

CT Suicide Advisory Board Meeting Minutes

Meeting Date: December 14, 2023

Location: Zoom Virtual Meeting

Present: Erica Aldieri, Gillian Anderson (My Friend Abby), Starley Arias (McCall Ctr Behavioral), Jeanette Baker (United Way CT), Scott Barton (SPRC), Rebekah Behan (CHDI), Jessica Bloomberg, Chlo Bobrowski (CSDE), Kevin Borrup (CT Children’s), Dana Bossio (CEC), Stephanie Bozak (DCF), Bill Brassard (NSSF), Brendan Burke (OCA), Heather Clinger (Wheeler), Ann Irr Dagle (Brian Dagle Foundation), Julie DeMarco, Melissa Deasy (IOL), Alice DeMeo (DCF), Anastasiya Dominch-Kovalevsky (Torrington Area Health District), Andrea Duarte (DMHAS), Erika Echevarria (DMHAS) Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Jennifer Ferrand (HHC), Joanna Fornwalt (Town of Enfield), Taylor Gainey (APW), Maris Giarnella-Porco (Jordan Porco Foundation), Darian Graells (McCall Ctr Behavioral Health), Patty Graham-Sullivan (IOL), Grace Grinnell (NAMI Farmington Valley), Art Guerra (IOL), Rob Harrison (YNHH), Emma Hollis, Eric Hudson (CT Judicial Branch/CSSD), Russ Iger (Coventry PD), Kevin Iglesias (McCall Ctr Behavioral Health), Aaron Jackson (Join Rise Be), Angela Jimenez (DPH), Sarah Jones (Hartford Healthcare), Robert Kanehl (CT Poison Control), Pamela Kelley (CSSD), Joanne Kelley (Region 12), Kelly Leppard, Valerie Lepoutre (NAMI CT), Jodi Lott (Gaggle), Susan Logan (DPH), Gabriel Lomas (CT Ctr for School Safety & Crisis Preparation), Andrew Lyon (McCall Ctr Behavioral Health), Mollie Machado (DMHAS), Steve Machattie (Charter Oak Family Ctr), Abby Wood Maldonado (Western CT Coalition), Mike Makowski (DPH), Lesley Mara (CSCU), Crystallee Martel (Waterbury Health Dept), Aiden Matthews (Somers Youth Svcs), Jim Matthews (CTNG), Laila McGeorge (DMHAS), Krystal Medley, Melissa Morgera (Hartford Healthcare), Allyson Nadeau (Amplify), Lucy Orellano (OCA), Victoria O’Neill (The Hub), Jonathan Perloe, Erica Previti (DPH), Steve Rogers (CT’s Children), Nicole Shea (Veterans Health Administration), Marissa Sicely-Rogers (IOL), Richard Siddall (SMART Recovery), Laura Stamatien (Amplify), Alyeska Tilly (DMHAS), Kasey Timberlake (CTNG), Sara Wakai (UConn Health), Jennifer Waldo (Windsor Health Dept), LoriBeth Williams (DSS), and Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte, Ann Irr Dagle, Stephanie Bozak welcomed CTSAB	
Review of Minutes	November Minutes were reviewed and approved	
II. Presentation <i>Suicide Postvention: Providing Care for the Caregivers</i> Marissa Sicely-Rogers, Melissa Morgera, Sara Jones, Art Guerra, Patricia Graham-Sullivan, Erica Moura Hartford Healthcare/Institute of Living	Discussed implementation of postvention in Hartford Healthcare (HHC) <ul style="list-style-type: none"> - 334 colleagues across HHC lost a client to suicide with 43% of those respondents reporting more than one suicide loss. - Implementation timeline <ul style="list-style-type: none"> o 2019: start of postvention work o 2020: First deployment in Jan. 2020 <ul style="list-style-type: none"> ▪ “Deployment” means they are engaging with teams who have lost someone to suicide o Current: immediate outreach to Managers and Directors <ul style="list-style-type: none"> ▪ Offers “menu” of customized options to meet the team involved ▪ “Thinking of you” outreach to offer support 	

