

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

**Meeting Date:** Thursday May 22nd, 2025.

**Location:** Microsoft Teams

**Present:** Caitlyn Koripsky, Shani Ben-Dov, Jack Collins, Ingrid Gillespie, Cherly Hardgrave, Alice Demeo, Brittany Dube, Amanda Kriz, Rashida Miller, Julie DeMarco, Daniella Arias, Melissa McGarry, Kylie Babcock, Diana Christie, Kevin Iglesias, Dena Miccinello-Barbarula, Thamarlande Onesair, Melissa Perez-Constantine, Gillian Anderson, Dana Bossio, Brianna Herrera, Jackie Dlouhy, Sameera Patki, Shannon Vallerie, Tichianaa Armah, Nicole Shea, Kariny Silva.

<b>AGENDA ITEM / TOPIC</b>	<b>SUMMARY OF DISCUSSION</b>	<b>OUTCOME / ACTION/RESPONSIBLE</b>
<b>Welcome and Introduction</b>  <b>Stakeholder Updates</b>	<ul style="list-style-type: none"><li>• Dana Bossio re-certified as QPR trainer- Congrats!</li><li>• Welcome High School interns!</li><li>• TPAUD – Melissa McGarry and Kiersten Neumann have become youth MHFA trainers – Congrats to you both!</li><li>• Trumbull- Recent suicide loss response</li></ul>	<ul style="list-style-type: none"><li>• Dana will be setting up regular QPR trainings.</li><li>• TPAUD supporting their community on their recent loss. A concern that was noted was the idea of incorrect information about the loss on social media, done by AI without input from family. Print media also covered the loss and tried to reach out to the family. RSAB needs to consider how to limit these autogenerated notifications to</li></ul>

		<p>reduce re-traumatizing the community. One of the students has a similar experience with misinformation being spread about a classmate who was ill.</p>
<p><b>State and Regional Updates</b></p>	<ul style="list-style-type: none"> <li>American Foundation for Suicide Prevention (AFSP) Training Opportunities.</li> <li>Presenter 101 and Volunteer 101 are the prerequisites for the Train the Trainer of:  <b>*More Than Sad: Parent Education</b> (available in English and Spanish) is an approximately 90-minute program that teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation about mental health with their child; and get help. This program focuses on parents and guardians of teen youth. This presentation is also available in Spanish.  <u>Suicide Prevention Education for Teachers and Other School Personnel</u> (English only) is an approximately 120-minute program that teaches educators to recognize signs of mental health distress in students and refer them for help. This suicide prevention program complies with the requirements</li> </ul>	<ul style="list-style-type: none"> <li>Email Caitlyn Koripsky at <a href="mailto:ckoripsky@catalystct.org">ckoripsky@catalystct.org</a> for contact information for the CT AFSP Chapter.</li> <li>These training courses are <b>FREE!</b></li> <li>You can get Train the Trainer in these if you complete the 101 courses. The NON-Train the Trainer of these courses and others are available on <a href="#">Community programs   AFSP</a></li> </ul>

