



Region 3 Regional Suicide Advisory Board Meeting Minutes

Meeting Date: June 4,2024

Location: Zoom

Present: Crissy Waggoner, Lindsey Kyle, Kylie Young, Katie Bell, Mikalya Bozym, Connie Capacchione, JM Gonzalez, Heather Victoria, Jules Calabro, Maggie Wood, Mary Meyers Pasquino, MaryAnn McComiskey, Jessica Lynch, Romeo Blackmar, Megan Erdman, Melisaa Root, Angelina Young, Miranda Mahoney, Eric Reynolds, Marci Kania, Eric Viera, Ann Dagle, Kelsey Hust, Lisa Girard, Bethany LaPierre, Marie Nott, Natalie Crino, Jennifer Faith

Facilitator: Mark D. Irons

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome & Introductions	All were welcomed.	
RSAB Updates	The group was asked to provide what would be their highlight for the day via a Slido word cloud.	
A presentation from: Scott Barton Director of Tribal Initiatives - Suicide Prevention Resource Center	Scott shared with the group the work of the Suicide Prevention Resource Center with indigenous communities both in the region as well as across the country. The focus of the presentation was on their work with a variety of tribal nations and identified best practices, including those in in CT and RI. The work of integrating 988 into the tribal communities was covered as well as the cultural aspects of suicide prevention.	
Connecticut Suicide Advisory Board (CTSAB) Update	6/13: Lisa Roth, Riverside Community Care, Postpartum Psychosis	

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Prevention Information	<p>The RSAB Coordinator was invited to provide mental health presentations for 3 psychology classes at Windham High School as well as an evening presentation for parents from across the district. A talk on Depression in Older Adults was given at Plainfield Senior Center. QPR training was provided to a group of town employees from Columbia Town employees. The RSAB Coordinator was asked to give a brief presentation to the Norwich Veteran Coffee House. A presentation on Safe Messaging in Suicide Prevention was provided at the SERAC Prevention Conference. Youth Mental Health First Aid training was provided to a group of Waterford YSB summer staff.</p> <p>A new resource from Sesame Street was shared with the group on emotional well being as well as information on Gun Storage Check Week.</p>	
Postvention Information	<p>The RSAB Coordinator was invited to facilitate two sessions with staff from NFA to assist in their development of a postvention team. The RSAB Coordinator will complete a train the trainer for the Connect Postvention model at the end of June. Several members of the RSAB have been invited to attend Day 1 of the training.</p>	
988 Update	<p>988 Update to be provided at the July meeting.</p>	
Resiliency Gym	<p>The RSAB Coordinator provided the group with information on “Find Something Funny Activity”. Laughter has been found to boost resilience. A study evaluating humor induced positive psychology interventions identified the benefits of incorporating daily humor activities to induce laughter reduced depression and increased joy for participants, even months later (Wellenzohn, et al., 2016)</p>	
Upcoming trainings	<p>June 11 – Bullying Social Cognition, & Suicide: A Life Span Approach. 9-10:30 via Zoom</p> <p>July 23 - Trauma Literacy 11:00-1:00 via Zoom</p>	

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Questions & Comments	N/A	
Next Meetings:	<p style="text-align: center;">July 2, 2024 (9-10:30) 988 Update 4 Ridge RTC</p> <p style="text-align: center;">https://us06web.zoom.us/j/84570075726?pwd=QjdRQk9BYm83ZlF6NTNGeVB3N2NUU <u>T09</u></p>	