

CT Suicide Advisory Board Meeting Minutes

Meeting Date: July 13, 2023

Location: Zoom Virtual Meeting

Present: Gillian Anderson (My Friend Abby), Jeanette Baker (United Way CT), Amery Bernhardt (CT Ctr for School Safety), Romeo Blackmar (GHYMCA), Stephanie Bozak (DCF), Haley Brown (DMHAS), Brenda Burke (OCA), Kathleen Chapman (DMHAS), Heather Clinger (Wheeler), Rachel Collins (Rachel Collins LPC Counseling), Carrigan Costello (Wolcott CASA), Ann Irr Dagle (Brian Dagle Foundation), Alice DeMeo (DCF), Erika Echevarria (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Joshua Freeman (Governor’s Prevention Partnership), Tom Fulton (Wheeler), Taylor Gainey (APW), Maris Giarnella-Porco (Jordan Porco Foundation), Andre Luis Grigorio (Western CT Coalition), Emma Hollis, Mark Irons (SERAC), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Angelika Karwowski (Bristol-Burlington Health District), David Krause (IOL), Tonya Laplante, Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle) Cathy Ludlum (Second Thoughts CT), Mollie Machado (DMHAS), Mike Makowski (DPH), Lesly Mara (CSCU), Lorrie McFarland, Indira Meza (CIFC Health), Amanda Mihaly (UConn SSW/DMHAS), Mike Moravecek (CTARNG), Allyson Nadeau (Amplify), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Jonathan Perloe (CTAGV), Erica Previti (DPH), Marie Plumer (Living Works), Laurel Reagan (HHC), Margy Roberts (Community Health Network), Steve Rogers (CT Childrens), Dylan Rutigliano (Amplify), Richard Siddall (SMART Recovery), Jennifer Sussman (UConn Health), Alyeska Tilly (DMHAS), Paul Tieger, Kasey Timberlake (CTNG), Jennifer Tirado (Advocacy Unlimited), Kelley Tomlinson (Norwalk Health Dept), Kristen Volz (CT Children’s), Marissa White (CHQIS), Sadie Witherspoon (CT Ctr for School Safety), Abby Wood (Western CT Coalition), LoriBeth Williams-Young (DSS), Susan Yurasevecz, and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Alice DeMeo and Ann Dagle welcomed attendees. 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.	
Review of Minutes	May minutes approved	
<p><i>The van Gogh Project: Reducing suicide risk by identifying children predisposed to suffer from anxiety and depression</i></p> <p>Paul Tieger CEO Speed Reading People, LLC pault@speedreadingpeople.com 860-604-9064</p>	<ul style="list-style-type: none"> - Sources of depression and anxiety in children are commonly considered to be substance use; environment; family history; physical illness; and stressful life events - Robust new research shows that certain inborn personality traits are at significantly greater risk for developing anxiety and depression than others - Paul reviewed the four different human natures and the risk for anxiety and depression: Traditionalists (Sensing-Judgers); Experiencers (Sensing-Perceiving); Conceptualizers (Intuitive-Thinkers); Idealists (Intuitive-Feelers) <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/FINAL_CT_Suicide_Advisory_Board_presentation_7-13-23.pdf</p>	

CT Suicide Advisory Board Meeting Minutes

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III. Reports	<p><u>Suicide-related Grant Initiatives</u></p> <p>988</p> <ul style="list-style-type: none"> - July was the one-year anniversary of 988 - Data in CT looks good; typically in the top 10 of states responding to calls in a timely manner - Calls have increased with 988 - United Way is the CT call center - During Advocacy Week in DC, AFSP asked for increase in funding for 988 <p><u>Regional Suicide Advisory Boards</u></p> <p>https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - Continuing twice a month Narcan and QPR trainings open to public - Trainings for EMS and first responders - Creating info graphics based on the priority report information - Continue outreach in communities - Next meeting: July 14 will be planning for September <p>Region 2/South Central</p> <ul style="list-style-type: none"> - In June, social media ads ran for one week in towns with highest risk in region - Offering QPR and Mental Health First Aid trainings - Tabling events: use myths and facts to engage individuals - Community survey for Deep River, Chester and Essex - Next meeting: August 1 <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - Presentation in July on 988 and the SAMHSA media toolkit - QPR trainings for Norwich Tech health sciences students and summer camp counselors - Talk Saves Lives presentation for residential services and housing coordinators - Sponsored a gambling and suicide training - Lunch and Learn with national speaker Dennis Gillan - Poison Control training with Robert Kanehl - Gizmo read alongs at library - Next meeting: September 5 	

