

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** March 10, 2022

**Location:** Zoom Virtual Meeting

**Present:** Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Amery Bernhardt (Ctr for School Safety), Rayallen Bergman (CCPG), Romeo Blackmar (GHYMCA), Rich Bragg, Haley Brown (Wolcott CASA), Kaitlin Brown (CCPG), Brendan Burke (OCA), Wendy Caruso (United Way CT 211), Jessie Casella, Mariah Chadukiewicz (DMHAS intern), Kathleen Chapman (DMHAS), Heather Clinger (Wheeler), Erika Cruz (DMHAS), Belle Cyr (Enfield Youth Svcs.), Sarah DeFlumeri (Step Up Naugy), Peter Doria (CTARNG), Andrea Duarte (DMHAS), Kelley Edwards (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Fiorigio Fetta (DMHAS), Tom Fulton (Wheeler/CT Clearinghouse), Taylor Gainey (APW), Dante Gennaro (DPH), Liz Genovese, Marisa Giarnella-Porco (Jordan Porco Foundation), Ingrid Gillespie (Liberation Program), (Diana Goode, Grace Grinnell (NAMI Farmington Valley), Brian Hatch, Emma Hollis (Western CT Coalition), Mark Irons (SERAC), Aaron Jackson (CMHA), Robert Kanehl (CT Poison Control), Kim Karanda (DMHAS), Michelle Leibovitz (Rich Wright Productions), Kelly Leppard (DMHAS), Gabriel Lomas (WCSU), Susan Logan (DPH), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Services), Mike Makowski (DPH), Jessica Markure (VHA), Tim Marshall (DCF), Stephen Matos, Lorrie McFarland (APW), Kristina Miceli, Dena Miccinello (DMLWC), Lindsey Miller (DCF), Allyson Nadeau (AMPLIFY), Victoria O’Neill (The Hub), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting BSA), Michelle Peters (AFSP-CT), Jonathan Pohl (CCSU), Kristen Ranciato (VA-CT), Steve Rogers (CT Children’s), Richard Siddall (SMART Recovery), Heather Spada (United Way CT), Alexis Steele (Bristol Burlington Health District), Susan Tobenkin (CTARNG), Cristin McCarthy Vahey (CGA), Colleen Violette (DPH), Faith Vos Winkel (OCA), Jeremy Wampler (DMHAS), Melanie Wilde-Lane, LoriBeth Young (DSS), and Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Tim Marshall and Andrea Duarte welcomed the attendees via Zoom.	
<b>II. Review of Minutes</b>	February minutes accepted.	
<b>III. Presentation</b>	<p>Presentation: Kaitlin Brown, <a href="#">CCPG</a>, Brian Hatch, <a href="#">All In: The Addicted Gambler’s Podcast</a>, and Jeremy Wampler, <a href="#">DMHAS PGS</a>, <i>Gambling Addiction-A Lead Risk Factor for Suicide</i></p> <p>The Connecticut Council on Problem Gambling (CCPG) does not advocate for or against gambling but is committed to working with all stakeholders to help individuals and families impacted by problem gambling.</p>	

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	<p>CCPG provides Connecticut’s only 24-hour Problem Gambling Helpline, offering support via phone, live online chat, and text. CCPG also implements prevention and education programs serving students, veterans, and other at-risk populations.</p> <p>Brian threw away his dreams of being a stand-up comedian to spend his nights in casinos and his days being late for work. After 14 years of struggling with a gambling addiction he decided to try another way. In January of 2015 he started the world’s first gambling addiction podcast. Since then it has grown to over 300 episodes. Brian holds no degrees nor any formal training in gambling addiction recovery.</p> <p>Jeremy oversees DMHAS Problem Gambling Services (PGS), including problem gambling specific services, outreach, prevention, recovery services and more.</p> <p>Gambling is a lead risk factor for suicide.</p> <p>CCPG and DMHAS PGS are gambling neutral and aim to educate people on risks associated with gambling. Many people aren’t as educated on the risks of gambling as they are about the risks of other problem behaviors such as drug and alcohol use.</p> <p>Gambling is risking something of value on an activity that has an uncertain outcome.</p> <p>Problem gambling is a catch-all term for when someone has problems resulting from gambling. Gambling disorder is a defined set of behaviors, is in the DSM-IV.</p> <p>In the general population, 2-3% of people exhibit problem gambling behaviors, and 1-2% have gambling disorder. These rates are about twice as high for youth, 10x as high for those with substance use disorder or mental health problems, and 20x higher in those involved in the criminal justice system.</p> <p>Up to 50% of individuals in treatment for gambling disorder have suicidal ideation, and about 17% have attempted suicide.</p>	

