

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** October 12, 2023

**Location:** Zoom Virtual Meeting

**Present:** Suzi Alexe, Natasha Austin (VA CT), Gerry Baird (Clifford Beers), Jeanette Baker (United Way CT), Scott Barton (SPRC), Rebekah Behan (CHDI), Lesly Beland (Amplify), Amery Bernhardt (CT Ctr for School of Safety), Kevin Borrup (CT’s Children), Dana Bossio (CEC), Stephanie Bozak (DCF), Jessica Bransfield (DMHAS), Bill Brassard (NSSF), Thomas Burr (NAMI CT), Jessie Casella (VA CT), Heather Clinger (Wheeler), Wende Cooper (Amplify), Adele Cyr (DMHAS), Ann Irr Dagle (Brian Dagle Foundation), Alice DeMeo (DCF), Anastasiya Dominch-Kovalevsky (Torrington Area Health District), Peter Doria (CTNG), Andrea Duarte (DMHAS), Brittany Dube (Stamford Dept Health & Human Services), Amy Evison (CHR), Paige Fanolis (Carelon), Alyssa (BBHD) Dan Gabree (FCC Southington WISE), Taylor Gainey (APW), Joseph Gerstein, Maris Giarnella-Porco (Jordan Porco Foundation), Ingrid Gillespie, Frank Gregory (DCF), Grace Grinnell (NAMI Farmington Valley), Rob Harrison (YNHH), Kayla Hendrickson (Newington Human Svcs), Eric Hudson (CT Judicial Branch/CSSD), Mark Irons (SERAC), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Lynn Kelley (Carelon), Valerie Lepoutre (NAMI CT), Jodi Lott (Gaggle), Susan Logan (DPH), Gabriel Lomas (CT CTR for School Safety & Crisis Preparation), Cathy Ludlum (Second Thoughts CT), Mollie Machado (DMHAS), Abby Wood Maldonado (Western CT Coalition), Mike Makowski (DPH), Alyssa Marin (BBHD), Aiden Matthews (Somers Youth Svcs), Jim Matthews (CTNG), Laila McGeorge (DMHAS), Krystal Medley, Monica Messenyer (Winchester Public Schools), Amanda Mihaly (UConn SSW/DMHAS), Allyson Nadeau (Amplify), Lucy Orellano (OCA), Victoria O’Neill (The Hub), Brian Pasquarell (DMHAS), Susan Peck (Winchester Public Schools), Jonathan Perloe, Michelle Peters (AFSP-CT), Jonathan Pohl (CCSU), Erica Previti (DPH), Judy Reynolds (OEMS), David Ruela (Amplify), Maria Sicley-Rogers (IOL), Richard Siddall (SMART Recovery), Laura Stamatien (Amplify), Alyeska Tilly (DMHAS), Jennifer Tirado (Advocacy Unlimited), Jonathan Trovern (Trend), Sara Wakai (UCONN), Marissa White (CHQIS), Colleen Violette (DPH), LoriBeth Williams-Young (DSS), Susan Yurasevecz (DPH), and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte, Ann Irr Dagle, and Stephanie Bozak welcomed attendees.	
<b>Review of Minutes</b>	August minutes to be approved at next meeting.	
<b>II. Presentation</b>  <i>CT Urgent Crisis Centers</i> Stephanie Bozak, Psy.D. Licensed Clinical Psychologist Behavioral Health Clinical Manager CT Department of Children and Families	Why Urgent Crisis Centers (UCC) <ul style="list-style-type: none"> <li>- Children’s Behavioral Health Plan (2014) recommended expanding crisis oriented behavioral health services to address high utilization rates in emergency departments (ED) and create alternative to ED</li> <li>- Not a bedded program – on an outpatient basis</li> </ul> Four Urgent Crisis Centers <ul style="list-style-type: none"> <li>- Hartford: The Village</li> <li>- New Haven: Yale New Haven Children’s Hospital</li> <li>- Waterbury: Wellmore</li> <li>- New London: Child and Family Agency of Southeastern CT, Inc.</li> </ul>	

