

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** May 11, 2023

**Location:** Zoom Virtual Meeting

**Present:** Erica Aldieri, Gillian Anderson (My Friend Abby), Jeanette Baker (United Way CT), Scott Barton (Mashantucket Pequot Tribal Nation), Torry Bernard (NAMI CT), Amery Bernhardt (CT Ctr for School Safety), C.J. Boggs (YMCA New Britain), Dana Bossio (CES), Bill Brassard (NSSF), Alex Cielo, Heather Clinger (Wheeler), Adele Cyr (Amplify), Ann Irr Dagle (Brian Dagle Foundation), Amanda DeCrescenzo (Judicial Branch), Alice DeMeo (DCF), Andrea Duarte (DMHAS), Amy Evison (CHR), Megan Erdman (SERAC), Jennifer Esposito (Judicial Branch), Yesenia Fuentes (Mustard Seed Outreach Center), Taylor Gainey (APW), Darian Graells (McCall Behavioral Health Network), Aaron Jackson (Join Rise Be), Neena Jacob (DPH), 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), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle) Cathy Ludlum (Second Thoughts CT), Mollie Machado (DMHAS), Steve MacHattie (Charter Oak Family Ctr), Mike Makowski (DPH), Lesly Mara (CSCU), Crystallee Martel, Shaun McColgan (Danbury PD), Amanda Mihaly (UConn SSW/DMHAS), Sara Moriarty (DPH), Allyson Nadeau (Amplify), Victoria O'Neill (The Hub), Lucy Orellano (OCA), Shauna Pangilinan (OCME), Jonathan Perloe, Michelle Peters (AFSP-CT), Jonathan Pohl (CCSU), Erica Previti (DPH), Marie Plumer (Living Works), Sam Rainey (Maple Key Consulting), Karolin Regan, Beth Schilling (UConn Health), Richard Siddall (SMART Recovery), Marissa Sicley-Rogers (IOL), Heather Spada (TruthWorks Christian Counseling, LLC), Jennifer Sussman (UConn Health), Ayleska Tilly (DMHAS), Jennifer Tirado (Advocacy Unlimited), Susan Tobenkin (CTARNG), Marissa White (CHQIS), Abby Wood (Western CT Coalition), LoriBeth Young (DSS) and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	<p>Alice DeMeo and Ann Irr Dagle welcomed attendees</p> <p>Alice introduced Stephanie Bozak, Psy.D., Licensed Clinical Psychologist, Behavioral Health Clinical Manager, CT Department of Children and Families Behavioral Health Community Services Division. Going forward, Stephanie will be the CTSAB tri-chair along with Andrea Duarte and Ann Irr Dagle.</p>	
<b>Review of Minutes</b>	<p>April minutes approved</p>	
<b>II. Presentation</b>	<p>Gizmo resources developed with a suicide prevention lens.</p> <p>Statistics reviewed among high school students and adults</p> <p>Thomas Joiner's Interpersonal Theory of Suicide</p> <ul style="list-style-type: none"> <li>• Thwarted belongingness + perceived burdensomeness = Desire for suicide. However, a desire for suicide alone is not enough to result in death by suicide. One must also have acquired capability (ie. acquired ability to overcome one's natural fear of self-harm and risk of death).</li> </ul>	
<p><i>Gizmo's Pawesome Campaign for Mental Health and New Adult Resources</i></p> <p>Jeanette Baker                      United Way of CT/211  <a href="mailto:Jeanette.Baker@ctunitedway.org">Jeanette.Baker@ctunitedway.org</a></p>		