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	<ul style="list-style-type: none"> - Key postvention components <ul style="list-style-type: none"> o Local leadership teams provide support to affected teams. Leads efforts to understand events and improve. o Programmatic leadership teams implement best practices in postvention o Postvention teams engage with teams following the occurrence of an even and offer a continuum of options for teams to engage in - Postvention is NOT <ul style="list-style-type: none"> o A safety event review o An investigation o A root cause analysis o Interview - Postvention team includes: <ul style="list-style-type: none"> o Members include: LCSW, LICSW, APRN, PsyD o Team member experience includes providing care within various behavioral health levels of care o Team member experience ranges from 1 to 5 years of postvention work - Postvention across the Continuum <ul style="list-style-type: none"> o Well-being Department <ul style="list-style-type: none"> ▪ Broadened scope ▪ Increased visibility across the organization through collaboration and bidirectional communication o Hartford HealthCare <ul style="list-style-type: none"> ▪ Postvention efforts integrated into system initiatives and policies ▪ Colleague death outreach ▪ Workplace safety committees <p>Key Lessons Learned from Deployments</p> <ul style="list-style-type: none"> - Don't tackle it alone <ul style="list-style-type: none"> o Deploy with at least one other person o Important to receive support from your own postvention team - There is a need for connection to process loss <ul style="list-style-type: none"> o Important to have a co-lead o Frame the postvention as open and supportive rather than investigative o Set up that safe space for each event - Do not make any assumption 	

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	<ul style="list-style-type: none"> ○ Know the details of what happened so you have a framework to work on ○ Check in with people after the first initial response <p>Identify Factors informing decision to deploy postvention</p> <ul style="list-style-type: none"> - Consider the circumstance - Pre-work and discussion are needed - Offer a range of types of support - Meet them where they are at - Offer check-ins later - Check in with your team members <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Suicide Postvention - Providing Care for the Caregivers 12-14-23.pdf</p>	
<p>III. Reports</p>	<p><u>CTSAB Board Structure</u></p> <ul style="list-style-type: none"> - Allow for some opportunities to do official business - Board members officially appointed by the Commissioner and have received a letter - Starting in January the structure of meetings will change <ul style="list-style-type: none"> ○ Board members will stay on the CTSAB monthly meeting for the last half hour for board business <p><u>Grant Initiatives</u></p> <p>Connecticut Comprehensive Suicide Prevention (CSP) Grant</p> <ul style="list-style-type: none"> - CSP partners <ul style="list-style-type: none"> ○ Partnered with local health departments: Norwalk Health Department, Torrington Area Health District, Bristol-Burlington Health District and coming soon East Shore Health District ○ What are the gaps in providing interventions? ○ One high risk jurisdiction per RSAB - Prevention strategies utilized <ul style="list-style-type: none"> ○ Coordination of QPR and ASIST training ○ Promotion of Gizmo’s Pawesome Guide to Mental Health, Fresh Check Days, lock boxes, etc. 	

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	<ul style="list-style-type: none"> - Marketing updates - Data updates <ul style="list-style-type: none"> o Deaths by suicide between 2015 to 2019 were slightly increasing. Decrease in 2020 due to COVID-19. Since 2020 there has been a slight increase to 2022. o Data presented on Emergency related suicide attempts for youth 0 to 17 years old. Numbers represent counts not number of visits. <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Comprehensive_Suicide_Prevention_grant_presentation_CTSAB_12_14_23.pdf</p> <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"> - Offering Narcan and QPR trainings twice a month – will pause trainings in the month of December - Working with LPC in Westport to roll out ‘My Ascension’ film - Let’s Save Lives luncheon held for suicide in the African American community - Holding regional campaign “It’s Okay to Talk About It” with billboards, ads, and train platforms for mental health awareness - Email to contact: voneill@ryasap.org - Next meeting: Dec. 14, 12:00-2:00 PM, virtual <p>Region 2/South Central</p> <ul style="list-style-type: none"> - Offer QPR and Narcan trainings twice a month - Providing postvention for Shelton High school - Email to contact: tgainey@bhcare.org - Next meeting: Feb. 6, 10:30 AM, virtual <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month - QPR provided to nurses and staff at New London Homeless center - Email to contact: mirons@seracct.org - Next meeting: Jan 2, 9:00 AM 	

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	<p>Region 4/North Central</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month - ASIST training held for National Guard soldiers - Hosting coalition academy and quarterly Governor’s Challenge meeting - Email to contact: lstamatien@amplifyct.org <p>Region 5 /Western</p> <ul style="list-style-type: none"> - More than 550 trained in QPR - Will start QPR and Narcan trainings back up in January - Held in person Postvention 101 training - Sent out quarterly newsletter, highlighting the RSAB, CTSAB, tips and info on coping with mental health during the holidays - Billboard is out about reaching out and coping during the holidays - Email to contact: awood@wctcoalition.org - Next meeting: Dec. 20, 10:00 AM <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/chapter/connecticut</p> <ul style="list-style-type: none"> - Scheduling Train the Trainers and Talk Saves Lives - Campus walks are being scheduled and looking for volunteers to help - Gearing up for planning Fall Walks starting in January - Hike for Hope – looking for volunteers - Email: mpeters@afsp.org <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Niantic Jingle Bell 5k – over 1500 people at the event - Chosen by Subaru to be part of the Share the Love campaign - Starting a spirituality and grief program. - Loss of partner to suicide group held every month. - January will start to implement Lax to Live Program and an ambassador program in local schools. - Email: Ann@brianshealinghearts.org 	

