

CT Suicide Advisory Board Meeting Minutes

Meeting Date: October 13, 2022

Location: Zoom Virtual Meeting

Present: Erica Aldieri, Jeanette Baker (United Way CT), Lisa Barry (UConn Health), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (CHDI), Torry Bernard, Romeo Blackmar (GHYMCA), Kevin Borrup (CT Children’s), Brendan Burke (OCA), Thomas Burr (NAMI-CT), Jacob Camputaro (Health 360), Jessie Casella (VA CT), Heather Clinger (Wheeler), Carrigan Costello (Wolcott CASA), Rob Cubilla (CTARNG), Belle Cyr (Enfield Youth Svcs.), Ann Irr Dagle (Brian Dagle Fdn), Amanda DeCrescenzo (CT Juvenile Residential Svcs), Alice Demeo (DCF), Sarah DeFlumeri (Naugatuck Youth Svcs), Andrea Duarte (DMHAS), Ben Eaves, Kelley Edwards (DMHAS), Amy Evison (CHR), Jennifer Esposito (Judicial Branch), Taylor Ford (FAVOR), Joanna Fornwalt (Town of Enfield), Tom Fulton (CT Clearinghouse/Wheeler), Taylor Gainey (APW), Kelli George (Torrington Area Health District), Lisa Girard (FAVOR), Darian Graells (McCall Ctr for Behavioral Health), Andressa Granado (CHN CT), Grace Grinnell (NAMI Farmington Valley), Jo Hawke (GPP), Mark Irons (SERAC), Aaron Jackson (Join Rise Be), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Chelsea Kapitancek (McCall Ctr for Behavioral Health), Angelina Karwowski (Bristol-Burlington Health District), Lynn Kelley, Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Sarah Lorenzini (Western CT Coalition), Jessica Markure (VA CT), Michael Maravecek (CTARNG), Patrick McCormack (Uncas Health District), Molly Machado (OOC), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Shauna Pangilinan (OCME), John Panicek (CT Rivers Scouting BSA), Jessica Patrie (The Hub), Jonathan Pohl (CCSU), Damaris Rodriguez (Cornell Scott Hill Ctr), Steve Rogers (CT Children’s), Marisa Sicley-Rogers (IOL), Jennifer Sussman (UConn Health), Nicole Szilagyi, Alyeska Tilly (DMHAS), Dashaun Thomas, Kelley Tomlinson (Norwalk Health Dept), Colleen Violette (DPH), Marissa White (CHQIS), Melanie Wilde-Lane (CASBHC), LoriBeth Young (DSS), Abby Wood (Western CT Coalition), Alissa Wurtzel (JFS New Haven), and Susan Yurasevecz (DPH).

| AGENDA ITEM/TOPIC | SUMMARY OF DISCUSSION | OUTCOME/ACTION /RESPONSIBLE |
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| I. Welcome and Introductions | Andrea Duarte, Alice Demeo, Ann Irr Dagle welcomed attendees. | |
| Review of Minutes | August minutes were accepted. No minutes from September due to special Suicide Awareness Month presentation. All minutes and agendas are website with PowerPoints embedded https://www.preventsuicidect.org/get-involved/ctsab-business/ | |
| II. Presentation <i>Transition from Incarceration to the Community: Risk of Suicide-related Outcomes</i> Lisa C. Barry, Ph.D., MPH Associate Professor of Psychiatry UConn Health libarry@uchc.edu | Mass Incarceration in U.S <ul style="list-style-type: none"> - In 2019 approximately 2.3 million adults were incarcerated - 10.6 million people cycle through system annually Currently <ul style="list-style-type: none"> - 1,306,000 people in State Prisons - 612,000 in Local Jails - 221,000 in Federal Prisons and Jails | |