CT Suicide Advisory Board Meeting Minutes

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	<p>Region 4/North Central</p> <ul style="list-style-type: none"> - Suicide is a key leading mental health priority in the region along with anxiety and depression - QPR and Narcan trainings ongoing - QPR TOT in August for region - safeTALK T4T in September - Planning September activities - Four per diem young adult staff working with Amplify - Glastonbury Greater Together community fund awarded Amplify a grant to support training at the local level - Next meeting: August <p>Region 5 /Western</p> <ul style="list-style-type: none"> - At the June meeting: men’s mental health presentation; start planning for September, and checked in with what drives members to be part of RSAB - Quarterly newsletter in June - Gizmo read along at the Goshen summer camp - Billboards in the region - Creating infographics with information from the priority needs assessment - Continued QPR and Narcan trainings - Next meeting: September 27 <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/chapter/connecticut</p> <ul style="list-style-type: none"> - Gizmo’s Pawesome Retirement Party on September 9 at Northwest Park in Manchester - Five Out of Darkness walks beginning in September; info on the website. - Ann Dagle was in Washington DC for Advocacy Forum - To volunteer for AFSP CT, contact Michelle Peters at mpeters@afsp.org <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Continue to host support groups - Understanding the Six Needs of Mourning will be starting soon weekly in person - Ann Dagle received the Myra Kraft MVP Community Award at Gillette Stadium - Golf tournament in October - Planning for Jingle Bell 5K <p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - At capacity for Fresh Check Day 	

CT Suicide Advisory Board Meeting Minutes

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	<ul style="list-style-type: none"> - Scooper Sunday July 23, 1:00pm at the Hartford Yard Goats: https://fevogm.com/event/Scooper23 - Eversource Hartford Marathon October 14 <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Continues to give out grants to youth and young adults - Continue to grow social media presence - Survivor of Suicide meeting with the Mary J. Sherlach Counseling Center - Annual candlelight vigil on September 10 - Two Roads Brewery annual fundraiser October 20 <p><u>Committees</u></p> <p>Armed Forces</p> <ul style="list-style-type: none"> - Governor’s Challenge three priority areas: identify service members, veterans and their families and screen for suicide risk; promote connectedness and improve care transitions; and increase lethal means safety and safety planning To view the presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_Gov_Challenge_Update_.pdf - CTNG Suicide Prevention Awareness Run September 10, 8:00am, Niantic and East Granby. Anyone who would like to take and for more information contact Kasey.Timberlake@us.af.mil <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Requested by several organizations to present “Why I Didn’t Say Anything” - Discussing being a larger presence at the AFSP walks this year <p>Data to Action</p> <ul style="list-style-type: none"> - Working on pulling data together from the regional priority setting reports, CTDVRS and other data to discuss at September committee meeting - Next meeting: September 13, 9:30am <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - Deciding agenda for fall at the next meeting - To join, contact Alyeska.Tilly@ct.gov - Next Meeting: July 27, 1:00pm <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Focus is on updating materials - Goal is to create a loss team of volunteers - Next meeting: July 20, 9:00am 	

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	<p>Lethal Means</p> <ul style="list-style-type: none"> - Did not meet in July - Next meeting: August 4, 9:30am-11:00am <p>Zero Suicide Learning Community</p> <ul style="list-style-type: none"> - Lived Experience committee is presenting at the July meeting - Next meeting: July 26, 9:30am <p>Awareness Campaign https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - In June there were more than 900 visits to the website with the CTSAB section being the most visited 	
IV. Member Updates	<ul style="list-style-type: none"> - Cathy Ludlum shared that the American Association of Suicidology withdrew support for assisted suicide: https://suicidology.org/2023/03/08/aas-update-on-previous-statement/ - Good Old News: In Early 2023, Suicidology Group Withdrew Statement NDY Protested Not Dead Yet - CT's Alternatives to Suicide Network has two new groups, one in Danbury and one in New London. Support group information can be accessed here: https://toivocenter.org/alternatives-to-suicide/ - Regional Suicide Advisory Boards planning virtual event for September 14 	
	Meeting adjourned 10:54am	
<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"> - 8/10: Paulette Schwartz, MPH Student, Bridging You to Safety: A First Evaluation of Suicide Prevention Signage on Bridges in CT - 9/14: National Suicide Prevention Month Event TBD - 10/12: Cheryl Weinstock, SAVE-Awarded Journalist, Responsible Reporting on Suicide - 11/9: CTSAB Lived Experience Committee, Recovery After Surviving An Attempt - 12/14: Marisa Sicely-Rogers, Melissa Morgera, Sara Jones, Erica Moura, Hartford Healthcare/Institute of Living, Suicide Postvention: Providing Care for the Caregivers 	

CT Suicide Advisory Board Meeting Minutes

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	- Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.	