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	<p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - Working with rural organizations to provide resources to that population - Working with local restaurant training program to provide QPR for this group - Finished transition workshops and QPR training for a school system - Going to be a part of Hartford Marathon Jump Start campaign - Fred Kaelin in the new Executive Director <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Doing year end fundraising for Giving Tuesday and youth grants <ul style="list-style-type: none"> o Grants – college student gave gift bags for students studying for finals - QPR training grants, which have allowed young adults to hold meetings and raise awareness around QPR - Postvention meetings are held in the town of Trumbull - Survivors of suicide loss group held every month - Email: gillian@myfriendabby.org <p><u>Committees</u></p> <p>Governor’s Challenge for Suicide Prevention of Service Members, Veterans, and Families</p> <ul style="list-style-type: none"> - Amplify hosted first quarterly advisory meeting and will continue meeting into January. <ul style="list-style-type: none"> o Three subcommittees for priority areas - Secured grant dollars via Touch a truck event (6k), national partnership (10k), and mental health block grant (50k) - Got accepted into a suicide mortality review academy – starting review into the new year - Email: , kasey.timberlake@us.af.mil <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Trained 50 first responders in Why We Didn’t Tell You presentation - Submitted a presentation on Why We Didn’t Tell you for the NASW conference - Several new committee members at the Jan. meeting there will be an overview of state strategic goals and see where committee can support - Met on Monday 12/11 for end of year gathering in person - Email: smachattie47@gmail.com & vlepoutre@namict.org 	

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	<p>Data to Action</p> <ul style="list-style-type: none"> - Reviewing plans for next year - Announced acceptance and recruiting additional folks for the Suicide Mortality Review Team - Email: sussman@uconn.edu & swakai@uchc.edu <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - Focus is preparing for the new year - Main focus is creating a workplan and forming identity and goals - Two new members joined - Next meeting Jan. 4, 1:00 PM - Email: alyseskamtilly@gmail.com & anadeau@amplifyct.org <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Discussing how to continue to support in intervention/postvention - Discussing the idea of starting a loss team - Continuing to do postvention work within communities - Email: mirons@seracct.org <p>Lethal Means</p> <ul style="list-style-type: none"> - Finalized the Firearms Instructor Education Document, which NSSF has agreed to send out to their membership as part of their ongoing efforts to support CTSAB - Group is reaching out to other instructor contacts to send the document to them - Planning to develop a short video on the content of the document and be available to instructors - Updating workplan and priorities for 2024 - Email: jessica.casella@va.gov & csisco@wheelerclinic.org <p>Zero suicide</p> <ul style="list-style-type: none"> - If there are current members or interest in becoming a member please share ideas on future presentations for the year - Next meeting: Jan 24, 9:00-10:30 AM - Email: Andrea.Duarte@ct.gov , Marissa.Sicley-Rogers@hhchealth.org & Scrogers@connecticutchildrens.org <p>Awareness Campaign: https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - November - over 1100 users and 3000 page views. <ul style="list-style-type: none"> o Top views being homepage, 988, materials, and protective factors page - Media campaign during November and December with three campaigns, one using the script from CT DPH and CDC about “Life being like a rollercoaster” audio at 138 gas stations and 15 movie theaters and 128 screens are showing the video 	

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	- Email: jeanette.baker@ctunitedway.org	
IV. Member Updates	- None	
	Meeting adjourned 11:02 AM	
<p>2023-2024 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>	<p>- Let the tri-chairs know if you have any ideas for meeting presenters.</p> <p>- Andrea.Duarte@ct.gov Ann@brianshealinghearts.org stephanie.bozak@ct.gov</p> <p>Dates/Presentations</p> <p>III. <u>Save the 2024 Meeting Dates</u> (2nd Th. monthly):</p> <ul style="list-style-type: none"> • 1/11: Cheryl Weinstock, SAVE-Awarded Journalist, <i>Responsible Reporting on Suicide</i> • 2/8: Alexis May, Wesleyan University, <i>Suicide Risk Detection and Intervention in Romantic Relationships</i> • 5/2: <i>Statewide Conference</i> • 6/13: Jessica Casella, VACT Suicide Prevention and Compact Act • 9/12: <i>Special National Suicide Prevention Week Event</i> • TBD: 3/14, 4/11, 7/11, 8/8, 10/10, 11/14, 12/12 	