

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** February 10, 2022

**Location:** Zoom Virtual Meeting

**Present:** Suzi Alexe (Avon YSB), Gillian Anderson (My Friend Abby), Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (UCHC), Amery Bernhardt (CT Ctr for School Safety & Crisis Preparation), Romeo Blackmar (GHYMCA), Kevin Borrup (CT Children’s), Mariah Chadukiewicz (DMHAS intern), Heather Clinger (Wheeler), Rachel Collins (Rachel Collins LPC Counseling Svcs), Erika Cruz (DMHAS), Belle Cyr (Enfield Youth Svcs.), Ann Irr Dagle (Brian Dagle Foundation), Peter Doria (CTARNG), Andrea Duarte (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Taylor Ford (FAVOR), Tom Fulton (Wheeler/CT Clearinghouse), Taylor Gainey (APW), Lisa Girard (FAVOR), Grace Grinnell (NAMI Farmington Valley), Rob Harrison (Washington County Zero Suicide Program), Mark Irons (SERAC), Stephen Jacobsen, Aaron Jackson (CMHA), Robert Kanehl (CT Poison Control), Michelle Leibovitz (Rich Wright Productions), Gabriel Lomas (WCSU), Sarah Lorenzini (Western CT Coalition), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Services), Tim Marshall (DCF), Patrick McCormack (Uncas Health District), Dena Miccinello (DMLWC), Kristen Mulhearn, Allyson Nadeau (AMPLIFY), Scott Newgass (SDE), Victoria O’Neill (The Hub), Lucy Orellano (OCA), John Panicek (CT Rivers Scouting BSA), Michelle Peters (AFSP-CT), Beth Pizzuto (Beacon Health Options), Jonathan Pohl (CCSU), Kristen Ranciato (VA-CT), Damaris Rodriguez (Cornell Scott Hill Health Ctr), Steve Rogers (CT Children’s), Robert Rubbo (Torrington Area Health District), Richard Siddall (SMART Recovery), Heather Spada (United Way CT), Alexis Steele (Bristol Burlington Health District), Tom Steen (Steen Consulting), Jennifer Sussman (UConn Health), Liz Traester (NAMI Elm City), Colleen Violette (DPH), Sara Wakai (UConn Health), Marissa White (CHQIS), Courtney Widrick (Town of East Hampton), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), and Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Tim Marshall, Andrea Duarte, and Tom Steen welcomed the attendees via Zoom.	
<b>II. Review of Minutes</b>	January minutes accepted.	
<b>III. Presentation</b>  Skeehch Wuyeekun (Good Medicine) Project  Scott Barton Mashantucket Pequot Tribal Nation <a href="mailto:sbarton@mptn-nsn.gov">sbarton@mptn-nsn.gov</a>	<p>Scott Barton Scott Barton, Mashantucket Pequot Tribal Nation, Project Director presented on the <i>Skeehch Wuyeekun (Good Medicine) Project</i>. Good Medicine promotes positive mental health to Native youth &amp; community members in an effort to prevent substance abuse &amp; suicide.</p> <p>The Good Medicine Project is a 5-year grant through SAMHSA. The first 5-year cycle ended last year and was renewed in July.</p> <p>Scott shared how Native communities view mental health, how they integrate the SAMHSA framework with cultural perspectives and values.</p> <p>As part of the grant the Tribe has:</p> <ul style="list-style-type: none"> <li>- Sent 28 young youth to Native Wellness Warrior Camp in Oregon, where they can meet other Native Youth, learn outdoor skills, have exposure to Native culture and skills that they may not have been exposed to in Connecticut.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Participated in GONA: Gathering of Native Americans: a culture-based planning process where community members gather to address community-identified issues</li> <li>- Participated in Zero Suicide for Tribal Nations</li> </ul> <p>Scott shared a moving presentation about the shared experiences of Native American and Alaskan Native tribes throughout the U.S./North American. There are 562 Native American and Alaskan Native Tribes recognized in the U.S., and many more that aren't recognized. These tribes share similar spirituality, creation stories, social values, regard for nature, storytelling traditions, and more shared values and culture. Native Americans also have shared experiences of compromised land, discrimination, generational traumas, horrors of reservation life, lack of access to resources and services, which contribute to mental health.</p> <p>Native Americans and Alaskan Natives have higher rates of suicide. Culturally are taught to be wary of non-Natives, especially police or other authority. Cultural safety net is family and community, which is where they turn when experiencing mental health issues.</p> <p>Understanding these traditions is important to culturally appropriate care. For example, non-Native professionals suggest not using the color red in promotional materials, yet red is sacred to Native communities as it's believed to be the only color ancestors can see.</p> <p>Native communities have suffered generational trauma due to the boarding schools which were open until the 1980s. In recent years the discovery of thousands of bodies at these schools has recently brought this trauma to the forefront.</p> <p>Cost of healthcare related to substance use and mental health issues decreased by 11% since the start of the Good Medicine Project. Could have been a larger impact if not for the impacts of COVID-19.</p> <p>Culture is Prevention: using cultural practices as prevention is important, and incorporating prevention ideas to reflect and respect cultural values.</p> <p>Contact Scott at <a href="mailto:sbarton@mptn-nsn.gov">sbarton@mptn-nsn.gov</a>, join the private Good Medicine Project Facebook group for more info and to stay connected</p> <p>To view the presentation, visit:  <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_Presentation_on_GM_PP.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_Presentation_on_GM_PP.pdf</a></p>	

