

CT Suicide Advisory Board Meeting Minutes

Meeting Date: December 12, 2024

Location: Zoom Virtual Meeting

Present: Gillian Anderson (My Friend Abby), Dani Amaral (SERAC), Natasha Austin (VA CT), Jeanette Baker (United Way CT), Scott Barton (SPRC), Rebekah Behan (CHDI), Nicole Bengston (Amplify), Amery Bernhardt (CT Ctr for School Safety), Rob Bibbiani (Tri-Town Youth Svcs), Kate Bohannan (CSDE), Kevin Borrup (CT Children’s), Dana Bossio (CES), Chelsea Bourn (Brian Dagle Foundation), Stephanie Bozak (DCF), Bill Brassard (NSSF), Haley Brown (DMHAS), Bredan Burke (OCA), Kevin Burns (CT DOT), Jessica Casella (VA CT), Bridget Cepalia (Vita Health), Heather Clinger (Wheeler), Ann Irr Dagle (Brian Dagle Foundation), Alice Demeo (DCF), Anastasiya Domnich-Kovalevsky (Torrington Area Health District), Andrea Duarte (DMHAS), Kelly Edwards (DMHAS), Jennifer Esposito (Judicial Branch), Amy Evison (CHR), Arianna Flagg (Town of Sommers), Taylor Gainey (APW), Grace Grinnell (NAMI Farmington Valley), Sharon Henninger, Emma Hollis (Western CT Coalition), Eric Hudson (CT Judicial Branch/CSSD), Russ Iger (Coventry PD), Kevin Iglesias (McCall Ctr for Behavioral Health), Mark Irons (SERAC), Aaron Jackson (Join Rise Be), Angela Jimenez (DPH), Robert Kanehl (CT Poison Control), Caitlyn Koripsky (Catalyst CT), Matthew Kowaski (Cromwell Youth Svcs), Mark Lambert (Xavier High School), Michelle Leibovitz (Rich Wright Productions), Valerie Lepoutre (NAMI CT), Jodi Lott (Gaggle), Cathy Ludlum (Second Thoughts CT), Mike Makowski (DPH), Abby Wood Maldonado (Western Coalition), Lesley Mara (CSCU), Jennifer Markure (VHA), Krystal Medley (United Way CT), Amanda Mihaly (UConn SSW/DMHAS), Michael Monterosso (DPH), Allyson Nadeau (Amplify), Lucy Orellano (OCA), Michael Pepe (Windsor Health Dept), Jonathan Perloe (CCAGV), Stephanie Schillat (ESDHD), David Shapiro (St. Francis Hospital), Richard Siddall (SMART Recovery), Aubrey Skelskey (DMHAS intern), Cathy Sisco (Wheeler), Jennifer Sussman (UConn Health), Taylor Tantaquidgeon, Paul Tieger (SpeedReading People, LLC), Alyeska Tilly (United Way CT), Nadine Tulloch (DPH), Jennifer Waldo (Windsor Health Dept), Denise Webster, Marissa White (CHQIS), Tyshaunda Wiley (DPH), and LoriBeth Young (DSS).

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME/ACTION /RESPONSIBLE
I. Welcome and Introductions	Stephanie Bozak, Andrea Duarte, and Ann Irr Dagle welcomed attendees	
Review of Minutes	November minutes approved	
II. Presentation <i>Firearms Buy Back and Storage Giveaway</i> David S. Shapiro, MD, MHCM, FACS, FCCM Chief Medical Officer and Vice President of Medical Affairs Saint Francis Hospital	The Why <ul style="list-style-type: none"> - Intention in the 80s, 90s, 2000s, was if we get the guns off the streets, can decrease shootings and many lives will be saved. The reality was there was no clear evidence. - Short term crisis; many suicide attempts occur with little planning - Intent is not the only factor, means matter - Access to firearm is a risk factor - Firearms used in youth suicide usually belong to a parent or friend’s parent - Reducing access to lethal means saves lives - CT 2017: buybacks are an opportunity to remove unwanted firearms from the community 	

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Dec 2024 CTSAB Presenter Bio .pdf	<ul style="list-style-type: none"> - Australia 2018: initiation of a systematic gun buyback plan was associated with a drop in firearm suicide rates; observational data - 2019: buybacks can offer support and safety awareness and are a part of a community’s efforts to thwart gun deaths - 2021: public funds used for buybacks aim to reduce violence; unknown effects - Focus should be on the role of buybacks, not whether we should do it - Safety awareness - Efficacy of the buyback programs are difficult to measure - Guns taken from buy backs are not the ones on the street <p>Safety events</p> <ul style="list-style-type: none"> - Provide a level of primary prevention - Safety, support, and education - Distribution of safes <p>Risk Factors:</p> <ul style="list-style-type: none"> - Youth mental health challenges/trauma - Trauma exposure at risk for suicide and gun violence - Guns leading cause in youth 1-19 years - Suicide is more of a threat than street gun violence <p>Storage:</p> <ul style="list-style-type: none"> - Safety events to promote biometric safes - 99% reported safe storage - Responsible owners believe in buy back of those sold back in CT 85% were stored in homes, basements, storage sheds and nightstands <p>Data on ownership:</p> <ul style="list-style-type: none"> - 72% of gun suicides were legally owned - Firearms are inherently dangerous based on proximity - Suicide risk is higher in homes with guns <p>Awareness & Education:</p> <ul style="list-style-type: none"> - Firearm injury department has dedicated funding for bio safes - Bio Safes approved by the NRA and NSF the idea is to make it difficult with electric current combination - Safes certified by California are used as standards - Primary care providers next year will be required to ask/offer gun safety - https://www.facs.org/media/y52d5onw/gunsafety_brochure.pdf 	