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| | <p>Reduction in incarcerated population of 0.7% per year since 2007, but this reduction is not distributed evenly across age groups as people 50+ are fastest growing segment of incarcerated population and are expected to make up 1/3 of prison population by 2023.</p> <ul style="list-style-type: none"> - Majority of Incarcerated are released, but the number of middle-age and older-aged people reentering community can be expected to grow <p>This creates a convergence of risk factors:</p> <ul style="list-style-type: none"> - Transition from incarceration to community already an existing risk factor for suicide and unintended death - In general those age 50+ already have highest suicide rates, and have had largest increase in opioid / drug overdose related deaths. <p>Limitations in prior research evaluating transition from incarceration to community as a risk factor for negative outcomes have not evaluated suicide attempt, used a national sample to measure risk of suicide, or evaluated risk later in life.</p> <p>This study aimed to determine if transition from prison to community in later life is a risk factor for suicide attempt, death by suicide, drug overdose and other accidental injury among older veterans who are released from prison, compared to non-incarcerated cohort.</p> <ul style="list-style-type: none"> - All individuals were Medicare-eligible veterans age 50+ sample= 15,342 <p>Study Found Reentry Group (as compared to never incarcerated group)</p> <ul style="list-style-type: none"> - Had more chronic conditions - Considerably higher percentage of psychiatric illnesses - More history of homelessness and Traumatic Brain Injury - At any given age, distinct difference in regard to risk for suicide attempt and significant association between reentry and injurious death - Reentry group had suicide attempt rate of 600 per100,000 person years as compared to never incarcerated rate at 135 per 100,000 person years - Veterans transitioning from prison into community in later life have more than 3x greater risk of suicide attempt, death by drug overdose, and death by other accidents - Rate of dying by suicide was not statistically significant between groups <p>Implications</p> <ul style="list-style-type: none"> - Findings complement growing body of research emphasizing importance of care transitions to suicide risk and prevention efforts, with important implications for care transition models in VA and other settings - Targeting suicide prevention efforts towards the transition from prison to community in later life may help reduce rates of suicide and other adverse outcomes <p>Hospital setting may be useful for targeting suicide intervention and prevention efforts</p> <ul style="list-style-type: none"> - Importance of asking about recent incarceration history | |

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| | <ul style="list-style-type: none"> - Thinking about impact of multiple transitions - Impact of incarceration over the lifespan on suicide risk in later age <p>Ongoing research</p> <ul style="list-style-type: none"> - Link between new onset dementia and increased suicide risk - Found dementia incidence is higher among those who transition from incarceration to community at age 65 or over - 27% more likely - Most frequent was frontotemporal dementia, and higher risk of vascular dementia <p>Research challenges</p> <ul style="list-style-type: none"> - Medicare “incarceration file” is not available outside of the VA, no way to tell a data set of those on Medicare and incarcerated but not part of VA <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_presentation_10_13_2022.pdf</p> | |
| III. Reports | <p><u>Grant Initiatives</u></p> <p>988 Update</p> <p>United Way of CT handles calls for multiple crisis lines (211, 988, ACTION line)</p> <ul style="list-style-type: none"> - Hub of CT for various crisis services, state DMHAS and DCF have invested in this contact center to ensure they have capacity to do well in answering calls - The contact center call specialists are specifically trained crisis contact center specialists assigned to crisis calls and response - Services provided are available 24 hours, 7 days a week, 365 days a year - Provide mental health screening and suicide risk assessment based on national practices - Collaborative safety planning - Perform follow-up contacts - Warm transfer to adult or child mobile crisis services for in-person services - If needed, collaboration with 911 rescue services - United Way call center has increased to an answer rate from 96% to 98% and average answer time is 4 seconds, call length on average is 15 minutes long - Texts and chats increased with 988, although the 741741 text number is still usable | |

