

CT Suicide Advisory Board Meeting Minutes

Meeting Date: December 8, 2022

Location: Zoom Virtual Meeting

Present: Erica Aldieri, Gillian Anderson (My Friend Abby), Rebekah Behan (CHDI), Torry Bernard (NAMI CT), Donna Bielefield (McCall Behavioral Health Network), Romeo Blackmar (GHYMCA), Brendan Burke (OCA), Kevin Burns (CT DOT), Constance Capacchione (Uncas Health District), Jessica Chesbro (Ctr for Empowerment & Education), Heather Clinger (Wheeler), Laura Coffin, Carrigan Costello (Wolcott CASA), Adele Cyr (Amplify), Belle Cyr (Enfield Youth Svcs.), Ann Irr Dagle (Brian Dagle Fdn), Alice DeMeo (DCF), Andrea Duarte (DMHAS), Kelley Edwards (DMHAS), Amy Evison (CHR), Jennifer Esposito (Judicial Branch), Taylor Ford (FAVOR), Joanna Fornwalt (Town of Enfield), Taylor Gainey (APW), Kelli George, Lisa Girard (FAVOR), Erin Goodman (Washington County Zero Suicide RI), Darian Graells (McCall Behavioral Health Network), Mark Irons (SERAC), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Chelsea Kapitancek (McCall Behavioral Health Network), Angelina Karwowski (Bristol-Burlington Health District), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Gabriel Lomas (WCSU), Sarah Lorenzini (Western CT Coalition) Steve MacHattie (Charter Oak Family Ctr), Mike Makowski (DPH), Lesly Mara (CSCU), Jessica Markure (VA-CT), Tim Marshall (DCF), Cristin McCarthy-Vahey (CGA), Michael Moravec (CTARNG), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Michelle Peters (ASFP-CT), Jonathan Pohl (CCSU), Margy Roberts (Community Health Network of CT), Steve Rogers (CT Children’s), Kara Sepulveda (Quinnipiack Valley Health District), Marissa Sicley-Rogers (IOL), Heather Spada (United Way CT), Danielle Stewart (Washington County Zero Suicide RI), Alyeska Tilly (DMHAS), Susan Tobenkin (CTARNG), Kelly Tomlinson (Norwalk Health Dept), Robin Tousey-Ayers (DPH) Colleen Violette (DPH), Sara Wakai (UConn Health), Marissa White (CHQIS), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), and Susan Yurasevecz (DPH)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte, Alice Demeo and Ann Irr Dagle welcomed attendees	
Review of Minutes	November minutes approved	
II. Presentation <i>Addressing Lethal Means through Partnerships for Suicide Awareness</i> Jeanette Baker Marketing Coordinator United Way of Connecticut 2-1-1 Kevin Burns CT Department of Transportation	Project background - There are five goals with 22 objectives in the State of Connecticut Suicide Prevention Plan 2020-2025 - CTSAB Lethal Means Committee works on the objectives under Goal 4: Reduce access to lethal means of suicide among individuals with identified suicide risk. - Objective 4.1: Encourage health care providers who interact with individuals at risk for suicide to routinely assess for access to lethal means - Objective 4.2: partner with firearm dealers and gun owners to incorporate suicide awareness as a basic tenet of firearm safety and responsible firearm ownership - Objective 4.3: Develop and implement new safety technology and techniques to reduce access to lethal means - The presentation by Jeanette and Kevin focused on 4.3	

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<p>Operation Lifesaver State Coordinator</p>	<ul style="list-style-type: none"> - Reducing the availability of highly lethal and commonly used suicide methods is associated with declines in suicide rates as much as 30-50% - Reducing access to means that can be potentially misused to cause injury or death, such as medications and firearms, is one of the most effective ways to reduce suicide rates across all age groups <p>Signage</p> <ul style="list-style-type: none"> - Barriers on bridges are the most effective means of preventing suicide via high structures, but are often too costly for municipalities to implement - The Connecticut College Campus Community Coalition worked to identify suicide risk settings in their area. Their work led to the 2014 installation of a sign at the base of the Gold Star Memorial Bridge that displays the number of the National Suicide Prevention Lifeline and the messaging “you are not alone” - CTSAB Lethal Means Committee used DPH data regarding bridge related deaths for targeted outreach to start the signage project. - Collaboration among the CT Department of Transportation, CT Department of Correction, Operation LifeSaver, CTSAB & Lethal Means Committee - Resources: the right signs, legal right to place sign on property, safe access to high-risk areas with tools and knowledge to put up signs - Working with DOT was very important as they were receptive and participated in several collaborative meetings and efforts - Outreach to town officials via letter from DOT Commissioner to propose the idea of signage - Signage placed in Middletown, Derby, Killingly, Norwalk, Stamford, Suffield, Waterbury, Windsor - Many areas for signage are owned by state or municipalities, so collaboratively worked with DOT to navigate the legal routes needed to place signage. Needed Encroachment Permits, the proper signage color, size, etc. - Operation Lifesaver is related to prevention of railroad deaths with the mission to reduce rail tragedies by teaching about the dangers of trespassing on the rails and not obeying the rules at rail crossings - CT has 49 rail stations - Working on getting QR codes on signs - Next steps: continue placing signs at railways, overpasses and bridges, as well as looking into signages for parks and working with connections for parking garages. 	

