



Region 3 Regional Suicide Advisory Board Meeting Minutes

**Meeting Date:** October 1,2024

**Location:** Zoom

**Present:** Crissy Waggoner, Lindsey Kyle, Tom Shusterman, Valerie Cammarota, Heather Victoria, Megan Erdman, Eric Reynolds, Kim Grant, Bethany Lapierre, Angelina Young, Stephanie Joanis, Jillan Taylor, Marci Kania, Jennifer Lynch, Kristina Gladue, Maggie Wood, MaryAnn MComiskey, M Kach, Erin McBride, Romeo Blackmar, Lauren Shaw , Connie Capacchion, Trish Gardner, Gail Marsh

**Facilitator:** Mark D. Irons

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome & Introductions	All were welcomed and Slido share on what people would do with a 25 <sup>th</sup> hour in their day.	
RSAB Updates	Search continues for a new RSAB Coordinator and SERAC Suicide Prevention Program Lead.	
A presentation from: Dr. Lauren Shaw, UCCS, GRIT Model	Dr. Shaw presented on the Greater Resilience Information Toolkit (GRIT) model. The free self-paced training is a valuable resource for anyone looking to support others during traumatic events or difficult times. It is a brief nonclinical approach based on the principles connected to psychological safety and recovery. The model has additional modules connected to special populations such as first responders and businesses. In a time of type budgets and an interest in the region for resiliency training, GRIT could be a valuable resource.	
Connecticut Suicide Advisory Board (CTSAB) Update	Sept. 12 – In Person Meeting – Discussion of the Statewide Suicide Prevention Plan 2030	

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Prevention Information	SERAC promoted Gun Storage Week an effort NSSF. Tabling events occurred during the month at the Bakers Dozen in Plainfield, Coventry Farmers Market (on 988 Day), Lyman High School, Camp Nett National Guard event, Veteran Stand Down (Norwich), Out of the Darkness Walk (Niantic), and Fresh Check Day (Three Rivers Campus of CT State Community College. A GIZMO Read Along was coordinated at the Jonathan Trumbull Library. A Depression in Older Adults Presentation was provided to the staff at a senior living facility. QPR was provided to the employees of an Oil Company. A presentation was provided by Maddie Holleran Foundation.	
Postvention Information	Congratulations to Norwich Free Academy for adding postvention to their school crisis policy and working to create an internal postvention team. The group was reminded that Postvention training is available from SERAC staff.	
988 Update	Annually on Sept. 8, 988 Day will be celebrated. Members were asked to promote 988 on 9/8 via their social media channels. Crissy from UCFS Mobile Crisis was commended for her effort to promote 988 day among UCFS employees.	
Sgt. Fox Grant (Veteran Suicide Prevention)	Valerie Cammarota and Tom Shusterman from Easter Seals CT presented on a new grant which they received to provide outreach, assessment, treatment and follow up care for the veteran population in eastern CT. Eastern CT has the largest number of veterans in the state. Each month there will be an update on the initiative at the RSAB meeting.	
Resiliency Gym	5,4,3,2,1 GO: Don't feel like doing something, or getting out of bed? Start a countdown on the agreement with yourself that on GO you will do it. This is surprisingly effective, as you'll feel your body get ready to take action. 72 Resilience Activities - Driven (hellodriven.com)	

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Upcoming trainings	October 22 Mental Health Among Educators – Dr. Williams 9-10:30 via Zoom	
Questions & Comments	N/A	
Next Meetings:	<p><b>November 5 @ 9 via Zoom</b>  <b>Kevin Burns- CT DOT Rail Safety</b></p>	