

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** March 9, 2023

**Location:** Zoom Virtual Meeting

**Present:** Erica Aldieri, Gillian Anderson (My Friend Abby), Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Linda Barton (Mashantucket Pequot Tribal Nation), Scott Barton (Mashantucket Pequot Tribal Nation), Rebekah Behan (CHDI), Torry Bernard (NAMI CT), Amery Bernhardt (CT Ctr for School Safety), Donna Bielefield (McCall Behavioral Health Network), Romeo Blackmar (GHYMCA), Kevin Borrup (CT Children’s), Dana Bossio (CES), Bill Brassard (NSSF), Brendan Burke (OCA), Carrigan Costello (Wolcott Casa), Heather Clinger (Wheeler), Adele Cyr (Amplify), Sarah DeFlumeri (Naugatuck Youth Svcs), Alice DeMeo (DCF), Andrea Duarte (DMHAS), Erika Echeverria (DMHAS), Amy Evison (CHR), Jennifer Esposito (Judicial Branch), Taylor Gainey (APW), Erin Goodman (Washington County RI Zero Suicide Program), Darian Graells (McCall Behavioral Health Network), Grace Grinell (NAMI Farmington Valley), Shari Grayson (Gaggle), Emma Hollis, Tanya Iacono, Mark Irons (SERAC), Robert Kanehl (CT Poison Control), Chelsea Kapitancek (McCall Behavioral Health Network), Angelina Karwowski (Bristol-Burlington Health District), Lourah Kelley (UConn Health), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Lesly Mara (CSCU), Erin Maron, Kristin Mulhearn, Allyson Nadeau (Amplify), Leah Nelson (Jordan Porco Foundation), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Shauna Pangilinan (OCME), Michael Pepe (Windsor Health Dept), Michelle Peters (ASFP-CT), Jonathan Pohl (CCSU), Samara Rainey, Margy Roberts (CHNCT), Kara Sepulveda (Quinnipiack Valley Health District), Richard Siddall (SMART Recovery), Marissa Sicley-Rogers (IOL), Jennifer Sussman (UConn Health), Alyeska Tilly (DMHAS), Susan Tobenkin (CTARNG), Robin Tousey-Ayers (DPH), Sara Wakai (UConn Health), Jennifer Waldo (Windsor Health Dept), Sadie Witherspoon, Marissa White (CHQIS), Abby Wood (Western CT Coalition), LoriBeth Young (DSS), Kiley Young (CT Ctr for School Safety) and Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte and Alice DeMeo welcomed attendees.	
<b>Review of Minutes</b>	February minutes approved	
<b>II. Presentation</b>  Lourah Kelly UConn Health Postdoctoral Researcher <a href="mailto:lkelly@uchc.edu">lkelly@uchc.edu</a>	<i>Development of an Avatar-Guided Mobile Health Intervention for Emerging Adults with Alcohol Misuse and Suicidal Thoughts</i> <ul style="list-style-type: none"> <li>- Preliminary work for K99 and work is funded by National Institute on Alcohol Abuse and Alcoholism (NIAAA)</li> <li>- Specifically designed for adults who have been to the emergency room for an alcohol or suicide related reason or both</li> <li>- Adapting an existing platform that’s led by an avatar (a digital health coach that can walk someone through an intervention, rather than having in person or self-guided therapy workbook)</li> <li>- Intervention is led by an avatar and is a self-directed form of intervention to provide to young adults when they’re discharged from the emergency room to the community</li> </ul>	

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<p>Susan Logan, DPH  <a href="mailto:susan.logan@ct.gov">susan.logan@ct.gov</a> and            Colleen Violette DPH at  <a href="mailto:colleen.violette@ct.gov">colleen.violette@ct.gov</a></p>	<p>if they need support while waiting for outpatient care or are not interested in outpatient care</p> <ul style="list-style-type: none"> <li>- Collecting feedback from multiple communities on the content of program: clinical experts from across the county, 10 emergency department experts, and currently scheduling focus groups with consumers, consulted a National Young Adult Advisory Board to create questions for the focus group and will also consult with them on design and heme. Key feedback at multiple points from multiple communities.</li> <li>- Want to make sure it resonates with young adults once fully designed then piloted</li> </ul> <p>To view the presentation, visit:  <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/L_Kelly_-_Avatar_Digital_Intervention_for_Drinking_and_Suicide_Risk_2023.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/L_Kelly_-_Avatar_Digital_Intervention_for_Drinking_and_Suicide_Risk_2023.pdf</a></p> <p><i>Connecticut Comprehensive Suicide Prevention Grant – Department of Public Health Program Update</i>            CSP Partners: Department of Public Health, Department of Mental Health and Addiction Services, Department of Children and Families, United Way of Connecticut, UConn Health’s Center for Population Health and Local Health Departments: Torrington Area Health District, Uncas Health District, Bristol-Burlington Health District, and Norwalk Health Department (soon to be on board)</p> <ul style="list-style-type: none"> <li>- Comprehensive suicide prevention plan including disproportionately effected populations (special age groups, youth, older adults, LGBTQ community, veterans, corrections)</li> <li>- Partnership with health departments at the local and state level</li> </ul> <p>Updates</p> <ul style="list-style-type: none"> <li>- Multi-Sectorial Partnership Plan – United Way, local health departments, RSABs, DPH</li> <li>- Targeted suicide prevention videos – working on last 15 videos. All videos and static images will be made available on <a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a></li> <li>- Materials including billboards and bus signs</li> <li>- Working on webpages for resources for local health departments</li> <li>- UConn Health doing monthly evaluation and reporting and provide technical assistance</li> <li>- Evidence based strategies –</li> <li>- Tier 1 Community based strategies</li> <li>- Tier 2 Healthcare-based strategies</li> <li>- Tier 3: Upstream intervention strategies</li> <li>- Data surveillance and collection – Local health departments, death data, ED data</li> </ul>	