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<p><i>Mobile Crisis Intervention Services for Youth</i>  Amy Evison, LMFT  Service Director  CHR</p>	<p>Multisystem implementation</p> <ul style="list-style-type: none"> <li>- DCF working closely with Department of Social Services (DSS), Department of Public Health (DPH), and Department of Education (DOE) - expecting most referrals from schools</li> </ul> <p>Making an impact</p> <ul style="list-style-type: none"> <li>- Outcomes looking for is that families are able to successfully stabilize and manage their crisis and be connected to follow-up care</li> <li>- UCCs work with Mobile Crisis as needed</li> </ul> <p>What is the UCC</p> <ul style="list-style-type: none"> <li>- 24/7/365 (as staffing hired, will be at 24/7 soon)</li> <li>- Receive youth and young adult ages 0-18 experiencing behavioral crisis via walk in currently; police/ambulance drop off coming soon</li> <li>- Triage youth based on risk and need</li> <li>- Provide de-escalation and crisis stabilization services</li> <li>- Assessment to determine level of care</li> <li>- Develop crisis safety plan in collaboration with family</li> <li>- Care coordination</li> <li>- Aftercare/bridge services until next service available</li> <li>- Space that is family friendly, safe, nurturing, welcoming environments</li> </ul> <p>Multidisciplinary Medical and Behavioral Health Team</p> <ul style="list-style-type: none"> <li>- Psychiatrists, Advanced Practice Registered Nurses, Registered Nurses, Mental Health Clinicians, Discharge Planners, Family Navigators, Behavioral Specialists and Administrative Supports</li> </ul> <p>The best contact to reach with questions, reach out to: <a href="mailto:Stephanie.Bozak@ct.gov">Stephanie.Bozak@ct.gov</a></p> <p>To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/UCC_Presentation_for_CTSAB.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/UCC_Presentation_for_CTSAB.pdf</a></p> <p>What is Mobile Crisis Intervention Services?</p> <ul style="list-style-type: none"> <li>- Statewide community-based service providing clinical interventions for children and adolescents experiencing a behavioral or mental health crisis</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Available to all youth ages 17 or younger in a mental health or behavioral crisis; available 18 and older if still enrolled in high school</li> <li>- Provides rapid emergency crisis stabilization for children and their families and short-term follow-up care and connection to other services</li> <li>- Available to respond wherever the child is in the community, 24/7/365</li> <li>- This year became mobile after 10 PM</li> <li>- Anyone can call mobile crisis – school, family, youth, etc.</li> <li>- Call mobile crisis even if police have been called</li> </ul> <p>Mobile Crisis Providers</p> <ul style="list-style-type: none"> <li>- Dispatched through calling 2-1-1</li> <li>- Middlesex Hospital</li> <li>- United Community and Family Services</li> <li>- Wellmore</li> <li>- Child and Family Guidance Center</li> <li>- Clifford Beers</li> <li>- Community Health Resources</li> <li>- Wheeler Clinic</li> </ul> <p>Accessing Mobile Crisis Intervention Services</p> <ul style="list-style-type: none"> <li>- Dial 2-1-1 on the phone and at the prompt, press “1” for “crisis” and at the next prompt press “1” again for “mobile crisis” (not pressing “1” at the two prompts can result in delays in accessing Mobile Crisis)</li> <li>- Can also be accessed by calling 988</li> </ul> <p>Overall goals of mobile crisis</p> <ul style="list-style-type: none"> <li>- Be highly mobile: go where the youth is located</li> <li>- Be responsive: arrive within 45 mins or less</li> <li>- Convenient hours: 24/7/365</li> <li>- High volume: reach all in need</li> <li>- Promote widespread community awareness that a rapid clinical crisis response is available</li> </ul> <p>How should schools utilize Mobile Crisis and UCCs in the care continuum?</p> <ul style="list-style-type: none"> <li>o Dependent on the situation.</li> </ul>	

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	<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>▪ What does the family want (have mobile crisis come to them or go to a UCC?)</li> </ul> </li> <li>○ If they go to a UCC and need more support, UCC will call mobile crisis to continue services</li> <li>○ “There’s no wrong door.”</li> </ul> </li> </ul> <p>What does the follow-up look like?</p> <ul style="list-style-type: none"> <li>- Mobile crisis: visit the child every week until they are connected to care           <ul style="list-style-type: none"> <li>○ Crisis staff go back as often as needed up to 45 days</li> <li>○ Staff help support the caregiver with any barriers to treatment</li> </ul> </li> <li>- UCC           <ul style="list-style-type: none"> <li>○ Work with family for a discharge plan and follow up with family</li> <li>○ They would work collaboratively with whoever is already involved with child</li> </ul> </li> </ul> <p>Mobile crisis on a local level</p> <ul style="list-style-type: none"> <li>- Always encourage schools to call mobile crisis to determine if child needs to go to the hospital, go to UCC, or have mobile crisis come to them.           <ul style="list-style-type: none"> <li>○ Start with Mobile Crisis, then UCC, then ED.</li> </ul> </li> </ul> <p>To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Mobile_Crisis_CTSAB_Presentation.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Mobile_Crisis_CTSAB_Presentation.pdf</a></p>	

