



Region 3 Regional Suicide Advisory Board Meeting Minutes

Meeting Date: September 6<sup>th</sup>, 2022

Location: Zoom

Present: Sandra Fairbain, Drew Lavalley, Mary Pike, Kim Grant, Heather Victoria, Mary Ann Chenial, Theresa Lambert, Crissy Wagoner, Sabena Escott, Samara Rainey, Tee Walters, Romeo Blackmar, Maggie Wood, Jennifer Foss

Staff: Mark D. Irons

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome & Introductions	All were welcomed and asked to place their name and their connection to the work	
RSAB Updates	The RSAB will begin meeting monthly. The 2 working groups between quarterly meetings was confusing and segregated the work. Prevention and postvention will be agenda items each month. The increase in time requirement was recognized and members were encouraged to invite their colleagues to join our group. The hope is to make each meeting, meaning full and an opportunity to learn from each other. A few presentations which have been confirmed for the year ahead are Alternatives to Suicide, NAMI CT, WCSU School Safety Center, Young children & suicide. We are exploring technology which will support hybrid meeting formats. SERAC has a second site located in Plainfield.	

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CTSAB Update	<p>A Comprehensive Public Health Approach to Suicide Prevention</p> <p>When: Thursday, Sept. 8<sup>th</sup> from 9:00 AM to 11:00 AM</p> <ul style="list-style-type: none"> <li>• Oct. 13<sup>th</sup>: Lisa Barry, UCONN Health, Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes</li> <li>• Nov. 10th: CTSAB Lived Experience Committee Members, Why I Didn't Say Anything</li> <li>• Dec. 8th: Jeanette Baker, United Way of CT/211 and Kevin Burns, CT Department of Transportation, CTSAB Lethal Means Committee, Addressing Lethal Means through Partnerships for Suicide Awareness</li> </ul>	
Data Points	<p>Region 3 encompasses 41 communities</p> <p>YTD 2022 21 Losses across the life span</p> <p>12 distinct communities</p> <p>7 losses 25-44</p> <p>Mostly males</p>	
Prevention Information	<p>Need to focus prevention efforts across the life span. The concern here in Region 3 as well as across the state is middle age males. Please bring any suggestions or strategies to our attention for consideration on how best to connect with this segment of the population. Question Persuade and Refer (QPR) training is available for (students, staff, agency specific, open trainings, community wide). SERAC staff can provide Youth Mental Health First Aid (YMFA) to agencies and organizations as 2 ½ days or 1 full day. Please consider using the free sharables for your social media posts from AFSP as well as Seize the Awkward Campaign. Any suicide prevention efforts should be shared with your media partners to increase awareness and encourage involvement. A language matters one pager will be forthcoming for your use and distribution when speaking about suicide.</p>	

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Postvention Information	<p>Postvention: a planned response after a suicide to help with healing and reduce risk of further suicide incidents. A loss of a person 24 &amp; under notification is provided to the RSAB Lead at present. The goal is a notification and response across the life span. At the end of the month, we are offering an Overview of the Postvention Process with the hope of finding some champions to develop teams in each community. If you or your organization are impacted by a loss: please reach out and SERAC can provide technical assistance and guidance</p>	
988 Update	<p>The state partners have described the roll out in Connecticut as a soft launch. It is important to remember that there is no wrong door for help in the state, 211, Action line or 988. Connecticut is in a much better place than other states because of our development of a comprehensive 211 system. In 2023, more media messaging will be occurring regarding 988 in Connecticut. Presentations are occurring across the state regarding the 988 roll out.</p>	
Suicide Prevention & Awareness Month Events	<p>Sept. 22 (free) Wallingford Hilton – Shelby Rowe– Director of the SPRC "Save the Indian, Save the Man: A Social Justice Perspective on Suicide Prevention". Scott from our RSAB, seniors suicide, first responders, Latinx community</p> <p>Sept. 21 from 2:30pm – 5:30pm. Mashantucket Pequot Tribal Nation’s Good Medicine Project is having a small gathering to provide resources and information to the Tribal community, employees, our sister tribes and the surrounding towns around suicide prevention.</p> <p>Out of the Darkness Walks (Southeastern): Sept. 24 McCook's Point Park Check-in Start Time: 9:00</p> <p>Out of the Darkness Walk (Northeastern): Oct. 15 Woodstock Academy South Campus Check-in Start Time: 10:00</p> <p>Sept. 19th – Screening of My Ascension @ UCONN Avery Point</p> <p>Sept. 28th - TRCC Fresh Check Day:</p>	

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Upcoming trainings	<p>Sept. 26 9-10:30 Talk Saves Lives (Overview of Suicide)</p> <p>Sept. 27 1-3 Vital Cog (For the Workplace)</p> <p>Sept. 29 12-2 Postvention</p> <p>Oct. 18 9:30-11:30 Middle Aged Adults &amp; Suicide: The Gender Paradox</p> <hr/> <p>Other SERAC Offerings</p> <p>Sept. 12 1-3 The Positive Exists: Framing Communications Using Hope &amp; Concern</p> <p>Sept. 21 1-3 Let's Talk: A Science of the Positive Approach to Community Conversations</p>	
Questions & Comments	<p>Members were exchanging ideas on how to recognize suicide prevention and awareness month. The AFSP resource page dedicated to September events was shared and ideas were exchanged between members. A school representative was looking for beads for a suicide prevention walk and AFSP representative state staff member, Michelle Peters was suggested. A member was looking to learn more about the connection between self-injury, suicide and autism. Interestingly, both self-harm and suicide within the autism spectrum are presentation topics being explored.</p>	
Next Meetings:	<p><u>Tuesday October 4<sup>th</sup> @ 9 via Zoom</u></p>	