

## CT Suicide Advisory Board Meeting Minutes

**Meeting Date:** April 10, 2025

**Location:** Zoom Virtual Meeting

**Present:** Dani Amaral (SERAC), Jeanette Baker (United Way CT), Madison Beach (CHR), Rebekah Behan (CHDI), Nicole Bengston (Amplify), Rob Bibbiani (Tri-Town YSB), Romeo Blackmar (GHYMCA), Kate Bohannon (CSDE), Kevin Borrup (CT Children's), Dana Bossio (CES), Stephanie Bozak (DCF), Bill Brassard (NSSF), Allison Burge (CCSU), Brendan Burke (OCA), Connie Capacchione (Uncas Health District), Kathleen Chapman (CT Psychological Assn.), Heather Clinger (Wheeler), Ann Irr Dagle (Brian Dagle Foundation), Alice DeMeo (DCF), Anastasiya Domnich-Kovalevsky (Torrington Area Health District), Kelley Edwards (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Arianna Flagg (Town of Somers), Taylor Gainey (APW), Lisa Girard (DCF), Grace Grinnell (NAMI Farmington Valley), Rob Harrison (YNHHS), Amanda Hart, Eve Hein (APW), Kayla Hendrickson (Newington Human Svcs), Brianna Herrera (Norwalk Health Dept.), Emma Hollis (Western CT Coalition), Eric Hudson (CT Judicial Branch), Russ Iger (Coventry PD), Kevin Iglesias (Catalyst CT), Aaron Jackson (Join Rise Be.), Neena Jacob (DPH), Angela Jimenez (DPH), Caitlyn Koripsky (Catalyst CT | The Hub), Amanda Kriz (Carelton Behavioral Health), Valerie Lepoutre (NAMI CT), Susan Logan (DPH), Cathy Ludlum (Second Thoughts CT), Steve MacHattie (Charter Oak Family), Mike Makowski (DPH), Abby Wood Maldonado (Western CT Coalition), Lesley Mara (CSCU), Stacey Mayer (AGV), Cristin McCarthy Vahey (CGA), Krystal Medley (United Way CT), Noelle Michaud (CHR), Michael Monterosso (DPH), Allyson Nadeau (Amplify), Lucy Orellano (OCA), Tonya Patricia, Erica Previti (DPH), Stephanie Schillat (ESDHD), Kara Sepulveda-Fonseca (Alliance for Prevention & Wellness), Richard Siddall (SMART Recovery), Jennifer Sussman (UConn Health), Taylor Tantaquidgeon (OCA), Paul Tieger (SpeedReading People, LLC), Kasey Timberlake (CTNG), Nadine Tulloch (DPH), Kristen Volz-Spessard (CT Children's), Sara Wakai (UConn Health), Jennifer Waldo (Windsor Health Dept), Marissa White (CHQIS), LoriBeth Young (DSS) & Susan Yurasevecz (DPH).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>I. Welcome and Introductions</b>	Stephanie Bozak and Ann Irr Dagle welcomed attendees	
<b>II. Presentation</b>  TPI-C™ (Tieger Personality Indicator for Children) and Expanded Research Paul D. Tieger <a href="mailto:pault@speedreadingpeople.com">pault@speedreadingpeople.com</a> 860.604.9064 <a href="https://sensitivechild.org/">https://sensitivechild.org/</a>	<ul style="list-style-type: none"> <li>- The Tieger Personality Indicator for Children (TPI-C™) is a new tool to help prevent suicide by enabling parents to quickly and accurately determine if their child may be at increased risk for anxiety or depression, know how to engage with them and get them help if needed</li> <li>- Among the many risk factors for anxiety and depression in children, rigorous new research shows that a person's inborn personality type may be a powerful, underappreciated risk factor</li> <li>- The TPI-C™ requires no training of parents and takes less than three minutes to complete; 93% accurate for children as young as 10 years old; helps parents understand their children at a deeper level and gauge potential risk for anxiety,</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p>depression, and perhaps, suicide; and provides tips and resources for engaging their children if they are at increased risk</p> <ul style="list-style-type: none"> <li>- Five personality types (derived from the Jung/Myers Model): Responsible Hard Workers; Strategic Problem Solvers; Adventurous Free Spirits; Gentle Humble Helpers; and Creative Sensitive Souls</li> <li>- Gentle Humble Helpers and Creative Sensitive Souls are at high risk and very high risk for anxiety and depression</li> <li>- Digital addiction of children and parents has caused increase in anxiety and depression and prevents the critical conversations high-risk children need</li> </ul> <p><b>To view the presentation, visit:</b> <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CT_SAB_Presentation_LJ_4-10-25.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/CT_SAB_Presentation_LJ_4-10-25.pdf</a></p> <p><b>Presenter Bio:</b> <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/April_2025_CTSAB_Presenter_Bio.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/April_2025_CTSAB_Presenter_Bio.pdf</a></p>	