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<b>III. Reports</b>	<p><b><u>Grant Initiatives</u></b>  <b>988 Update</b></p> <ul style="list-style-type: none"> <li>- CT has been working through different types of grants to develop the 988 Contact Center Services and evaluation</li> <li>- 988 has certain key performance indicators that they are held accountable to               <ul style="list-style-type: none"> <li>o Call center is held responsible to answer 95% of calls within 15 seconds.</li> </ul> </li> <li>- Soon text and chat services will be handled by United Way</li> <li>- Since 988 is a system that is still in development, at this time 211 will be co-promoted with 988</li> </ul> <p>To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Content/www/files/PDFs/988_update_CTSAB_101223.pdf">https://www.ctclearinghouse.org/Content/www/files/PDFs/988_update_CTSAB_101223.pdf</a></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>- Continued Narcan and QPR trainings twice a month and on request</li> <li>- Recently purchased film screening rights for “My Ascension” film               <ul style="list-style-type: none"> <li>o A screening event is coming up for the film and hoping to partner with LPC and RSAB.</li> </ul> </li> <li>- Partnering with local library to offer a three-part mental health series for families</li> <li>- Tabling events: Fresh Check Days at colleges within region</li> <li>- YMHFA training to employees of regional and local Boys and Girls Clubs</li> <li>- Oct 21<sup>st</sup>: ASFP: Out of the Darkness Walk in Westport</li> <li>- Compiled findings from regional needs assessment into infographics to share to local organizations</li> <li>- Planning a regional campaign around the holidays with messages of positivity highlighting local resources and 988</li> <li>- Email to contact: <a href="mailto:voneill@ryasap.org">voneill@ryasap.org</a></li> <li>- Next meeting: Dec. 14, 12:00pm</li> </ul> <p><b>Region 2/South Central</b></p> <ul style="list-style-type: none"> <li>- Lunch and learn postvention training</li> </ul>	

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	<ul style="list-style-type: none"> <li>○ Session two: Thursday November 2, 11:30am to 1:00pm</li> <li>- Piloted “Let’s Save Lives” with AFSP for Black communities</li> <li>- Tabled at events: New Haven job corps, health fair for older populations, AFSP Out of the Darkness Walk in Hamden</li> <li>- Monthly QPR and MHFA trainings</li> <li>- Wed Oct. 25, 6:00pm – postvention training for town of Clinton</li> <li>- Email to contact: <a href="mailto:tgainey@bhcare.org">tgainey@bhcare.org</a></li> <li>- Next meeting: Tues, Dec. 5, 10:30am</li> </ul> <p><b>Region 3/Eastern</b></p> <ul style="list-style-type: none"> <li>- Sept meeting featured UCC in Southeastern CT and regional trauma coordinators</li> <li>- Tabled at run for National Guard Members and Families at Camp Nett in Niantic</li> <li>- Partnered with National Center of Excellence on Eating Disorders to conduct a “Life on the Brink” training</li> <li>- QPR training for Fire and EMS and Windham School Nurses</li> <li>- Oct 16 presentation on perinatal health</li> <li>- Oct. 24 presentation on NAMI’s Understanding Mental Illness</li> <li>- Next meeting: Nov. 7</li> </ul> <p><b>Region 4/North Central</b></p> <ul style="list-style-type: none"> <li>- QPR Train the Trainer held</li> <li>- Monthly Narcan and QPR training</li> <li>- Supported 10<sup>th</sup> annual Believe 208 5k Run.</li> <li>- Next meeting: Nov 8, 1:00pm-2:00pm</li> </ul> <p><b>Region 5 /Western</b></p> <ul style="list-style-type: none"> <li>- Continued monthly QPR and Narcan trainings</li> <li>- Hosted Talk, Saved Lives with Naugatuck Community College</li> <li>- Tabling including Fresh Check Day</li> <li>- Providing supports and resources for a suicide and untimely death that occurred</li> <li>- Email to contact: <a href="mailto:awood@wctcoalition.org">awood@wctcoalition.org</a></li> <li>- Next meeting: Oct. 25, 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>- Out of The Darkness Walks throughout CT</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Talk Saves Lives for the community               <ul style="list-style-type: none"> <li>o Presented every module.</li> </ul> </li> <li>- Piloted “Let’s Save Lives” - for Black and Brown communities.</li> <li>- Soul Shop for Black Churches in partnership with Westchester chapter</li> <li>- Two successful walks to date: Hamden &amp; Niantic</li> <li>- Upcoming walks (Contact Michele to table)               <ul style="list-style-type: none"> <li>o Westport: October 21</li> <li>o Hartford: October 22</li> <li>o Litchfield: October 28</li> </ul> </li> <li>- November 18 International Survivors of Suicide Loss               <ul style="list-style-type: none"> <li>o Hartford – Institute of Living</li> <li>o Niantic – Brian Dagle Foundation</li> <li>o Darien – Noroton Presbyterian Church</li> </ul> </li> <li>- Email: <a href="mailto:mpeters@afsp.org">mpeters@afsp.org</a></li> <li><b>Brian Dagle Foundation</b> <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a> <ul style="list-style-type: none"> <li>- Camp Nett: Presentation on Survivors’ Grief and Suicide Awareness for Soldiers</li> <li>- QPR training at Wheaton College</li> <li>- Ribbon cutting for the Cottage at Brian’s Healing Hearts</li> <li>- Dec. 9: 10<sup>th</sup> annual Niantic Jingle Bell 5k</li> </ul> </li> <li><b>Jordan Porco Foundation</b> <a href="https://www.rememberingjordan.org/">https://www.rememberingjordan.org/</a> <ul style="list-style-type: none"> <li>- Fresh check days all over the country</li> <li>- Hired program support specialist who is a former 9 out of 10 ambassador</li> </ul> </li> <li><b>My Friend Abby</b> <a href="https://www.myfriendabby.org/">https://www.myfriendabby.org/</a> <ul style="list-style-type: none"> <li>- Held a community Candlelight Vigil on October 1 to honor those who have lost their lives to suicide</li> <li>- October 20: annual “Night to Share Your Light Fundraiser” at Two Roads Brewery in Stratford</li> </ul> </li> <li><b><u>Committees</u></b></li> <li><b>Governor’s Challenge for Suicide Prevention of Service Members, Veterans, and Families</b> <ul style="list-style-type: none"> <li>- Repurposed the Armed Forces Committee to be directed to the Governor’s Challenge               <ul style="list-style-type: none"> <li>o Priority areas are to create toolkit for healthcare providers to help update info that is available through 211 system; reducing access to lethal means; and promotion activities to service members and their families</li> </ul> </li> </ul> </li> </ul>	