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<b>IV. Reports</b>	<p><b><u>Grant Initiatives</u></b>  <b>988 Mental Health/Suicide Prevention Grant Updates</b></p> <ul style="list-style-type: none"> <li>- DMHAS and DCF submitted application to SAMHSA for a 988 grant implementation that will fund the 988 call center services for two years starting in late April. This is a formula grant, meaning the dollars are pre-calculated based on state size. The funds will equal just under \$1 million for two years, most of which will support the call center services as well as chat and text services for 988.</li> <li>- Next meeting will be an update on CDC grant</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> <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<sup>th</sup></li> <li>- Uptick in schools requesting Narcan trainings for staff and nurses, encouraging joint QPR/Narcan trainings</li> <li>- Completed Prepare training through WCSU</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>- Hosted MHFA recently which went well</li> <li>- Postvention team assisted Derby and Seymour recently</li> <li>- Next RSAB meeting February 17<sup>th</sup>.</li> </ul> <p><b>Region 3/Eastern:</b></p> <ul style="list-style-type: none"> <li>- Recently completed the Prepare training offered through WCSU</li> <li>- Postvention workshop this month focused on example from Colchester</li> <li>- Conducted Post-Traumatic Stress Group for an impacted school recently and set to host another for an impacted community soon</li> <li>- Mark completed Working Minds Curriculum recently, suicide prevention geared towards workplaces</li> <li>- Participated with local community college with JED initiative</li> </ul> <p><b>Region 4/ North Central:</b></p> <ul style="list-style-type: none"> <li>- QPR Train the Trainer on March 18<sup>th</sup>.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Next RSAB meeting is February 17<sup>th</sup>, with Joe Navarro presenting on JED campus initiative</li> </ul> <p><b>Region 5/Western:</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings continue</li> <li>- Sent out a survey to members recently to update member information and evaluate needs</li> <li>- Continuing evaluation on QPR in the last 6 months</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 moved to end of March</li> <li>- Campus walk season kicking off, 5 campus walks happening and other spring events listed on website, planning committee meetings coming up soon</li> <li>- Talks Saves Lives scheduled</li> <li>- Talk Saves Lives, Train the Trainer virtual</li> <li>- Fall Out of the Darkness Walks meeting Tuesday, February 22</li> <li>- Monthly AFSP volunteer/AFSP 101</li> <li>- Suicide is a Drag event planning: February 24</li> <li>- State Capitol Advocacy Day April 11, virtual</li> <li>- Gizmo Pilot going smoothly</li> <li>- Update from Tressa Giordano from AHM Youth Services: All 4<sup>th</sup> grade staff have gone through suicide prevention and curriculum training, preparing to roll out Gizmo curriculum now that they're trained</li> <li>- Able to present Gizmo read-along to any school or group</li> <li>- In the Kent area, planning a series of dinners with a local Chef, doTerra oils, and Talk Saves Lives presentation.</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>- Working on new strategic plan for next 3-5 years</li> <li>- Ann will be attending her second healing and loss facilitator training this weekend</li> <li>- "Companioning" training upcoming, similar to Healing Conversations program and 12-step Sponsorship.</li> <li>- Booking LAX to Live programs: reach out to a high school in your area if you think they'd be interested in this Lacrosse Suicide Prevention Program</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>	

