

CT Suicide Advisory Board Meeting Minutes

Meeting Date: January 11, 2024

Location: Zoom Virtual Meeting

Present: Gillian Anderson (My Friend Abby), Erica Aldieri, Carla Angerine (TAHD), Jeanette Baker (United Way CT), Gerry Baird (Clifford Beers), Scott Barton (SPRC), Rebekah Behan (CHDI), Amery Bernhardt (CT Ctr for School Safety), Donna Bielefield (McCall Ctr for Behavioral Health), Jessica Bloomberg (Fairfield Police Dept), Chlo Bobrowski (CSDE), Kevin Borrup (CT’s Childrens), Dana Bossio (CES), Stephanie Bozak (DCF), Bill Brassard (NSSF), Brendan Burke (OCE), Constance Capacchione (Uncas Health District), Fernanda Carvalho, Heather Clinger (Wheeler), Ann Irr Dagle (Brian Dagle Foundation), Sarah DeFlumeri (Naugatuck Youth Svcs), Julie DeMarco (Fairfield Human and Social Services), Alice DeMeo (DCF), Anastasyia Domnich-Kovalevsky (Torrington Area Health District), Peter Doria (CTARNG), Andrea Duarte (DMHAS), Erika Echevarria (DMHAS), Kelley Edwards (DMHAS), Joanna Fornwalt (Town of Enfield), Taylor Gainey (APW), Victoria Giordano (NYFS), Grace Grinnell (NAMI Farmington Valley), Kathy Hanley, Jo Hawke (GPP), Emma Hollis (WCTC), Lisa Hossein, Russ Iger (Coventry PD), Kevin Iglesias (McCall Ctr for Behavioral Health), Mark Irons (SERAC), Neena Jacob (DPH), Angela Jimenez (DPH), Lynn Kelley (Carelon), Joanna Keyes (Torrington Area Health District), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Cathy Ludlum (Second Thoughts CT), Mollie Machado (DMHAS), Steve MacHattie (Charter Oak Family Ctr), Mike Makowski (DPH), Abby Wood Maldonado (Western Coalition), Lesley Mara (CSCU), Alyssa Marin (Bristol – Burlington Health District), Laila McGeorge (DMHAS), Amanda Mihaly (UConn SSW/DMHAS), Cornelia Morris, Allyson Nadeau (Amplify), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Brian Pasquell (DMHAS), Michael Pepe (Windsor Health Dept), Michelle Peters (AFSP-CT), Erica Previti (DPH), Karolin Regan, Marissa Sisley- Rogers (IOL), Richard Siddall (SMART Recovery), Cathy Sisco (Wheeler), Laura Stamatien (Amplify), Jennifer Sussman (UConn Health), Kasey Timberlake (CT National Guard), Jennifer (Toivo), Kelley Tomlinson (Norwalk Health Dept), Nadine Tulloch (DPH), Colleen Violette (DPH), Kristen Volz (CT’s Childrens), Sara Wakai (UConn Health), Jennifer Waldo (Windsor Health Dept), Micaela Webster, Cheryl Weinstock, Marissa White (CHQIS), and Susan Yurasevecz (DPH)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte, Ann Irr Dagle, and Stephanie Bozak welcomed attendees	
Review of Minutes	December minutes were reviewed and approved	
II. Presentation <i>Responsible Reporting on Suicide</i> Cheryl Weinstock, SAVE-Awarded Journalist, cherylpweinstock@gmail.com Cheryl Platzman Weinstock	Responsible journalism - Gained special training in how to report on suicide after the passing of Robin Williams - Goal: Share news that matters so that someone can see themselves in these stories and know how to get help - Suicide is not talked about often enough, although we have come far - Do not run on a story unless sources have been verified - Must be careful with what outlet you share your story with. Many times, individuals in vulnerable positions get taken advantage of by less reputable news sources.	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p>Interest in mental health</p> <ul style="list-style-type: none"> - Originally interested in why people turn to suicide and feel such despair - Being exposed to stories made Cheryl curious about suicide - Makes sure to feel gratitude because suicide can impact anyone <p>Covering tragedies</p> <ul style="list-style-type: none"> - News outlets are dispatched to speak to victims during tragedies - Cheryl has been dispatched to families after the 9/11 and Sandy Hook tragedies <ul style="list-style-type: none"> o She ensured that when interacting with vulnerable families she was not just there for the story, but there to be a support <p>Is Cheryl seeing a change in the way we report out on suicide?</p> <ul style="list-style-type: none"> - Language has changed around speaking about suicide - Journalists are still learning what to watch for around language <p>How can we best communicate/educate the media when we advocate for proper reporting.</p> <ul style="list-style-type: none"> - Best thing to do is to welcome journalists to meetings and encourage open communication with them <p>How does Cheryl take care of herself when reporting on suicide and other subject?