

CT Suicide Advisory Board (CTSAB) Meeting Minutes

Meeting Date: June 13, 2024

Location: Zoom Virtual Meeting

Present: Dani Amaral (Amplify), Natasha Austin (VA CT), Scott Barton (SPRC), Amery Bernhardt (CT Ctr for School Safety), Ron Bibbiani, Dana Bossio (CES), Kevin Borrup (CT’s Children), Stephanie Bozak (DCF), Jessica Bransfield (DMHAS), Brendan Burke (OCA), Kevin Burns (CT DOT), Ashley Caine, Heather Clinger (Wheeler), Heather Clinton, Carrigan Costello (Wolcott CASA), Ann Irr Dagle (Brian Dagle Foundation), Alice Demeo (DCF), Erika Echevarria (DMHAS), Kelly Edwards (DMHAS), Amy Evison (CHR), Arianna Flagg (Town of Sommers), Taylor Gainey (APW), Marisa Giarnella (Jordan Porco Foundation), Lisa Girard (FAVOR), Jose-Michael Gonzalez (CT Commission on Human Rights), Grace Grinnell (NAMI Farmington Valley), Emma Hollis (Western CT Coalition), Russ Iger (Coventry PD), Mark Irons (SERAC), Neena Jacob (DPH), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Lynn Kelley (Carelon), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Stevie MacHattie (Charter Oak Family Center), Mollie Machado (DMHAS), Abby Wood Maldonado (Western Coalition), Lesley Mara (CSCU), Krystal Medley (United Way CT), Amanda Mihaly (UConn SSW/DMHAS), Allyson Nadeau (Amplify), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Kripa Patel, Jonathan Perloe (CCSU), Ashley Perreira, Erica Previti (DPH), Tessa Ridel, Matt Riley, Steve Rogers (CT’s Children), Lisa Roth (Riverside Community Care), Nicole Shea (Veterans Health Administrations). Marissa Sicley-Rogers (IOL), Richard Siddall (SMART Recovery), Cathy Sisco (Wheeler), Jennifer Sussman (UConn Health), Shobha Thangada (DPH), Alyeska Tilly (United Way CT), Kelly Tomlinson (Norwalk Health Dept), Nadine Tulloch (DPH), Kristen Volz (CT Children’s), Sara Wakai (UConn Health), Marissa White (CHQIS), Tyshaunda Wiley (DPH), LoriBeth Young (DSS) and Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Stephanie Bozak and Ann Irr Dagle welcomed attendees	
Review of Minutes	April minutes were approved.	
II. Presentation <i>Perinatal Mental Health and Postpartum Psychosis</i> Lisa Roth Riverside Community Care lroth@riversidecc.org 617-971-7018	Lisa Roth presented on perinatal mental health, postpartum psychosis and shared her lived experience <ul style="list-style-type: none"> - Perinatal is the period from conception to one year after birth; Antenatal/Prenatal is during pregnancy; Postnatal/Postpartum is the first year after giving birth - Perinatal Mood and Anxiety Disorders (PMAD) <ul style="list-style-type: none"> o 1 in 5 women will experience a PMAD and 1 in 10 men o Maternal mental illness is the leading cause of pregnancy-related deaths o United States has the highest maternal mortality rate of high-income countries; approximately 8-% of deaths are preventable o PMADs include: perinatal depression; perinatal anxiety; perinatal OCD; perinatal PTSD; and perinatal psychosis - Postpartum Psychosis (PPP) <ul style="list-style-type: none"> o When a person’s thoughts or actions begin to disconnect from reality it is psychosis 	

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	<ul style="list-style-type: none"> ○ One to two of every 1,000 new mothers develop postpartum psychosis ○ 5% die by suicide ○ 4% commit infanticide ○ PPP is always a medical emergency ○ Onset can be as early as 1-2 weeks postpartum ○ Symptoms: hallucinations, delusions, strange beliefs, irritability, hyperactivity, paranoia, bizarre or out of character behavior ○ Risk factors: history of personal or family bipolar disorder; approximately 60% of women with PPP have a bipolar disorder diagnosis; history of PPP ○ Treatment: hospitalization and medication; therapy; rebuild attachment with baby; long-term symptom management; planning for future pregnancies <p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CTSAB June 2024 Perinatal Mental Health and Postpartum Psychosis.pdf</p>	