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<p>Erin Moroni Vita Healthcare <a href="mailto:erin@vitahealth.care">erin@vitahealth.care</a></p>	<p>To view presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CSP_CTSAB_3_9_2023.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CSP_CTSAB_3_9_2023.pdf</a></p> <p><i>Vita Healthcare</i> – Telehealth therapy and psychiatry company focused on providing access to care for teens, young adults, and adolescents.</p> <ul style="list-style-type: none"> <li>- Share information with schools, pediatric offices, primary care, community events</li> <li>- Always looking for school and community partnerships to offer services.</li> <li>- Offer timely telehealth appointments within a day or two, accept most insurances including Medicaid</li> <li>- Provide feedback to providers in order to work closely together</li> <li>- Special focus of care is suicide interventions – founded specifically providing care for suicide interventions which is care specific to people who have had prior suicide attempt or serious suicide ideation through an evidence-based 12 session module</li> <li>- Client goes through program 1 on 1 with a clinician via telehealth to work through suicidal thoughts and reduce suicide risk. Program looks at suicide ideation as its own specific treatment rather than just symptom of underlying mental health issues</li> <li>- Heavily CBT based and has an app-based component to do work inbetween sessions</li> <li>- Also work with anxiety, depression, school avoidance, medication management, setting up with tools needed to thrive</li> <li>- Youth nominated support – clinicians will work with 3 to 4 role models youth identify in their lives and do support with those role models to help them learn how they can be a good resource to youth who are struggling</li> <li>- Open to coming to any RSAB or committee meetings to further share and connect</li> </ul> <p>For additional information: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/vita_one_page_OR_1_.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/vita_one_page_OR_1_.pdf</a></p> <p><a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Vita_Overview_Suicide_Intervention_1_.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Vita_Overview_Suicide_Intervention_1_.pdf</a></p>	