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	<ul style="list-style-type: none"> <li>- Dear Evan Hansen event scheduled at The Bushnell, March 31: Tickets, light dinner, and meet &amp; greet with the cast, available on website</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>- Steve MacHattie shared with young adult meeting last week</li> <li>- Continuing to fundraise</li> <li>- Grant applications opening February 15<sup>th</sup></li> </ul> <p><b><u>Committees</u></b></p> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Discussion on application of NVDRS data</li> <li>- Discussed suicide data dashboard</li> <li>- Hoping to convene again soon to discuss linkage of data with 988</li> <li>- Quarterly meetings will be in May, August, and November</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Met last week, focusing on postvention response activity due to recent losses</li> <li>- Very pleased with how that response is going, RSABs and communities connected to those losses</li> <li>- Will be making adjustments to postvention announcements due to privacy concerns</li> <li>- Discussed postvention trainings, would like to offer postvention trainings to CTSAB members broadly that haven't had access in the past</li> <li>- Discussed creating postvention card with best practices for quick resource</li> <li>- Moving resources that are shared with the Office of the Chief Medical Examiner to the website</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- At last meeting, discussion about increase in overdoses due to fentanyl</li> <li>- Stats shared from DMHAS and other members</li> <li>- Discussed whether this falls under suicide prevention or not, more to come</li> <li>- Some progress since that meeting on state park signs, state has asked if signs can be in brown instead of blue, state parks will bring that to a meeting soon. Hope to have signs up in parks by May</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Finished Survivors of Suicide Attempt group a couple weeks ago, hoping to start again in April or May</li> <li>- Proud to report, Liz has accepted invitation to become a NAMI Elm City board member</li> <li>- Working on peer respite working group, met with Julienne G at DMHAS</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Sam is working to set up exercise class fundraiser at Big Sky in Vernon</li> <li>- Offering Talk Saves Lives presentation to Big Sky staff</li> <li>- Liz also discussing LGBTQ specific alternatives to suicide group, talking with group in White Plains to collaborate on that</li> <li>- Store owner in Seymour reached out to meet about how Attempt Survivors committee can support her in starting a support group or vice versa</li> </ul> <p><b>Armed Forces</b></p> <ul style="list-style-type: none"> <li>- Hoping to get group started up again</li> <li>- Working on Governors Challenge Partnership</li> </ul> <p><b>Zero Suicide/Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- DPH joined last meeting at end of January to discuss new data resources to inform local efforts, specifically syndromic surveillance system</li> <li>- Healthcare system has struggled without local data to evaluate what they need to, so this data availability will help</li> <li>- Next meeting March 23; focus will be on lock box project with lethal means initiative</li> <li>- Clinical component of training is being reviewed</li> </ul> <p><b>Legislative Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- Legislative session opened</li> <li>- A bill will be proposed to codify the CTSAB in statute</li> <li>- Draft of bill and talking points will be distributed soon to CTSAB to share with your legislators to gain awareness</li> </ul> <p><b>Awareness Campaign</b></p> <ul style="list-style-type: none"> <li>- All new materials added to website throughout the month will be in meeting announcement emails</li> <li>- O'Donnell group worked with OEC to provide graphics with Gizmo characters for social media use, available on Gizmo site <a href="https://www.gizmo4mentalhealth.org/">https://www.gizmo4mentalhealth.org/</a></li> <li>- Working with Yard Goats to table in outfield, looking for volunteers who want to table this summer</li> </ul>	
<b>V. Member Updates</b>	<p>Cathy Ludlum:, Second Thoughts CT will be pushing to defeat the legalization of assisted suicide in CT, which they've heard will be a push for in this short session. Contact Cathy at <a href="mailto:cathyludlum@cox.net">cathyludlum@cox.net</a> if you'd like to join this effort. In May of 2020 Cathy was honored to present to this group why assisted suicide interferes with everything we're trying to do at CTSAB, slides are still available in minutes.</p>	

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	Stephen Jacobsen inquired about the legislative advocacy efforts being focused on this session. Tim Marshall reported that there is quite a bit of focus across adult and child mental health this session, particularly. Ann Irr Dagle, Tom Steen, and Kevin Borrup will be looking to get CTSAB recognized, currently this body is being recognized under legislation that recognizes a youth SAB, and we believe that to support youth we need to support the entire lifespan. Ann Irr Dagle and Tom Steen confirmed that bills are just now being numbered and sent to committee.	
	- 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>- 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 Andrea.Duarte@ct.gov 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>	