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III. Reports	<p><u>Grant Initiatives</u> Comprehensive Suicide Prevention Grant Erica Previti, Health Program Associate with CT Department of Public Health presented an update on the marketing video campaign that has been completed with the O’Donnell Company</p> <ul style="list-style-type: none"> - A total of 30 videos were completed (15 in Spanish and 15 in English) - Overall objectives of the campaign <ul style="list-style-type: none"> • Increased awareness of early signs and symptoms indicating a mental health concern • Increased awareness of tips and resources available including everyday lifestyle changes (exercise, socializing, etc.) and CT text, dial 2-1-1 and 988 - Audience is middle-aged adults 35-65 years old with an emphasis on males; adolescents and young adults 10-24 years old, all races, ethnicities, genders; older adults 65 and older; and Black and African American - Videos use plain language and a positive, uplifting and empowering tone - General messages: struggling with mental health and substance use issues; relationship issues; connection with struggling youth and chronic illness/pain, terminal illness - Four-phase rollout from December 2023 through May 2024 utilizing social media (Facebook, Instagram, TikTok, Snapchat) and digital video (Google, YouTube) - Videos can be accessed on the Prevent Suicide website “Get Materials” tab: https://www.preventsuicidect.org/get-materials/ 	

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	<p>To view the presentation, visit: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Comprehensive_Suicide_Prevention_Grant_CTSAB_Updates_6_13_2024.pdf</p> <p><u>Regional Suicide Advisory Boards</u> https://www.preventsuicidect.org/about-us/regional-sab-business/</p> <p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - QPR and Narcan trainings twice a month; 116 trained in May in QPR - QPR trainings as professional development in agencies and organizations - Resource dissemination and tabling at district schools and institutes of higher education in the area - Collaborated with Stamford Health and Human Services to make a 9-8-8 video with a mock conversation - Continue to disseminate It's Ok to Talk About It campaign materials - 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 Clifford Beers and ACES to provide support to middle school in New Haven for postvention - Mental health fair tabling at the Q House and Maloney High school - Let's Save Lives presentation in person at Western CT Coalition - Assisted two community partners, Valley Regional High School and Albertus Magnus College, with revisions to their postvention plans - Hosted a webinar in May on Social Media and Youth Mental Health with Dr. Aaron Belfort - Email to contact: tgainey@bhcare.org - Next meeting: 8/6/2024 at 10:30 AM <p>Region 3/Eastern</p> <ul style="list-style-type: none"> - Provided QPR training to ninth graders at a technical high school and town employees in Columbia - Provided an overview of mental health to three classes of psychology students at Windham public schools and an evening discussion on mental health with parents - Depression and Older adults presentation at the Plainfield Senior Center 	

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	<ul style="list-style-type: none"> - Mental health conversations at one of the veteran coffee houses in Norwich - SERAC hosted a virtual prevention conference with one session being on safe messaging - Gold Star spouse Sara Wilkinson presented a webinar Military Connected Suicide - Scott Barton provided a presentation on the work occurring within tribal communities and suicide prevention - Dr. Goldstein presented on the connection between suicide and bullying - Next meeting: 7/2/2024 - Email to contact: mirons@seracct.org <p>Region 4/North Central</p> <ul style="list-style-type: none"> - Number of different events during May with the schools, the Interact Club in Glastonbury hosting a mental health awareness event, a teen day of prevention, Hartford Job Corps mental health fair, and the National Prevention Week day at the Science Center - Amplify our Mental Health full day event in May - Dani Amaral is the new program coordinator at Amplify - Email to contact: lstamatien@amplifyct.org <p>Region 5 /Western</p> <ul style="list-style-type: none"> - QPR trainings continue - Abby Maldonado and Emma Hollis from Western CT Coalition provided a breakout session and tabling at the CT Association of People Supporting Employment First - Two QPRs for Parks and Rec - Taylor Gainey provided Let's Save Lives training - Hosted six Gizmo read alongs for the month of May in five separate towns, 67 individuals participated - Mid-year survey being conducted with the RSAB - Email to contact: awood@wctcoalition.org - Next meeting: 7/24/2024 <p>Foundations (report out in April, July, Oct, Dec, Feb)</p> <p>June foundation updates can be accessed here: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CT_SAB_-_Foundation_Update_2024-06.pdf</p>	