</p> <ul style="list-style-type: none"> - Make sure to practice gratitude and surround yourself with loved ones 	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<p>III. Reports</p> <p><i>CTSAB Update – 988 Grant</i></p> <p>Andrea Duarte LCSW, MPH, CT DMHAS</p> <p>Stephanie Bozak, Psy.D. CT DCF</p>	<p><u>Grant Initiatives</u></p> <ul style="list-style-type: none"> - September 2023 to September 2026 CT received its second 988 Implementation Grant from SAMHSA (\$6.8 million total). <p>Goal of 988 Grant 2023-2026</p> <ul style="list-style-type: none"> - Increase CT’s 988 suicide & crisis lifeline capacity to serve in-state users - Objectives <ul style="list-style-type: none"> o Connecting individuals who contact 988 to services and maintaining key performance indicators so we are responding in a timely manner - Must submit a communication strategy, collect data, have an evaluation team, create a mobile crisis service report, 988/911 administrator report, and tribal engagement report, sustainability report, and quality assurance methods <p>CT Contact Center Services</p> <ul style="list-style-type: none"> - United Way of CT Contact Center handles crisis calls that come in via multiple crisis lines: 211, 988, and the ACTION line - Support over the phone is available 24 hours, 7 days a week, 365 days a year <p>Key performance indicators show that 95% of calls were answered within 15 seconds</p> <p>Expansion of Youth Mobile Crisis</p> <ul style="list-style-type: none"> - Expanded hours to provide face to face services 24/7/365 - Mornings for the weekend have received many response times - Referral sources: school, self, and family - Risk of harm to self is primary presenting problem <p>Adult crisis service update</p> <ul style="list-style-type: none"> - Working on DMHAS side to expand hours to 24/7 - Working to recruit individuals on second and third shift - Two new programs: crisis stabilization unit and peer respite <p>Messaging to continue sharing</p> <ul style="list-style-type: none"> - “No wrong door” in CT - Youth in crisis? In CT, call 211 (press 1 for crisis, 1 for youth), Call/Text – 988 or Chat www.988lifeline.org 	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> - Adults in crisis? In CT, call 800-HOPE-135 or 211 (press 1 for crisis, 2 for adults), Call/Text – 988 or Chat www.988lifeline.org <p>To view this presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/988_update_CTSAB_011124-FINAL.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. - Partnering with Westport LPC for My Ascension screening. - Promoting Okay to Talk About It – billboards with 988 resource. - January meeting: Presentation on sustainability for funding psychiatric beds and urgent crisis centers - Increasing postvention capacity - Email to contact: voneill@ryasap.org - Next meeting: March 21, 12-2 PM, in person <p>Region 2/South Central</p> <ul style="list-style-type: none"> - Offered QPR and Narcan trainings twice a month - Starting next month QPR will be held virtually - Supported a postvention response in an untimely youth death - Met with Shelton high school to share QPR training for all staff - Email to contact: tgainey@bhcare.org - Next meeting: Feb 6, 10:30 AM <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month - Opportunity to do safe storage presentation with Coventry senior center - December 14: Reset and refresh stress management training - Purchased shopping cart ads for 211 and 988 resources - Jan 2nd: Presentation on exploration between ageism and mental illness - Email to contact: mironson@seracct.org - Next meeting: Feb 6 	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p>Region 4/North Central</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month - Hosting coalition academy working with Strategic Prevention Framework - Access to information – finding ways to make programs more readily available - Couple of postvention responses in the past couple of weeks - Email to contact: lstamatien@amplifyct.org - Next meeting: Feb 14, 1 PM, in person <p>Region 5 /Western</p> <ul style="list-style-type: none"> - Starting a new meeting structure, every other month <ul style="list-style-type: none"> o Two new sub committees: Gizmo Promotion and Lethal Means - QPR training with law enforcement and local prevention councils - Feb 14 - What is postvention training? In person in New Milford - Email to contact: awood@wctcoalition.org - Next meeting: Jan 24, 10 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"> - Out of the Darkness Community Planning has begun - Presented four Talk Saves Lives - Talk Saves Lives for LGBTQ in February - Soul Shop for Churches – Feb. 17 - Talk Saves Lives train the trainer in person at Amplify – Date TBD - House concert to benefit AFSP in Feb or March. - Email Michelle Peters: mpeters@afsp.org <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Grief support programs continue to be well attended and have at least a dozen going on at any given time. - Safe to Debrief group for first responders - Third party fundraisers Feb. 9 and 10– large pool tournament in Lebanon, CT - Email: Ann@brianshealinghearts.org 	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p>Jordan Porco Foundation https://www.rememberingjordan.org/</p> <ul style="list-style-type: none"> - May 9: Tickets will be available soon for a fundraiser for Wicked at The Bushnell. - Find link here: https://jpfwicked.funraise.org <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Community events this quarter – 40- 50 young adults going to be doing a Valentine’s Day notes and goody bag event to be distributed to senior centers. - Loss support group meeting once a 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"> - Established advisory board meeting dates for 2024 - Focusing on priorities for the year - Created a vision statement for committee - Email: kasey.timberlake@us.af.mil & peter.e.doria.civ@army.mil <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Continue to present to CABLE (CT Alliance to Benefit Law Enforcement) organization - This group spoke to more than 900 people in the past year - Opportunity to present at the Mid-Atlantic Play Therapy Conference in June - Sent an abstract for review at the American Association of Suicidology conference - Email: smachattie47@gmail.com & vlepoutre@namict.org <p>Data to Action</p> <ul style="list-style-type: none"> - Reviewed regional data to standardize reporting requests from state agency partners - Solidified 2024 work plan - CT has been accepted to the national Suicide Mortality Review Academy process – sponsored by the VA and SAMHSA <ul style="list-style-type: none"> o To prevent suicide of service members, veterans, and their families o Next 4-6 months will be identifying members, site visits, in person academy with goal to develop a plan for suicide mortality review process 	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> - Next meeting: Wednesday March 13, 9:30 AM, virtual - Email: sussman@uconn.edu & swakai@uchc.edu <p>Education & Advocacy Committee</p> <ul style="list-style-type: none"> - Revisiting and focusing on committee goals - Working on collaborating on a legislative breakfast - Next meeting: February 1, 1 PM - New Email: alyeskamtilly@gmail.com & anadeau@amplifyct.org <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Revisiting the postvention resources with a list of support groups and protocols on the CTSAB website - Discussion continues to create a loss team in CT - Meeting: third Thursday of the month - Email: mirons@seracct.org & ann@brianshealinghearts.org <p>Lethal Means</p> <ul style="list-style-type: none"> - Created a document and sent to firearm instructors to share in their classes - Partnership with NSSF shared the same document - Trying to have the document posted anywhere a person would apply for a firearm permit - Hoping to do some short messaging with representatives from different populations around suicide prevention and lethal means - Meeting: First Friday of the month - Email: CSisco@wheelerclinic.org & Jessica.Casella@va.gov <p>Zero suicide</p> <ul style="list-style-type: none"> - Let committee know if you have a specific presentation request - Next meeting: Jan 24, 9 AM, virtual - Email: Marissa.Sicley-Rogers@hhchealth.org 	
IV. Member Updates	<ul style="list-style-type: none"> - None 	
	Coalition Meeting adjourned 10:37 AM	
2023-2024 Meeting Schedule	Let the tri-chairs know if you have any ideas for meeting presenters. Andrea.Duarte@ct.gov Stephanie.Bozack@ct.gov Ann@brianshealinghearts.org	

CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<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>Dates/Presentations <u>Save the 2024 Meeting Dates</u> (2nd Th. monthly):</p> <ul style="list-style-type: none"> - 2/8: Alexis May, Wesleyan University, <i>Suicide Risk Detection, and Intervention in Romantic Relationships</i> - 3/14: Russ Iger, Coventry Police Department, <i>Engaging Individuals at Risk of Suicide in Community Policing</i> - 5/2: <i>Statewide Conference</i> - 6/13: Jessica Casella, VACT, <i>Veteran Suicide Prevention and Compact Act</i> - 7/11: Research Team – Jeffrey Swanson, Duke University and Reena Kapoor and Michael Norko, Yale University, <i>Extreme Risk Protection Orders and Suicide Risk</i> - 9/12: <i>Special National Suicide Prevention Week Event</i> - 10/10: Micahela Fissel, Advocacy Unlimited, <i>Language to Support Recovery</i> <p><i>TBD: 4/11, 8/8, 11/14, 12/12</i></p>	