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	To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSABLethalMeansDec2022.pdf	
III. Reports	<p><u>Grant Initiatives Update</u> CDC Suicide Prevention Grant Update</p> <ul style="list-style-type: none"> - Overview: Cooperative agreement funded by CDCs National Center for Injury prevention and Control (NCIPC) and awarded to 11 recipients (5 more have been recently added making 16 total) to implement and evaluate a comprehensive public health approach to suicide prevention, with attention to vulnerable populations - 5 year grant (9/1/20-8/31/25), currently in 3rd year - Primary reference documents: CT Suicide Prevention Plan 2020-2025 & CDC Suicide Prevention Technical Package - Partners: DPH, DMHAS, DCF, Center for Population Health at UConn Health, contracted Local Health Districts, RSABs - Working on enhancing data collected on suicide in CT, can track trends on vulnerable populations identified for this project - Long term goal of grant is a 10% reduction in suicide rate - Data being collected on suicidal behavior in CT through partnerships - Suicide data update: White non-Hispanic: 225, Black NH: 22, Hispanic: 32, Other:10 and demographics by age. Working on suicide data dashboard, showed group a screenshare of what the dashboard looks like. - Local Health Department Updates: Participated in Drug Take Back Days, attended Fresh Check Days, participated in trainings such as ASIST, QPR, and CALM, reached out to schools and Youth Service Bureaus for Gizmo curriculum, 4 What's Next, and QPR training - Communications: Developed four phases for the Communications Plan, sought subject matter expertise, contacted focus group with survivors. - Phase 1: Awareness and change messaging. Sense of self, check in with self, recognize emotional/ mental stages. Education. How to observe others. Promote current services available. - Phase 2: Change (current phase) Action oriented, promote self-efficiency, take change, let's do something about it. Fitness. Seek services, contact providers - Phase 3: heavily promote Services, examples of calls/texts/chats. Testimonies from people who have called/texted/chatted 	

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	<ul style="list-style-type: none"> - Phase 4: official CT Launch 988 Campaign - Phase 1 Videos – Videos completed <p>To view presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CSP_CTSAB_12-8-22.pdf</p> <p><u>Regional Suicide Advisory Boards</u> https://www.preventsuicide.org/about-us/regional-sab-business/</p> <p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - QPR trainings open to public twice a month, Tuesday mornings from 9:00am-10:30am - Increase of EMS attendees at the QPR trainings - R1 now has an Alternatives to Suicide group, Westport Tuesday nights 7pm - Priority Report for regional needs assessment, holding focus group on suicide specific goals - Working with local schools to do presentations on mental health, suicide and substance use - Next meeting: Dec. 9, 12:00pm-2:00pm via zoom <p>Region 2/South Central</p> <ul style="list-style-type: none"> - QPR trainings, including for EMS students - At last RSAB meeting had presentations on Alternatives to Suicide - Presentation at last meeting from Elis for Rachel https://www.elisforrachael.org/ - Postvention training for Deep River, Chester and Essex on January 18 & 25, 2023 at Essex Town Hall in person - Next meeting: Feb. 7, 10:30am <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - On Nov. 8 had veterans-specific suicide prevention training offered by the VA - Tabling at Norwich Free Academy for athletes - QPR trainings, opening evening times - Dec. 6 meeting included presentation on Adult Mobile Outreach programming in the local area - Provide specific suicide prevention information at the Veterans Coffee House - NAMI providing training at the next meeting for providers - Tabling at Quinebaug Valley Community College to get info and resources out during time of exams - Next meeting: January 10, 9:00am, Zoom 	

