

CT Suicide Advisory Board Meeting Minutes

Meeting Date: June 10, 2021

Location: Zoom Virtual Meeting

Present: Daniella Arias (The Hub), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (CHDI), Dana Bossio (Fairfield Public Schools), Bill Brassard (NSSF), Kaitlin Brown (CCPG), Heather Clinger (Wheeler), Rachel Collins (Rachel Collins, LPC Counseling), Belle Cyr (Enfield Youth Svcs), Sarah DeFlumeri (Step Up Naugy), Melissa Demma (United Services), Andrea Duarte (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Marisa Giarnella-Porco (Jordan Porco Foundation), Mollie Greenwood (Beacon Health Options), Rob Harrison (Westerly Hosp.), Brandon Jewell (SAVE), Angela Jimenez (DPH), Lois Lawson, Michelle Leibovitz (Rich Wright Productions), Susan Logan (DPH), Gabriel Lomas (WCSU), Paula Gill Lopez (Fairfield Univ.), Tim Marshall (DCF), Nicole Mason, Lorrie McFarland (Region 2), Allyson Nadeau (Amplify CT), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting Council), Maureen Pasko (VA CT), Steve Rogers (CT Children’s), Marisa Sicley-Rogers(IOL), Greg Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Jennifer Sussman (UConn Health/CPES), Colleen Violette (DPH), Faith VosWinkel (OCA), Dana Wamsley, Marissa White (Correctional Healthcare Quality Improvement Solutions), 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 attendees via Zoom.	
II. Presentation Homelessness and Suicide Maureen Pasko, LCSW Director, Homeless Programs VA Connecticut Healthcare Community Resource and Referral Center Maureen.Pasko@va.gov Office: 203.932.5711 x1331	<p>Maureen Pasko described Housing First, which is a low barrier evidence-based model that utilizes the principle of housing as a basic human right. Meet people where they are at but don’t leave them where they are. No treatment or sobriety requirements to access housing. Housing First separates housing and services; a person cannot lose housing for refusing to participate in treatment, for example. The presentation also included an overview of the programs available to veterans.</p> <p>Healthcare for homeless veterans outreach includes: daily walk-in clinics at Newington and ECCC; outreach staff are able to meet a Veteran anywhere in the state; collaboration with soup kitchens, shelters and community providers to engage homeless Veterans; and respond to National Call Center for Homeless Veterans referrals. The national Hotline for Homeless Veterans is 24/7 access to an operator 1-877-424-3838. Referrals the next business day to the VA CT Homeless Team. The CT team receives, on average, 35 calls per month.</p> <p>Providers of service to people experiencing homelessness are coordinating their efforts to end homelessness in communities across Connecticut by developing Coordinated Access Networks (CANs). Through the CANs, service providers work together to streamline and standardize the process for individuals and their families to access assistance. The primary goal of CANs is to help communities focus on rapidly ending each person’s homelessness by connecting them with appropriate housing and resources. Individuals experiencing a housing crisis can contact</p>	

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	<p>2-1-1 to be connected to the CAN in the caller's community in order to access available resources to address their needs.</p> <p>Risk factors for suicide and homelessness:</p> <ul style="list-style-type: none"> • Low socioeconomic status • Mental illness • Substance use disorders • Low social support- *pandemic impact • Financial distress • Chronic medical conditions • Presence of comorbidity • Childhood homelessness, homelessness > 6 months, and SUD in older adults are associated with greater rates of suicidality <p>Homelessness and suicide:</p> <p>Homelessness is an independent risk factor for death by suicide</p> <ul style="list-style-type: none"> • Lifetime rates of attempted suicide are 5.3 times as much among individuals who had been homeless than individuals with no history of being homeless, even stronger in Veteran population- 8.8 • 2002 Study of homeless adults in Metro Toronto yielded high prevalence of SI and attempts, as well as comorbid mental health disorders (Eynan et.al 2002). • Increased suicide risk for longer episodes of homelessness (Eynan et. al,2002). • Consideration of special populations: women, LGBTQ homeless youth • The suicide rate is 81 per 100,000 among homeless Veterans but 35.8 suicides per 100,000 among Veterans without a recent history of homelessness. • Homeless Veterans use ED services at 4X rate of domiciled Veterans • Veterans with homelessness history attempt suicide at rate >5 times higher compared with Veterans without a history of homelessness • Co-occurrence of severe SUD and SMI among the homeless population necessarily means that HCHV is serving some of the highest risk and hardest to engage Veterans 	

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	<p>https://www.mentalhealth.va.gov/suicide_prevention/docs/Literature_Review_FSTP_Homelessness_508_FINAL_07-11-2019.pdf</p> <p>To view the presentation, visit: https://www.ctclearinghouse.org/Content/www/files/PDFs/CTSABPresentation6_2021.pdf</p> <p>Links to VSO Office of Advocacy and Assistance via CT Dept of Veterans Affairs:</p> <p>Main page: https://portal.ct.gov/DVA/Pages/Office-of-Advocacy-and-Assistance</p> <p>List of VSO: https://portal.ct.gov/DVA/Pages/Office-of-Advocacy-and-Assistance/Contact</p>	
III. Review of Minutes	May minutes accepted	
	<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. - June 10 7-9pm LGBTQ+ panel (info on afsp.org) - Six walks scheduled to begin in September; in person depending on local guidelines - 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 have to be trained as QPR gatekeepers - Ann Irr Dagle and Tom Steen participated in the virtual National Advocacy Conference and Legislative Day <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - No update <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"> - 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 	