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	<p>Spouses of gamblers have suicide attempt rates 3x higher than the general population.</p> <p>Screening tools are available, the Brief Bio-Social Gambling Screen (clinical setting), Problem Gambling Severity Index (community setting, schools, etc.)</p> <p>Brian shared his story of struggling with suicidal ideation during the beginning of the Covid-19 pandemic, and the problems he faced with getting help, finally finding connection at Institute of Living and IOP.</p> <p>Regional Gambling Awareness teams meet quarterly. Visit: <a href="https://gamblingawarenessct.org/">https://gamblingawarenessct.org/</a> to find the meeting for your region and find events, trainings, and webinars.</p> <p>CCPG operates the Problem Gambling Helpline, available by call, text, or chat 24/7. Call 1-888-789-7777, text CTGAMB to 53342, or visit <a href="https://ccpg.org/chat/">https://ccpg.org/chat/</a></p> <p>Bettor Choice Treatment Programs are available regionally to provide treatment, family resources, and more services.</p>	
<b>IV. Reports</b>	<p><b><u>Grant Initiatives</u></b></p> <p><b><u>CDC Grant Update</u></b></p> <ul style="list-style-type: none"> <li>- Update from Susan Logan, on CDC Comprehensive Suicide Prevention grant.</li> <li>- Recent update to the Syndromic surveillance system with real-time ED and Medical Examiner data, continue making updates and revisions to those definitions</li> <li>- Getting local health districts on board, working through RSABs, executed contracts with Uncas Health, Bristol-Berlin, Torrington Area Health Districts, and working on Norwalk and Wallingford, to have at least one health district in each RBHAO region.</li> <li>- Working on communications plans, brought a new marketing vendor on in January, working on new materials for 1 Word 1 Voice campaign, as well as eventually the 988 campaign for a full-scale launch in July 2023.</li> <li>- Local health districts will support and promote evidence-based initiatives, working with RSABs will help them make connections, implement prevention, etc.</li> </ul> <p><b><u>Regional Suicide Advisory Board Meetings</u></b></p> <p><a href="https://www.preventsuicidect.org/about-us/regional-sab-business/">https://www.preventsuicidect.org/about-us/regional-sab-business/</a></p>	

