

CT Suicide Advisory Board Meeting Minutes

Meeting Date: April 14, 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), Rebekah Behan (CHDI), Rayallen Bergman (CCPG), Romeo Blackmar (GHYMCA), Brendan Burke (OCA), Wendy Caruso (United Way CT 211), Mariah Chadukiewicz (DMHAS intern), Heather Clinger (Wheeler), Alan Coker (AMPLIFY), Erika Cruz (DMHAS), Belle Cyr (Enfield Youth Svcs.), Sarah DeFlumeri (Step Up Naugy), Peter Doria (CTARNG), Kelley Edwards (DMHAS), Jennifer Esposito (Judicial Branch), Tom Fulton (Wheeler/CT Clearinghouse), Taylor Gainey (APW), Lisa Girard (FAVOR), Emma Hollis (Western CT Coalition), Mark Irons (SERAC), Amy James (DSS), Brandon Jewell, Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Lynn Kelley (Beacon Health), Joanna Keyes (TAHD), Jessica Knudson, Michelle Leibovitz (Rich Wright Productions), Susan Logan (DPH), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Mike Makowski (DPH), Tim Marshall (DCF), Lorrie McFarland (APW), Kristina Miceli, Allyson Nadeau (AMPLIFY), Victoria O’Neill (The Hub), John Panicek (CT Rivers Scouting BSA), Michelle Peters (AFSP-CT), Kristen Ranciato (VA-CT), Steve Rogers (CT Children’s), Richard Siddall (SMART Recovery), Heather Spada (United Way CT), Alexis Steele (Bristol Burlington Health District), Tom Steen (Steen Consulting), Jennifer Sussman (UConn Health), Jennifer Tirado (Advocacy Unlimited), Sara Wakai (UConn Health), Faith Vos Winkel (OCA), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), Susan Yurasevecz (DPH) and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Tim Marshall and Tom Steen welcomed attendees <ul style="list-style-type: none"> • This will be Tim’s last official meeting as he retires from DCF and Mariah’s last meeting as an MSW student Planned speaker couldn’t make it, Tom will prevent on postvention instead	
II. Review of Minutes	March minutes accepted.	
III. Presentation	Tom Steen presented a shortened version of his postvention support training <ul style="list-style-type: none"> • Postvention is a planned response after a suicide or other untimely death to help with healing and reduce risk of further suicide incidents • First 72 hours after a loss is the most critical • Exposure to a suicide may influence others to attempt suicide. Postvention support can reduce this risk by providing support, avoiding unsafe messages or gatherings and can guide funeral activities. • Safe messaging: <ul style="list-style-type: none"> Promote National Suicide Prevention Lifeline Warning Signs 	

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	<p>Early help for mental health and substance use problems</p> <ul style="list-style-type: none"> • Avoid: <ul style="list-style-type: none"> Details and glorification Oversimplifying causes Overstating frequency of suicide Using terms like failed/successful/committed Instead use “died by suicide” • Media <ul style="list-style-type: none"> Currently a large struggle, because things spread so quickly on social media Inaccurate and hurtful messages can be spread • Forming a postvention committee which can be unique to the community needs <ul style="list-style-type: none"> Can include Mental/Behavioral health clinicians, first responders, crisis centers, loss survivors, schools, religious leaders, funeral directors, primary care providers, hospital/emergency room staff, and other community members Be gentle with yourself and others when grieving, everyone grieves differently • Take any threat of suicide seriously • Reach out to Tom tom@steenconsulting.net if you are interested in the full 3-hour postvention training 	
IV. Reports	<p><u>Grant Initiatives</u> <u>988 Grant Update</u></p> <ul style="list-style-type: none"> • Thanks to United Way, CT is improving answer rate, by increasing staff coverage, looking forward to continued climb • Completed one-year planning grant, awaiting the implementation awards, any day • Andrea and Jeanette working on draft of a webpage for 988, not promoting yet but informational page, going live within the next week • Continued enhancements being made to mobile crisis, in preparation for the soft launch this July and full launch next July • DCF making investments to move child mobile crisis system to 24/7 and procuring for one urgent crisis center 24/7, designed to be less than 23-hour stay, mental health assessment within 3 hours and referral out to treatment • Accompanying procurement with that would be beds for sub-acute crisis stabilization, 1-14 days • On the adult side, DMHAS is preparing for similar capacity expansion • At this time there is still an embargo on advertising for 988, in many states if you call 988 you will be put through to the call center, but at this time no advertising 	

