

## CT Suicide Advisory Board (CTSAB) Meeting Minutes

**Meeting Date:** February 8, 2024

**Location:** Zoom Virtual Meeting

**Present:** Luisa Hernandez Abrue (Hartford Behavioral Health), Gillian Anderson (My Friend Abby), Carla Angevine, Jeanette Baker (United Way CT), Rebekah Behan (CHDI), Amery Bernhardt (CT Ctr for School Safety), Jessica Bloomberg (Fairfield PD), Kevin Borrup (CT’s Children), Dana Bossio (CES), Stephanie Bozak (DCF), Bill Brassard (NSSF), Brendan Burke (OCA), Constance Capacchione (UNCAS Health District), Jessica Casella (VA CT), Heather Clinger (Wheeler), Carrigan Costello (Wolcott Casa), Ann Irr Dagle (Brian Dagle Foundation), Anastasiya Domich-Kovalevsky (Torrington Area Health District), Erika Echevarria (DMHAS), Amy Evison (CHR), Joanna Fornwalt (Town of Enfield), Taylor Gainey (APW), Marisa Giarnella-Porco (Jordan Porco Foundation), Sandra Gibson, Grace Grinnell (NAMI Farmington Valley), Rob Harrison (YNHHS), Emma Hollis (Western CT Coalition), Lisa Hossein, Eric Hudson (CSSD), Russ Iger (Coventry PD), Mark Irons (SERAC), Neena Jacob (DPH), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Pamela Kelley (CSSD), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Sarah Lorenzini (Western CT Coalition), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Ctr), Mike Makowski (DPH), Abby Wood Maldonado (Western CT Coalition), Lesley Mara (CSCU), Jessica Markure (VHA), Crystalee Martel (Waterbury Health Dept.), Alexis May (Wesleyan University), Shaun McColgan (Danbury PD), Laila McGeorge (DMHAS), Krystal Medley, Amanda Mihaly (DMHAS), Allyson Nadeau (Amplify), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Brian Pasqurell (DMHAS), Jonathan Perloe (CCAGV), Michelle Peters (AFSP-CT), Erica Previti (DPH), Nicole Shea (Veterans Health Administration), Marissa Sicley-Rogers (IOL), Richard Siddall (SMART Recovery), Laura Stamatien (Amplify), Jennifer Sussman (UConn Health), Alyeska Tilly (United Way CT), Nadine Tulloch (DPH), Sara Wakai (UConn Health), Jennifer Waldo (Windsor Health Dept), Marissa White (CHQIS), and LoriBeth Young (DSS)

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Andrea Duarte, Ann Irr Dagle, Stephanie Bozak welcomed CTSAB	
<b>Review of Minutes</b>	January minutes were reviewed and approved with corrections	
<b>II. Presentation</b>  <i>Suicide Risk Detection, and Intervention in Romantic Relationships</i>  Alexis May, Ph.D. Wesleyan University  <a href="mailto:amay01@wesleyan.edu">amay01@wesleyan.edu</a>  <a href="#">Risk, Prevention, and Intervention (RPI) Lab (wesleyan.edu)</a>	<i>Dr. Alexis May is an Assistant Professor in the Department of Psychology at Wesleyan University and an adjunct Assistant Professor (Research) at the University of Utah. Her research uses observational, experimental, and meta-analytic methods to understand the development and trajectory of suicidal thoughts and behaviors in the service of improving prevention and intervention. She is the director of the Risk, Prevention and Intervention Lab. Currently, the lab is focused on adapting and developing brief dyadic interventions to leverage the support of allies in suicide prevention.</i>  What is the role of significant others in suicide prevention? Dyadic relationship consists of two people.  Suicide interventions – suicide as the primary target typically focuses on the individual	