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| | <p>Messaging to share: There is NO WRONG DOOR in CT</p> <ul style="list-style-type: none"> - There is “no wrong door” in CT. To reach the CT crisis contact center for telephonic support or mobile crisis services, people can call 211 and press 1 for crisis and then 1 for children or 2 for adults, or they can call 988 to be routed to the CT contact center. They will not have to press any other numbers when they call 988 to get services, and call, text and chat services are all functioning. Veterans are still guided to press 1 for the Veterans Crisis Line when they call 988, just as the 800 NSPL line did. - Youth in crisis? In CT, call 211 (press 1 for crisis, 1 for youth), Call/Text – 988 or Chat www.988lifeline.org - Adults in crisis? In CT, call 800-HOPE-135 or 211 (press 1 for crisis, 2 for adults), Call/Text – 988 or Chat www.988lifeline.org <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_988_Update_101322.pdf</p> <p><u>Regional Suicide Advisory Boards</u> https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - 2x per month QPR training 1st and 3rd Tuesday mornings – open to the public - Working with town in region to offer QPR trainings to target specific populations - Formulating postvention training for region - Next meeting: December 9, 12:00PM <p>Region 2/South Central</p> <ul style="list-style-type: none"> - QPR and Mental Health First Aid Trainings to community, college and EMS students - AFSP Out of the Darkness Walk (Hamden) was great turn out - Last month’s conference was a great turnout with positive feedback - Joined Quinnipiac’s Fresh Check Day, engaged students in conversations about suicide, offered them many 1 Word materials - Postvention efforts made at Yale following suicide death - Next meeting: December 6, 10:30AM <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - Tabled at Out of Darkness walk in southeastern CT - Good Medicine Project with Scott Barton; tabled at Mashantucket Pequot Tribal Nation Suicide Event | |

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| | <ul style="list-style-type: none"> - Participated in statewide Veterans Stand Down in Norwich; met many veterans in community and distributed materials - Fresh Check Day at Three Rivers Community College - EMS QPR trainings - Month of September offered Talk Saves Lives and overview of postvention - RSAB moved to meeting monthly - Had talk on alternatives to suicide - Next meeting: December 6, 9:00AM <p>Region 4/North Central</p> <ul style="list-style-type: none"> - Amplify was represented at the Healthier Futures Wellness Expo in Hartford on World Suicide Prevention Day, the Community Guidance Clinic Fall Festival in Manchester, and the Stand Down event for Veterans in Rocky Hill - Over 1000 individuals were served in total at these events - The RSAB leads presented a suicide prevention event with nearly 100 attendees in Wallingford with five speakers presenting on different populations in relation to suicide prevention - QPR trainings continue to be in high demand with and without Narcan administration training attached - Next meeting: November 17, 1:30PM <p>Region 5 /Western</p> <ul style="list-style-type: none"> - Second quarter newsletter focused on Suicide Prevention Month with resources - UConn Waterbury tabling event - September 28 meeting had an Alternatives to Suicide presentation - Continuing QPR trainings - Possibly transition to monthly meeting, with an introduction to postvention training, RSAB meeting or networking meeting for postvention teams to share updates and Resources - Discussion at last meeting on safe messaging to provide resources and information to local media - Next meeting: December 21, 10:00AM <p><u>Foundations</u> American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Many presentations across the state for AFSP's Talk Saves Lives and Its Real for teens | |

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| | <ul style="list-style-type: none"> - Many requests to speak to athletes via coaches and athletic directors, need for mental health training in this area - Walk season is in full swing - 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) <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Campaign at Bradley Airport – Deconstructing the Stigma. (Currently installed) In kiosks sed Culture Coalition in Hartford. Campaign through Maclean Hospital in Boston. More info / can view our display at https://deconstructingstigma.org/bradley-exhibit/img_5350-1000x667-1 Ribbon cutting ceremony in November or December to officially launch and will stay through March 2023. - Two QPR trainings for Yale law school students - November 2, 2022 presentation in Clinton (poll from last presentation, audience wanted to know more about myths and signs of suicide) - 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 <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"> - November 5 Bingo night at the Irish American Society in Glastonbury jfbingo.funraise.org <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - No update <p><u>Committees</u></p> <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Steve MacHattie has been interviewed by CT United Way and has an article on their media page sharing his story and he has been contacted by radio stations WPLR, WFSB, WTNH and iHeart Radio to conduct interviews - Committee members presenting at the November CTSAB meeting <p>Data to Action</p> <ul style="list-style-type: none"> - Wrapped up participation in SPRC communities of practice session in August and presented a reflection on the process and priorities | |

