

CT Suicide Advisory Board (CTSAB) Meeting Minutes

Meeting Date: April 11, 2024

Location: Zoom Virtual Meeting

Present: Natasha Austin (VA CT), Jeanette Baker (United Way CT), Scott Barton (SPRC), Rebekah Behan (CHDI), Amery Bernhardt (CT Ctr for School Safety), Dana Bossio (CES), Kevin Borrup (CT’s Children), Stephanie Bozak (DCF), Jessica Bransfield (DMHAS), Heather Clinger (Wheeler), Laura Coffin, Ann Irr Dagle (Brian Dagle Foundation), Alice DeMeo (DCF), Andrea Duarte (DMHAS), Amy Evison (CHR), Arianna Flagg (Town of Somers), Taylor Gainey (APW), Lisa Girard (FAVOR), Jose-Michael Gonzalez (CT Commission on Human Rights & Opportunities), Grace Grinnell (NAMI Farmington Valley), Kayla Hendrickson (Newington Human Services), Lauren Herlihy (Hospital for Special Care), Emma Hollis (Western Coalition), Eric Hudson (CT Judicial Branch), Mark Irons (SERAC), Aaron Jackson (Join Rise Be), Neena Jacob (DPH), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Angelika Karwowski (Bristol-Burlington Health District), Lynn Kelley (Carelton Behavioral Health), Teresa Kristoff (Tolland Youth Services), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Sarah Lorenzini (Western Coalition), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Ctr), Abby Wood Maldonado (Western Coalition) Lesley Mara (CSCU), Jessica Markure (VHA), Crystallee Martel (Waterbury Health Dept), Laila McGeorge (DMHAS), Lorrie McFarland, Krystal Medley (United Way CT), Amanda Mihaly (DMHAS), Wendy Mill (Governor’s Prevention Partnership), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Jonathan Perloe (CCAGV), Ashley Perreira, Erica Previti (DPH), Steve Rogers (CT’s Children), Paulette Schwartz (Hartford Health Care), Nicole Shea (Veterans Health Administration), Marissa Sicley-Rogers (IOL), Richard Siddall (SMART Recovery), Cathy Sisco (Wheeler), Aubrey Skelsky, Jennifer Sussman (UConn Health), Alyeska Tilly (United Way CT), Jonathan Trouern-Trend (CTNG), Nadine Tulloch (DPH), Wendy Ulaszek, Sara Wakai (UConn Health), Jessica Waldo (Windsor Health Dept), Marissa White (CHQIS), LoriBeth Young (DSS) Susan Yurasevecz (DPH) and Carleen Zambetti (DMHAS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Andrea Duarte, Ann Irr Dagle, Stephanie Bozak welcomed CTSAB members	
Review of Minutes	March minutes were reviewed, edited, and approved.	
II. Presentation <i>Assessing and Managing Suicide Risk in Individuals with Autism Spectrum Disorder</i> Lauren Herlihy, PhD Licensed Psychologist	<ul style="list-style-type: none"> - Introduction to Autism Spectrum Disorder (ASD) and its symptoms <ul style="list-style-type: none"> o Symptoms develop as early as first year of life and become more apparent by age 2. o Life-long neurodevelopmental condition with delays or challenges that can affect a variety of skills (social, emotional, communication, cognitive). - Comorbid diagnoses <ul style="list-style-type: none"> o Common psychiatric comorbidities: <ul style="list-style-type: none"> ▪ Attention-deficit hyperactivity disorder ▪ Anxiety disorders ▪ Sleep-wake disorders 	