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	<ul style="list-style-type: none"> - Colleges signing up for Fresh Check Day, most are in-person events - Many fundraisers coming up which can be found on the website <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"> - Next virtual meeting scheduled July 26, 10:00am - June 22 Community of Practice is on community engagement; Heather Spada and Tim Marshall will be presenting on behalf of the statewide 1 Word 1 Voice campaign and the Gizmo curriculum and book. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Discussions continue on interstate collaboration - Working on first responder brochure for fire - Tom Steen has trained all RSABs in suicide postvention <p>Lethal Means</p> <ul style="list-style-type: none"> - In discussions with the Mayor of East Hartford’s assistant regarding signage for the Founders Bridge - Delivered 49 signs to the DOT representative for rail stations - 19 agencies are participating in the DMHAS Lethal Means Lock Box project with over 1900 boxes delivered to these agencies since April - Rob Harrison shared that in Rhode Island, out of 3688 scans of their “You’re Not Alone” signs, 25% clicked on “I need help now” <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - The Peer Training on suicide has been reviewed and approved. The training is “Bridging the Gap: An Intro to Suicide from a Peer Perspective” (training is free). We will need to schedule and advertise for 10 trainings. For those who are not QPR instructors, but would like to be a “supporter” during this training, please contact Valerie Lepoutre: ylepoutre@namict.org . If you are a QPR trainer and would like to teach this portion of the training (payment available), contact Valerie. 	

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	<ul style="list-style-type: none"> - Advocacy Unlimited is offering an Intentional Peer Support Training (IPS) training and have extended the invitation to our committee to participate. Please email Torry for more info: bernard@advocacyunlimited.org - SAVE will be hosting a memorial event on September 10: Light the Night with luminaries on the Enfield Town Green for lives lost to suicide. Contact Brandon Jewell to help out and for more info: Brandon.Jewell@save.org - AFSP is interested in offering Alternatives to Suicide and/or Survivors of Suicide Attempt groups. Start date TBD. - Advocacy Unlimited is hosting an Alternatives to Suicide facilitator training during the second week in August. (Flyer https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/A2S_Facilitator_Training_Flyer_2_.pdf ; training fee is \$150, but there is a sliding scale payment option). <p>Zero Suicide</p> <ul style="list-style-type: none"> - There has been a shift in committee leadership due to job changes. There is an opportunity for a new co-chair. <p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Reviewing storyboards with DMHAS Workforce Development & Training. <p>Legislative Advocacy Committee</p> <ul style="list-style-type: none"> - Rep. McCarthy-Vahey presented along with a lobbyist group at the last meeting on the legislative process and how bills make their way through the legislature <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"> - 12 teams working on draft community plans; have had some help from neighbors in Putnam County, NY who have been integrating postvention plans for a couple of years. - The Drug-Free Schools Committee at Western CT Coalition will be sponsoring a SHAPE (https://www.theshapesystem.com/about-us/) training in September and has requested that R5 RSAB co-sponsor the program. 	

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	<p>Region 4/North Central:</p> <ul style="list-style-type: none"> - Hebron reading and wellness challenge for elementary students; every student received a copy of the Gizmo book - Postvention training in May <p>Region 3/Eastern:</p> <ul style="list-style-type: none"> - QPR trainings in Spanish will be offered - Purchased 300 online QPR trainings for eastern CT school staff for self-directed training online; this allows for some school staff who may not be able to attend staff development days (ie, paraprofessionals, food service employees, etc.) - Provided 400 Senior Wellness Pack to groups around the region; materials included info on mental health, depression, and suicide prevention. <p>Region 2/ New Haven:</p> <ul style="list-style-type: none"> - Crisis intervention committee, a smaller subcommittee, meets more frequently - Planning a Gizmo in the Park event in New Haven - Participating in the October AFSP walk with an info booth <p>Region 1/Southwestern:</p> <ul style="list-style-type: none"> - June 11 meeting will have a presentation by Silver Hill hospital on their community resilience campaign. <p><u>Grant Initiatives</u></p> <p>988</p> <ul style="list-style-type: none"> - David DeNino has been hired to develop the CT implementation plan for 988 - If interested in joining the stakeholder group, contact Tim Marshall tim.marshall@ct.gov or Andrea Duare andrea.duarte@ct.gov <p><u>CDC Suicide Prevention Grant</u></p> <ul style="list-style-type: none"> - UConn Health Center for Population Health will be conducting the evaluation - Collaboration with local health departments and regional suicide advisory boards - Looking at urgent care data for suicide ideation and attempts; working on a way to identify records <p><u>Awareness Campaign/Website/Outreach</u> https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Website being updated - Shop Rite: 12 stores will have digital ads at the register and 11 stores will have 1 Word materials at their welcome center 	

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V. Member Updates	<ul style="list-style-type: none"> - Mike Makowski—decline in 2020 suicide rates; preliminary data being reviewed -If interested in helping to plan 2022 presenters for monthly meetings, contact Andrea Duarte andrea.duarte@ct.gov h - Meeting adjourned 11:00am. 	
<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"> - 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>	