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<p>Shari Grayson Regional Sales Manager Gaggle <a href="mailto:shari@gaggle.net">shari@gaggle.net</a></p> <p>Jodi Lott Director of Sales Gaggle <a href="mailto:jodi@gaggle.net">jodi@gaggle.net</a></p>	<p><i>Gaggle Safety Management</i></p> <ul style="list-style-type: none"> <li>- Educational technology program working with K-12 districts across the state</li> <li>- Provides real-time review of online content 24 hours a day, 365 days a year (for devices such as Chrome books provided to kids in schools) to ensure students are using those devices as permitted by the school</li> <li>- Identifying students at risk</li> <li>- How it works: 1) content analysis 2) expert review 3) rapid response</li> <li>- Information is flagged then reviewed by a human team to decide whether to alert school district</li> <li>- 156,000 students were flagged with some type of suicidal ideation on their device (talking, writing, or posting about in online school environment)</li> <li>- Gaggle Therapy and Coaching – online telehealth option purchased through school. HIPAA compliant and works around school and student schedule</li> <li>- Cost, availability, flexibility</li> <li>- Ongoing sessions, professional support, private and secure</li> <li>- Gaggle ReachOut (brand new product rolling out) - 24/7 crisis line/text/chat via local number school district can advertise – connect with trained crisis response, provide information and referrals, confidential. Responders are certified and have credentials.</li> </ul> <p>To view presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Gaggle_Safety_Management.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Gaggle_Safety_Management.pdf</a></p>	
<p><b>III. Reports</b></p>	<p><b><u>Regional Suicide Advisory Boards</u></b> <a href="https://www.preventsuicidect.org/about-us/regional-sab-business/">https://www.preventsuicidect.org/about-us/regional-sab-business/</a></p> <p><b>Region 1/Southwestern</b></p> <ul style="list-style-type: none"> <li>- Continuing 2X month Narcan and QPR trainings open to public – have had a significant increase in attendance</li> <li>- Upcoming QPR trainings specific to agencies, schools, and EMS</li> <li>- Next meeting: March 10 in person in Norwalk</li> </ul> <p><b>Region 2/South Central</b></p> <ul style="list-style-type: none"> <li>- A lot of interest in QPR training</li> <li>- Had QPR training for a high school in Meriden in person and a QPR training with Hamden middle school, and QPR training in person for nurses in Wallingford</li> <li>- Signs of Suicide training for Hamden Middle School</li> <li>- Last month provided postvention resources in response to a suicide loss at Yale University – these resources were also given to Elis for Rachel</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Implementing activities for prevention month in May – including roll out of self-care calendar and myths and facts</li> <li>- Next meeting: April 4,10:30am Zoom</li> </ul> <p><b>Region 3/Eastern</b></p> <ul style="list-style-type: none"> <li>- Presentation by Safe Futures regarding domestic violence and suicide</li> <li>- Training on crisis supports and suicide prevention within the autism community by Lisa Morgan</li> <li>- Continuing outreach to recreational counselors for QPR training</li> <li>- Reaching out to libraries in region for potential Gizmo read along opportunities over summer from Gizmo rollout training</li> <li>- Received positive feedback from local emergency service intervention provider for youth to partner with RSAB during read alongs</li> <li>- Finished all 9<sup>th</sup> grades QPR training at Harvard Ellis Technical High School</li> <li>- QPR training with group of visiting nurses of Southeastern Connecticut</li> <li>- Youth Mental Health first aid training with nurses in Montville</li> <li>- Evening QPR and overview of postvention trainings</li> <li>- Next meeting: April 4 featuring Ann Dagle and the work of Brian Dagle Foundation</li> </ul> <p><b>Region 4/North Central</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan training – many new collaborations (EMTs, construction, business owners asking for all employee training)</li> <li>- Next meeting: May 18, 1:30pm-2:30pm focus on postvention</li> </ul> <p><b>Region 5 /Western</b></p> <ul style="list-style-type: none"> <li>- Postvention 101 training on February 22</li> <li>- March suicide prevention newsletter</li> <li>- Continued QPR and Narcan trainings and have noticed increase in attendance</li> <li>- Priority setting process</li> <li>- Next meeting: March 22, 10:00am on Zoom</li> </ul> <p><b><u>Foundations</u></b></p> <p><b>American Foundation for Suicide Prevention (AFSP) <a href="https://afsp.org/chapter/connecticut">https://afsp.org/chapter/connecticut</a></b></p> <ul style="list-style-type: none"> <li>- Annual board retreat on March 4 hosted at Amplify</li> <li>- Two new board members – Congratulations to Taylor Gainey and Marie Demasi</li> <li>- April 1, Drag Saves Lives – The Chez in Hartford</li> <li>- Campus Walks starting in April and May</li> <li>- Hike for Hope May 21</li> <li>- State Advocacy Day in May</li> </ul>	

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	<p><b>Brian Dagle Foundation</b> <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a></p> <ul style="list-style-type: none"> <li>- LAX2LIVE student athlete suicide awareness program is scheduling for the 2023 spring lacrosse season with 19 schools committed. A few more openings remain for high school and college lacrosse teams.</li> <li>- Virtual Understanding Your Grief program begins March 9 at 5:30pm</li> <li>- Looking for volunteers to help with spring clean-up at the garden at Brian's Healing Hearts.</li> </ul> <p><b>SAVE</b> <a href="https://save.org/">https://save.org/</a></p> <ul style="list-style-type: none"> <li>- No update</li> </ul> <p><b>Jordan Porco Foundation</b> <a href="https://www.rememberingjordan.org/">https://www.rememberingjordan.org/</a></p> <ul style="list-style-type: none"> <li>- Our biggest fundraiser of the year <i>Tina- The Turner Musical</i> at The Bushnell. Details at this link <a href="https://jpftinaturner.funraise.org">https://jpftinaturner.funraise.org</a> \$200 per ticket includes a light dinner before the Show, Thursday April 13, 5:00pm.</li> </ul> <p><b>My Friend Abby</b> <a href="https://www.myfriendabby.org/">https://www.myfriendabby.org/</a></p> <ul style="list-style-type: none"> <li>- Completed successful Fairfield County Giving Day for \$5,000 grant to be given out as Peer Project Grant (youth 10-26, deadline March)</li> <li>- Spreading Sunshine Campaign</li> <li>- Event March 27– young adults painting handmade items that will be given out with Spreading Sunshine signs in Fairfield County</li> <li>- Polar Plunge fundraiser coming up</li> <li>- Suicide Survivors meeting</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Requested by several organizations to present “Why I Didn’t Say Anything”</li> <li>- Have official module through crisis intervention training via CABLE</li> <li>- Next trainings at Quinnipiac University and CMHA</li> <li>- Invited to speak at UConn</li> <li>- NAMI retreat for young adults with lived experience coming up – leadership conference in Deep River, free 3-day retreat</li> <li>- NAMI Peer to Peer – free program for people new to recovery or looking to better understand how to take care of themselves</li> <li>- Ending the Silence – free program to educate middle, high school and first year college students about mental health</li> </ul>	

