

CT Suicide Advisory Board Meeting Minutes

Meeting Date: February 9, 2022

Location: Zoom Virtual Meeting

Present: Erica Aldieri, Jeanette Baker, Linda Barton (Mashantucket Pequot Tribal Nation), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (CHDI), Torry Bernard (NAMI CT), Amery Bernhardt, Romeo Blackmar (GHYMCA), Kevin Borrup (CT Children’s), Dana Bossio (CES), Bill Brassard (NSSF), Brendan Burke (OCA), Jessica Chesbro (Center of Empowerment & Education), Heather Clinger (Wheeler), Carrigan Costello (Wolcott CASA), Erika Cruz, Adele Cyr (Amplify), Sarah DeFlumeri (Naugatuck Youth Svcs), Ann Irr Dagle (Brian Dagle Fdn), Amanda DeCrescenzo, Melissa Demma (United Services), Paige Dragon (CCSU), Erika Echeverria, Amy Evison (CHR), Jennifer Esposito (Judicial Branch), Gary Falcone (CSSD Training Academy), Stephanie Ferguson, Taylor Gainey, Marisa Giarnella-Porco, Lisa Girard (FAVOR), Darian Graells (McCall Behavioral Health Network), Grace Grinell (NAMI Farmington Valley), Rob Harrison (Washington County RI Zero Suicide Program), Jo Hawke (GPP), Karen Hensley (ABH), Mark Irons (SERAC), Aaron Jackson (Join Rise Be), Robert Kanehl (CT Poison Control), Chelsea Kapitancek (McCall Behavioral Health Network), Angelina Karwowski (Bristol-Burlington Health District), Lynn Kelley (Beacon Health Options), Joanna Keyes, Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Gabriel Lomas (CT Ctr for School Safety), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Mollie Machado (DMHAS), Steve MacHattie, Mike Makowski (DPH), Lesley Mara (CSCU), Marissa Mocarski (QVHD), Michael Moravecek (CTARNG), Victoria O’Neill, Lucy Orellano (OCA), Shauna Pangilinan (OCME), Jonathan Perloe, Michelle Peters (ASFP-CT), Jonathan Pohl (CCSU), Steve Rogers (CT Children’s), Kara Sepulveda (Quinnipiack Valley Health District), Richard Siddall (SMART Recovery), Marissa Sicley-Rogers (IOL), Jennifer Sussman (UConn Health), Alyeska Tilly (DMHAS), Kelly Tomlinson (Norwalk Health Dept), Robin Tousey-Ayers (DPH), Colleen Violette (DPH), Sadie Witherspoon, Marissa White (CHQIS), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), and Kiley Young (CT Ctr for School Safety).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Alice DeMeo and Ann Irr Dagle welcomed attendees.	
Review of Minutes	January minutes approved	
II. Presentation <i>MTSS: Suicide Prevention in Schools</i> Richard Fournier, Ed.D. rfournier@edc.org Shawna Hite-Jones, MPH sdhite-jones@edc.org Education Development Center	Multi-Tiered School Suicide Prevention – Educational Development Center EDC Solutions: Hands on partnerships with professional development and consulting that bring resources and expertise in the most relevant evidence-based practices and policies <ul style="list-style-type: none"> - Academics, college career - Culture / Climate - Student Wellness and Life skills - Adult wellness - School suicide prevention Through: Strategic planning, communications, professional development, design support, implementation, sustainability and data application/ CQI	