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	<p>Region 4/North Central</p> <ul style="list-style-type: none"> - QPR and Narcan trainings - Amplify open house end of December - Veterans coffee house coming up - Working on the priority needs report - Getting RSAB leads trained in Talk Saves Lives through AFSP - Next meeting: February 16, 1:30pm <p>Region 5 /Western</p> <ul style="list-style-type: none"> - Postvention 101 training with 16 attendees - Starting conversations on priority needs report - Sent out quarterly newsletter - QPR trainings, held recent one for RAs at Post University - Next meeting: December 21, 10:00am <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - Volunteer 101 December 13, 6:00pm - TOT Talk Saves Lives week of December 19 - Gizmo curriculum schools are reimplementing the curriculum that have already done it, successful in Columbia region, will also start doing “Its Real” program for older age group of youth and expanding to more schools in the state - Survivor day event, 25 people in person, 100 online - April 1 Suicide is a Drag event - Campus walks in spring April/May - Annual conference Jan 26-29 <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Holiday events for grief support including a non-denominational service at St. John’s in Niantic - New grief support program for January: Understanding Your Grief is a virtual nine week program - Starting in person group for loss to addiction twice a month January-April - Facilitator training for grief support Feb 2023 <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"> - Tina Turner fundraiser at the Bushnell 	

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	<ul style="list-style-type: none"> - Continue with Fresh Check Days, some Check in subscriptions and 4 What's Next. <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Grants for students doing advocacy and education efforts around mental health and suicide prevention - Did National Suicide Prevention Day candlelight vigil - Largest fundraising event of the year Share Your Light at Two Roads Brewing - Still involved with postvention group that meets once a month <p>Committees</p> <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Call for papers for AAS conference – might present Why We Didn't Say Anything - Share video on youth mental health - CMHA also expressed interest in presentation <p>Data to Action</p> <ul style="list-style-type: none"> - Priorities identified through community of practice process - Planning for next year, would like to know what each of the CTSAB committees and RSABs are using to conduct their work and if there are any gaps – will be sending out a survey within next month - Mike Makowski showed demonstration of the gun lock that comes with new guns - Next meeting: March 8, 9:30am-11:00am, then meeting in June, September and December <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - Working on CTSAB one-pager material - Looking into collaborations with Lived Experience Committee and AFSP - Next meeting January 26, 1:00pm - For more information on the committee, email: ayeska.tilly@ct.gov <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Talking about lack of support groups available in the state, trying to get trainings out for train the trainer to increase amount of offerings - Continued conversations with Office of Chief Medical Examiner regarding adult notification for community and RSAB members to initiate postvention procedures - Continuous postvention efforts - Next meeting: Voting on new meeting times for 2023 calendar <p>Lethal Means</p> <ul style="list-style-type: none"> - Promoted getting free gun locks through various outlets, local health departments, local police https://projectchildsafesafe.org/ 	

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	<ul style="list-style-type: none"> - Currently aiming to work with older adult population on CDC grant and getting suicide prevention slides in firearms training <p>Zero Suicide and Clinical Workgroup</p> <ul style="list-style-type: none"> - Deciding 2023 focus areas - In November some group members met with new Director of DMHAS Workforce Development to discuss learning management system and how training needs to be adjusted to new format - Welcomed new tri chair at last meeting - Next meeting: January 25 <p>Awareness Campaign https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Approached by Tilcon in CT to put the 1 word 1 voice 1 life campaign messaging on cement mixer trucks. Call to action to 988, no cost to us. 	
IV. Member Updates		
	Meeting adjourned	
<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"> - 1/12/23: Timothy Schmutte, Yale University, Geriatric Suicide Risk - 2/9/23: Chuck Klevgaard, Richard Fournier, Shawn Hite-Jones, Education Development Center, MTSS-Suicide Prevention in Schools - 3/9/23: CTSAB Business Meeting - 4/13/23: Ann Dagle, Brian Dagle Foundation, Surviving Suicide Loss Grief - 6/8/23: Cheryl Weinstock, SAVE-Awarded Journalist, Responsible Reporting on Suicide - 9/14/23: National Suicide Prevention Month Event - 10/12/23: CTSAB Business Meeting 	

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	<ul style="list-style-type: none"> - 11/9/23: CTSAB Lived Experience Committee, Recovery After Surviving An Attempt - 12/14/23: Marisa Sicely-Rogers, Melissa Morgera, Sara Jones, Erica Moura, Hartford Healthcare/Institute of Living, Suicide Postvention: Providing Care for the Caregivers - TBD: 5/11, 7/13, 8/10 - Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv. 	