<b>III. CTSAB Business Reports &amp; Minutes Approval</b>	<p>Lesley Mara moved to approve the March 13, 2025 minutes. Bill Brassard seconded. Minutes approved.</p> <p><b>Statewide News/Updates from Tri-Chairs: State Plan</b></p> <ul style="list-style-type: none"> <li>- Five-year plan</li> <li>- Currently undergoing an update for PLAN 2030</li> <li>- Committees are going over their goals and objectives to update and align with the National Strategy for Suicide Prevention: <a href="https://www.hhs.gov/programs/prevention-and-wellness/mental-health-substance-use-disorder/national-strategy-suicide-prevention/index.html">https://www.hhs.gov/programs/prevention-and-wellness/mental-health-substance-use-disorder/national-strategy-suicide-prevention/index.html</a></li> </ul> <p><b>Suicide-related Grant Initiative Update: Comprehensive Suicide Prevention Grant</b></p> <ul style="list-style-type: none"> <li>- Currently in Year 5 of grant; ending 8-31-2025</li> <li>- Forecasted funding opportunity for September 2025</li> </ul> <p>Health Departments and their corresponding Regional Suicide Advisory Board (RSAB)</p> <ul style="list-style-type: none"> <li>- Norwalk Health Department (RSAB 1 The Hub)</li> <li>- East Shore District Health Department (RSAB 2 Alliance for Prevention &amp; Wellness)</li> <li>- Uncas Health District (RSAB 3 SERAC)</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<ul style="list-style-type: none"> <li>- Bristol-Burlington Health District (RSAB 4 Amplify)</li> <li>- Torrington Area Health District (RSAB 5 Western CT)</li> </ul> <p>Community-based (Tier 1)</p> <ul style="list-style-type: none"> <li>- Activities from 9/1/2024-3/31/2025:</li> <li>- QPR trainings: 23 community-based trainings for a total of 215 individuals trained</li> <li>- CALM (Counseling on Access to Lethal Means) Trainings: 4 trainings; 165 total individuals trained</li> <li>- Safe Storage: of firearms, prescriptions, Over the Counter (OTC) medications</li> <li>- Suicide Prevention Signage: bridges, parking garages, parks</li> <li>- Existing programs promoted: Gizmo curriculum, Fresh Check Days, 4 What's Next, community outreach and engagement</li> </ul> <p>Healthcare-based (Tier 2)</p> <ul style="list-style-type: none"> <li>- Reduce Access to Lethal Means Outreach to local healthcare and behavioral health facilities</li> <li>- Ongoing outreach for Zero Suicide</li> <li>- Build partnerships with healthcare/behavioral healthcare facilities to discuss QPR and ASIST trainings</li> </ul> <p>Upstream Interventions (Tier 3)</p> <ul style="list-style-type: none"> <li>- Gizmo curriculum: reaching out to schools about curriculum and implementation</li> <li>- Gizmo read-alongs at libraries</li> <li>- 4 What's Next Program: contacting school districts about program and implementation</li> </ul> <p>Social Media Campaign</p> <ul style="list-style-type: none"> <li>- Videos for you and adults can be accessed on <a href="https://preventsuicidect.org">preventsuicidect.org</a></li> </ul> <p>To view the presentation, visit: <a href="https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/DPH_CSP_CTSAB_Updates_4_10_2025.pdf">https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/DPH_CSP_CTSAB_Updates_4_10_2025.pdf</a></p>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p><b><u>Statewide Announcements of Upcoming Events/Trainings from Regional Suicide Advisory Boards (RSABs), Committees, and Foundations</u></b></p> <p><b>Brian Dagle Foundation</b> <a href="https://brianshealinghearts.org/">https://brianshealinghearts.org/</a></p> <ul style="list-style-type: none"> <li>- A save-the-date will be sent on the CTSAB listserv for two educational sessions with Dr. Alan Wolfelt in September</li> <li>- Email: <a href="mailto:Ann@brianshealinghearts.org">Ann@brianshealinghearts.org</a></li> </ul> <p><b>State Department of Education</b></p> <ul style="list-style-type: none"> <li>- Kate Bohannon shared