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	<p><u>Regional Suicide Advisory Boards</u> https://www.preventsuicide.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. - RSABs have the responsibility of being the postvention group for their communities, all have received the longer Postvention training. <p>Region 1/Southwestern:</p> <ul style="list-style-type: none"> - Lunch & Learn, Veterans & Suicide, during National Prevention Week, May 12, 11:30am-1:00pm, RSVP on website - Two monthly QPRs, 9-10:30am, 1st and 3rd Wednesday mornings - Uptick in number of untimely deaths, including suicide in last few weeks, working on combatting unsafe messaging, also having difficulty receiving notification of adult deaths by suicide. <p>Region 2/ New Haven:</p> <ul style="list-style-type: none"> - Continuing QPR and MHFA trainings for the community and organizations. QPR trainings are held twice a month. Also continuing postvention efforts. - Mike from DPH presented the CT Violent Death Data at the April RSAB meeting. Next meeting will be on June 7, 2022. - Working with the Brian Dagle Foundation to expand the LAX2Live Lacrosse Game Day event throughout the high schools in Region 2 for suicide prevention and mental health awareness. - Planning with AFSP for the Out of the Darkness Walk event in October, currently spreading the word for support and participation. - Continuing meetings virtually. Next month, LPC meeting will be held both in person and virtually. <p>Region 3/Eastern:</p> <ul style="list-style-type: none"> - Heather Spada from United Way presented on Gizmo materials at the last meeting. - On April 12: Columbia Screening tool informational webinar, 80 people participated. - School-wide QPR to a local tech high school and a follow up with 25 parents. - Postvention workgroup, May 3, 2022, looking at data shared by DPH. - Senior specific Gatekeeper training working with senior population. - Safe messaging presentation for the <i>New London Day</i>; Ann Dagle will join Mark Irons and Michelle Devine from SERAC to speak with reporters - Able and willing to assist with any postvention needs the Eastern region 	

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	<p>Region 4/ North Central:</p> <ul style="list-style-type: none"> - Hiring a new program manager starting in May. - Actively supporting the SB 368 legislation. - Next meeting will be May 19, 2022, 1:30pm will be a virtual-hybrid format going forward - Hosted a QPR Training of the Trainer recently <p>Region 5/Western:</p> <ul style="list-style-type: none"> - Last RSAB meeting was March 23, 2022, covered updates on recent legislation, Gizmo read alongs, and other updates. Talked as a group about future planning - Spoke with Norwalk’s postvention team, successes, what works and what doesn’t, and shared resources - Next meeting June 29, 2022, will continue to be virtual. - Monthly QPR trainings open to the public, as well as for groups. <p>Foundations</p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Participated in National chapter conference at end of March - State advocacy day on April 11, 2022, individuals can continue to submit testimony or comments through AFSP website on HB 5001 regarding 988 or SB 368 regarding the CTSAB - Train the Trainer for Talk Saves Lives on April 25, 2022 - Hike for Hope at Hubbard Park in Meriden, May 14, 2022, at 10am - National Advocacy Conference for AFSP, June 4-6, 2022 <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Continue to expand Lax2Live lacrosse program - Starting a spirituality and grief monthly program <p>SAVE https://save.org/</p> <ul style="list-style-type: none"> - Brandon from SAVE has moved on to a new foundation, will provide contact details for whoever will take over reports to the CTSAB <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - No update <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Survivor of suicide monthly meeting and postvention committee have been established in Trumbull and other efforts across the community - Providing grants to teachers to provide classroom discussions and projects around mental health 	