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	<p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Receiving requests for the Why We Didn't Tell You presentation</li> <li>- Tabling for Out of the Darkness Walks</li> <li>- Alternative to Suicide training next week Oct. 16-18</li> <li>- Oct. 20: Why We Didn't Tell You Presentation at NAMI conference</li> </ul> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Drafting work plan and charter, which will be shared with committee for feedback to post on CTSAB website</li> <li>- Representatives from RSABs shared structure of boards and work they're doing               <ul style="list-style-type: none"> <li>o Discussed ways this subcommittee can help inform what the RSAB does and vice versa.</li> </ul> </li> <li>- Next meeting: Dec 13</li> </ul> <p><b>Education &amp; Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- Changed meeting time.               <ul style="list-style-type: none"> <li>o First Thursday of month, 1:00pm</li> </ul> </li> <li>- Set goals for next year and reassessing the role of the committee</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Continued to talk about ways to do a loss team model</li> <li>- Talked about police partnerships and supports for the investigation</li> <li>- Looked at what is available for postvention information on the website to assess if it is still relevant</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Oct 28 statewide gun buyback.</li> <li>- Conversations continue around signage in commuter parking lots and access to lethal means with veteran population.</li> </ul> <p><b>Zero suicide</b></p> <ul style="list-style-type: none"> <li>- Presentation from Frank Gregory on Urgent Crisis Centers</li> <li>- Next meeting: Nov 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>- More than 4000 views in September</li> </ul>	
<b>IV. Member Updates</b>	<ul style="list-style-type: none"> <li>- None</li> </ul>	
	Meeting adjourned 11:01am	



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<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><u>2023 Meeting Dates/Presentations (2<sup>nd</sup> Th. monthly):</u></p> <ul style="list-style-type: none"> <li>• 11/9: CTSAB Lived Experience Committee, <i>Recovery After Surviving an Attempt</i></li> <li>• 12/14: Marisa Sicely-Rogers, Melissa Morgera, Sara Jones, Erica Moura, Hartford Healthcare/Institute of Living, <i>Suicide Postvention: Providing Care for the Caregivers</i></li> </ul> <p><u>Save the 2024 Meeting Dates (2<sup>nd</sup> Th. monthly):</u></p> <ul style="list-style-type: none"> <li>• 1/11: Cheryl Weinstock, SAVE-Awarded Journalist, <i>Responsible Reporting on Suicide</i></li> <li>• 2/8: Alexis May, Wesleyan University, <i>Suicide Risk Detection and Intervention in Romantic Relationships</i></li> <li>• 5/2: <i>Statewide Conference</i></li> <li>• 9/12: <i>Special National Suicide Prevention Week Event</i></li> <li>• TBD: 3/14, 4/11, 6/13, 7/11, 8/8, 10/10, 11/14, 12/12</li> </ul>	