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	<ul style="list-style-type: none"> <li>- Single session interventions</li> <li>- Brief interventions</li> <li>- Frameworks</li> <li>- Multisession</li> <li>- Treatment packages</li> </ul> <p>Focus on individual contrasts with other theories and data that shows a connection to interpersonal connections with suicide.</p> <p>Identify the personal nature and problematic nature of disconnection.</p> <ul style="list-style-type: none"> <li>- Interpersonal Theory               <ul style="list-style-type: none"> <li>o Feeling like one does not belong and one is a burden.</li> <li>o These thoughts can lead to suicide ideation.</li> </ul> </li> <li>- The Three Step Theory - 3ST               <ul style="list-style-type: none"> <li>o Suicide ideation occurs when personal relationships worsen.</li> </ul> </li> </ul> <p>Wealth of data exists showing the connection between disrupted connection and suicide ideation.</p> <ul style="list-style-type: none"> <li>- Increasing interpersonal connection can decrease suicide ideation.</li> </ul> <p>Romantic relationships are powerful and complex.</p> <ul style="list-style-type: none"> <li>- Most research finds marital status is not protective for mental and physical health.</li> <li>- Relationship breakdowns consistently are proximal risk factors for suicide.</li> <li>- When relationships breakdown they can be a catalyst for crisis.</li> </ul> <p>Interventions for many health problems find better outcomes when including friends and family. Successful interventions include:</p> <ul style="list-style-type: none"> <li>- Diabetes management</li> <li>- Smoking cessation</li> <li>- Problem gambling</li> <li>- Substance use</li> <li>- Psychosis</li> </ul> <p>Involving family in suicide crisis and management is recommended.</p> <p>However, currently family is not involved suicide prevention interventions. Why?</p> <ul style="list-style-type: none"> <li>- Suicidal individuals report stigma and negative responses.</li> <li>- Partners report misinformation and lack of confidence.</li> <li>- Suicidal individuals worry about being a burden.</li> <li>- Partners report burnout and exclusion by the health care system.</li> </ul> <p>Need to carefully craft interventions and test them.</p>	

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	<p>Dyadic Suicide Knowledge</p> <ul style="list-style-type: none"> <li>- Partners are less knowledgeable of suicide attempts but know about their partner’s current suicide ideation.</li> </ul> <p>Currently there are 12 suicide prevention interventions for youth in which family is involved, but nothing for adults.</p> <ul style="list-style-type: none"> <li>- Provides promise for adapting these interventions for adults.</li> </ul> <p>3 dyadic suicide prevention interventions that have been developed and are in the early stages of being developed. <i>All three emerging studies were utilized with service members, veterans, and their families.</i></p> <ol style="list-style-type: none"> <li>1. TR &amp; ST – Treatment for Relationships and Safety Together.               <ol style="list-style-type: none"> <li>a. Ten, 90-minute sessions done with patient and their partner.</li> <li>b. Cognitive Behavioral Therapy for suicide and couples.</li> <li>c. Piloted for five couples through the Veterans Affairs.</li> <li>d. Identified a couple’s pattern that was leading to suicidal crises.</li> </ol> </li> <li>2. SAFER – Safe action for families to encourage recovery               <ol style="list-style-type: none"> <li>a. Four sessions manualized 90- minute with a suicidal patient and personal person</li> <li>b. Psychoeducation for individual, safety plan for veteran/service member, and a plan for the partner to support that safety.</li> <li>c. 39 veterans and their care partners were participants.</li> <li>d. Found: suicide ideation decreased post sessions.</li> </ol> </li> <li>3. <b>CCRP -couple crisis response plan * The research project Dr. May conducted.</b> <ol style="list-style-type: none"> <li>a. Single joint session - 50 mins. Both partners engage in the planning, including:                   <ol style="list-style-type: none"> <li>i. Rationale</li> <li>ii. Collaborative narrative assessment</li> <li>iii. Development of handwritten crisis response plans</li> <li>iv. Effective communication practice</li> </ol> </li> <li>b. Original Couple Response Plan (CRP) elements retained                   <ol style="list-style-type: none"> <li>i. Development of a personalized plan to:                       <ol style="list-style-type: none"> <li>1. Detect warning signs</li> <li>2. Increase knowledge</li> <li>3. Facilitate communication</li> <li>4. Provide caregiver support</li> </ol> </li> </ol> </li> </ol> </li> </ol>	