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	<p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- DPH Office of Injury and Violence Prevention shared selected mental health and suicide results from 2021 CT School Health Survey and updated on 2023 survey progress and BRFSS</li> <li>- Initial steps to create 2-year workplan for data to action committee – thanks to Alyeska and Andrea for template</li> <li>- Plans to assess and respond the data needs of other committees and partners</li> <li>- Possible convening group or expanded work group to do deeper dive into certain workplan elements</li> <li>- Opportunities for collaboration and input</li> <li>- Next meeting: June 14 Meetings are quarterly on second Wednesday of the month</li> </ul> <p><b>Education &amp; Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- CTSAB one-pager is complete – sent out to CTSAB listserv and will be available as a material on <a href="https://www.preventsuicidect.org/wp-content/uploads/2023/03/CTSAB-ONE-PAGER-FINAL-031423.pdf">https://www.preventsuicidect.org/wp-content/uploads/2023/03/CTSAB-ONE-PAGER-FINAL-031423.pdf</a></li> <li>- Next Meeting: March 23, 1:00pm – email alyeska.tilly@ct.gov</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Postvention loss support group met on February 16– Ann Dagle presented information on suicide survivor grief</li> <li>- Next meeting: March 16</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Last meeting talked about bridges, railways, and park signage</li> <li>- Two subgroups of committee: aging adult group and firearms group – both looking for and open to new members</li> <li>- Next meeting: April 14, 9:30am-11:00am</li> </ul> <p><b>Zero Suicide and Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Working to get Joint Commission to present to group at next meeting</li> <li>- Next meeting: March 22</li> </ul> <p><b>Awareness Campaign</b> <a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a></p> <ul style="list-style-type: none"> <li>- TILCON cement mixer trucks signage campaign - Jeanette shared images of the trucks</li> <li>- Bristol Burlington health department – has billboards up regarding mental health and doing yard signs</li> </ul> <p>Michelle Leibovitz, video producer with Rich Wright Productions, working with Tim Marshall on COVID mitigation grant focusing on older youth and young adults.</p> <ul style="list-style-type: none"> <li>- Worked with 1 Word 1 Voice 1 Life at start of their initiatives</li> </ul>	

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	<ul style="list-style-type: none"> <li>- New Campaign launching April 1 of four primary videos in English and Spanish – find on <a href="https://www.connectingtocarect.org/">https://www.connectingtocarect.org/</a> creating new Covid page on website page called Covid Care</li> <li>- Videos: 1 PSA, 2 animated videos, (one on making a mental health plan, one on trusted adults) 4 video share during presentation.</li> <li>- Will also have social media campaign</li> </ul>	
<b>IV. Member Updates</b>	<ul style="list-style-type: none"> <li>- No updates</li> </ul>	
	Meeting adjourned 11:00am	
<p><b>2021-2022 Meeting Schedule</b></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>	<ul style="list-style-type: none"> <li>- Let the tri-chairs know if you have any ideas for meeting presenters</li> <li>- <a href="mailto:Andrea.Duarte@ct.gov">Andrea.Duarte@ct.gov</a> <a href="mailto:Alice.Demeo2@ct.gov">Alice.Demeo2@ct.gov</a> <a href="mailto:Ann@brianshealinghearts.org">Ann@brianshealinghearts.org</a></li> </ul> <p><b>Dates/Presentations</b></p> <p><u>2023 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> <li>- 4/13: Ann Dagle, Brian Dagle Foundation, Surviving Suicide Loss Grief</li> <li>- 5/11: TBD</li> <li>- 6/8: IN-PERSON ANNUAL MEETING (YAY!!!)</li> <li>- 7/13: TBD</li> <li>- 8/10: TBD</li> <li>- 9/14: National Suicide Prevention Month Event</li> <li>- 10/12: Pending- Cheryl Weinstock, SAVE-Awarded Journalist, Responsible Reporting on Suicide</li> <li>- 11/9: CTSAB Lived Experience Committee, Recovery After Surviving An Attempt</li> <li>- 12/14: Marissa Sicely-Rogers, Melissa Morgera, Sara Jones, Erica Moura, Hartford Healthcare/Institute of Living, Suicide Postvention: Providing Care for the Caregivers</li> <li>- <b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></li> </ul>	