	<p>for teacher education training in many states. This program focuses on high school teachers and other school personnel.</p> <p><b>*Talk Saves Lives:</b> An Introduction to Suicide Prevention is AFSP's flagship suicide prevention education program that covers the scope of this leading cause of death, what the research has found to be the warning signs and risk factors of suicide, and the strategies that prevent it.</p> <p><b>*It's Real:</b> The AFSP-produced film It's Real: College Students and Mental Health is designed to raise awareness about mental health issues commonly experienced by students and is intended to be used as part of a school's educational program to encourage help-seeking.</p> <ul style="list-style-type: none"> <li>• My Friend Abby- Sending Sunshine Texts <a href="#">Sunshine Texts — My Friend Abby, Inc</a></li> </ul>	<ul style="list-style-type: none"> <li>• Caitlyn's favorite Sunshine Text: These days, it's easy to get caught up in the idea that life should change as quickly as restarting our phones or computers. But, that's not how growth works...The moon doesn't rush to be full, and crops don't bear fruit overnight. They follow the natural cycles of life: steadily, patiently, and intentionally. Real change takes time, and that's okay. It's all part of the process.</li> </ul>
<b>Hub Updates</b>	<ul style="list-style-type: none"> <li>• National Prevention Week (5/12-5/16) <ul style="list-style-type: none"> <li>- We hosted 6 different trainings; <ol style="list-style-type: none"> <li>1. Understanding Substance Use Disorder</li> <li>2. Vaping 101</li> <li>3. Community Conversations on Gambling</li> <li>4. Community Conversations on Cannabis 101</li> <li>5. Question, Persuade, Refer</li> <li>6. Alcohol 101</li> </ol> </li> </ul> </li> <li>• Initiative Updates: <ul style="list-style-type: none"> <li>- <b>Next Virtual Adult Mental Health First Aid Training</b> from The Hub- July 11th. (Flyer Attached to email)</li> </ul> </li> </ul>	<p>Contact Info AMHFA:  <a href="mailto:tonesair@catalystct.org">tonesair@catalystct.org</a></p>

	<ul style="list-style-type: none"> <li>- <b>Regional Cannabis Awareness Team (RCAT)</b> – an open community work group to discuss and strategize initiatives to address cannabis use in our region. We share information and resources to create safer communities. (Flyer Attached to email)</li> <li>- <b>Next RGAT Meeting</b> is on June 10th, in-person at the Hub (Burroughs Community Center in Bridgeport: 2:00-3:30pm)</li> <li>- <b>Region 1 Suicide Advisory Board Survey</b>- Please take it if you haven't yet. This survey is to ensure we have representation from every sector at our table.</li> </ul>	<p>Contact for RCAT:  <a href="mailto:kcomet@catalystct.org">kcomet@catalystct.org</a></p> <p>Contact for RGAT:  <a href="mailto:dmiccinellobarbarula@catalystct.org">dmiccinellobarbarula@catalystct.org</a></p> <p>Survey Link:  <a href="https://forms.office.com/r/p6SRwnJKJ5">https://forms.office.com/r/p6SRwnJKJ5</a></p>
<b>Guest Speaker</b>	<ul style="list-style-type: none"> <li>• Guest Speaker – <b>United Way of Connecticut</b>. Presenting on 988 and 211.</li> <li>• The three most pressing needs: Housing/Shelter, Food, and Mental Health and Addiction are the top three needs by numbers of calls made</li> <li>• All crisis calls from multiple dialing codes go to our 211 CT Crisis Team, funded by DMHAS and DCF, for urgent assistance.</li> <li>• We offer 24/7 access to mental health assistance for CT Callers – including through 988.</li> <li>• Parental support and help with youth are also available</li> <li>• Walkthrough of the 211 website.</li> </ul>	<p>Thank you for the great presentation.</p> <p>Please contact <a href="#">Diana Christie</a> and <a href="#">Cheryl Hardgrave</a> for more information</p> <p><b>Cheryl:</b>  Cheryl.Hardgrave@ctunitedway.org</p> <p><b>Diana:</b>  Diana.Christie@ctunitedway.org</p> <p>If you need more information regarding 988, 911, and 211 and which number to call for different situations please reach out to Caitlyn or go to the 211 website: <a href="https://www.211.org/">https://www.211.org/</a></p>

<b>Closing</b>	Our next meeting is <b>Thursday, August 21<sup>st</sup>, 2025, from 10:00-11:30</b> via Microsoft Teams.	<b>Please email me, <a href="mailto:ckoripsky@catalystct.org">ckoripsky@catalystct.org</a> with any questions you would like answered the next time we meet. Thank you!!</b>
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Thank you all so much for your dedication and commitment to the Region 1 Suicide Advisory Board. Your participation and input are truly invaluable in helping us address Suicide, Prevention and Postvention. We couldn't do this important work without your support, and hard work. We are deeply grateful for your contribution to making a difference.