

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** December 9, 2021

**Location:** Zoom Virtual Meeting

**Present:** Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Romeo Blackmar (Putnam PRIDE), Bill Brassard (NSSF), Wendy Caruso (United Way CT 211)Mariah Chadukiewicz (DMHAS intern), Heather Clinger (Wheeler), Belle Cyr (Enfield Youth Svcs.), Sarah DeFlumeri (Step Up Naugy), Andrea Duarte (DMHAS), William Dunn, Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Tom Fulton (Wheeler/CT Clearinghouse), Marisa Giarnella-Porco (Jordan Porco Foundation), Grace Grinnell (NAMI Farmington Valley), Mark Irons (SERAC), Angela Jimenez (DPH), Bob Kanehl (CT Poison Control), Pamela Lang (CSSD), Michelle Leibovitz (Rich Wright Productions), Jodi Lott (Gaggle), Gabriel Lomas CT Center for School Safety and Crisis Preparation), Susan Logan (DPH), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Services), Mike Makowski (DPH), Pamela Mautte (APW), Kristina Miceli, Michael Moravecek, Giovanna Mozzo (The Hub), Erin Mulhern (DPH), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting BSA), Michelle Peters (AFSP-CT), Beth Pizzuto (Beacon Health Options), Jonathan Pohl (CCSU), Callyn Priebe, Timothy Schmutte (Yale Univ), Scott Serviss (Solutions EAP), Richard Siddall (SMART Recovery), Greg Simpson (Beacon Health Options), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Jennifer Sussman (UConn Health), Robin Tousey-Ayers (DPH), Cristin McCarthy Vahey (CT General Assembly), Colleen Violette (DPH), Faith VosWinkel (OCA), Sara Wakai (UConn Health), Barbara Ward-Zimmerman, Marissa White (CHQIS), Courtney Widrick, Abby Wood (Western CT Coalition), and LoriBeth Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte and Tom Steen welcomed the attendees via Zoom.	
<b>II. Review of Minutes</b>	October minutes accepted.	
<b>III. Presentation</b>  Intersection of ADHD and Suicide  Barbara Ward-Zimmerman, Ph.D. <a href="mailto:bward.zimmerman@cox.net">bward.zimmerman@cox.net</a>	ADHD is related to heightened suicidality rates in all age groups for both males and females Assessment for suicidality, with immediate linkage to treatment is recommended Treatment with Pharmacotherapy is associated with lower rates of suicidality in both men and women ADHD is more than hyperactivity and impulsivity: compromised executive functions impacts all areas of life Integrated care, communication, and collaboration across families, schools, pediatricians, and behavioral health providers is key  To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Reducing_Suicide_Risk_by_Improving_ADHD_Identification_and_Care_12-21_BWZ.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Reducing_Suicide_Risk_by_Improving_ADHD_Identification_and_Care_12-21_BWZ.pdf</a>	
<b>IV. Member Updates</b>	- QPR train the trainer, Jan 12 in Plainville at Wheeler; info will be sent on listserv	

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	<ul style="list-style-type: none"> <li>- Gabe Lomas: mutual aid model for schools in western CT, received funding from state appropriations over the summer to be able to roll out to the whole state</li> </ul>	
<b>V. Reports</b>	<p><b><u>Foundations</u></b></p> <p><b>American Foundation for Suicide Prevention (AFSP)</b> <a href="https://afsp.org/">https://afsp.org/</a></p> <ul style="list-style-type: none"> <li>- Starting to plan 2022 walks, looking for volunteers. Contact Michelle Peters at <a href="mailto:mpeters@afsp.org">mpeters@afsp.org</a></li> <li>- Out of The Darkness t-shirts available for purchase AFSP.org/CT</li> <li>- Talk Saves Lives for the workplace is looking for workplaces that want to do this remote training. Contact Michelle Peters <a href="mailto:mpeters@afsp.org">mpeters@afsp.org</a></li> <li>- AFSP national is running a Gizmo pilot in 2 states and AHM in Hebron, 10 classrooms in January will use Gizmo materials</li> </ul> <p><b>Brian Dagle Foundation</b> <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a></p> <ul style="list-style-type: none"> <li>- Preparing for their Jingle Run 5k this weekend: 646 registrations, best year yet</li> <li>- Will be hiring a program assistant</li> </ul> <p><b>SAVE</b> <a href="https://save.org/">https://save.org/</a></p> <ul style="list-style-type: none"> <li>- No report</li> </ul> <p><b>Jordan Porco Foundation</b> <a href="https://www.rememberingjordan.org/">https://www.rememberingjordan.org/</a></p> <ul style="list-style-type: none"> <li>- 180 Fresh Check Days across the country this year</li> <li>- Continuing to look for collaborations for What's Next and Check In program</li> <li>- Meet and Greet fundraiser will be offered in 2022 of <i>Dear Evan Hansen</i> at The Bushnell</li> </ul> <p><b>My Friend Abby</b> <a href="https://www.myfriendabby.org/">https://www.myfriendabby.org/</a></p> <ul style="list-style-type: none"> <li>- No report</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Next meeting day, Tuesday, 2/1/22 9:30AM-11:00AM virtual</li> <li>- Structure for 2022 meetings will be different: it will include reports, presentations on special topics and populations</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- November presentation on syndromic surveillance</li> </ul>	

