

CT Suicide Advisory Board Meeting Minutes

Meeting Date: January 13, 2022

Location: Zoom Virtual Meeting

Present: Gillian Anderson (My Friend Abby), Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Kevin Borrup (CT Children’s), Wendy Caruso (United Way CT 211), Mariah Chadukiewicz (DMHAS intern), Heather Clinger (Wheeler), Rachel Collins (Rachel Collins LPC Counseling Svcs), Belle Cyr (Enfield Youth Svcs.), Ann Irr Dagle (Brian Dagle Foundation), Melissa Demma (United Services), Andrea Duarte (DMHAS), William Dunn, Mike Dutko (CTARNG), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Tom Fulton (Wheeler/CT Clearinghouse), Kasi Frost (Communicare), Taylor Gainey (APW), Marisa Giarnella-Porco (Jordan Porco Foundation), Lisa Girard (FAVOR), Grace Grinnell (NAMI Farmington Valley), Rob Harrison (Washington County Zero Suicide Program), Mark Irons (SERAC), Aaron Jackson (CMHA), Robert Kanehl (CT Poison Control), Michelle Leibovitz (Rich Wright Productions), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle), Susan Logan (DPH), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Services), Mike Makowski (DPH), Tim Marshall (DCF), Pamela Mautte (APW), Lorrie McFarland (APW), Regina McGarrah (CCAR), Juliet Meskers (Mental Health Global Network), Cornelia Morris (Trumbull Counseling Ctr), Kristen Mulhearn, Allyson Nadeau (AMPLIFY), Victoria O’Neill (The Hub), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting BSA), Jonathan Pohl (CCSU), Marisa Sicley-Rogers (IOL), Richard Siddall (SMART Recovery), Heather Spada (United Way CT), Tom Steen (Steen Consulting), Colleen Violette (DPH), Faith VosWinkel (OCA), Sara Wakai (UConn Health), Marissa White (CHQIS), Courtney Widrick, 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	December minutes accepted.	
III. Presentation Normalizing Mental Health Juliet Meskers Mental Health Global Network info@mhgn.org	CTSAB 10-Year Highlights Andrea Duarte and Tim Marshall presented a history of the CT Suicide Advisory Board to commemorate this month being the 10-year anniversary, January 2012-January 2022. To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Duarte-CTSAB_10yrs-011022.pdf Presentation: Normalizing Mental Health Juliet and her friend Kelly Marzoli founded MHGN following the loss to suicide of two friends during college. Mental Health Global Network’s mission is to prioritize mental health at an equivalent level to physical health. They focus on providing education about mental health awareness and suicide prevention. MHGN provides Mental Health Intervention Trainings to groups and organizations on basic warning signs and ways to help friends and family. They also	

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	<p>sell Mental Health First Aid Kits which contain coping tools and strategies for reducing anxiety and stress. MHGN has trained over 3,000 and sold 700 of their Mental Health First Aid Kits. More trainings and partnerships on the horizon.</p> <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Juliet_Meskers-CT_Suicide_Advisory_Board.pdf</p>	
IV. Reports	<p><u>Grant Initiatives</u></p> <p>988 Mental Health/Suicide Prevention Grant Updates</p> <ul style="list-style-type: none"> - DMHAS and DCF are working on finishing the 988 state planning grant, with the plan due on the January 21, 2022. - SAMHSA has released a new opportunity with applications due on the 31st, which will provide capacity building to support the 988 call center. - DCF is providing support to children’s mobile crisis to move to 24/7 capacity. - Plans in the work to restore inpatient children’s bed capacity at hospitals across the state. - Moving forward with desire to develop a 23-hour crisis center, effectively a Behavioral Health Urgent Care which can provide assessment within 3 hours and desire to develop two new levels of sub-acute care in the form of crisis-stabilization and psychiatric residential treatment facilities. - On the adult side, looking into urgent crisis care center possibility and using resources available through NASMHPD which will help expand bed registry technology and geolocation for 988. - Grant initiatives will continue to rotate on a quarterly basis, with next month’s report from Scott Barton on the State’s Tribal Grant. <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Excited to announce that Paul Dagle has agreed to be the interim chair of the board of the CT Chapter of AFSP. - Looking for more volunteers for the board or events, reach out to Michelle Peters, Ann Dagle, or Tom Steen. - Leadership Conference postponed until March. <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - 2021 was a busy year, ended with Jingle Bell 5k, 900 registered and 700 attended. - Local brewery named a beer in honor of the foundation, available at Niantic Public House: “Brian’s Hops for Hope” 	

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	<ul style="list-style-type: none"> - Hiring a program assistant to move things to another level, as well as bringing on interns. - Increasing support groups. - Provided QPR trainings to over 1000 attendees this year. - Taking LAX 2 Live game to another level this year and go statewide. Contact Ann if interested in more information ann@brianshealinghearts.org <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"> - Finished 2021 with 175 Fresh Check Days; 66 Schools already scheduled for 2022. - Multiple organizations signed up for bundled 4 What’s Next and Check In programs - <i>Dear Evan Hansen</i> event scheduled at the Bushnell for March 31st; Tickets, light dinner, and meet & greet with the cast; information available on website. - Working with Post University and a gaming group to combine a gaming competition with programming. <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Celebrated two-year anniversary. - Next grant deadline 3/15, opens 2/15. - Monthly survivor of suicide meeting group is going well. - Postvention work ongoing. - Creating new webpage. - Young adult committee meets once a week. <p><u>Committees</u></p> <p>Data to Action</p> <ul style="list-style-type: none"> - Structure for 2022 meetings will be different: it will include reports and presentations on special topics and populations. - Looking for membership, especially from RSABs and at-risk groups. - CT VDRS preliminary data shows the rate has declined approximately 10% from 2015-2019 rates. - Recently looked into a question from lethal means committee regarding deaths involving Benadryl: from 2018-2021, 12 cases of suicide included Benadryl use among other drugs; 8 per 1000 suicides. Accidental drug overdoses for the same period included 276 that involved Benadryl, which is 57 per 1000 accidental drug overdose deaths. <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - When contracts are executed, an updated flow chart will be released. 	