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	<p><u>Committees</u> (report out in June, Aug, Nov, Jan, March)</p> <p>Armed Forces-Governor’s Challenge</p> <ul style="list-style-type: none"> - No update <p>Attempt Survivors/Lived Experience</p> <ul style="list-style-type: none"> - Steve MacHattie moderated the panel “Inspiring Hope through Stories of Lived Experience” at the 2024 Connecticut Suicide Prevention Conference - Participating in the AFSP walks - Steve presented at the Mid-Atlantic Play Therapy Conference in June - Small group of committee members are going to the CIT National Conference in Indiana in August <p>Data to Action</p> <ul style="list-style-type: none"> - Fourteen individuals from CT, including the Data to Action co-chairs, participated in the SAMHSA VA Suicide Mortality Review Academy in Baltimore, MD. This was a three-day intensive strategic planning academy focused on perspectives connected to prevention and postvention data. There is a 2-day post-academy facilitated work session/site visit the week of June 17 - The process in Baltimore provided a jump start to strategic planning with the goal of implementing a centralized suicide mortality review panel in CT with a pilot focus on review of cases involving suicide deaths of veterans and service members <p>Education & Advocacy</p> <ul style="list-style-type: none"> - Transitioning into having the responsibility to book the monthly speakers for the CTSAB meetings and an opportunity to oversee a training collaborative, which is an initiative of the GLS grant <p>Intervention-Postvention Response</p> <ul style="list-style-type: none"> - Continue to use the meeting as an opportunity to discuss postvention response including what are particular issues faced in the five regions and how can there be collaboration and coordination - At the June 20 meeting there will be a speaker from Massachusetts who coordinates one of the loss teams <p>Lethal Means</p> <ul style="list-style-type: none"> - Approximately 200 people attended the May 2 Connecticut Suicide Prevention Conference. The committee in partnership with the Education and Advocacy Committee worked with Rich Wright Productions to have individuals at the conference record short video clips with the goal of having some PSAs to address the stigma about talking about suicide and have messages of hope. Over 30 recordings 	

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	<p>were captured that day with a goal of having them ready in August on the website so everyone can access them to use in their campaigns and efforts.</p> <ul style="list-style-type: none"> - At the statewide National Prevention Week wrap-up event at the Science Center in partnership with their Make it Grow event, there were 13 different agencies that participated and more than 600 people attended - QPR training on Tuesday, June 18 at 2:30pm and 5:30pm at the Connecticut Clearinghouse. Register at: www.ctclearinghouse.org/registration - July 16 virtual webinar “Understanding Suicide Behavior: a discussion about suicide planning, lethal means and inevitability” Registration coming soon and announcement will be sent to the CTSAB listserv <p>Zero Suicide Learning Community</p> <ul style="list-style-type: none"> - Conducted “check-ins” with members at the last meeting, shared innovations and struggles trying to implement Zero Suicide principles at their institutions and solutions around barriers - Dr. Rob Aseltine from UConn Health will be presenting at the next meeting on innovative ways to use healthcare data to identify individuals at risk for suicide and to connect them to resources - Next meeting is in person on July 14, 9:00am-10:30am, Rushford Hartford Healthcare, 61 Pomeroy Ave, Meriden, CT <p><u>Awareness Campaign/Website/Outreach</u></p> <ul style="list-style-type: none"> - Items added to the website are included in the monthly meeting announcement 	
	Coalition meeting adjourned at 10:33am	
<p>2023-2024 Meeting Schedule</p> <p>CTSAB Coalition Meetings are the second Thursday of the month via Zoom, 9:00am—10:30am</p> <p>CTSAB Board Meetings are scheduled right after the CTSAB</p>	<p>Dates/Presentations</p> <p><u>Save the 2024 Meeting Dates</u> (2nd Th. monthly):</p> <ul style="list-style-type: none"> - 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> 	

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coalition meeting, 10:30am-11:00am Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.	- 12/12: Paulette Schwartz, LCSW, MPH, CPXP, Laurel Reagan, APRN, Kathyria Oyola-Cartagena MPH, MS, <i>TEACH QPR: A Partnership for Hope</i>	