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	<ul style="list-style-type: none"> - Field trips with community members, this past Sunday saw Next to Normal and had a wonderful talkback after the show at Westport Country Playhouse - Working on a Spreading Sunshine campaign <p>DPH Data Update: Preliminary data shows 391 suicides in 2021, up from 359 in 2020. 2015-2019 averaged about 403 suicide deaths per year; 2020 may be an anomaly.</p> <p>Committees</p> <p>Armed Forces</p> <ul style="list-style-type: none"> - Working on restarting the committee - Working on Governor’s Challenge, look forward to sharing more as things progress. - SAMHSA is visiting in May and will report after their visit <p>Data to Action</p> <ul style="list-style-type: none"> - Next Data to Action Committee meetings scheduled for: <ul style="list-style-type: none"> - Tuesday, May 3, 9:30 am – 11:00 am - Tuesday, August 2, 9:30 am – 11:00 am - Tuesday, November 1, 9:30 am – 11:00 am - Continue to welcome community participation in this committee, especially those in underserved and at-risk subpopulations. - The Data to Action committee kicked off its participation in the Suicide Prevention Resource Center (SPRC) Communities of Practice series on March 15 with teams from 15 other states. - Excited to focus on strengthening CT’s data infrastructure for suicide prevention. The goal of this effort is to support systematic, sustainable data access and use at the state and local levels, and tie suicide data to co-occurring disorder and SDOH. Exploring the long-term possibility of a suicide prevention data dashboard. - Assembled a core team for the CoP, and will be working through a self-assessment workbook and will be engaging the Data to Action Committee in this process, as well as other regional and community level stakeholders. - Next CoP session is April 19; developed a brief survey to inform our first step; if you’re not part of the Data to Action or CoP team and would like to weigh in on the status of our current data infrastructure, contact Jennifer Sussman via e-mail to complete the survey: sussman@uchc.edu. - Anyone interested in joining the committee, informing the CoP process, or finding out more, can contact Sara Wakai wakai@uchc.edu or Jenn Sussman, sussman@uchc.edu 	

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	<p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Brendan Burke is now the CTSAB liaison from the Office of the Child Advocate now that Faith Vos-Winkel has retired. He will be taking over providing notifications. - Continue to respond to losses, connect with regional postvention teams - Discussion at the state level looking into providing notifications for adult deaths as well. - Working on folder for Chief Medical Examiner office - Looking to increase membership of committee. <p>Lethal Means</p> <ul style="list-style-type: none"> - 49 signs are now up at rail stations, thanks to Kevin Burns and his staff at DOT. - Next month starting on firearm safety campaign, reaching out to firearm vendors for training <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - No Update <p>Zero Suicide/Clinical Workgroup</p> <ul style="list-style-type: none"> - No Update <p>Legislative Advocacy Committee</p> <ul style="list-style-type: none"> - House Bill 5001, a very comprehensive bill including 988 system support, which would provide long-term funding support, critical to maintaining those services - Senate Bill 368, supporting the CTSAB in the state statute, we've done well advocating for that bill. Waiting for it to be brought to the senate floor. - Report from Cathy Ludlum from Second Thoughts Connecticut, which has been advocating against the aid in dying bill, which did die in judiciary committee on Monday. Reach out to your legislators to show support for HB 5001 or SB 368 <p>Awareness Campaign</p> <ul style="list-style-type: none"> - In March over 3700 visits to the site, Behavioral Health resources was second most visited - Looking for volunteers to table at events Hartford Yard Goats & Hartford Athletic, info sent to listserv 	
V. Member Updates	No Member Updates	
	- Meeting adjourned 11:00am	

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<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"> - 5/12/22: Timothy Schmutte, Yale University, <i>Geriatric Suicide Risk</i> - 6/9/22: Jonathan Perloe, CT Against Gun Violence, <i>Extreme Risk Protection Order & Suicide Prevention</i> - 7/14/22: Advocacy Unlimited/Toivo, <i>Alternatives to Suicide Program</i> - 8/11/22: Dan Reidenberg, SAVE National, <i>Suicide: The Greatest Human Tragedy</i> - 9/8/22: CTSAB Annual Meeting: <i>National Suicide Prevention Week/Month</i> - 10/13/22: Lisa Barry, UCONN Health, <i>Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes</i> - 11/10/22: CTSAB Lived Experience Committee Members, <i>Why I Didn't Say Anything</i> - 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> <p>Contact Andrea.Duarte@ct.gov if you'd like to present or have presentation suggestions.</p> <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	