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	<ul style="list-style-type: none"> <li>- Contact the lead for each region for more information regarding meetings and trainings.</li> </ul> <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>- Next RSAB meeting scheduled for March 11</li> <li>- Working on getting MHFA and other trainings available</li> <li>- Upcoming presentation in May on suicide in elderly population</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>- Next RSAB meeting April 5</li> <li>- Building training calendar to be published in April tentatively</li> <li>- Offered postvention support in Branford last month</li> <li>- Working on a needs assessment survey for the region</li> </ul> <p><b>Region 3/Eastern:</b></p> <ul style="list-style-type: none"> <li>- Next RSAB meeting April 5</li> <li>- Prevention workgroup met earlier this month, great presentation with resources for Veterans</li> <li>- Will lead a gatekeeper training for Veterans in June</li> <li>- Will have a presentation on Gizmo</li> <li>- Have had an increase in requests for support from schools and youth serving agencies</li> <li>- Series of other trainings specific to aging, BIPOC community, LGBTQ+, and access to lethal means upcoming between spring and early summer</li> <li>- Supporting communities through loss with Postvention support, Post-traumatic stress management groups, and other technical assistance</li> <li>- Initial meetings with local health department regarding CDC grant</li> </ul> <p><b>Region 4/ North Central:</b></p> <ul style="list-style-type: none"> <li>- QPR Train the Trainer on March 18</li> <li>- Next RSAB meeting is May 19 1:30pm</li> <li>- Last meeting on February 17, presentations from Joe Navarro presenting on JED campus initiative and Emergency Preparedness Coordinator from Bristol-Berlin also presented on the CDC grant</li> <li>- Offering multiple Narcan trainings, especially to school districts, in response to local concerns</li> </ul> <p><b>Region 5/Western:</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings continue</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Next meeting is March 23, 10am</li> <li>- Will be discussing Trevor Project’s most recent survey on LGBTQ youth</li> <li>- Increase in request from school districts, tailoring some trainings to those needs and schedules</li> <li>- Sent out a survey to members recently to update member information and evaluate needs</li> <li>- Starting to collaborate with LPCs and local libraries to offer Gizmo summer read-alongs, more info TBA</li> </ul> <p><b><u>Foundations</u></b></p> <p><b>American Foundation for Suicide Prevention (AFSP) <a href="https://afsp.org/">https://afsp.org/</a></b></p> <ul style="list-style-type: none"> <li>- Annual Chapter Leadership Conference will be at end of March in Houston</li> <li>- Annual Board Meeting with some new members took place recently</li> <li>- State Capitol Advocacy Day April 11, 6pm, virtual</li> <li>- Recently spoke with Health Commissioner Lorraine Olson who is determined to connect with any programs or groups in/around Stamford</li> <li>- Hike for Hope, May 15, Meriden</li> <li>- Campus walk season kicking off, four campus walks happening and other spring events listed on website</li> <li>- Looking to start a young professionals junior board, under 40</li> <li>- Volunteer 101 March 22</li> <li>- It’s Real, teens and mental health module, 12-15yo group on mental health</li> </ul> <p><b>Brian Dagle Foundation <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a></b></p> <ul style="list-style-type: none"> <li>- Lax to Live is scheduling games, looking for contacts in Fairfield, Xavier High, or any other schools that would like to host a game.</li> </ul> <p><b>SAVE <a href="https://save.org/">https://save.org/</a></b></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Jordan Porco Foundation <a href="https://www.rememberingjordan.org/">https://www.rememberingjordan.org/</a></b></p> <ul style="list-style-type: none"> <li>- Receiving sign-ups for Check In program and For What’s Next, as well as colleges, over 130 colleges signed up for the year</li> <li>- Dear Evan Hansen event scheduled for March 31: Tickets, light dinner, and meet &amp; greet with the cast, available on website</li> <li>- Scooper Sunday, all you can eat ice cream, at Portland Sea-Dogs game</li> <li>- October 8 looking for 50 runners, and 30 volunteers for Eversource Hartford Marathon</li> </ul> <p><b>My Friend Abby <a href="https://www.myfriendabby.org/">https://www.myfriendabby.org/</a></b></p> <ul style="list-style-type: none"> <li>- No Update</li> </ul>	

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	<p><b><u>Committees</u></b></p> <p><b>Armed Forces</b></p> <ul style="list-style-type: none"> <li>- Will be participating in a collaboration between the Dept. of Veteran Affairs and SAMHSA, called the Governor’s Challenge to prevent suicide among service members, veterans, and their families. Will be developing a strategic plan. About 35 states have been invited to participate in this initiative.</li> </ul> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Focus on at-risk and underserved populations</li> <li>- Will be participating in SPRC communities of practice, starts in mid-March and meeting monthly through July, will be building and strengthening infrastructure for suicide prevention</li> <li>- Opportunity to strengthen statewide data infrastructure, will be able to link existing statewide data groups and resources</li> <li>- Quarterly meetings will be May 3, August, and November</li> <li>- Community involvement is encouraged in subcommittee meetings or communities of practice. Reach out to Sara Wakai or Jennifer Sussman</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Faith Von Winkel will be retiring from the state next month</li> <li>- Introduction to Brendan Burke, Office of the Child Advocate, taking over child fatality responsibilities from Faith</li> <li>- Meetings first Thursday of the month at 9am</li> <li>- Funding available to do QPR Train the trainer training, there will be a number of trainings available throughout the next few months</li> <li>- Continue to work on flow chart for regions on who to contact/how regarding postvention</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Continuing firearm safety work in the next few months</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Committee is growing</li> <li>- Members are always willing to check in with other groups/initiatives, offer their input, etc.</li> <li>- Advocacy Unlimited hired a new suicide prevention coordinator, looking forward to collaborating with them</li> <li>- Hoping to start another Survivors of Suicide Attempt group, looking for co-facilitator and hoping to start in May or June</li> </ul> <p><b>Zero Suicide/Clinical Workgroup</b></p>	