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	<p>c. 91 suicidal servicemembers and their partners were participants</p> <p style="padding-left: 20px;">i. Psycho education session and followed at discharge for 1, 3 and 6 months.</p> <p>d. Feasibility</p> <p style="padding-left: 20px;">i. Desire to participate.</p> <p style="padding-left: 20px;">ii. Interest from non-partnered patients.</p> <p style="padding-left: 20px;">iii. Telehealth option is key.</p> <p style="padding-left: 20px;">iv. Didn't interfere with other treatment.</p> <p>e. Acceptability</p> <p style="padding-left: 20px;">i. Participants found CCRP to be logical, to recommend it to someone else.</p> <p>f. Impact</p> <p style="padding-left: 20px;">i. No differences in suicide ideation between conditions during follow up.</p> <p style="padding-left: 20px;">ii. Patients in CCRP condition reported approved condition.</p> <p style="padding-left: 20px;">iii. Participants were interested in these interventions.</p> <p>g. Next steps</p> <p style="padding-left: 20px;">i. Revise and expand beyond romantic partners to allies of all kinds.</p> <p style="padding-left: 20px;">ii. Use the individual CRP/safety plan as a comparison conditions.</p> <p><b>To view this presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_02_08_2024_Dyadic_Interventions.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_02_08_2024_Dyadic_Interventions.pdf</a></b></p>	
<p><b>III. Reports</b></p>	<p><b><u>Suicide-related Grant Initiatives</u></b></p> <p><b>CT Garrett Lee Smith Youth and Young Adult Suicide Prevention Initiative</b></p> <p>GLS History</p> <ul style="list-style-type: none"> <li>- October 2004: GLS Act Signed into Law</li> <li>- 2006-2010: Cohort 2B - CT Youth Suicide Prevention Initiative</li> <li>- 2011-2014: Cohort 6 – CT Campus Suicide Prevention Initiative</li> <li>- 2015-2020: Cohort 10- CT Networks of Care for Suicide</li> <li>- <b>2023-2028: Cohort 18 – CT Partnerships for Hope &amp; Healing (PH2)</b> <ul style="list-style-type: none"> <li>o DMHAS directed, DCF and DPH co-directed and collaborated with UConn Health, United Way of CT/211, EDC, and Regional Behavioral Health Action Organizations</li> <li>o Develop a Training Collaborative that supports increased capacity and</li> </ul> </li> </ul>	

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	<p>expertise in suicide risk identification, screening, and treatment</p> <ul style="list-style-type: none"> <li>○ Create a Data to Action Website (dashboard) that links up to existing data resources accessible to guide suicide prevention planning</li> <li>○ Intensive Community-Based Efforts in five priority communities, one in each region, to be identified using health and service data</li> <li>○ Each priority community will have a school-community partnership that will drive a suicide prevention, intervention and response strategic needs assessment process followed by planning and implementation with the guidance and support of the project staff and contractors to use best practices for protocols, tools, and curricula in the framework of the Multi-Tiered System for Suicide Prevention</li> <li>○ 988 Suicide and Crisis Lifeline co-promotion with the state’s suicide prevention campaign</li> <li>○ Development and release of the CT Comprehensive Suicide Prevention Plan 2030 (PLAN 2030)</li> </ul> <p><b>To view this presentation, visit:</b> <a href="https://www.ctclearinghouse.org/Content/www/files/PDFs/GLS_PH2_Intro-020724.pdf">https://www.ctclearinghouse.org/Content/www/files/PDFs/GLS_PH2_Intro-020724.pdf</a></p> <p><b>Tribal Update</b> As part of the 988 grant we have successfully submitted a tribal engagement plan</p> <ul style="list-style-type: none"> <li>- Engaged five members from the Mashantucket Pequot Tribal Nation and the Mohegan Tribe in the tribal engagement process</li> </ul> <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>- Offering Narcan and Question Persuade Refer (QPR) trainings twice a month</li> <li>- Feb 24 – Stamford Hope Day, Victoria will be offering half hour sessions to high school students</li> <li>- February subcommittee meeting: identify region specific needs groups and next steps</li> <li>- Connecting with local faith communities</li> <li>- Partnering with local nonprofit clothing brand, offering a series of QPR trainings at their storefront</li> <li>- Working with Norwalk for postvention 101 and developing a postvention plan</li> <li>- Email to contact: <a href="mailto:yoneill@ryasap.org">yoneill@ryasap.org</a></li> </ul>	