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<p>Director, Autism Psychology Hospital for Special Care lherlihy@hfsc.org</p>	<ul style="list-style-type: none"> ▪ Disruptive, impulse-control, and conduct ▪ Depressive disorders ▪ Obsessive-compulsive disorder ▪ Bipolar disorders ▪ Schizophrenia spectrum disorders - Depression, suicide, and ASD in the literature <ul style="list-style-type: none"> ○ Symptoms of ASD, and overall verbal ability, can make diagnosis of depression difficult. <ul style="list-style-type: none"> ▪ i.e. poor eye contact, restricted affective range, minimal verbal communication. ○ Organic symptoms may be more instructive: changes in appetite or sleep, telltale drop in energy, lost ability to take pleasure in activities that had been enjoyable. ○ More verbal individuals with ASD may report subjective changes in mood, depressed cognitions, loss of pleasure etc. - Protective factors and strengths <ul style="list-style-type: none"> ○ Honesty, Verbal skills, Creativity, Authenticity, Hyperfocus, Innovative thinking, Resilience - Factors that increase suicide risk <ul style="list-style-type: none"> ○ Recent loss, Perceived burden on others, Not receiving treatment, Unemployment/job loss, Bullying, Family history of suicide, Psychiatric diagnosis, Agitation/severe anxiety, Impulsive behavior, Abuse history - Assessing/tips for communicating with clients with ASD <ul style="list-style-type: none"> ○ Communication styles: <ul style="list-style-type: none"> ▪ Tone ▪ Affect ▪ Eye contact ▪ Incorrect grammar ▪ Poor conversational skills ▪ Social cues ignored ○ Communication strategies: <ul style="list-style-type: none"> ▪ Slow down/allow processing time ▪ Make it visual ▪ Make it personal ▪ Short and manageable questions and instructions ▪ Say ‘what to do’ rather than ‘what not to do’ 	

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<p>988 & Crisis Care System Update</p> <p><i>United Way of CT, DMHAS, DCF</i></p>	<ul style="list-style-type: none"> ▪ Avoid confusing language <p>To view presentation and resources, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB_ASD_4_11_2024.pdf</p> <p>Someone to Talk To</p> <ul style="list-style-type: none"> - 24/7 Statewide Crisis Call Center <ul style="list-style-type: none"> ○ All operated by the United Way of Connecticut: <ul style="list-style-type: none"> ▪ National Suicide Prevention Lifeline/988 ▪ 1.800.273.TALK (8255) has become 988 ○ ACTION Line <ul style="list-style-type: none"> ▪ Adult Crisis Telephone Intervention and Options Network ▪ 1.800.HOPE.135 ○ DCF Crisis Hotline <ul style="list-style-type: none"> ▪ Accessed by calling 211 - How Crisis Calls Work in CT <ul style="list-style-type: none"> ○ United Way is the statewide crisis call center in CT ○ Handles crisis calls that come in via multiple crisis lines including 211, 988, and the ACTION Line and provides crisis support for all ages; ○ Designated contact center specialists, specially trained in taking crisis calls; ○ Contact center specialists respond to calls in one of three ways, and results of 988 calls: <ul style="list-style-type: none"> ▪ Telephonic support and resolution – 94% of calls ▪ “Warm handoff” (telephonic transfer) to the mobile crisis team in the area – 5% of calls ▪ “Active rescue” – 1% or less of calls - Messaging to Share <ul style="list-style-type: none"> ○ There is “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 ○ 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>Someone to Respond</p> <ul style="list-style-type: none"> - Youth Mobile Crisis Teams <ul style="list-style-type: none"> ○ Department of Children and Families (DCF) 	

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	<ul style="list-style-type: none"> ○ Mobile crisis response for individuals under age 18 ○ 6 contracted providers, 14 locations - Adult Mobile Crisis Teams <ul style="list-style-type: none"> ○ Department of Mental Health and Addiction Services (DMHAS) ○ Mobile crisis response for individuals age 18 and over ○ 18 mobile crisis teams statewide ○ Emergency Certificates Somewhere Safe to Go <ul style="list-style-type: none"> - Emergency Departments <ul style="list-style-type: none"> ○ EDs are routinely overwhelmed by the numbers of patients presenting for care, resulting in overtaxed staff resources and significant wait times for patients. ○ A significant percentage of youth who present to an ED with a behavioral health need could be effectively assessed and treated in another setting. - Urgent Crisis Centers (UCC) <ul style="list-style-type: none"> ○ Goals of the UCC will: ○ Receive youth/young adults ages 0-18, experiencing a behavioral health crisis via walk-in (or police or ambulance drop off [<i>coming soon</i>]) ○ Triage youth based on risk and needs; ○ Provide de-escalation and crisis stabilization services ○ Offer a thorough assessment to determine appropriate level of care ○ Develop a crisis safety plan collaboratively with the family ○ Provide quality care coordination ○ Aftercare/bridge services until next service is available - Crisis Respite & Crisis Stabilization <ul style="list-style-type: none"> ○ To view programs, visit presentation link below. <p>To view presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/988_CTSAB_Update_041124.pdf</p>	
III. Reports	<p><u>Grant Initiatives</u></p> <p>Tribal Update – N/A</p> <p><u>Regional Suicide Advisory Boards</u> https://www.preventsuicidect.org/about-us/regional-sab-business/</p>	

