

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** August 8, 2024

**Location:** Zoom Virtual Meeting

**Present:** Jeanette Baker (United Way CT), Rebekah Behan (CHDI), Amery Bernhardt (CT Ctr for School Safety), Kevin Borrup (CT’s Children), Dana Bossio (Cooperative Educational Services), Stephanie Bozak (DCF), Bill Brassard (NSSF), Brendan Burke (OCA), Kevin Burns (CT DOT), Connie Capacchione (Uncas Health Department), Jessica Casella (VA CT), Mel Cordner (Q Plus), Ann Irr Dagle (Brian Dagle Foundation), Alice DeMeo (DCF), Peter Doria (CTNG), Andre Duarte (DMHAS), Erika Echevarria (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Taylor Gainey (Alliance for Prevention and Wellness), Lisa Girard (DCF), Christopher Goodale (Intl. Assn. of Machinists and Aerospace Workers), Grace Grinnell (NAMI CT), Mark Irons (SERAC), Aaron Jackson (Join Rise Be), Robert Kanehl (CT Poison Control), Joanna Keyes (Torrington Area Health District), Matt Kowalski (Cromwell Youth Svcs), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Gabriel Lomas (CT Ctr for School Safety and Crisis Preparation), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family Center), Abby Wood Maldonado (Western Coalition), Krystal Medley (United Way CT), Amanda Mihaly (UConn SSW/DMHAS), Michael Monterosso (DPH), Victoria O’Neill (The Hub), Lucy Orellano (OCA), Erica Previtis (DPH), Paulette Schwartz (Hartford Healthcare), Kara Sepulveda-Fonseca (Alliance for Prevention and Wellness), Nicole Shea (VA CT), Marissa Sicley-Rogers (IOL), Cathy Sisco (Wheeler CT Center for Prevention, Wellness and Recovery), Alyeska Tilly (United Way CT), 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 |
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| <b>I. Welcome and Introductions</b>                                                                                                                                                                                                                                       | Stephanie Bozak, Andrea Duarte and Ann Irr Dagle welcomed attendees                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                             |
| <b>Review of Minutes</b>                                                                                                                                                                                                                                                  | July minutes approved                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                             |
| <b>II. Presentation</b><br><br><i>LGBTQ+ Unhoused Youth and Suicide Risk</i><br><br>Mel Cordner<br>Executive Director & Founder<br>Q Plus<br><a href="mailto:mel@qplusct.org">mel@qplusct.org</a><br><a href="http://www.qplusct.org">www.qplusct.org</a><br>860-255-4425 | Queer youth lack access to <ul style="list-style-type: none"> <li>- Accurate information or resources</li> <li>- Adult supporters and role models</li> <li>- Appropriate affirming care</li> <li>- Safe social spaces</li> </ul> Risk of Depression, Suicide and Substance Abuse as of 2017 <ul style="list-style-type: none"> <li>- 3x as likely to consider suicide as straight youth</li> <li>- 4 ½ x more likely to attempt suicide than straight youth</li> <li>- More than 2x as likely to feel sad or hopeless every day for two or more weeks in a row as straight youth</li> <li>- More than 4 ½ times more likely to make a suicide attempt resulting in injury, poisoning or overdose</li> <li>- Transgender youth who are rejected by their families are more than 8x more likely to attempt suicide</li> </ul> |                             |

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|                                    | <ul style="list-style-type: none"> <li>- 78% if transgender students in grades K-12 report harsh harassment; 15% leave school due to the harassment</li> </ul> <p>Risk of homelessness</p> <ul style="list-style-type: none"> <li>- 1 in 4 teens thrown out of their homes</li> <li>- Approximately 62% of LGBT homeless youth have attempted suicide</li> <li>- 7x more likely than their heterosexual peers to be victims of crime, mostly sexual crime; more likely to engage in survival sex</li> </ul> <p>Protective factors</p> <ul style="list-style-type: none"> <li>- Family acceptance</li> <li>- Safe social network</li> <li>- Skill building programs</li> <li>- Role models</li> <li>- Expressly inclusive policies</li> <li>- Normalizing queer identity</li> </ul> <p>Q Plus offers many program based on the protective factors</p> <p>To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Content/www/files/PDFs/CTSAB_Presentation_8_8_pptx.pdf">https://www.ctclearinghouse.org/Content/www/files/PDFs/CTSAB_Presentation_8_8_pptx.pdf</a></p> <p>Presenter bio: <a href="https://www.ctclearinghouse.org/Content/www/files/PDFs/Aug_2024_CTSAB_Presenter_Bio.pdf">https://www.ctclearinghouse.org/Content/www/files/PDFs/Aug_2024_CTSAB_Presenter_Bio.pdf</a></p> |                             |
| <b>III. CTSAB Business Reports</b> | <p><b><u>CTSAB Board and New Meeting Structure for 2024</u></b></p> <ul style="list-style-type: none"> <li>- Committee and foundation report-outs will be alternating each month</li> <li>- The coalition part of the meeting will be 9:00am-10:30am</li> <li>- The board meeting will begin at 10:30am</li> </ul> <p><b><u>Suicide-related Grant Initiatives</u></b></p> <p><b>Garrett Lee Smith (GLS): Partnerships for Hope &amp; Healing (PH2) Update</b></p> <ul style="list-style-type: none"> <li>- Federal grant 2023-2028 Garrett Lee Smith Youth and Young Adult Suicide Prevention Initiative</li> <li>- CT Suicide Advisory Board is the Advisory</li> <li>- Three state agencies DMHAS (Andrea Duarte), DCF (Stephanie Bozak) and DPH (Susan Logan) are co-project directors</li> <li>- Alyeska Tilly is the United Way of CT/211 Program Manager and Sara Wakai is the evaluator from UConn Health</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                  |                             |

