



## SW Regional Suicide Advisory Board Meeting Minutes

**Meeting Date:** June, 11<sup>th</sup> 2021

**Location:** Virtual

**Present:** The Hub

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p><b>I. Welcome &amp; Introductions</b></p>	<p>- Attendance was taken as individuals introduced themselves and reported their affiliation.</p>	
<p><b>II. Guest Speaker: Silver Hill Hospital “Building Resilient Leaders: Surviving a Pandemic and Beyond”</b></p>	<p>- Presentation discussed an eight-module platform focusing on self-awareness, self-regulation, motivation, relationships, sleep, selfcare, values/character and having a resilient mindset. Each module is about an hour long Modules are currently being conducted on virtual format but that is subject to change Modules do not have to be completed in order Group size is variable</p> <p>- Examples of Content was given</p> <p>- Main focus is on leadership Responsibility of leadership Connection to communication, feedback, missions, goals</p> <p>- Schools, police departments and counseling services in Fairfield County have already utilized the program</p> <p>- No Spanish speaking facilitators. There are video recording of the trainings in Spanish.</p>	<p>Slideshow will be distributed to all those in attendance.</p>



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<p><b>III. State and Regional Updates</b></p>	<p>- CT SAB            CDC: Suicide Prevention Grant            Implementation begins in September            Contract with UConn Health for data collection            Working with DPH and Local for information from Emergency Rooms and Urgent Cares surrounding suicidal ideation and suicide attempts            Presentation on Homeless Veterans            DPH is working to get state, regional and specific town data</p> <p>-AFSP            SB 89 was passed            SB 1 passed (May 20<sup>th</sup>)            Health Dept. must include suicide prevention curriculum such as QPR</p>	
<p><b>IV. FCCF Grant Updates (EMS)</b></p>	<p>- Updates            14 EMS QPR trained in last 2 months            11 EMS signed up for upcoming ASIST training</p> <p>- Discussion            Zoom fatigue – EMS and general public are hesitant to spend more time on virtual platforms            Allow people to share experience and offer support outside of professional role            Bridges gap between professional relationship and friendship/concern</p> <p>- Upcoming dates            June 22<sup>nd</sup>            June 30<sup>th</sup></p>	<p>Upcoming QPR dates are 6/22 and 6/30</p> <p>The Hub will connect with other agencies and regional trainers to offer more QPR trainings in the future.</p>
<p><b>V. CT 988 Implementation Plan</b></p>	<p>-Upcoming focus groups surrounding implementation            Limited to 18-20 people            Open to all sectors            More information regarding this will be sent out shortly</p>	<p>The Hub will send out dates and times for the 988 focus groups for people to RSVP to attend.</p>



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<b>VI. Coordinating Efforts</b>	<ul style="list-style-type: none"> <li>- National Suicide Prevention Month is September</li> <li>- World Suicide Prevention Day: September 10<sup>th</sup> 2021</li> <li>-Discussion of meeting sooner (August) so as to better plan for Suicide Prevention Month.</li> </ul>	The Hub will send out a date in August to meet about suicide prevention month

Additional Discussion:

- Seeing emergence of LGBTQ+ individuals who are utilizing warm lines
  - o Lack of late night support and in person community
- Alternative to Suicide Group (ATS)
  - o Offering trainings
    - Upcoming date: August 10<sup>th</sup>-12<sup>th</sup> from 9-5
- Switch back to in person support groups
  - o Positives
    - People are craving interactions
  - o Negatives
    - Scheduling, transportation, ease in access
      - Suggestion to keep zoom option open
- Management of Medication
  - o Individuals are being given 3 months of mediation at one time
    - Due to insurance issues
    - Extremely problematic for individuals struggling with suicidality