

CT Suicide Advisory Board Meeting Minutes

Meeting Date: October 14, 2021

Location: Zoom Virtual Meeting

Present: Abby Alter (DPH), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (CHDI), Kevin Borrup (CT Children’s), Bill Brassard (NSSF), Mariah Chadukiewicz (DMHAS intern), Kathleen Chapman (DMHAS), Heather Clinger (Wheeler), Rachel Collins, Yvette Cortez (DCF), Claire Cote (CT State Unit on Aging), Belle Cyr (Enfield Youth Svcs.), Sarah DeFlumeri (Step Up Naugy), Michelle Devine (SERAC), Andrea Duarte (DMHAS), Mike Dutko (CTARNG), Taylor Ford (FAVOR), Joanna Fornwalt (Enfield Youth Svcs.), Tom Fulton (Wheeler/CT Clearinghouse), Sara Gaer (Author/Suicide Prevention Specialist), Marisa Giarnella-Porco (Jordan Porco Foundation), Lisa Girard (FAVOR), Jo Hawke (Governor’s Prevention Partnership), Mark Irons (Judicial Branch), Aaron Jackson (CMHA), Angela Jimenez (DPH), Celeste Jorge (DPH), Bob Kanehl (CT Poison Control), Pamela Lang (CSSD), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Services), Mike Makowski (DPH), Cornelia Morris, Giovanna Mozzo (The Hub), Allyson Nadeau (Amplify), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting BSA), Michelle Peters (AFSP-CT), Beth Pizzuto, Jill Pluta (Newtown YFS), Jonathan Pohl (CCSU), Steve Rogers (CT Children’s), Kara Sepulveda (QVHD), Scott Serviss (Solutions EAP), Richard Siddall (SMART Recovery), Greg Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Tamara Stephens (Urban League of Greater Hartford), Susan Tobenkin (CTARNG), Robin Tousey-Ayers (DPH), 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. Review of Minutes	September minutes accepted.	
III. Presentation Bridging the Intersections of Suicide and Trauma Sarah Gaer Suicide Prevention Specialist/Author/Speaker www.sarahgaer.com	<p>Sarah Gaer presented on the complex relationship between trauma and suicide. Trauma increases the risk of suicide as well as other conditions which are also known risk factors for suicide, creating a feedback loop of increasing risk.</p> <p>Focusing on Adverse Childhood Experiences (ACEs), the higher the ACE score, the higher the risk for suicide. Post Traumatic Stress Disorder has a known high comorbidity with other mental health conditions and higher ACE scores.</p> <p>Sarah has authored books, including a <i>Good Night, Grace</i>, a book to help children through tough situations involving parents with substance use disorders, depression, and other mental health challenges.</p> <p>Sarah shared her suicide prevention call to action: Include safe messaging about suicide and messaging should be trauma informed.</p>	

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	<p>Practitioners should be trained in trauma informed care and suicide assessment. Anybody working with children should have an understanding of trauma, ACEs, and suicide. Literature should attempt to recognize the relationship between trauma and suicide. Ask “What has/is happening to you?” rather than trying to understand what is “wrong” with someone.</p> <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Suicide_Trauma_.pdf</p>	
IV. Member Updates	<ul style="list-style-type: none"> - Mike Makowski from DPH reported 274 deaths by suicide as of 9/30/2021; same as in 2020. This is a 10% decline compared to 2015-2019. 	
V. Reports	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Beginning Gizmo pilot program with AHM in November/December - Four of the six walks are complete; two left: 10/16 in East Hartford and 10/24 in Westport, looking to get the word out and get help with tabling or walkers for both. - Saturday, 11/20/2021, is International Survivors of Suicide Loss Day. There will be three events over the weekend. <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - No report. <p>SAVE https://save.org/</p> <ul style="list-style-type: none"> - No report. <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Research study being conducted with CCSU on the efficacy of Fresh Check Days. - The 4 What’s Next program is being bundled with the Check-In program. - Presented 4 What’s Next and Check-In nationally on a CDC call. - Bingo fundraiser 11/6/2021. - Meet and Greet fundraiser will be offered in 2022 of <i>Dear Evan Hansen</i> at The Bushnell <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - No report. 	

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	<p>Grief Coalition</p> <ul style="list-style-type: none"> - No report. <p><u>Committees</u></p> <p>Data to Action</p> <ul style="list-style-type: none"> - SPRC Community of Practice is completed. - Youth Risk Behavior Surveillance survey is underway; anyone who has a contact in a public school can contact Celeste Jorge celeste.jorge@ct.gov . <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Working on reinforcing efforts with the Office of the Chief Medical Examiner on notifications for 24 years-old and under. - More interaction with Data to Action committee and other groups to avoid gaps in postvention response. - Restocked folders for the OCME. Will be reviewing materials and would like to provide more virtual materials with easily updateable information, such as support groups. - Updating postvention tab on website <p>Lethal Means</p> <ul style="list-style-type: none"> - Safe Proof Your Home brochure is at the printer; a small amount will be printed in order to allow for updated materials to be printed when 988 begins in July 2022. - New sign at Wallingford train stations. - Fifty signs with QR codes sent to Air Rights Garage. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Young Adult Attempt Survivors group moved to Wednesday evenings. - Bridging the Gap trainings planned for November and December. - Big Sky gym in Vernon is planning to host exercise class for suicide prevention in November. - Survivors of Suicide Attempt (SOSA) group to start 10/28/2021 and continue for eight weeks through 12/23/2021. <p>Zero Suicide</p> <ul style="list-style-type: none"> - Zero Suicide Institute presented on updated to resources provided by the Institute. 	