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<p>Andrea Duarte, LCSW, MPH CT Department of Mental Health and Addiction Services <a href="mailto:Andrea.Duarte@ct.gov">Andrea.Duarte@ct.gov</a></p> <p>Alyeska Tilly, MSW CT Department of Mental Health and Addiction Services</p>	<p>Suicide Risk Curve</p> <ul style="list-style-type: none"> <li>• Safety Plan Intervention is implemented early in response to stress and warning signs.</li> </ul> <p>Brown &amp; Stanley Safety Plan</p> <ul style="list-style-type: none"> <li>• The Safety Planning Intervention provides people who are experiencing suicidal ideation with a specific set of concrete strategies to use in order to decrease the risk of suicidal thoughts and behavior along the risk curve. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis, and making the environment safe.</li> </ul> <p>National Suicide Prevention Resource Center Comprehensive Approach to Suicide Prevention <a href="https://sprc.org/effective-prevention/comprehensive-approach">https://sprc.org/effective-prevention/comprehensive-approach</a></p> <ul style="list-style-type: none"> <li>• Addressing the following with the Gizmo work: Increase Help Seeking; Care Transitions/Linkages; Reduce Access to Means; Life Skills and Resilience; Connectedness</li> </ul> <p><i>Gizmo's Pawesome Guide to Mental Health &amp; Elementary Curriculum</i></p> <ul style="list-style-type: none"> <li>• Gizmo supports mental health literacy and social emotional learning</li> </ul> <p>Gizmo Resources <a href="https://www.gizmo4mentalhealth.org/">https://www.gizmo4mentalhealth.org/</a></p> <ul style="list-style-type: none"> <li>• Books (free in CT)</li> <li>• Over 37,000 books distributed in English and 2,000 in Spanish</li> <li>• Elementary Curriculum for 3rd-4th grades</li> <li>• Read-Along Guidance</li> <li>• Activities</li> <li>• Youth and Trusted Adult Pledges with free gifts</li> <li>• Social Media for youth, trusted adults, adults</li> <li>• Print Materials (bookmarks, info cards)</li> <li>• Trusted Adult Resources</li> <li>• Adult Resources</li> </ul> <p>Recently, an expansion with Gizmo Adult Resources</p> <ul style="list-style-type: none"> <li>• <a href="https://www.gizmo4mentalhealth.org/adults/">https://www.gizmo4mentalhealth.org/adults/</a></li> <li>• New adult pledge was created specifically for adults to pledge to take care of their own mental health</li> <li>• Created Mental Health Plan for Adults, Self-Care Poster, and an animated PowerPoint of the self-care poster. Tip Sheet: How to Talk to Kids About Mental Health also created.</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Gizmo’s Companion Brochure will be placed inside the Gizmo book in the curriculum so the caregiver adult can follow along what their child(ren) is learning with the curriculum in school and what they can do with the child.</li> <li>• Social Media resources available on the site</li> <li>• Press Release sent out May 11, 2023, about the adult campaign (Face Book, Instagram, mobile campaign) promoting that “Self-care isn’t Selfish” and encourages adults to prioritize their mental health and to reach out early and often as needed for support</li> </ul> <p>To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Duarte-Gizmo_Pres_CTSAB-051123.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Duarte-Gizmo_Pres_CTSAB-051123.pdf</a></p>	

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<b>III. Reports</b>	<p><b><u>Grant Initiatives</u></b>  <b>Good Medicine Tribal Grant Update</b></p> <ul style="list-style-type: none"> <li>- Children’s Mental Health Day May 11, 2023, 4:00pm-6:30pm</li> <li>- Scott Barton’s last day is May 12, 2023, as he has accepted a new position at SPRC as the Assistant Director of Tribal Initiatives</li> </ul> <p><b><u>Regional Suicide Advisory Boards</u></b>  <a href="https://www.preventsuicide.org/about-us/regional-sab-business/">https://www.preventsuicide.org/about-us/regional-sab-business/</a></p> <p><b>Region 1/Southwestern</b></p> <ul style="list-style-type: none"> <li>- Continued Narcan and QPR trainings twice a month</li> <li>- QPR, Talk Saves Lives, and other trainings upon request</li> <li>- AFSP walk in Darien and Norwalk</li> <li>- Suicide awareness campaign throughout the region</li> <li>- National prevention Week events</li> <li>- Next meeting: June 9, 12:00pm</li> </ul> <p><b>Region 2/South Central</b></p> <ul style="list-style-type: none"> <li>- Community QPR training</li> <li>- Self-care calendar distributed throughout the region along with social media posts</li> <li>- If anyone is interested in joining Tri-towns suicide task force please reach out to Taylor Gainey</li> <li>- Tabling during national EMS Week</li> <li>- Next meeting: June 6, 10:30am</li> </ul> <p><b>Region 3/Eastern</b></p> <ul style="list-style-type: none"> <li>- Participated in Fresh Check Day at UCONN Avery Point</li> <li>- Evening virtual QPR</li> <li>- QPR at Norwich High School</li> <li>- More than 100 attendees for the C-SSRS webinar on April 25</li> <li>- May 2 lethal means prevention presentation by Robert Kanehl and Jonathan Perloe</li> <li>- Worked with two students to help prepare them for conference in Woodstock</li> <li>- Next meeting: June 6, 9:00am</li> </ul> <p><b>Region 4/North Central</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings monthly</li> <li>- Talk Saves Lives presentations by request</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>- QPR and Narcan trainings</li> <li>- Partnership with police in the region for QPR</li> </ul>	