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	<p>MTSSP: goal is to help schools link and think about what they can do in suicide prevention and in broader mental health supports for youth within their multi-tiered systems of support</p> <p>Promoting 6 components for schools to develop related to suicide prevention:</p> <ul style="list-style-type: none"> - Protocols for supporting youth identified as at risk for suicide - Protocols for after a suicide death / postvention - Training for identifying youth at risk for suicide - Engagement with community for awareness and support - Local partnerships for student support and services - Aligned best practices for student wellness <p>School Tiers (Pyramid)</p> <ul style="list-style-type: none"> - Tier 3 (Top, smallest): intensive individual interventions - Tier 2 (middle): Targeted small group supports - Tier 1 (bottom, biggest): school and classroom program practices & culture - Supporting families and educators - Drivers of effectiveness: Leadership, data driven decision-making, effective implementation, focus on equity, communication and coordination. <p>Suicide prevention components</p> <ul style="list-style-type: none"> - Tier 3: implementation of suicide risk response and postvention protocols - Tier 2: identification and support of youth who are at risk for suicide - Tier 1: promoting protective factors - Engaging key stakeholders <p>How it works: Systems change</p> <ul style="list-style-type: none"> - Years 1 & 2: planning, implementation, sustainability - Environmental assessment, strategic action planning, implementation and sustainability <p>District Team:</p> <ul style="list-style-type: none"> - Superintends - School leaders and directors - Social workers, clinicians - Teachers - Support staff - Families - Board members <p>Community Workshops</p> <ul style="list-style-type: none"> - 8 community workshops focused on the primary components - Acquire knowledge & skills around suicide prevention in schools 	

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	<ul style="list-style-type: none"> - Engage in strategic planning, implementation, policy making - Build supportive relationships with state districts <p>Coaching and facilitation</p> <ul style="list-style-type: none"> - Analyze and apply environmental assessment data - Personalized ongoing technical assistance for each school team - Development of strong community partnerships - Aligning new policies, practices, and protocols with existing district and state priorities - Building internal capacity beyond year 2 <p>Goals and deliverables</p> <ul style="list-style-type: none"> - Equip knowledge, skills, and capacity to prevent youth suicide - Enable the development of comprehensive, system-wide approaches to suicide prevention - Identify and address unique community needs in school suicide prevention - Form or strengthen relationship with diverse community of suicide prevention stakeholders - Increase connectedness with other district, school and community partners <p>Key benefits</p> <ul style="list-style-type: none"> - Aligning suicide prevention with student wellness - Developing local ownership and leadership - Enabling multi-tiered systems integration <p>Contact speakers Richard: rfournier@edc.org Shawna: sdhite-jones@edc.org Website: https://solutions.edc.org/solutions/education-wellbeing/services/consultations/multi-tiered-school-suicide-prevention</p> <p>To view the presentation, visit: https://www.ctclearinghouse.org/Content/www/files/PDFs/2023_MTSS_SP_Deck_CT.pdf</p>	
III. Reports	<p><u>Grant Initiatives Update</u></p> <p>Scott Barton, Native Connections Grant</p> <ul style="list-style-type: none"> - Children’s Mental Health Day during Mental Health Awareness Week on Thursday May 11, 2023 - Working with Jeanette Baker to get garage signs up at casino garages 	

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	<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"> - QPR and Narcan trainings twice a month virtual - 101 Postvention lunch and learn Tuesday, February 14 - Working with Norwalk on public health approach to suicide grant - Offered 47 QPR trainings last year and trained over 1,000 people; ajority was Darien school district - Next meeting: March 10, 12:00pm-2:00pm in person <p>Region 2/South Central</p> <ul style="list-style-type: none"> - Interest in QPR trainings: Durham in person training and training for mental health club - Postvention training in Tri-town - Upcoming tabling event February 22, 3:00pm-5pm at New Haven Public Library - Continuing college partnership building – working with schools in areas on QPR and postvention trainings - Next meeting: TBD <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - Offering evening QPRs has been well received - Training residential staff at colleges in region - Mitchell college training with athletes - Held meetings focused on awareness and education around child trafficking - Last year worked with a local public school students and again this year for 9th graders - Tabling at Three Rivers Community College - Connecting with local recreation directors for training summer counselors - Next meeting: March 9 regarding domestic violence and suicide <p>Region 4/North Central</p> <ul style="list-style-type: none"> - CADCA Conference – saw youth get involved with speaking with legislatures - Next meeting: February 16, 1:30pm <p>Region 5 /Western</p> <ul style="list-style-type: none"> - Working on priority report and epidemiology - QPR online training - EMR training with police - Postvention 101 training February 22 - Next meeting: March 22, 10:00am-12:00pm 	

