



WESTERN CT COALITION
promoting best practices in prevention and behavioral health

Region 5 Suicide Advisory Board

September 28, 2022 10:00-11:30AM

AGENDA

1. Introductions

Abby Wood, Emma Hollis, Chelsea Kapitancek, Carrigan Costello, Megan Slekis, Kelsey Dlugozima, Jennifer Tirado, Jules Calabro, Anjali Illescas, Robyn Hoffman, Deborah Mailloux-Peterson, Heather Spada, Sarah Lorenzini, Allison Fulton, Paula Gill Lopez, Alyssa Cole, Kristin Mabrouk, Stacey Kabasakalian, Donna Gleissner, Indira Meza, Natalie Jackson, Tracey Dolan, Gabriela Krainer

2. *Alternatives to Suicide* Support Group Presentation

TOIVO Alternatives to Suicide network jtirado@toivocenter.org is a community-based harm reduction program via peer-based support group. Focus is to move away from coerciveness. Developed by the Wildflower Alliance in Western Mass Recovery Learning Community. Provider Listening Program available for those that may be interested in learning more. <https://wildfloweralliance.org/trainings/>

3. Question, Persuade, Refer (QPR) Training FY22 Summary

See attachment for statistics for fiscal year 2022

4. Fall/Winter Training & Meeting Calendar

See attachment for upcoming trainings and meeting calendar

5. Safe Messaging in Suicide Prevention Discussion: Is there something that we can do as the r5SAB to develop best practices around safe messaging within our region? Shared concern that it might be challenging to get media reps together, but it might be easier to develop a one-page resource or video about safe messaging and language to provide to local media sources as a guide stone and an initial touch point for a deeper relationship. Guidance by utilizing Best Practices and Recommendations for Reporting on Suicide. Shared concern about volunteer ambulance and FD training on confidentiality and being careful about what they post

on social media. Small towns are unique in the way that news travels fast and how easy it is to accidentally or inadvertently reveal private information. Next steps: utilizing the one pager as a template for more localized resource with R5SAB specific language.

6. Suicide Prevention Newsletter:

Spotlight nominations: Next newsletter comes out in December, call to action send an email to Abby with an individual, group, agency, or council that can be spotlighted in the next newsletter for their strong work within Region 5.

Next R5SAB Meeting – December 21, 2022

Please remember self-care!

The Region 5 Suicide Advisory Board seeks to:

- Integrate and coordinate suicide prevention, intervention, and response activities across multiple sectors and settings including all 43 communities in Region 5.
- Support the overall vision of the **Statewide Connecticut SAB** and provide the local and regional infrastructure for suicide prevention and postvention response activities.

Mission

Our mission is to promote the behavioral health continuum of care and to enhance the quality of life at every stage for all people

Vision

Foster communication, networking, partnerships, and relationships to promote inclusive coordination and collaboration. Include people impacted by and having an impact on behavioral health. Education and advocacy, and assessment and continuous improvement, to achieve our mission.

Values

Collaboration, Respect, Cultural Humility, Efficiency, Timeliness, Strategic Prevention Framework, Power of the Positive