

CT Suicide Advisory Board Meeting Minutes

Meeting Date: April 13, 2023

Location: Zoom Virtual Meeting

Present: 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), Dana Bossio (CES), Dadrie Bruderick (Hartford Hospital Healthy Initiative), Brendan Burke (OCA), Thomas Burr (NAMI-CT), Wendy Caruso (United Way), Carrigan Costello (Wolcott Casa), Heather Clinger (Wheeler), Adele Cyr (Amplify), Ann Irr Dagle (Brian Dagle Foundation), Sarah DeFlumeri (Naugatuck Youth Svcs), Alice DeMeo (DCF), Anastasiya Domnich-Kovalevsky, Paige Dragon (CCSU), Andrea Duarte (DMHAS), Amy Evison (CHR), Joanna Fornwalt (Town of Enfield), Tom Fulton (Wheeler), Dan Gabree, Taylor Gainey (APW), Marisa Giarnella-Porco (Jordan Porco Foundation), Erin Goodman (Washington County RI Zero Suicide Program), Darian Graells (McCall Behavioral Health Network), Grace Grinell (NAMI Farmington Valley), Rob Harrison, Neena Jacob, Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Chelsea Kapitancek (McCall Behavioral Health Network), Angelina Karwowski (Bristol-Burlington Health District), Pamela Lang (CSSD), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Mollie Machado (DMHAS), Mike Makowski (DPH), Lesly Mara (CSCU), Crystalle Martel, Allyson Nadeau (Amplify), Victoria O'Neill (The Hub), Lucy Orellano (OCA), Shauna Pangilinan (OCME), Jonathan Pohl (CCSU), Erica Previti (DPH), Richard Siddall (SMART Recovery), Marissa Sicley-Rogers (IOL), Jennifer Sussman (UConn Health), Alyeska Tilly (DMHAS), Susan Tobenkin (CTARNG), Kelly Tomlinson (Norwalk Health Dept.), Marissa White (CHQIS), LoriBeth Young (DSS), Kiley Young (CT Ctr for School Safety) and Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte and Alice DeMeo welcomed attendees.	
Review of Minutes	March minutes approved	
II. Presentation <i>Surviving Suicide Loss Grief</i> Ann Irr Dagle Brian Dagle Foundation https://brianshealinghearts.org/	Goal of presentation <ul style="list-style-type: none"> • Discuss impact of suicide loss • Address myths surrounding grief • Explore traumas associated with suicide loss • Consider how to companion and support those who have experienced a suicide loss • Use her own story to illustrate the unique grief of suicide loss Impact of a death by suicide: <ul style="list-style-type: none"> • Can have a devastating impact or cause a major life disruption or short-term life disruption • Exposure to suicide can lead to an array of negative outcomes, including mental health issues, social isolation, and an increased risk of suicide. Stages of grief are not always a linear experience for most people Suicide grief is different, so many factors that add into it	

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	<p>Grief comes in waves, sometimes no waves, sometimes it's an underlying current</p> <p>Helping Survivors: What Can We Do?</p> <ul style="list-style-type: none"> • One study suggests that 3 to 5 years is the time point at which grief after a suicide loss begins to integrate. • Listen: Actively listen, without judgment, criticism, or prejudice, to what the survivor is telling you. Survivors are often hesitant to share because of stigma • Be patient: Repetition is part of healing, and as such you may hear the same story multiple times. Repetition is part of the healing process and survivors need to tell their story as many times as it is necessary • Being a companion, walk with them on the journey, do not try to “fix” them • Survivors of suicide are not looking for their lives to return to their prior state because things can never go back to how they were <p>How to talk to the survivor after the loss</p> <ul style="list-style-type: none"> • Use phrases of solidarity like "I don't know what to say but I'm here for you" • Refrain from saying "I know what you're going through" unless you do • Do not ask intrusive questions about the details of the death • Avoid advice giving and cliches about grief “they're in a better place” • Do not place value judgements • Do not assign or place blame • Be proactive in offering help • Don't be afraid to talk about the person who died • Be patient & don't disappear • Those who have experienced a loss to suicide may feel distant or unwilling to interact. As with all grief, people handle losses differently and on different timelines. You can show the survivor in your life love by making sure they know you'll be there when they're ready. <p>"When you first lose someone, you lose hope, you don't know how you're going to function, how you'll smile again, but when you do, you have to remember that you're not dishonoring the person you lost. It takes work, and you have to feel the pain and work your way through... we want to let people know they're not alone, and to help build their hope back.”</p> <p>Paul Dagle, Brian Dagle Foundation</p>	

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	<p>Grief Support Groups: https://brianshealinghearts.org/resources/grief-support-programs/</p> <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CT_AAMFT_Presentation_1_.pdf</p>	
III. Reports	<p><u>Grant Initiatives</u> 988 Update</p> <ul style="list-style-type: none"> - Continuous efforts- focus on call centers. Currently have in state services for calls and national backup centers answering text and chat - Goal over next year is text and chat services with support of federal grants for 988 - Have expanded mobile crisis services for adults and children - Developing community crisis support facility centers 	

