

CT Suicide Advisory Board Meeting Minutes

Meeting Date: August 11, 2022

Location: Zoom Virtual Meeting

Present: Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Rebekah Behan (CHDI), Rayallen Bergman (CCPG), Torry Bernard, C.J. Boggs (YWCA New Britain), Cheri Bragg (DMHAS), Haley Brown (DMHAS), Brendan Burke (OCA), Thomas Burr (NAMI-CT), Constance Capacchione (Uncas Health District), Mariah Chadukiewicz (DMHAS), Heather Clinger (Wheeler), Carrigan Costello (Wolcott CASA), Adele Cyr (Amplify), Belle Cyr (Enfield Youth Svcs.), Paul Dagle (AFSP-CT), Alice DeMeo (DCF), Andrea Duarte (DMHAS), Kelley Edwards (DMHAS), Jennifer Esposito (Judicial Branch), Joanna Fornwalt (Town of Enfield), Kasi Frost (Communicare), Tom Fulton (CT Clearinghouse/Wheeler), Taylor Gainey (APW), Lisa Girard (FAVOR), Jessica Goldman (Toivo), Darian Graells (McCall Ctr for Behavioral Health) Shari Grayson (Gaggle), Mark Irons (SERAC), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Chelsea Kapitancek (McCall Ctr for Behavioral Health), Angelina Karwowski (Bristol-Burlington Health District), Joanna Keyes (Torrington Area Health District), Pamela Lang (CSSD), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Jill Lloyd (Vibrant Emotional Health), Susan Logan (DPH), Andrew Lyon (McCall Ctr for Behavioral Health), Lesley Mara (CSCU), Steve MacHattie (Charter Oak Family Ctr), Mike Makowski (DPH), Jessica Markure (VHA), Patrick McCormack (Uncas Health District), Michael Moravec (CTARNG), Lucy Orellano (OCA), Michael Pepe (Windsor Health Dept.), Michelle Peters (AFSP-CT), Jonathan Pohl (CCSU), Callyn Priebe, Kristen Ranciato (VA), Paula Rego (IOL), Damaris Rodriguez (Cornell Scott Hill Ctr), Steve Rogers (CT Children’s), Scott Serviss (Solutions EAP), Marisa Sidey-Rogers, Richard Siddall (SMART Recovery), Josephine Simko, Jennifer Sussman (UConn Health), Heather Spada (United Way CT), Tina Tanguay (Bristol-Burlington Health District), Jennifer Tirado (Advocacy Unlimited), Colleen Violette (DPH), 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 | Andrea Duarte welcomed attendees Jeanette Baker and Heather Clinger assisted Andrea with the meeting in the absence of Tim Marshall and Tom Steen | |
| II. Review of Minutes | July minutes accepted | |
| III. Presentation <i>Alternatives to Suicide Program</i> Jennifer Tirado Project Coordinator Advocacy Unlimited/Toivo jtirado@toivocenter.org 860-549-2058 | <ul style="list-style-type: none"> - Alternatives to Suicide is a harm reduction model of support practiced in the context of a peer-based support group emphasizing the importance of lived experience - It takes a view of suicide as a symptom of a problem or a response to unliveable circumstances, rather than the problem itself - Open format group with space to talk about suicide and other taboo topics (usually 1.5 hours) in a non-clinical space | |

CT Suicide Advisory Board Meeting Minutes

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| | <ul style="list-style-type: none"> - The only criteria to attend is that a person feels they belong there, speak from their own experience and are willing to be a part of holding group values and not a reporter seeking to observe - Facilitators are trained to sit with deep distress, to approach with curiosity, and to encourage the group to explore the meaning of thoughts and feelings - Facilitators are non-clinical and have had their own experiences with suicidal thoughts and/or attempts. - To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/ATS_IntroRevisedlastver.pdf | |
| IV. Reports | <p><u>Grant Initiatives</u></p> <p>MPTN Good Medicine Project update</p> <ul style="list-style-type: none"> - Year 1 of 5 years ended on July 30; working on year 2 goals - Currently in a training to help start a Community Crisis Intervention/Response Team for the tribal community to help with prevention efforts, build trust between Tribal PD and EMS services and the community <ul style="list-style-type: none"> --the team will be volunteers from the community (tribal members, tribal spouses, Elders and youth) who will be trained to do wellness checks, respond with PD and EMS, when appropriate, and assist in the aftermath of death, natural disaster or traumatic event - Facilitating a breakout session at the September 22 RBHAO event - Pop-up table event in September with SERAC, Tribal PD, Tribal Behavioral Health, Pequot Pharmacy and Indian Health Services to bring awareness to suicide prevention <ul style="list-style-type: none"> --the event is for Tribal members and Foxwoods employees --PD will supply gun locks, BH and HIS will provide information and resources on mental health and suicide --local agencies who are interested in setting up at able contact Scott at sbarton@mptn-nsn.gov <p><u>Regional Suicide Advisory Boards</u></p> <p>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"> - Virtual QPR and Narcan trainings open to the public twice a month | |

