



Region 2 Suicide Advisory Board Minutes

Time: Tuesday December 5, 2023 at 10:30 am via Zoom

Attendees:

Taylor Gainey – APW, Alice DeMeo - DCF, Leigh Goodman - Bridgeport Hospital EMS, Jackie Cook - Regional Network Manager, Carelon BH CT/CTBHP, Krystal Medley - United Way of CT, Erica Skoutas - Mental Health First Aid Project Director, Bridges Healthcare, Nina Robertson - Wallingford Health Department, Lorena Mitchell - Coordinator MH Initiatives, City of New Haven, Marva Vernon - Cornell Scott-Hill Health Center, Child and Family Guidance, Case Manager, Damaris Rodriguez - Cornell Scott Hill Health Center Child Family Guidance Clinic, Kandis Cannon - Middletown Public Schools, Mikhela Hull - Intensive Care Coordinator, Carelon, and Francis Fisco - Program Manager - Clifford Beers Youth Mobile Crisis, ffisco@cliffordbeers.org

Introductions and discussion questions:

Who are some populations in Region 2 that are at risk for suicide and mental health concerns that need more attention?

- Black youth (less likely to be admitted to hospital)
- LGBTQ+ youth
- Housing and security, youth,
- Hispanic youth
- Male population (80% females in MHFA)
- College aged youth
- Adolescents undergoing bullying from peers
- Special education students
- Seniors

How do we improve our outreach so that we are reaching these populations and engaging those at highest risk?

- Social media – Tik Tok
- Knowledge of resources (how do we get it out there)
- Create virtual groups to youth and can be available through info. groups
- Affinity groups for LGBTQ+ specialized groups in New Haven
- Building school culture and climate – survey for parents and students that lead to advisory groups to promote inclusivity
- People not connected to these settings – statewide campaigns throughout the region

Winter Training & Meeting Calendar

- Taylor will create a QPR training flyer, monthly or quarterly (TBD) with dates and times to share with networks. Training times will be during the morning/lunch hour rather than in the evening.
- <https://www.ctclearinghouse.org/> was shared for anyone interested in attending a T4T QPR training. When information becomes available through CTSAB listserv, Taylor will also share with the RSAB listserv.
- RSAB meetings will remain bi-monthly, on the 1st Tuesday of the month, starting at 10:30am. Taylor will send a newsletter via Constant Contact with all new meeting dates.
- **2024 RSAB Meeting Dates: February 6th, April 2nd, June 4th, August 6th, October 1st, and December 3rd**

CTSAB Update

- There will be a new State Garrett Lee Smith grant for youth populations up to age 25. It will be finalized soon with more specific details. Previous GLS grants have strived to implement youth suicide prevention and early intervention strategies in schools, institutions of higher education, educational institutions, juvenile justice systems, substance use and mental health programs, foster care systems, and other child and youth-serving organizations.

Which town or community do you believe we should focus our efforts on specifically?

- New Haven: black youth in public schools, 500 students experiencing housing instability, great partnerships to amplify for additional resources.
- Hamden: CDC-DPH previously nominated Hamden due to number of attempts and suicides from 2018-2021
- Middletown: has become more diverse, experience struggles like bigger cities, suicidal/homicidal ideations from youth, and home bound extensive outpatient.
- West Haven: high schools – a lot of requests for MHFA, and one rural high school doesn't have a lot of resources like other high schools located in the city.

Other topics of discussion

- AFSP launches their new curriculum L.E.T.S. Save Lives for Black communities in January 2024.
- Update: APW partnered with CT Transit to promote 1 Word 1 Voice 1 Life. The bus campaign includes: 1 Word logo, APW's logo, QR code and both preventsuicidect.org and apw-ct.org websites. Located on 10 buses throughout the region. The campaign will end on Dec. 31st.

In addition to city buses and train stations, what are some additional locations/areas in the region for suicide prevention signage?

- Statewide – continually thinking of ideas for locations throughout the state
- School buses – magnets outside/inside buses
- Get Gizmo books into more schools (CHDI) to social workers, school personnel, etc.
- 211 – distribute magnets at table events to youth
- Dog parks – magnets and/or signage that will not easily come off
- Skate parks – magnets or stickers
- Movie theaters – printed and electronic ads for movie screens
- Youth centers – YMCA Friday Night Youth Night

- RBHAOs to partner with mobile food pantries – printed materials can go into bags
- Stadiums – concerts, events, etc.
- Prevent Suicide CT website: available for all to order materials – a way we can continually distribute materials from the warehouse to populations throughout the region.

Jackie shared information about an upcoming webinar, hosted with the CT Hospital Association.

Title: Integration of Treatment for Neurodiverse Youth and Young Adults

Date and time: Friday December 8th from 11 am-1:30pm

2.5 CEUs from NASW, 2.5 CMEs for physicians and nurses, and is also accredited by the CCB and is approved by DMHAS for CT psychologist CECs.

One of the speakers will be Russell Lehmann, an award-winning autism advocate of the year. The presentation will examine neurodiversity, the diagnoses of intellectual disability and autism spectrum disorder, and eligibility criteria for services provided by the Connecticut Department of Developmental Services (DDS). It will also review inclusive and sensitive treatment approaches for this population and present a personal story touching on mental health, autism, and a life of advocacy. Register here:

<https://attend.webex.com/weblink/register/re124282a83da8e97aabf1bf5e9d936f7>

Closing

- **Next steps:** At the next meeting, we will prioritize the top three populations at risk for suicide and outline a list of steps to begin and maintain outreach to at risk populations.
- **Next Meeting:** Tuesday, February 6th at 10:30am, via the same meeting ID and link.