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	<ul style="list-style-type: none"> <li>- Next meeting: March 21 12-2 PM, in person</li> </ul> <p><b>Region 2/South Central</b></p> <ul style="list-style-type: none"> <li>- Offered QPR and Narcan trainings twice a month</li> <li>- RSAB meeting strategizing youth engagement plan utilizing QPR</li> <li>- New alternatives to suicide located in New Haven, partnered with a nonprofit to support new locations</li> <li>- Sent a February newsletter highlighting training and webinars.</li> <li>- Community members expressed trainings in QPR train the trainer, they were encouraged to follow CTSAB listserv</li> <li>- Email to contact: <a href="mailto:tgainey@bhcare.org">tgainey@bhcare.org</a></li> </ul> <p><b>Region 3/Eastern</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings twice a month</li> <li>- In process of training all teaching staff in QPR at Killingly Public Schools</li> <li>- Offered training on exploration of ageism and mental health</li> <li>- Did a tabling event at CT State Three Rivers campus</li> <li>- Email to contact: <a href="mailto:mirons@seracct.org">mirons@seracct.org</a></li> <li>- Next meeting: March 5</li> </ul> <p><b>Region 4/North Central</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings twice a month</li> <li>- In February a teen day of prevention to connect with 500 students talking to students about prevention</li> <li>- Planning <i>Gizmo's Pawesome Guide to Mental Health</i> read along day with the Glastonbury library               <ul style="list-style-type: none"> <li>o Hoping to reach 100 young people</li> </ul> </li> <li>- Email to contact: <a href="mailto:lstamatiem@amplifyct.org">lstamatiem@amplifyct.org</a></li> <li>- Nest meeting: Feb 14 at 1:00PM, in person</li> </ul> <p><b>Region 5 /Western</b></p> <ul style="list-style-type: none"> <li>- QPR and Narcan trainings twice a month</li> <li>- Starting a new meeting structure, every other month</li> <li>- Two subcommittees: Lethal means and <i>Gizmo</i></li> <li>- Postvention 101 training on Feb 14</li> <li>- Suicide postvention information network (SPINS) meeting at the end of February</li> <li>- Email to contact: <a href="mailto:awood@wctcoalition.org">awood@wctcoalition.org</a></li> </ul>	