CT Suicide Advisory Board Meeting Minutes

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| | <ul style="list-style-type: none"> - Participating in September 22 statewide event for suicide prevention; finalizing a speaker on LGBTQ+ population - Postvention training open to the public August 10 and August 15 - Forming a region-wide team for AFSP's Out of the Darkness walk in Westport on October 22, 2022 - In partnership with the National Center of Excellence on Eating Disorders (NCEED), will be hosting a webinar on September 14 on the relationship between eating disorders, mental health, and suicide - Upcoming meetings: Sept. 9 and Dec. 9, 12:00pm-2:00pm virtually <p>Region 2/South Central:</p> <ul style="list-style-type: none"> - Participating in September 22 statewide event for suicide prevention - 988 presentation at the August RSAB meeting - Planning an ASIST training; looking for a second trainer to train with Kasi Frost Contact Kasi at KFrost@communicare.org - Postvention planning with towns utilizing the created flow chart - Held a veteran suicide prevention training with the VA team on August 10, 2022 - Upcoming meeting: Oct. 4, 10:30am virtually <p>Region 3/Eastern:</p> <ul style="list-style-type: none"> - 988 discussion at the July RSAB meeting - Mark Irons is now a Youth Mental Health First Aid trainer - Two senior-specific resource fairs in Norwich and Windham areas - September events at Three Rivers Community College and UConn Avery Point - Planning a suicide in middle age presentation for October - Upcoming meeting: Oct. 6 <p>Region 4/ North Central:</p> <ul style="list-style-type: none"> - Participating in September 22 statewide event - Continue Narcan and QPR trainings monthly - ASIST training in October - Upcoming meeting: Aug. 18 <p>Region 5/Western:</p> <ul style="list-style-type: none"> - Training RAs at WCSU in QPR - Participating in UConn Waterbury suicide prevention efforts in September - Working on incorporating postvention quarterly - Upcoming meeting: Sept. 28, 10:00am virtually | |

CT Suicide Advisory Board Meeting Minutes

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| | <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Aug. 15 Talk Saves Lives LGBTQIA+ - Aug. 23 Talk Saves Lives with NYC chapter - Aug. 27 table at the New London Pride event - Schedule of Out of the Darkness walks posted on the chapter website: https://afsp.org/chapter/Connecticut : Sept. 17 (Woodstock); Sept. 25 (Niantic); Oct. 2 (Hamden); Oct. 22 (Westport); and Oct. 23 (Hartford Bushnell Park) - To table at the walks, Farmer’s markets, community events, contact Michelle Peters mpeters@afsp.org for more information <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Sept. 18 golf tournament - Brian Dagle Golf Tournament is being held at Elmridge Golf Course in Pawcatuck CT on Sept. 18 - Tabling along with SERAC at the Sept. 24 AFSP Southeastern CT Out of the Darkness Walk - Working with East Lyme School System's Suicide Awareness Week Sept. 23-30 and will be co-sponsoring John Halligan (Ryan's Story) who will be speaking at the High School - Hosting a community QPR Training at Brian's Healing Hearts Center on Main St in Niantic on Aug. 24 at 6:30pm <p>SAVE https://save.org/</p> <ul style="list-style-type: none"> - No update <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Scooper Sunday event in July was a success and the Governor visited - Applications for Fresh Check Day 2023 filling quickly - Eversource Hartford Marathon event in October; walkers, runners and volunteers are needed - Volunteers can contact Beth Holcomb bholcomb@jordanporcofoundation.org <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - No update <p><u>Committees</u></p> <p>Armed Forces</p> <ul style="list-style-type: none"> - No update | |

CT Suicide Advisory Board Meeting Minutes

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| | <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Have not heard yet on the proposal submitted to speak at the Vermont suicide prevention conference - Early stages of starting group for advocates - Planning another Survivors of Suicide Attempts (SoSA) group <p>Data to Action</p> <ul style="list-style-type: none"> - Continues to participate in Suicide Prevention Resource Center (SPRC) Communities of Practice (COP) series, focused on strengthening data infrastructure with the goal of supporting systematic, sustainable data access and use at the state and local levels; the July meeting focused on formalizing core data partnerships - Currently working through the COP’s guiding self-assessment workbook section 4-6, areas of focus: representative data at community level, need for data capacity and data literacy - Asked to present at the Aug. 23 COP meeting - Upcoming meeting: November 1, 9:30am-11:00am - As of end of May 2022, 176 suicides in CT - 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 <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Due to changes in recent leadership, opportunity to reflect on how committees align with goals of the state plan - In process of reaching out to committee members - Upcoming meeting: Sept. 1, 9:00am <p>Lethal Means</p> <ul style="list-style-type: none"> - Mailing to be sent late August to the firearms retail community regarding training and resources - Signs at bridges, railways, parking garages, commuter lots, and medication lock box dissemination are other projects of the committee <p>Zero Suicide/Clinical Workgroup</p> <ul style="list-style-type: none"> - Connecticut Children’s will be hosting September 28 on the AAP Blueprint for Youth Suicide Prevention - Upcoming meeting: Sept. 28 <p>Legislative Advocacy Committee</p> <ul style="list-style-type: none"> - Due to changes in recent leadership, opportunity to reflect on how committees align with goals of the state plan - In process of reaching out to committee members | |

CT Suicide Advisory Board Meeting Minutes

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| | <ul style="list-style-type: none"> - Upcoming meeting: Sept. 29, 9:00am Awareness Campaign https://www.preventsuicidect.org/ - The top page visited on the web site last month was the 988 page - Bristol-Burlington Health District billboard campaign wrapping up - Bus ads in Bristol, Burlington and New Britain - Gizmo billboard campaign is wrapping up in the Bristol and Plymouth areas - Spotify ads with general mental health messaging will be finishing up - Postcards sent to males 35+ in Bristol area - 988 info postcard will be sent to over 7,000 LCSWs within two weeks - How to communicate about 988: no wrong door added to the website; CT has a fully functioning highly effective call center at United Way-211 to answer 211 and 988 calls; have yet to stand up chat and text but at the national level, they will get services | |
| V. Member Updates | <ul style="list-style-type: none"> - Uncas Health District has worked on the needs assessment survey this month | |
| | <ul style="list-style-type: none"> - 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"> - 9/8/22: CTSAB Annual Meeting: National Suicide Prevention Week/Month: <i>Comprehensive Public Health Approach to Suicide Prevention</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> | |