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	<p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month. - Working with Westport High School, offering QPR training to Senior health classes - Still working on roll-out of “My Ascension” Film in regional communities - Preparing for Mental Health Awareness month trainings, tabling’s, health fairs, etc. - Email to contact: voneill@ryasap.org <p>Region 2/South Central</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month. - Partnered with AFSP to host Talk Saves Lives training - Finalized mental health training brochure to promote within schools starting in the Fall. - For Mental Health Awareness will distribute self care and social media posts within their networks. - Hosting a webinar on Social Media and Youth Mental Health with Dr. Aaron Belfort, on Thursday, May 20, third, from 12 Pm - Email to contact: tgainey@bhcare.org - Next meeting: 6/4/2024 at 10:30 AM <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month - Provided QPR training to both staff and faculty at two CT State campuses. - Paula Schwartz presented at RSAB meeting on lethal means work and bridge signage. - Email to contact: miron@seracct.org <p>Region 4/North Central</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month. - For Problem Gambling awareness month event focused on military gambling military populations and gambling, which also discussed gambling and suicidal ideation. - Working on mental health month events and breakouts for also the conference coming up on May 2nd. - Email to contact: lstamatien@amplifyct.org - Next meeting: 5/10/2024 at 1:30 PM <p>Region 5 /Western</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month - Two presentations on older adults mental health and the LGBTG2s+ community - Gizmo/Youth Mental Health subcommittee are coordinating six to seven Gizmo read alongs for the month of May. 	

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	<ul style="list-style-type: none"> - Lethal Means subcommittee shared language and info on safe medication storage and drug disposal. - Email to contact: awood@wctcoalition.org <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/chapter/connecticut</p> <ul style="list-style-type: none"> - UConn campus had a walk and raised close to \$14,000 - Drag Saves Lives, May 12th - Looking for student volunteers, contact Michele. - Access events here: Connecticut AFSP - Email: mpeters@afsp.org <p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Lax to Live is kicking off - Presenting on sharing story, suicide prevention, and how to support loss survivors - Scheduled to speak at an FBI conference in New Haven - Continue to roll out grief support programs - Email: Ann@brianshealinghearts.org <p>Jordan Porco Foundation https://www.rememberingjordan.org</p> <ul style="list-style-type: none"> - Booked with fresh check days - Still have tickets for Wicked at the Bushnell, May 9th - Selling tickets for Scooper Sundays - Find link here: https://jpfwicked.funraise.org <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Kosugi event was successful. - Rolling out Here is my truth campaign, May 1st - Hiring part-time development coordinator - Email: gillian@myfriendabby.org <p><u>Committees</u></p> <p>Report out on CTSAB Committees can be found in attachment to minutes.</p>	
IV. Member Updates	<ul style="list-style-type: none"> - None 	

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	Coalition Meeting: 9:00 – 10:33 AM	
<p>2023-2024 Meeting Schedule</p> <p>CTSAB Coalition Meetings are the second Thursday of the month, 9:00am—10:30 am</p> <p>CTSAB Board Meetings are scheduled right after the CTSAB coalition meeting, 10:30am-11am</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. Andrea.Duarte@ct.gov Ann@brianshealinghearts.org stephanie.bozak@ct.gov</p> <p>Dates/Presentations</p> <p><u>Save the 2024 Meeting Dates</u> (2nd Th. monthly):</p> <ul style="list-style-type: none"> - 5/2: Statewide Conference – <i>Inspiring Hope: Coming Together for Suicide Prevention (registration required)</i> - 6/13: Lisa Roth, Riverside Community Care, <i>Postpartum Psychosis</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> - 8/8: Mel Cordner, Q Plus, <i>LGBTQ+ Unhoused Youth and Suicide Risk</i> - 9/12: <i>Special National Suicide Prevention Week Event</i> - 10/10: Michaela Fissel, Advocacy Unlimited, <i>Language to Support Recovery</i> - 11/14: Jessica Casella, VACT, <i>Veteran Suicide Prevention and Compact Act</i> - 12/12: Paulette Schwartz, LCSW, MPH, CPXP, Laurel Reagan, APRN, Kathyria Oyola-Cartagena MPH, MS, <i>TEACH QPR: A Partnership for Hope</i> 	