that the department hosted a youth suicide, prevention, intervention and postvention webinar on February 27 with over 200 attendees and regional follow-up sessions were held across the five RSAB regions</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>IV. Review of Activities Since Last Report Out</b>	<p><b><u>Committees</u></b></p> <p><b>Armed Forces – Governor’s Challenge</b></p> <ul style="list-style-type: none"> <li>- Continuing to update training on the learning system</li> <li>- Working with Miranda Creative for social media</li> <li>- Met in March with New York</li> </ul> <p><b>Data to Action</b></p> <ul style="list-style-type: none"> <li>- Finished up work on goal for state plan</li> <li>- Special meeting on 4/16 to review DPH dashboard, including development of suicide mortality review in Goal 5 objective</li> </ul>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<b>Regional Suicide Advisory Boards (RSABs)</b>	<p><b>Region 1: Southern, Catalyst   The Hub</b></p> <ul style="list-style-type: none"> <li>- Co-hosted with Kate Bohannon, the youth suicide prevention, intervention and postvention for schools follow-up session</li> <li>- QPR trainings for Thriving Youth, Darien high school student leadership team</li> <li>- Contact: Caitlyn Koripsky <a href="mailto:ckoripsky@CatalystCT.org">ckoripsky@CatalystCT.org</a></li> </ul> <p><b>Region 2: South Central, Alliance for Prevention and Wellness</b></p> <ul style="list-style-type: none"> <li>- Presented ACES at the regional crisis team meeting</li> <li>- Hosted a QPR TOT with Master Trainer David Denino</li> <li>- Taylor Gainey attended the American Association of Suicidology (AAS) Conference</li> <li>- During New Haven Restaurant Week, partnered with 10 local restaurants to distribute 988 posters</li> <li>- Signs of Suicide (SOS) presentation at Cromwell High School</li> <li>- At the in-person RSAB meeting, members mapped their communities to identify community partners and share resources</li> <li>- Mind Over Matter event at Yale University on 4/13</li> <li>- Contact: Taylor Gainey <a href="mailto:tgainey@bhcare.org">tgainey@bhcare.org</a></li> </ul>	
<b>V. Updates from Awareness Campaign/Website/Outreach Efforts</b>	<ul style="list-style-type: none"> <li>- Website Analytics for March include total page views over 5,500</li> <li>- Notable spike: March 29th saw a significant increase in site traffic (cause unclear, possibly linked to a social media campaign restart)</li> <li>- Video Ad campaign platforms include Telemundo and NBC targeting men's sports</li> <li>- Ads on school sports posters at eight high schools and two colleges; posters list spring sports schedules with a featured 988 ad/message</li> </ul>	
<b>VI. Close of Coalition Meeting</b>	Coalition meeting ended at 10:27am	
<b>VII. Board Meeting</b>	Board meeting began at 10:29am with the following voting members in attendance:	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION			OUTCOME/ACTION /RESPONSIBLE
	<p>Kate</p> <p>Kevin</p> <p>Dana</p> <p>Stephanie</p> <p>Bill</p> <p>Ann Irr</p> <p>Amy</p> <p>Russ</p> <p>Valerie</p> <p>Cathy</p> <p>Steve</p> <p>Abby Wood</p> <p>Lesley</p> <p>Allyson</p> <p>Sara</p> <p>Marissa</p> <p>LoriBeth</p>	<p>Bohanan</p> <p>Borrupt</p> <p>Bossio</p> <p>Bozak</p> <p>Brassard</p> <p>Dagle</p> <p>Evison</p> <p>Iger</p> <p>Lepoutre</p> <p>Ludlum</p> <p>MacHattie</p> <p>Maldonado</p> <p>Mara</p> <p>Nadeau</p> <p>Wakai</p> <p>White</p> <p>Young</p>	<p>CT State Dept. of Education</p> <p>CT Children's</p> <p>Cooperative Educational Services (CES)</p> <p>CT Dept. of Children and Families (DCF)</p> <p>National Shooting Sports Foundation (NSSF)</p> <p>The Brian Dagle Foundation</p> <p>Community Health Resources</p> <p>Coventry Police Department</p> <p>National Alliance on Mental Illness (NAMI) CT</p> <p>Second Thoughts Connecticut</p> <p>Charter Oak Family Center</p> <p>Western CT Coalition</p> <p>CT State Colleges and Universities (CSCU)</p> <p>Amplify</p> <p>UConn Health</p> <p>Correctional Healthcare Quality Improvement Solutions</p> <p>CT Dept. of Social Services (DSS)</p>	
	<p>Coalition members in attendance (non-voting):</p> <p>Edith Atwerebour, DPH</p> <p>Tonya Patricia</p>			