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	<ul style="list-style-type: none"> <li>- OCME provides postvention support info, looking to post that on website as well to make it more available, including a QR code in the letter to find more info</li> <li>- Continue to respond to suicide losses and alert various systems</li> <li>- Talking to other systems about how to better connect to offer support, including campuses</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Safe Proof Your Home can be ordered through the website</li> <li>- Fifty signs with QR codes are up at the Air Rights Garage</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Advocacy Unlimited is hiring a coordinator for alternatives to suicide</li> <li>- Suicide attempt survivors group, some challenges due to holidays so the current session will continue past Christmas</li> <li>- Collaborating with Big Sky gym in Vernon on suicide prevention exercise class in January</li> </ul> <p><b>Zero Suicide</b></p> <ul style="list-style-type: none"> <li>- Disaster distress helpline network presented last month by Vibrant</li> <li>- Congrats to Valerie L on the birth of her baby</li> <li>- Meeting on the fourth Wed of every other month</li> </ul> <p><b>Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Continue to develop web-based curriculum with DMHAS Workforce Development &amp; Training.</li> </ul> <p><b>Legislative Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- At pause to position for next legislative session in February, January meeting date TBD</li> <li>- Other advocacy initiatives ongoing</li> </ul> <p><b><u>Regional Suicide Advisory Board Meetings</u></b>  <a href="https://www.preventsuicidect.org/about-us/regional-sab-business/">https://www.preventsuicidect.org/about-us/regional-sab-business/</a></p> <ul style="list-style-type: none"> <li>- Contact the lead for each region for more information regarding meetings and trainings.</li> </ul>	

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	<p><b>Region 1/Southwestern:</b></p> <ul style="list-style-type: none"> <li>- Offering QPR trainings first and third Tuesdays, 9:00am-10:30am.</li> <li>- Hired program coordinator Victoria O’Neill for prevention, postvention and grief support.</li> </ul> <p><b>Region 2/ New Haven:</b></p> <ul style="list-style-type: none"> <li>- QPR trainings every other Tuesday 12:00pm-1:30pm.</li> <li>- In the process of hiring a coordinator.</li> <li>- Trainings posted on website.</li> <li>- Working with a community on strengthening their postvention plan.</li> </ul> <p><b>Region 3/Eastern:</b></p> <ul style="list-style-type: none"> <li>- Participated in the 2-day zero suicide academy hosted by the Mashantucket Pequot Tribal Nation.</li> <li>- Provided assistance to a local community with a recent loss.</li> </ul> <p><b>Region 4/ North Central:</b></p> <ul style="list-style-type: none"> <li>- Working with churches and US Marshals for QPR trainings.</li> <li>- Faith Vos Winkel presented at last regional meeting about the Office of the Child Advocate and fatality data.</li> <li>- Will be hiring coordinator for regional suicide advisory board.</li> </ul> <p><b>Region 5/Western:</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings continue. Working with Waterbury Police for QPR trainings.</li> <li>- Continue to support postvention efforts and provide support.</li> <li>- Presented on postvention for CT school safety and crisis response committee.</li> </ul> <p><b><u>Grant Initiatives</u></b></p> <p><b>CDC Comprehensive Suicide Prevention Grant</b></p> <ul style="list-style-type: none"> <li>- Syndromic Surveillance System Overview by Erin Mulhern from DPH</li> <li>- Syndromic surveillance is a public health monitoring system. Currently working with emergency department and urgent care center cases.</li> <li>- Able to detect cases related to anxiety, depression, OCD, suicidality, hallucinations, and psychological evaluations. Classifications are still a work in progress.</li> </ul> <p><b>Awareness Campaign/Website/Outreach <a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a></b></p> <ul style="list-style-type: none"> <li>- Have provided 2500 posters to 250 schools across CT with info and QR code</li> <li>- Through November over 5400 visits to website</li> <li>- Website continually updated with resources</li> </ul>	

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	- Meeting adjourned 11:00am	
<p><b>2021-2022 Meeting Schedule</b></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, <a href="mailto:andrea.duarte@ct.gov">andrea.duarte@ct.gov</a></p> <p><b>Dates/Presentations:</b></p> <p><u>2021-2022 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> <li>- 2/10/22: Scott Barton, Mashantucket Pequot Tribal Nation, Skeehch Wuyeekun (Good Medicine) Project</li> <li>- 3/10/22: Kelly Leppard, Jeremy Wampler, Fred Fetta, DMHAS, Problem Gambling &amp; Suicide</li> <li>- 4/14/22: Rachel Collins, Counseling Services, Autism and Suicide</li> <li>- 5/12/22: Timothy Schmutte, Yale University, Geriatric Suicide Risk</li> <li>- 6/9/22: Jonathan Perloe, CT Against Gun Violence, Extreme Risk Protection Order &amp; Suicide Prevention</li> <li>- 7/14/22: Advocacy Unlimited/Toivo, Alternatives to Suicide Program</li> <li>- 9/8/22: CTSAB Annual Meeting: National Suicide Prevention Week/Month</li> <li>- 10/13/22: Lisa Barry, UCONN Health, Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes</li> <li>- TBD: 8/11, 11/10, 12/8 - Contact <a href="mailto:Andrea.Duarte@ct.gov">Andrea.Duarte@ct.gov</a> if you'd like to present or have presentation suggestions.</li> </ul> <p><b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	