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	<ul style="list-style-type: none"> - 211 and 988 and two different doors to same service <p>Regional Suicide Advisory Boards https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - Continued Narcan and QPR trainings twice a month - Will be hosting a Columbia Suicide Severity Rating Scale webinar on May 23 - Created flyer with resources for victims and survivors of gun violence - 988 awareness campaign using billboards and geo ads - Mental Health Awareness Month events - National prevention Week events - Next meeting: June 9, 12:00pm <p>Region 2/South Central</p> <ul style="list-style-type: none"> - Signs of Suicide Presentations for Hamden Middle School 7th graders - SOS in Old Saybrook for 8th graders - If anyone is interested in joining Tri-towns suicide task force please reach out to Taylor Gainey - RSAB workgroup will meet for last time on the 24th to finalize self-care calendar, bingo, and social media post for mental health awareness month - Tabling and participating in Yales Mind over Matter fair - Tabling at Francis T. Maloney High School in Meriden April 28 - Continued QPR trainings - Next meeting: June 6, 10:30am <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - Training on Adolescent Suicidality and Self Harm by Hartford Healthcare - QPR training with school nurses and with a taxi company - Gave overview presentations of RSAB and CTSAB - Worked with two students to help prepare them for conference in Woodstock - Next meeting: May 2, 9:00am <p>Region 4/North Central</p> <ul style="list-style-type: none"> - Tabling events and Fresh Check Days - QPR and Narcan trainings - Talk Saves Lives presentations - Next meeting: May 18, 1:30pm-2:30pm focus on postvention <p>Region 5 /Western</p> <ul style="list-style-type: none"> - Quarterly meeting on March 22 working on priority report 	

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	<ul style="list-style-type: none"> - New spring training was released and March newsletter - Brief overview of Gizmo book and accompanying curriculum was given including steps to take to order books, coordinate a read-along, sign up for curriculum, etc. - Having SPIN discussion at end of month – will be hearing from local law enforcement on postvention efforts - Next What is Postvention? training on May 24 - April 27 virtual training opportunity on veteran suicide prevention efforts - Continued monthly QPR and Narcan Training - Next meeting: June 28, 10:00am <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/chapter/connecticut</p> <ul style="list-style-type: none"> - Comedy Show on April 22 - Drag Saves Lives raised over \$6,000 - Hike for Hope at Bluff Point May 21 - Five community walks posted on website - Campus walks Fairfield April 16 and Darien High School April 30 - May 3 Legislative Breakfast at LOB <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - LAX2LIVE student athlete suicide awareness program reaching over 40 teams, more than 1,000 athletes, coaches and parents - Virtual Understanding Your Grief program began March 9 - Flanders Fish Market fundraiser to be held June 8 <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"> - Fresh Check Day accepted into the Best Practices Registry of SPRC https://bpr.sprc.org/ <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Given out several recent peer project grants - Pastor Plunge was a successful fundraiser - Upcoming annual campaign “Spreading Sunshine” <p><u>Committees</u></p> <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Have been presenting monthly at CABLE CIT training 	

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	<ul style="list-style-type: none"> - “Why We Didn’t Tell” proposal was accepted to be presented at NAMI conference - Presenting at CABLE conference - NAMI annual walk May 20 <p>Data to Action</p> <ul style="list-style-type: none"> - Draft workplan to review - Next meeting: June 14 Meetings are quarterly on second Wednesday of the month <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - New opportunities for collaborations with lethal means older populations sub-committee for materials development - Passing out CTSAB one-pager at AFSPs legislative breakfast - CTSAB one-pager posted on website: https://www.preventsuicidect.org/wp-content/uploads/2023/03/CTSAB-ONE-PAGER-FINAL-031423.pdf - Next Meeting: April 27, 1:00pm <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - How to best support adults and changing the system to better support them via emergency response system <p>Lethal Means</p> <ul style="list-style-type: none"> - Firearm Suicide Safety workgroup: Working on making a video using pre-existing resources - Older Adults workgroup: Goal to develop materials for distribution to older adults and their caregivers - Both groups looking for members - Next meeting: April 14 <p>Zero Suicide and Clinical Workgroup</p> <ul style="list-style-type: none"> - Next meeting: May 24 <p>Awareness Campaign https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - Updated materials available on website 	
IV. Member Updates	<ul style="list-style-type: none"> - Scott Barton: The Brian Dagle Foundation, SERAC & Favor will all be part of the 15th Annual Children’s Mental Health Awareness Day Event on Thursday, May 11, for Prevention week. This is open to the public. Contact sbarton@mptn-nsn.gov or lbarton@mptn-nsn.gov for more information - Tom Burr: Annual NAMI Walk, scheduled for May 20, 9:00am, at Bushnell Park in Hartford. It is a celebration for everyone. For more info, please visit: https://namict.org/get-involved/namiwalks/ 	

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	<ul style="list-style-type: none"> - Michelle Lebovitz: COVID-19 landing page up and running on www.Connectingtocarect.org to view campaign videos for youth and young adults to create a mental health plan and talk to trusted adults - 	
	Meeting adjourned 10:34am	
<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>	<ul style="list-style-type: none"> - Let the tri-chairs know if you have any ideas for meeting presenters - Andrea.Duarte@ct.gov Alice.Demeo2@ct.gov Ann@brianshealinghearts.org <p>Dates/Presentations</p> <p><u>2023 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> - 5/11: Jeanette Baker, United Way of CT/211 and Andrea Duarte, CT Dept. of Mental Health & Addiction Services, Gizmo’s Pawesome New Adult Resources and Updates - 6/8: In Person Annual Meeting (registration required) - 7/13: TBD - 8/10: TBD - 9/14: National Suicide Prevention Month Event - 10/12: Pending- Cheryl Weinstock, SAVE-Awarded Journalist, Responsible Reporting on Suicide - 11/9: CTSAB Lived Experience Committee, Recovery After Surviving An Attempt - 12/14: Marissa Sicely-Rogers, Melissa Morgera, Sara Jones, Erica Moura, Hartford Healthcare/Institute of Living, Suicide Postvention: Providing Care for the Caregivers - Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv. 	