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	<ul style="list-style-type: none"> <li>- Providers who are part of the lock box project, which is funded under DMHAS Opioid Response Grant, will be attending next meeting to update on their experience with that project</li> <li>- Next meeting March 23, 9am</li> <li>- Invited Lethal Means members as well for the update on that project</li> </ul> <p><b>Legislative Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- Legislation regarding the CTSAB introduced, would codify the CTSAB as the state’s entity addressing suicide across the lifespan.</li> <li>- Public Health Committee Public Hearing March 14, 9am, all are encouraged to submit written or oral testimony regarding the bill</li> <li>- More info here: <a href="https://myemail.constantcontact.com/subject.html?soid=1123418754709&amp;aid=Ueqod-n6M-A">https://myemail.constantcontact.com/subject.html?soid=1123418754709&amp;aid=Ueqod-n6M-A</a></li> </ul> <p><b>Awareness Campaign</b></p> <ul style="list-style-type: none"> <li>- Reminder to committees that they can add information to their own page on the website, can share resources, personal stories, etc.</li> <li>- Exploring working with Hartford Athletics Men’s Soccer, and will be tabling at Yard Goats games; reach out to Jeanette to volunteer to table at these events</li> <li>- Mailing went out to correctional facilities with posters and brochures on suicide prevention</li> <li>- In February, the second most visited page on the website is the “about suicide” page, normally it’s the materials page</li> </ul>	
<b>V. Member Updates</b>	<p>Cathy Ludlum:, Second Thoughts CT will be continuing to push to defeat SB 88, the “assisted suicide” bill. Contact Cathy at <a href="mailto:cathyludlum@cox.net">cathyludlum@cox.net</a> if you’d like to join this effort</p> <p>Tim Marshall will be retiring from DCF on May 1</p> <p>Update on Bill 5001, this bill contains numerous efforts to improve and expand mental and behavioral health services, including mobile crisis, “23 hour” crisis care for children, as well as “sub-acute crisis stabilization” units with beds for a 1-14 night stay. These are directly related to the upcoming 988 initiative.</p>	
	- Meeting adjourned 11:00am	

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<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>- 4/14/22: Rachel Collins, Counseling Services, <i>Autism and Suicide</i></li> <li>- 5/12/22: Timothy Schmutte, Yale University, <i>Geriatric Suicide Risk</i></li> <li>- 6/9/22: Jonathan Perloe, CT Against Gun Violence, <i>Extreme Risk Protection Order &amp; Suicide Prevention</i></li> <li>- 7/14/22: Advocacy Unlimited/Toivo, <i>Alternatives to Suicide Program</i></li> <li>- 8/11/22: Dan Reidenberg, SAVE National, <i>Suicide: The Greatest Human Tragedy</i></li> <li>- 9/8/22: CTSAB Annual Meeting: <i>National Suicide Prevention Week/Month</i></li> <li>- 10/13/22: Lisa Barry, UCONN Health, <i>Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes</i></li> <li>- 11/10/22: CTSAB Lived Experience Committee Members, <i>Why I Didn't Say Anything</i></li> <li>- 12/8/22: Jeanette Baker, United Way of CT/211 and Kevin Burns, CT Department of Transportation, CTSAB Lethal Means Committee, <i>Addressing Lethal Means through Partnerships for Suicide Awareness</i></li> </ul> <p>Contact Andrea.Duarte@ct.gov if you'd like to present or have presentation suggestions.</p> <p><b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	