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|                   | <ul style="list-style-type: none"> <li>- Will have an enhanced infrastructure</li> <li>- Develop a training collaborative</li> <li>- Create a Data to Action website to guide suicide prevention planning</li> <li>- Intensive community-based efforts in give 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 to drive suicide prevention, intervention and response</li> <li>- Development and release of the CT Comprehensive Suicide Prevention Plan 2030</li> <li>- General promotion of suicide prevention efforts in the state and promotion of 988</li> </ul> <p>To view the presentation, visit:<br/> <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/GLS_PH2_Update-080824.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/GLS_PH2_Update-080824.pdf</a></p> <p><b><u>Regional Suicide Advisory Boards</u></b><br/> <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>- June RSAB meeting highlighted community partners and planning for September events</li> <li>- Continue to host QPR and Narcan trainings twice a month</li> <li>- Specific outreach for QPR trainings will be done for September</li> <li>- Early stages of doing a regional suicide needs assessment to make sure the work, training and outreach is impactful and data driven</li> <li>- September: Partnering with Carelon and Region 2 for a three-part lunch and learn on suicide and crisis support for people with Autism; Columbia-Suicide Severity Rating Scale )C-SSRS) webinar; promoting anti-stigma help-seeking campaign “It’s Okay to Talk About It” with information on help-seeking language and 988</li> <li>- Connect postvention training scheduled for staff at The Hub</li> <li>- Next meeting: September 19</li> </ul> <p><b>Region 2/South Central</b></p> <ul style="list-style-type: none"> <li>- QPR trainings continue</li> <li>- Taylor Gainey attended SAMHSA’s Black Youth Suicide Academy where eight states came together to build their action plans for their state</li> <li>- Governor’s Prevention Partnership will e hosting a summit on Aug 17 to empower BIPOC youth. Talor will be participating in a workshop for girls 11-17 to introduce</li> </ul> |                             |

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|                   | <p>mental health including an activity to take their negative self-talk and turn it into positive self-talk</p> <ul style="list-style-type: none"> <li>- Next meeting will be in person in October. Date, time and location TBD</li> </ul> <p><b>Region 3/Eastern</b></p> <ul style="list-style-type: none"> <li>- July RSAB meeting had a presentation by the Ridge Regional Treatment Center and a 988 update</li> <li>- Hosted a trauma literacy training in July</li> <li>- QPR in Colchester</li> <li>- Provided a presentation on depression and older adults at the Mohegan tribal nation retirement community</li> <li>- QPR and Narcan trainings for the staff of the Connecticut Coalition Against Domestic Violence</li> <li>- September 20 virtual event “What Made Maddie Run”</li> <li>- Next meeting: September</li> </ul> <p><b>Region 4/North Central</b></p> <ul style="list-style-type: none"> <li>- QPR training scheduled with the Central CT Health District</li> <li>- Hosting a Gizmo read-a-long and QPR at the Windsor Public Library</li> <li>- Hosting a Youth Mental Health First Aid training on September 24, 9:00am-4:00pm</li> <li>- Working with West Hartford to potentially bring Connect training to their community</li> <li>- August RSAB meeting will have a presentation by the Urgent Crisis Center from Hartford</li> <li>- Next meeting: August 14</li> </ul> <p><b>Region 5 /Western</b></p> <ul style="list-style-type: none"> <li>- July meeting cancelled</li> <li>- Quarterly newsletter in September</li> <li>- Connect Postvention training planned for staff</li> <li>- Tabling and lunch and learns at campuses in the region</li> <li>- Postvention support for two communities and school systems</li> <li>- Next meeting: September 25</li> </ul> <p><b>Foundations</b> (report out in April, July, Oct, Dec, Feb)</p> <p>No updates submitted</p> |                             |