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	<p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/</p> <ul style="list-style-type: none"> - February 17: More Than Sad training at Cromwell High School for administrators - Volunteer coordinator Ari offering mini AFSP 101 sessions – info about AFSP and volunteering - Its Real, Talk Saves Lives, Gizmo read-alongs happening in spring - Noroton Presbyterian Church had event as part of Darien Behavioral Health Committee and Wave Strong group of students who raised funds and dedicated tree to those lost - 6 Campus walks April- May - April 26 comedy night - April 1 Drag Saves Lives - Hike for Hope - Board annual meeting is March 4 <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Reaching out to schools anywhere - Lax2Live program: reaching out to schools across the state to see if they'll host a lacrosse program – t-shirts to promote conversations and tabling at each game - Support groups – 15 people on average in support groups and just started loss of a spouse to suicide support group - Training for facilitators: how to facilitate a grief support group – 2 day training - Renovating garage space to house larger meeting space for groups and other activities. The cottage at Brian's Healing Hearts open this summer <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"> - Almost meeting capacity for this year for Fresh Check Days – anyone working with colleges please let them know to register as spots are filling quickly - Always looking for partners for 4WhatsNext and Check In, especially with QPR work in communities and schools - Tina Turner Musical at the Bushnell – April 13, tickets \$200; looking for sponsors. <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - No update 	

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	<p><u>Committees</u></p> <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Continuing alternatives to suicide meetings and trainings - Presenting at CMHA - Presenting at CT Alliance to Benefit Law Enforcement and crisis intervention trainings in March - Approved to do presentation at New England Association for Play Therapy in May - Waiting to hear from AFSP and NAMI to see about presenting at those conferences <p>Data to Action</p> <ul style="list-style-type: none"> - Focus on building out work plan for the year and review newly available data. Hoping to look at workplan, established goals, and looking at connectivity between Data to Action and other committees to do work to benefit other committees too - 2023 meetings are quarterly on second Wednesday of the month – always welcoming new members and can contact Jennifer Sussman at sussman@uchc.edu - Next meeting: Wed March 8, 9:30am-11:00am <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - Working on CTSAB one-pager, working out fine details - Developing other material ideas - Meetings are on fourth Thursday of every month at 1:00pm - Next meeting: February 23 at 1:00pm <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - In January meeting had discussion on Loss Team Model out of Louisiana - Postvention training across the state and starting up postvention teams both school and community specific - Next meeting: February 16 at 9:00am <p>Lethal Means</p> <ul style="list-style-type: none"> - Working on creating work group for the older adult populations <p>Zero Suicide and Clinical Workgroup</p> <ul style="list-style-type: none"> - - Next meeting: March 22 at 9am <p>Awareness Campaign https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Website for month of January over 1,200 visits and 3,000 page views - Tilcon mixer trucks with 1 Word messaging; currently two trucks and will have two more in March 	

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IV. Member Updates	<ul style="list-style-type: none"> - Susan: Wanting to see connections between aging agencies or advocates and RSABs or RBHAOs. Strong data for increases in those 65+ suicide deaths and are already an at risk population. Area agencies on aging, funded by state department of aging and disability services – five throughout state. - Jessica C: Center for Empowerment and Education in Danbury now has a Spanish speaking group dealing with grief from any loss (not suicide specific) on Wednesdays at 4:00pm in person at 2 West St in Danbury. For more info: Jessica.c@thecenterct.org - Rob Harrison: CDC did 2020 study to ask 5,000 people around the nation if in the last week have you seriously considered suicide? Overall response rate for yes was 11% compared to 4% the year before. Rate in 65+ group was 27%, and 24% in 18-25 age group - Jonathan Perloe/CT Against Gun Violence: Recently updated the health care professional version of extreme risk protection order (educational brochure about preventing firearm suicide. Can send printed copies. Jonathan@cagv.org. Here is link to digital version https://www.dropbox.com/s/dugzmqugx7s9c6j/CAGV%20ERPO%20Suicide%20Prevention%20Brochure%20Healthcare%20Professional%20Jan%20%2723.pdf?dl=0 - Cathy Ludlum: Anti-assisted suicide group will be posting information in LOB that will include 988 information – reach out to Second Thoughts Connecticut 	
	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>2022-2023 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - • 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: Marissa 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 <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	