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
	<p>Stephanie Bozak moved to appoint Kathleen Chapman to the CT Suicide Advisory Board as a voting member. Lesley Mara seconded. Motion passed unanimously. The DCF Commissioner will make the formal appointment.</p> <p>Discussion ensued regarding a youth member as a voting member, which may be difficult due to time of meetings</p> <p>CTSAB Areas of Focus</p> <ul style="list-style-type: none"> <li>- Infrastructure: build CTSAB's capacity</li> <li>- Awareness: increase awareness of CTSAB and its resources through education and advocacy</li> <li>- Advocacy</li> </ul> <p>CTSAB Education and Advocacy Committee Update</p> <ul style="list-style-type: none"> <li>- Committee has shifted focus from legislative tracking to practical tools and communication</li> <li>- Previously tracked bills and legislative issues</li> <li>- Determined that wasn't the best use of time for CTSAB or the broader community</li> </ul> <p>New Focus: Creating and sharing educational and advocacy tools</p> <ul style="list-style-type: none"> <li>- Includes one-pagers, briefs, and other resources</li> <li>- Aims to support both active and less-active participants</li> <li>- Evolved into a communications-style committee</li> <li>- Focus on meeting practical needs of the community</li> </ul> <p>Collaborate with other committees on:</p> <ul style="list-style-type: none"> <li>- Video projects</li> <li>- Lethal means safety initiatives</li> <li>- Committee discussions remain responsive and adaptive to changing needs</li> </ul>	
	<p>Abby Maldonado, Lesley Mara, and Allyson Nadeau exited the meeting at 10:59am.</p> <p>Board meeting adjourned at 11:01am.</p>	

## CT Suicide Advisory Board Meeting Minutes

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
<p><b>2025 Meeting Schedule</b></p> <p>Meetings are the second Thursday of the month  Coalition meeting: 9:00am—10:30am  Board meeting: 10:30am-11:00am</p> <p>Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.</p>	<p><b><u>2025 Meeting Dates/Presentations:</u></b></p> <ul style="list-style-type: none"> <li>- 5/8: State Conference (registration required)</li> <li>- 6/12</li> <li>- 7/10: Michael Makowski, CT DPH, CTVDRS Data Update</li> <li>- 8/14</li> <li>- 9/11: State Plan 2030 release</li> <li>- 10/9</li> <li>- 11/13</li> <li>- 12/11</li> </ul> <p><b>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</b></p>	