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|                   | <p><b>Committees</b> (report out in June, Aug, Nov, Jan, March)</p> <p><b>Armed Forces-Governor’s Challenge</b></p> <ul style="list-style-type: none"> <li>- Priority area one: Asking the question “Have you or your family served?” instead of “Are you a veteran?”</li> <li>- Partnered with United Way and Miranda Creative to develop a unique Connecticut logo for the Governor’s Challenge to match up with the Federal logo and prepare a set of materials for consistent messaging across all of the priority areas so everything is aligned</li> <li>- No-cost extension between DMHAS and United Way for an additional year</li> <li>- Priority area two awareness and providing resources. United Way is working on developing a link with the developer for the homepage</li> </ul> <p><b>Attempt Survivors/Lived Experience</b></p> <ul style="list-style-type: none"> <li>- Partnering with DMHAS to recruit some voices from the committee</li> <li>- Presence at all AFSP CT walks</li> </ul> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Committee members of the Suicide Mortality Review planning meeting and facilitators participated in a two-day post-academy site visit to flesh out a work plan, develop work groups and develop a timeline</li> <li>- Two primary workgroups: one to develop engagement and a data workgroup</li> <li>- Next meeting: September 11, 9:30am-11:00am</li> </ul> <p><b>Education &amp; Advocacy</b></p> <ul style="list-style-type: none"> <li>- Beginning stages of booking CTSAB speakers for 2025</li> <li>- Next meeting: September 5, 1:00pm-2:00pm</li> </ul> <p><b>Intervention-Postvention Response</b></p> <ul style="list-style-type: none"> <li>- No July meeting</li> <li>- Review and update the loss resources available on the website</li> <li>- Continue to look at loss team models</li> <li>- Next meeting: August 15</li> </ul> <p><b>Lethal Means</b></p> <ul style="list-style-type: none"> <li>- Hosted a panel presentation in collaboration with the Education and Advocacy committee in July facilitated by Dr. Alexis May; honed in on the role that lethal means, especially firearms, plays in the role of suicide deaths and some of the key topic areas where approaches to lethal means safety counseling as safety practices for secure storage and knowing how they can influence overall suicide rates</li> <li>- The presentation and resources are available through Wheeler’s Connecticut Clearinghouse website under webinars: <a href="https://www.ctclearinghouse.org/webinars/">https://www.ctclearinghouse.org/webinars/</a></li> </ul> |                             |

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|                       | <ul style="list-style-type: none"> <li>- DPH Office of Firearm Injury Prevention attended the last meeting to provide an overview of the scope and work of the office</li> <li>- Ongoing discussion on updating the universal signage around the state for bridges and parking lots to reflect 988 and the QR code access</li> <li>- Rich Wright Productions captured messages of hope around suicide prevention at the May 2 CT Suicide Prevention Conference with 30 participants. The videos have been sent for approval with the goal of using them in September to continue to promote suicide prevention and awareness</li> <li>- The vision for the messages of hope recordings is to release four or five by the end of August so CTSAB members can access them, post on social media and use with materials</li> <li>- Next meeting: September 6, 9:30am-11:00am</li> </ul> <p><b>Zero Suicide Learning Community</b></p> <ul style="list-style-type: none"> <li>- Met in July in person with a presentation from Dr. Rob Aseltine on his research pertaining to the use of algorithms and electronic health records to help identify patients at risk of suicide</li> <li>- Next meeting: September 25, 9:00am-10:30am via Zoom</li> </ul> <p><b>Awareness Campaign</b> <a href="https://www.preventsuicidect.org/">https://www.preventsuicidect.org/</a></p> <ul style="list-style-type: none"> <li>- Campaign with WFSB: informational 30-second video will be shared through their channels, Facebook WFSB subscriber lists and Ann Irr Dagle and Lisa Tepper Bates were on Great Day Connecticut</li> <li>- SAMHSA: 9/8 will be 988 day; webinar on August 12; encouraging everyone to grab and go with the social media shareables on the website</li> </ul> |                             |
| <b>Member updates</b> | <ul style="list-style-type: none"> <li>- September CTSAB meeting is in person at Carelon Behavioral Health in Rocky Hill. New state plan will be the focus of the meeting. Registration will be required due to space limitations and will be released on the CTSAB listserv.</li> <li>- Friday, September 6: Institute of Living World Suicide Prevention Day. Information will be released on the listserv for registration.</li> <li>- QPR trainings Veteran Suicide Prevention through Hartford Healthcare. Information will be sent to the listserv.</li> <li>- Connecticut Clearinghouse in-person QPR on August 13</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                             |

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|                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>- Connecticut Prevention Summit October 17: registration to open soon</li> <li>- Based on the success of this year’s conference there will be a 2025 CT Suicide Prevention Conference</li> <li>- Appreciate Kevin Burns for helping to get signage on the Putnam Bridge</li> <li>- Proclamation from Governor Lamonth for suicide prevention day in September</li> </ul>                                                                                                                                                                                                                    |                             |
|                                                                                                                                                                                                                                            | Coalition meeting adjourned 10:35am                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                             |
| <p><b>2023-2024 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><b>Dates/Presentations</b></p> <p><u>2024 Meeting Dates/Presentations:</u></p> <ul style="list-style-type: none"> <li>- 9/12: Special National Suicide Prevention Week Event</li> <li>- 10/10: Michaela Fissel, Advocacy Unlimited, Language to Support Recovery</li> <li>- 11/14: Jessica Casella, VACT, Veteran Suicide Prevention and Compact Act</li> <li>- 12/12: Paulette Schwartz, LCSW, MPH, CPXP, Laurel Reagan, APRN, Kathyria Oyola-Cartagena MPH, MS, TEACH QPR: A Partnership for Hope</li> </ul> <p>- <b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p> |                             |