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	<ul style="list-style-type: none"> <li>- What is Postvention? training on May 24 via Zoom</li> <li>- Two Gizmo read-alongs with Ability Beyond</li> <li>- April 27 virtual training opportunity on veteran suicide prevention efforts</li> <li>- Mental health billboards in Waterbury and Danbury</li> <li>- Next meeting: June 28, 10:00am</li> </ul> <p><b><u>Foundations</u></b></p> <p><b>American Foundation for Suicide Prevention (AFSP)</b> <a href="https://afsp.org/chapter/connecticut">https://afsp.org/chapter/connecticut</a></p> <ul style="list-style-type: none"> <li>- Wrapping up spring fundraising; to date more than \$35,000 was raised at the Darien High School walk</li> <li>- Hike for Hope at Bluff Point May 21</li> <li>- Five community walks posted on website</li> <li>- May 3 Legislative Breakfast at LOB</li> <li>- AFSP 101 will be scheduled in June</li> <li>- Talk Saves Lives is ongoing</li> </ul> <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 reaching over 40 teams, more than 1,000 athletes, coaches and parents</li> <li>- Networking event at Monaco Ford in East Lyme</li> <li>- The cottage ribbon cutting will be this summer</li> <li>- Rustic Barn in Killingworth: 50% of the proceeds from the Hummingbird candle will go to the foundation</li> <li>- Flanders Fish Market fundraiser to be held June 8</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>- Fresh Check Day accepted into the Best Practices Registry of SPRC <a href="https://bpr.sprc.org/">https://bpr.sprc.org/</a></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>- Grant projects underway by youth and young adults</li> <li>- “Spreading Sunshine” campaign through the end of May</li> <li>- Here’s My Truth young adult campaign</li> <li>- Tabling at community events</li> <li>- Appreciation event for volunteers</li> </ul> <p><b><u>Committees</u></b></p> <p><b>Armed Forces Governor’s Challenge</b></p> <ul style="list-style-type: none"> <li>- DMHAS and CT National Guard co-leading the challenge</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Policy academy with national technical assistance</li> <li>- Seeking to integrate three priorities into existing infrastructure: education advocacy, zero suicide and lethal means</li> <li>- Summit in May</li> <li>- June 3 event for committee members to attend</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- “Why We Didn’t Tell” to be presented at NAMI conference, CMHA, CT Alliance to Benefit Law Enforcement, UConn Medical School, National Association of Play Therapy, and University of St. Joseph</li> <li>- NAMI annual walk May 20</li> <li>- Working on printed materials</li> <li>- Training more people to be part of the speakers’ bureau</li> </ul> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Draft workplan to review</li> <li>- Survey to be sent to all committee chairs in June</li> <li>- Next meeting: June 14 will focus on workplan and review</li> </ul> <p><b>Education &amp; Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- New opportunities for collaborations with lethal means older populations subcommittee for materials development</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- New survivor group starting at IOL in June</li> <li>- Potential for creating loss survivor team</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Older Adults workgroup: Goal to develop materials for distribution to older adults and their caregivers</li> <li>- Both groups looking for members</li> <li>- Next meeting: June 2</li> </ul> <p><b>Zero Suicide and Clinical Workgroup</b></p> <ul style="list-style-type: none"> <li>- Reached out to lead evaluator at Zero Suicide Institute to present to the committee in May to discuss data systems</li> <li>- Next meeting: May 24</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>- In April more than 2,000 visits to the materials page and 988 page</li> <li>- Social media images available under “Get Materials”</li> <li>- Mental Health Awareness Month: sharing messages on social media</li> </ul>	

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<b>IV. Member Updates</b>	<ul style="list-style-type: none"> <li>- Amplify tabling events in East Hartford and Stafford</li> </ul>	
	Meeting adjourned 10:25am	
<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>- 6/8: In Person Annual Meeting (registration required)</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>	