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	<ul style="list-style-type: none"> <li>- Next meeting: March 27 10 AM</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>- Scheduling Talk Saves Lives Feb 15 at noon</li> <li>- AFSP partnering with CTSAB legislative breakfast at Legislative Office Building – March 19</li> <li>- Access events here: <a href="#">Connecticut   AFSP</a></li> <li>- Email: <a href="mailto:mpeters@afsp.org">mpeters@afsp.org</a></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>- Provided QPR and suicide awareness trainings at schools and businesses</li> <li>- Dog yoga event in April</li> <li>- LAX2Live – Lacross event at Wheaton College on mental health awareness</li> <li>- Email: <a href="mailto:Ann@brianshealinghearts.org">Ann@brianshealinghearts.org</a></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>- Program coordinator hired</li> <li>- Hope to expand Fresh Check Day to 400 next year</li> <li>- May 9: Tickets will be available soon for a fundraiser for <i>Wicked</i> at The Bushnell</li> <li>- Find link here: <a href="https://jpfwicked.funraise.org">https://jpfwicked.funraise.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>- Working on third party fundraisers and local schools are doing events</li> <li>- Working on pastor plunge</li> <li>- Loss survivor group meeting February 14</li> <li>- Email: <a href="mailto:gillian@myfriendabby.org">gillian@myfriendabby.org</a></li> </ul> <p><b><u>Committees</u></b></p> <p><b>Governor’s Challenge for Suicide Prevention of Service Members, Veterans, and Families</b></p> <ul style="list-style-type: none"> <li>- Quarterly meeting</li> <li>- Leadership team meeting tomorrow.</li> <li>- Committee sponsored the applications to the service member veteran and family technical center suicide mortality review.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Email: <a href="mailto:kasey.timberlake@us.af.mil">kasey.timberlake@us.af.mil</a> &amp; <a href="mailto:peter.e.doria.civ@army.mil">peter.e.doria.civ@army.mil</a></li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Continued to work monthly with the Crisis Intervention Team</li> <li>- Submitted to National Association of Social Work (NASW) and American Association of Suicidology conferences</li> <li>- Email: <a href="mailto:smachattie47@gmail.com">smachattie47@gmail.com</a> &amp; <a href="mailto:vlepoutre@namict.org">vlepoutre@namict.org</a></li> </ul> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Meeting Wednesday March 19, virtual</li> <li>- Meeting will be about the suicide mortality review</li> <li>- Email: <a href="mailto:sussman@uconn.edu">sussman@uconn.edu</a> &amp; <a href="mailto:swakai@uchc.edu">swakai@uchc.edu</a></li> </ul> <p><b>Education &amp; Advocacy Committee</b></p> <ul style="list-style-type: none"> <li>- Established rewrite of committee purpose and mission</li> <li>- Next meeting: March 7</li> <li>- New Email: <a href="mailto:alyeskamtilly@gmail.com">alyeskamtilly@gmail.com</a> &amp; <a href="mailto:anadeau@amplifyct.org">anadeau@amplifyct.org</a></li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- Continued to have conversations about how available grief groups are across faith groups</li> <li>- Spoke about the tear off that police use for survivors of suicide</li> <li>- Email: <a href="mailto:miron@sereacct.org">miron@sereacct.org</a> &amp; <a href="mailto:ann@brianshealinghearts.org">ann@brianshealinghearts.org</a></li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Firearm outreach subgroup – firearm safety and education has been disseminated across the state to key stakeholders <ul style="list-style-type: none"> <li>o Development of accompanying PowerPoint presentations slides</li> </ul> </li> <li>- Exploring possibility to video campaigns</li> <li>- Meeting: first Friday of the month</li> <li>- Email: <a href="mailto:CSisco@wheelerclinic.org">CSisco@wheelerclinic.org</a> &amp; <a href="mailto:Jessica.Casella@va.gov">Jessica.Casella@va.gov</a></li> </ul> <p><b>Zero suicide</b></p> <ul style="list-style-type: none"> <li>- If you have a specific presentation request please let committee know</li> <li>- Wednesday March 27 presentation on engaging leadership on zero suicide from a quality assurance lens</li> <li>- Email: <a href="mailto:Marissa.Sicley-Rogers@hhchealth.org">Marissa.Sicley-Rogers@hhchealth.org</a></li> </ul>	



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	<p><b>Campaign</b></p> <ul style="list-style-type: none"> <li>- Video with seashell played in movie theaters November-December and four weeks in February</li> <li>- Mall ads are shown from October – February</li> </ul>	
<b>IV. Member Updates</b>	- None	
	Coalition Meeting: ended at 10:41 AM	
<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>	<p>III. Let the tri-chairs know if you have any ideas for meeting presenters.  <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></p> <p><b>Dates/Presentations</b></p> <p>IV. <u>Save the 2024 Meeting Dates</u> (2<sup>nd</sup> Th. monthly):</p> <ul style="list-style-type: none"> <li>- 3/14: Russ Iger, Coventry Police Department, <i>Engaging Individuals at Risk of Suicide in Community Policing</i></li> <li>- 5/2: <i>Statewide Conference</i></li> <li>- 6/13: Jessica Casella, VACT, <i>Veteran Suicide Prevention and Compact Act</i></li> <li>- 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></li> <li>- 9/12: <i>Special National Suicide Prevention Week Event</i></li> <li>- 10/10: Michaela Fissel, Advocacy Unlimited, <i>Language to Support Recovery</i></li> </ul> <p><i>TBD: 4/11, 8/8, 11/14, 12/12</i></p>	