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	<ul style="list-style-type: none"> - The postvention page of the website is being updated. <p>Lethal Means</p> <ul style="list-style-type: none"> - Continue with signage. - One Word brochures mailed to 14 court service centers. - Lethal Means will be continuing to monitor, along with CT Poison Control Center to track Benadryl use. Will also follow up with CT American Academy of Pediatrics chapter and CT State Medical Society on recommendations and further info. - Many recent requests received for lock boxes. 22 healthcare providers providing lockboxes and involved in CALM and safety planning grant. <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Group has grown over the last few months with participants of all ages. - Would like to share stories of hope and recovery using safe messaging guidelines. - NAMI, Advocacy Unlimited and KTP are working on a peer run crisis respite. - Will be presenting info to legislators in February - NAMI and NAMI Elm City are working on crisis care in New Haven area - Survivors of suicide attempts group is wrapping up, hope to have a new one in March or April. <p>Zero Suicide/Clinical Workgroup</p> <ul style="list-style-type: none"> - Supporting HCWs/Providers who are burdened by increased need. - Continuing with EBP implementation across systems. - Learning about new resources to share with providers. <p>Legislative Advocacy Committee</p> <ul style="list-style-type: none"> - Had been paused for a period of time, will be starting to meet again on 1/27 at 9:30am - New legislation coming forward related to the CTSAB. - Will be looking into legislation related to student ID info. <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 first and third Tuesdays, 9:00am-10:30am. - Forming partnerships with local schools, such as Bullard-Havens Technical School in Bridgeport to provide QPR and Narcan trainings for students. - Last RSAB meeting was Dec 10th, discussed 988 Implementation - Next meeting scheduled for March 11th <p>Region 2/ South Central:</p>	

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	<ul style="list-style-type: none"> - QPR trainings every other Tuesday 12:00pm-1:30pm. - Continuing partnership with local rape crisis center to integrate QPR into their volunteer trainings, in December provided QPR to 25 participants. - Collaborated with local NAMI chapter to provide QPR for adults/young adults - In December a total of 125 7th-9th grade students participated in SOS curriculum in classroom instruction and were voluntarily screened for depression/suicidality. - 34 screened likely for depression, 11% had seriously considered suicide, and all of those students were connected to social workers who were available in the school that day. - Providing assistance with data collection to Youth Services Bureau, who is providing postvention support. - Taylor Gainey recently moved from Recovery Friendly Workplace Coordinator to RSAB Coordinator. <p>Region 3/Eastern:</p> <ul style="list-style-type: none"> - The Cove presented at the most recent RSAB meeting on their virtual offerings for teens and young adults. - Membership is growing. - Providing ongoing support through a scheduled posttraumatic response group as well as QPR for a school recently impacted by suicide loss. - Planning a safe messaging training for local media partners, as requested by a local media outlet. - Establishing a training calendar for rest of this year's offerings. <p>Region 4/ North Central:</p> <ul style="list-style-type: none"> - Next QPR is Monday the 24th - QPR Train the Trainer will be scheduled soon, will be posted on e-mail list and Facebook. - Looking forward to legislative session, will be supporting some legislation. - Next RSAB meeting is February 17th <p>Region 5/Western:</p> <ul style="list-style-type: none"> - QPR and Narcan trainings continue. - Last RSAB meeting on Dec 22nd, presented on state and local data, heard from schools that they are needing support, and from postvention teams about support they have provided with recent losses to suicide as well as untimely deaths. - Next RSAB meeting is March 23rd - One QPR for Waterbury PD next month, which is built into their training. - Evaluation of QPR and Narcan training data being compiled. 	

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	<p><u>Awareness Campaign/Website/Outreach</u> https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Received feedback from some of the 264 middle and high schools that received One Word One Voice posters last year - “They were a little surprised to see the posters but remarked that it was a good thing. It helped them to feel safe that it was safe and ok to talk about suicide in a school setting” -Engineering & Science University Magnet School - 30 more schools received posters in November - Mailed postcards to towns with recent losses: 4,000 to Guilford; 10,000 to Milford; 15,000 to Waterbury. - 1222 visits to website in December 2021; 298 visits came from a link shared on social media, such as from 211, DCF, etc. - Reminder that new materials which are added to the website will be listed in meeting info e-mails. - Due to issues with supply chain/materials, order materials with plenty of time before the event. 	
V. Member Updates	<ul style="list-style-type: none"> - Rob Harrison, from Rhode Island reported that the QR codes on signage have been very successful, with thousands of scans. He recommends the book <i>Rethinking Suicide: Why Prevention Fails and How We Can Do Better</i> by Craig J. Bryan, PsyD. - Faith Vos Winkel recommended a recent NPR interview with Senator Jamie Raskin, D-MD, about his recently published book <i>Unthinkable</i>, which discusses his experience on Jan 6, 2021 following the loss to suicide of his son. (Link: https://www.npr.org/2022/01/05/1070700670/rep-jamie-raskin-on-growing-through-trauma-in-year-since-jan-6-and-his-sons-deat) - Grace Grinnell would like to promote NAMI CT’s Ending the Silence program, available free to schools (Link: https://namict.org/learn-more/nami-programs/) 	
	- Meeting adjourned 11:00am	
<p>2021-2022 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>2021-2022 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - 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 	

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	<ul style="list-style-type: none"> - 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>	