutes | April minutes accepted | |
| IV. Updates | <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Talk Saves Lives Workplace: 60-minutes designed to be delivered in workplace settings. Offering them in April, May, and June. - Gizmo Read-Along May 14 - National Advocacy Day (virtual) June 7 - June 10 7-9pm LGBTQ+ panel (info on afsp.org) - Six walks scheduled to begin in September - If interested in being on the walk committee, email Michelle Peters mpeters@afsp.org - Ads on Channel WFSB - Pilot of Gizmo curriculum in NH, KY, and CT; prerequisite is staff must be trained as QPR gatekeepers <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Moving forward with Lacrosse LAX 2 Live hybrid programs - Loss to Addiction 6-week group starting - Donated to CT Chapter of AFSP for television advertising - Statewide sponsor of AFSP Out of the Darkness walks - Evening of remembrance Main Street, Niantic July 1 for all people lost to COVID in Southeastern CT <p>SAVE https://save.org/</p> <ul style="list-style-type: none"> - September 10 Light the Night with luminaries on the Enfield Town Green for lives lost to suicide <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Recruiting college students/young adults to be 9 out of 10 ambassadors - Selected by the Hartford Foundation for Public Giving social enterprise accelerator program for the 4 What's Next program - I Heart Radio mental health conversations continue - Many fundraisers coming up which can be found on the website | |

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| | <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - No update <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"> - April meeting was a presentation by Riddhi Doshi and Bert Plant of Beacon Health Options on the work they are undertaking on suicide risk prediction for the Medicaid population using Medicaid and other data - Next meeting rescheduled for July 26, 10:00am - SWOT analysis of data infrastructure through SPRC community of practice work - Developing draft logic model for CT’s key suicide prevention and related data elements <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Postvention team continues to respond when notified <p>Lethal Means</p> <ul style="list-style-type: none"> - Continuing to reach out to municipalities for bridge signage - Working with Metro North on signs for railroad stations <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Available to collaborate to provide resources at walks, events, etc. <p>Zero Suicide</p> <ul style="list-style-type: none"> - Meeting on May 26 to continue the discussion on engaging leadership through change <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Preparing a webinar storyboard under the direction of DMHAS Workforce Development & Training. Members of the committee have backgrounds in writing and art as well as clinical expertise and are using these talents to help develop an engaging and informative training. - Next meeting is May 28 | |

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| | <p>Legislative Advocacy Committee</p> <ul style="list-style-type: none"> - Determining mission and goals of committee - Rep. McCarthy-Vahey offered to do a training on how a bill comes about, this will develop capacity to create a legislative agenda aligned with the state plan. <p><u>Regional Suicide Advisory Board Meetings</u> 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. <p>Region 5/Western:</p> <ul style="list-style-type: none"> - Continue to have postvention follow -up meetings - QPR/Narcan training for Parks and Recreation department <p>Region 4/North Central:</p> <ul style="list-style-type: none"> - Postvention response with communities - At the next regional meeting, will conduct focus group of the priority needs report - QPR/Narcan trainings <p>Region 3/Eastern:</p> <ul style="list-style-type: none"> - Michele Devine, Angela Duhaime, and Scott Barton went to the in-person AAS conference - Focus groups for DMHAS priority report - Meeting with Mobile Crisis Intervention Services - Gizmo book being read in Spanish as well - Scott Barton is helping to get one of the Mashantucket Pequot Tribal Nation leaders to read the Gizmo book - QPR/Narcan trainings <p>Region 2/ New Haven:</p> <ul style="list-style-type: none"> - Gabriel Lomas presented on mutual aid at the most recent quarterly meeting - Monthly QPR trainings and many virtual Gizmo readings <p>Region 1/Southwestern:</p> <ul style="list-style-type: none"> - Created Postvention subcommittee to share resources - Planning ASIST trainings for EMS - QPR trainings <p><u>Grant Initiatives</u></p> <p>988</p> <ul style="list-style-type: none"> - Monthly meetings of the planning committee; plans due in August | |

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| | <p><u>CDC Suicide Prevention Grant</u></p> <ul style="list-style-type: none"> - Many deliverables due in the first six to nine months of implementation - Five-year grant: goals and objectives align with State Plan 2025 - Three vulnerable populations: youth less than 18 years of age; young adults 18-24; and males 35-64 <p><u>Awareness Campaign/Website/Outreach</u> https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Website being updated - 10,0000 emails sent for the military, veterans, and active duty campaign <p>Gizmo</p> <ul style="list-style-type: none"> - Books and Plushies: available for purchase off the website (books free in CT) | |
| V. Member Updates | <ul style="list-style-type: none"> - Jonathan Perloe—HB 6355 passed the House, bill is on to the Senate - Tom Steen—QPR Train the Trainer to be scheduled for the summer - Cathy Ludlum—HB 6425 did not make it out of the judiciary committee <p>Meeting adjourned 11:00am.</p> | |
| <p>Virtual 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"> - 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> - 11/11/21: Veterans Day/ State Holiday, no meeting - 12/9/21: Barbara Ward-Zimmerman, CHDI Educating Practices, <i>Intersection of ADHD and Suicide</i> <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p> | |