

## **Catalyst CT-The Hub Regional Suicide Advisory Board Meeting Minutes**

**Meeting Date:** Thursday, November 21<sup>st</sup>, 2024.

**Location:** Microsoft Teams

**Present:** Caitlyn Koripsky, Kevin Iglesias, June Francis, Brittney Dube, Rashida Miller, Nadine Douglas, Jennifer Rocha, Hussein Razi Bey, Stephanie Rowe, Kelley Tomlinson, Jenn Eielson, Maryanne Pieratti, Billie Morosko, Thamarlande Onesair, Wendy Mendes, Christine Cha, Melissa McGarry, Jeffrey Santo, Giovanna Mozzo, Alexa Gudelsky, Renee Wright, Ali Ramsteck, Alex Munro, Jacqueline Dlouhy, Daniella Arias, Ellen Brezovsky, Gillian Anderson, Julie DeMarco, Imani Morgan, Madeline Mantilla, Maureen Sullivan, Carla Caballero, Melissa Perez-Constantine, Demetria Nelson, Velissa Mendoza, Elise Ackerman, Keisha Martin-Velez, Diana Perry, and Armah Tichianaa.

AGENDA ITEM / TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Regional Updates	<ul style="list-style-type: none"><li>Caitlyn is our new RSAB lead for region one! Taking over for Victoria.</li><li>12/12 - Mental Health Breakfast with DCF to talk about Urgent Crisis Centers You can reach out to Julie DeMarco. Flyer on its way!</li><li>We discussed Maternal Health Resources</li><li>Ali of Darien Human Services got QPR TOT'd and highly suggests anyone who can get themselves trained</li></ul> <p>We have a master trainer through CT Clearing house. She offers virtual and in-person training</p> <p>The Hub typically does QPR TOTs on a regular basis, we might be coordinating one soon if there is enough interest for it. If you're interested, reach out to Caitlyn!</p>	<p>Email: <a href="mailto:ckoripsky@catalystct.org">ckoripsky@catalystct.org</a></p> <p>Cell Number: 203-383-9816</p>

<b>PH2 Grant</b>	<p>An exciting grant opportunity that we're looking to bring to your school district. We are seeking a Region 1 partner to help build youth suicide prevention capacity in your community. The PH2 is a federal grant from United Way and CT DMHAS with the goal of training staff, parents, and anyone in the community to help reduce youth suicide. Please share this information with your school administration. We are happy to meet and discuss the potential of bringing new educational materials or enhancing the great work you're already doing.</p> <p>Only <b>one</b> school district will be selected, but the Hub will be happy to engage in conversation about trainings, resources, and other information that could be shared across our region.</p>	<p>Contact Kevin Iglesias or Giovanna Mozzo for questions or more information.</p> <p>Giovanna:  <a href="mailto:gmozzo@catalystct.org">gmozzo@catalystct.org</a>  Kevin:  <a href="mailto:kiglesias@catalystct.org">kiglesias@catalystct.org</a></p>
<b>Norwalk Health Department Postvention Presentation</b>	<ul style="list-style-type: none"> <li>• Norwalk CT CSP Grant Overview <ul style="list-style-type: none"> <li>○ Using Data to drive strategies for Suicide prevention</li> <li>○ Analyzing at risk/protective factors in Norwalk on multiple levels</li> <li>○ Building Capacity</li> <li>○ Looking at intervention and response strategies as well</li> <li>○ Deliverables include Data surveillance, messaging, working with community members, and Creating Postvention Plans</li> </ul> </li> <li>• Defining Postvention <ul style="list-style-type: none"> <li>○ +100 people are affected by a single death by suicide</li> </ul> </li> <li>• Creating a Plan in Norwalk <ul style="list-style-type: none"> <li>○ Looked at the existing plans in neighboring towns</li> <li>○ What is currently being done already in Norwalk?</li> <li>○ Who needs to be in the loop?</li> <li>○ Created a Crisis Response team that included police, schools, hospitals, community organizations, and Norwalk's human services</li> </ul> </li> <li>• Postvention Plan</li> </ul>	

	<ul style="list-style-type: none"> <li>○ Notification, Gather Information, Convene CRT, Mobilize Support, Debrief</li> <li>○ First responders reach out to family and determine if they want further support</li> <li>○ BHU collects contact information and shares information to CRT</li> <li>○ Within 24h of initial notification, the BHU convenes with CRT and selects a lead agency to take over further responsibilities (scheduling CRT Partner meetings and creating an outreach plan)</li> <li>○ Following the Outreach Plan, bring in additional community partners as needed and set up timely check-ins</li> <li>○ Short term (~2 weeks) and Long term (Quarterly) debriefs. Checking in to see if additional support/resources are needed and coordinating awareness events.</li> </ul>	
<b>Connect Postvention Training</b>	<ul style="list-style-type: none"> <li>○ Would this be something people are interested in doing? Or just learning more about?</li> <li>○ Connect Postvention Training website: <a href="#">Reduce Suicide Risk and Promote Healing – Suicide Postvention Training – The Connect Program</a></li> <li>○ Some said a Saturday training would work.</li> </ul>	Contact Caitlyn Koripsky for more information.
<b>Self-Care around The Holidays</b>	<ul style="list-style-type: none"> <li>○ <a href="#">Holiday Toolkit</a></li> <li>○ Remember to give yourself compassion and allow yourself to sit with whatever you're feeling.</li> </ul>	

I cannot thank you all enough for joining me for my very first RSAB meeting! Please don't hesitate to reach out to me via email, text or call if you have any questions, concerns, updates, anything. I hope you all have a safe and wonderful holiday season, and I will see you in February!