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	<p>Clinical Workgroup</p> <ul style="list-style-type: none"> - Continue to develop web-based curriculum with DMHAS Workforce Development & Training. <p>Legislative Advocacy Committee</p> <ul style="list-style-type: none"> - There have been many discussions regarding getting CTSAB recognized under state statute. <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 1/Southwestern:</p> <ul style="list-style-type: none"> - Offering QPR trainings. - Regional team for AFSP walk. - Sponsoring A Night to Shine Your Light event with My Friend Abby on 10/16/2021. <p>Region 2/ New Haven:</p> <ul style="list-style-type: none"> - QPR trainings went well and were well attended. Information was distributed throughout communities and social media for Suicide Awareness Month. - Biweekly QPR trainings will resume in November. - AFSP walk and One Word table were successful. - One Word table at QU Fresh Check Day went well and was well attended with a lot of interaction. - Cranes of Hope was well received along with the One Word table at Bridgeport Hospital. <p>Region 3/Eastern:</p> <ul style="list-style-type: none"> - Hosted a screening of My Ascension 10/6/2021. - Assisting local college with updating policies and procedures after a loss last year. - New staff member Patrick started and another new hire will start November 1. <p>Region 4/ North Central:</p> <ul style="list-style-type: none"> - Shifting to biweekly QPR trainings. - Two positions posted for mental health promotion and suicide prevention work. - AHM Youth Services secured funding for suicide prevention. <p>Region 5/Western:</p> <ul style="list-style-type: none"> - QPR and Narcan trainings continue. - Following up with communities about bridge signage. 	

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	<ul style="list-style-type: none"> - Postvention plans shared at the September meeting. <p><u>Grant Initiatives</u></p> <p>988</p> <ul style="list-style-type: none"> - Draft plan submitted, response will come back in November, corrections submitted in December, and finalized in January. Will also be working on integrating planning coalition with CTSAB over the next year. - SAMHSA GLS Project Director James Wright will be moving to a new role at SAMHSA overseeing 988 and will be reporting to Assistant Secretary for Mental Health and Substance Use Miriam Delphin-Rittmon, the former DMHAS Commissioner. <p>CDC Comprehensive Suicide Prevention Grant</p> <ul style="list-style-type: none"> - In year two of the grant focusing on implementing the plan that has been developed. <p>SAMHSA Tribal Behavioral Health Grant</p> <ul style="list-style-type: none"> - Secured an agreement to host a Zero Suicide for Tribal Communities two-day academy November 16 and 17, 2021. Eight spots will be reserved for CTSAB members who would like to participate if their group/organization is currently or willing to collaborate with tribal communities going forward. Email Scott Barton if interested sbarton@mptn-nsn.gov <p><u>Awareness Campaign/Website/Outreach</u> https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - 988 officially launches July 2022. States have been asked not to promote the number until then. - Oversize posters with QR code have been placed at gas stations and convenience stores as well as 250 schools. 	
	<ul style="list-style-type: none"> - Meeting adjourned 10:50am 	
<p>2021-2022 Meeting Schedule</p> <p>Meetings are the second Thursday of the month, 9:00am—11:00am</p>	<p>Contact Andrea Duarte with suggestions for meeting presenters/topics, andrea.duarte@ct.gov</p> <p>Dates/Presentations:</p> <p><u>2021-2022 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - 11/11/21: Veterans Day/ State Holiday, no meeting 	

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<p>Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.</p>	<ul style="list-style-type: none"> - 12/9/21: Barbara Ward-Zimmerman, CHDI Educating Practices, <i>Intersection of ADHD and Suicide</i> - 1/13/22: Juliet Meskers, Mental Health Global Network, Normalizing Mental Health - 2/10/22: Scott Barton, Mashantucket Pequot Tribal Nation, Skeehech Wuyeeekun (Good Medicine) Project - 3/10/22: Kelly Leppard, Jeremy Wampler, Fred Fetta, DMHAS, Problem Gambling & Suicide - 4/14/22: Rachel Collins, Counseling Services, Autism and Suicide - 5/12/22: Timothy Schmutte, Yale University, Geriatric Suicide Risk - 6/9/22: Jonathan Perloe, CT Against Gun Violence, Extreme Risk Protection Order & Suicide Prevention - 7/14/22: Advocacy Unlimited/Toivo, Alternatives to Suicide Program - 9/8/22: CTSAB Annual Meeting: National Suicide Prevention Week/Month - 10/13/22: Lisa Barry, UCONN Health, Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes - TBD: 8/11, 11/10, 12/8 - Contact Andrea.Duarte@ct.gov if you'd like to present or have presentation suggestions. <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	