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| | <ul style="list-style-type: none"> - Anyone interested in joining the committee can contact Jennifer Sussman sussman@uchc.edu or Sara Wakai swakai@uchc.edu - Next meeting: November 1, 9:30AM <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - Committee has agreed to move forward to support the goals and objectives of the state plan and CTSAB to develop resources and get information out to community members and legislators to ensure they are well informed <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Meeting October 6 includes RSABs - Discussed notification process and how to make improvements when there is a notification of a loss and the response. - Office of Chief Medical Examiner joined the October meeting to talk about collaborations - Discussed expanding notification response for 25+ years of age across the state - Postvention training as general training or to specific communities to set up their teams - Talked about working with loss survivors and what's needed when making notification and first contact - Next meeting: November 3, 9:00AM <p>Lethal Means</p> <ul style="list-style-type: none"> - Reviewed #4 of the state plan for strategies going forward - Updated new signs for bridges and railways with 988 number and a QR code - QR codes will be on back of student IDs that will go to 988 page starting next academic year via legislation that passed <p>Zero Suicide and Clinical Workgroup</p> <ul style="list-style-type: none"> - Great presentation from the developers of the American Academy Pediatrics Blueprint for Youth Suicide Prevention (kit is available online for anyone, but geared toward clinicians and primary care) - Next meeting will talk about 2023 plan and next steps. - CT Children's team will be attending the next Zero Suicide Academy in early November and will report latest info on initiatives to the group - Next meeting: November 23, 9:00am <p>Awareness Campaign https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Worked with Hartford Athletics throughout their season, had large 1 Word 1 Voice 1 Life digital sign and tabling at games | |

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| | <ul style="list-style-type: none"> - Hartford Athletics did a spotlight in their newsletter on suicide prevention and had an ad on their website with link to the website - Tabling at Hartford Yard Goats - 988 was third most visited page of website - Brochures and materials was second most viewed page on website | |
| IV. Member Updates | <p>NAMI-CT Annual Education Conference</p> <ul style="list-style-type: none"> - "Building Partnerships for Better Mental Health," Friday, October 21, 8:30am-3:00pm - Workshops include: "Beyond Survival: An Overview of Peer-Run Programs to Support Suicide Attempt & Loss Survivors" featuring Jennifer L. Tirado, Project Coordinator for CT's Alternatives to Suicide Network and state-certified Recovery Support Specialist; Ann Irr Dagle, President and co-founder of the Brian Dagle Foundation and "Gambling: A Lead Risk Factor for Suicide" featuring Haley Brown, CPS, Primary Prevention Services Coordinator DMHAS, Problem Gambling Services and Fiorigio (Fred) Fetta, LPC, ICGC-II, BACC, CGT, AADC, Associate Professional Counselor, DMHAS, Problem Gambling Services - Full Agenda: https://namict.org/wp-content/uploads/2022/10/FINAL-NAMICT-Conference-20223.pdf <p>National Prevention Week 2023</p> <ul style="list-style-type: none"> - Planning has started for National Prevention Week in May with a planning committee through DMHAS Prevention division and several partners - There is a committee specifically focused on connecting with local and regional groups that might be hosting NPW events – want to make sure they're promoted well for the month - May is Mental Health Month and first week of May is National Children's Mental Health Week - The Training Technical Assistance Service Center (TTASC) will host an orientation for NMHAM and NPW to help local groups connect with larger initiatives – more info to come | |
| | Meeting adjourned 10:40am. | |

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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>2023 meeting planning</p> <ul style="list-style-type: none"> - Special populations, particular strategies, people to connect with, what you'd like to learn more about, can bring speakers outside of CT - Let the tri-chairs know if you have any ideas - Andrea.Duarte@ct.gov Alice.Demeo2@ct.gov Ann@brianshealinghearts.org <p>Dates/Presentations</p> <p><u>2021-2022 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - 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>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p> | |