



Region 3 Regional Suicide Advisory Board Meeting Minutes

Meeting Date: September 6th, 2022

Location: Zoom

Present: Sandra Fairbain, Drew Lavalley, Mary Pike, Kim Grant, Heather Victoria, Theresa Lambert, Crissy Wagoner, Sabena Escott, Maggie Wood, Jennifer Foss, Scott Barton, Kelsey Hust, Erin Haggan, Katie Bell, John Leuba, Ann Dagle, Shoshana Merced, Meghan LaCour, Lindsay Kyle, Jennifer Tirado

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. Always looking for new members, please share with any in your networks.	
“Alternatives to Suicide” presented by Jennifer Tirado from Toivo, Alternatives to Suicide Project Coordinator	<p>What is Alt2su? How is it different than traditional forms of Suicide prevention? There is no referral or assessment process. There is no formal attendance taken at any group. No one is going to force you to go to the hospital for talking openly about suicidal experiences. At Alt2su, we recognize the fear of forced hospitalization as a contributing factor to why some folks may not ever talk about these experiences. We recognize that if people do not have a supportive space to discuss suicidal thoughts or ideations, they become more likely to attempt. Our aim is not only to provide support but take the shame and stigma off these experiences.</p> <p>Jennifer discussed the goal of having support groups available in all 5 regions of the state as well as an online offering. She directly spoke to their steps to get a Quite Corner group up and running. Jennifer clarified that the groups are limited to individuals over the age of 18. There is no one typology for who attends their groups. Facilitator training as well as other offerings were discussed which align with the Alternative to Suicide Model.</p>	

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CTSAB Update	<p>A Comprehensive Public Health Approach to Suicide Prevention</p> <p>When: Thursday, Sept. 8th from 9:00 AM to 11:00 AM</p> <p>The CDC/DPH Grant was highlighted. The group was informed of the collaboration which is occurring between the Uncas Health District and SERAC under this grant.</p> <ul style="list-style-type: none"> • Oct. 13th: Lisa Barry, UCONN Health, Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes 	
Prevention Information	<p>National Depression Screening Day on October 6,2022 was highlighted and encouraged to be shared across networks and communities. New legislation has EMS professionals reaching out to SERAC to conduct QPR trainings.</p>	
Postvention Information	<p>The RSAB was informed of 2 losses since the last meeting. A college student and an adult. SERAC reached out to provide support to the impacted communities.</p>	
988 Update	<p>The soft roll out and no wrong door message was reiterated with the group.</p>	

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<p>Suicide Prevention & Awareness Month Events</p>	<p>The 5 RSABs partnered together to host a free event on Sept. 22 at Wallingford Hilton which was keynoted by – Shelby Rowe– Director of the SPRC "Save the Indian, Save the Man: A Social Justice Perspective on Suicide Prevention. Scott Barton from our RSAB presented on local indigenous people. Other sessions focused on the Latin X, senior adults, and the first responder communities. The event was well received by the 100 participants in attendance.</p> <p>Thank you to RSAB member Scott Barton invited SERAC/RSAB to present at their Sept. 21 Suicide Prevention Month event for Tribal community, employees, sister tribes and the surrounding towns around suicide prevention.</p> <p>Thank you to RSAB member Ann Dagle from the Brian Dagle Foundation for inviting us to table at the Out of the Darkness Walk in Southeastern CT on September 24th.</p> <p>Thank you to Jessica Musgrove from UCONN Avery Point Screening for partnering to screen My Ascension @ UCONN Avery Point on Sept. 19th.</p> <p>Thank you to Three Rivers Community College for inviting us on Sept. 28th to participate at their Fresh Check Day.</p> <p>RSAB tabled at the Statewide Veterans Standdown at the Veterans Rally point in Norwich on September 23rd.</p> <p>Thank you to the Coventry’s Framers Market for allowing the RSAB to table at their site on September 25th.</p>	

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Upcoming trainings	<p>Oct. 18 9:30-11:30 Middle Aged Adults & Suicide: The Gender Paradox</p> <p>Nov. 8 9:00-10:30 Veteran Gatekeeper Training</p> <hr/> <p>Out of the Darkness Walk (Northeastern): Oct. 15 Woodstock Academy South Campus Check-in Start Time: 10:00</p>	
Questions & Comments	<p>A member from a school district in the region requested to set up a meeting to discuss the roll out of their new crisis response policy.</p> <p>RSAB received a request for a Talk Saves Lives for a community forum.</p>	
Next Meetings:	<p><u>Tuesday November 1st^h @ 9 via Zoom</u></p> <p>Topic: Overview of NAMI CT Resources</p>	