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	<ul style="list-style-type: none"> - Updating language to avoid intimidating gun owners ‘what can be done for safety’ instead of questioning and targeting ("Is there a gun in the home" as a triggering statement) <p>NSSF’s Project ChildSafe program https://projectchildsafe.org/ provides free gun locks, gun safety materials and community campaigns to any community at any time. Encourage your community to participate in Project ChildSafe.</p> <p>To view the presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/Firearm_Safety_Buybacks_Suicide_Prevention_Angle_DSS.pdf</p>	
III. CTSAB Business Reports	<p><u>Suicide-related Grant Initiatives</u></p> <p>GLS Youth Suicide Prevention – Partnerships for Hope & Healing (PH2) 2023-2028</p> <ul style="list-style-type: none"> - SAMSHA grant led by DMHAS, DPH, and DCF with CTSAB as advisory team - DMHAS directed, DCF and DPH co-directed and collaboration with UConn Health, United Way of CT/211, Education Development Center (EDC), Regional Behavioral Action Organizations (RBHAOs), five school systems, and part-time staff added for implementation - Develop training collaborative that supports increased capacity and expertise in suicide risk identification, screening and treatment, particularly among those serving you and young adults - Create a data to action website dashboard that links to existing data resources available to guide suicide prevention planning - Promote 988 Suicide and Crisis Lifeline with the statewide suicide prevention campaign - Prepare and release the CT Comprehensive Plan 2030 - Local focus goal based on regional approach to develop and implement intensive school-community-based efforts in five priority communities, one in each suicide prevention service region to build capacity to prevent suicide - Each school-community partnership will perform suicide prevention, intervention and response strategic planning and implementation - Emphasis on working with school systems to update their infrastructure for students who screen positive for suicide - The school systems are Region 1 Darien; Region 2 Wallingford; Region 3 Thompson; Region 4 Southington; and Region 5 New Milford 	

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	<ul style="list-style-type: none"> - EDC’s Multi-Tiered Approach to Suicide Prevention (MTSP) will be utilized for schools to address both students identified and general education around emotional regulation - Examples of school-based strategies and curricula include <i>Gizmo’s Pawesome Guide to Mental Health</i> elementary curriculum for third and fourth graders, Signs of Suicide for middle school and high school, Question Persuade Refer (QPR) for faculty, staff and high school students, Columbia Suicide Severity Rating Scale (S-SSRS) and Counseling and Access to Lethal Means (CALM) - 7 Key Elements for Community-Led Suicide Prevention (unity, planning, integration, sustainability, data, fit and communication) - Scheduled kick off training for MTSP for schools January 30th <p>EDC links</p> <ul style="list-style-type: none"> - https://solutions.edc.org/solutions/education-wellbeing/services/consultations/multi-tiered-suicide-prevention-schools - https://www.edc.org/community-led-suicide-prevention <p>To view the presentation: https://www.ctclearinghouse.org/Customer-Content/www/files/PDFs/GLS-PH2_Overview_PPT_120224.pdf</p> <p>State Plan 2030 Update</p> <ul style="list-style-type: none"> - Goal 1: Build and sustain suicide prevention infrastructure at the state, tribal, and local levels - Goal 2: Implement comprehensive suicide prevention strategies for populations disproportionately affected by suicide, with a focus on historically marginalized communities, persons with suicide-centered lived experience, and youth - Goal 3: Implement effective suicide prevention services as a core component of health care - Goal 4: Reduce access to lethal means among people at risk of suicide - Goal 5: Improve the quality, timeliness, scope, usefulness, and accessibility of data needed for suicide-related surveillance, research, evaluation, and quality improvement - Committees will be receiving worksheets to complete - Lived experience committee members will be reaching out to other committees to join as the plan is being updated <p>Regional Suicide Advisory Boards https://www.preventsuicidect.org/about-us/regional-sab-business/</p>	

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	<p>Region 1/Southwestern</p> <ul style="list-style-type: none"> - Attended IMPACT training - Successful RSAB meeting <p>Region 2/South Central</p> <ul style="list-style-type: none"> - QPR trainings ongoing and connecting with community partners - Preparing months for the new year - Connect training coming up at Albertus Magnus - Focus group in January to better address needs in communities for priority report planning - Wallingford accepted to be part of the PH2 grant with the kickoff in January <p>Region 3 Eastern</p> <ul style="list-style-type: none"> - Continue to offer biweekly QPR training in the community open to anyone - Trained Plainfield school nurses in QPR - Collaborated with TIEG for Thanksgiving food baskets with 988 materials to spread awareness - Veterans coffee houses have been successful and more planned <p>Region 4 North Central</p> <ul style="list-style-type: none"> - QPR training for Tolland school nurses and focus group opportunity for priority needs report - Common themes included a need for phone and social media bans - Reported higher rates of youth asking for help for their friends - Focused on health equity with safe messaging activity - Connect training in Enfield was rescheduled - QPR for leadership team with Simsbury Boy Scouts <p>Region 5 Western</p> <ul style="list-style-type: none"> - 60 Carelon employees trained in QPR - 50 Waterbury health and physical education teachers in QPR - Planning future postvention trainings <p><u>Foundations</u></p> <p>American Foundation for Suicide Prevention (AFSP) https://afsp.org/chapter/connecticut</p> <ul style="list-style-type: none"> - Soul Shops for Black Churches was rescheduled 11/23 - International Survivors of Suicide Loss Day at four locations - Looking for advocacy volunteers coming up in spring - Access events here: Connecticut AFSP - Email: mpeters@afsp.org 	

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	<p>Brian Dagle Foundation https://brianshealinghearts.org/</p> <ul style="list-style-type: none"> - Over 1300 registered to date for Jingle 5K, a day of awareness and fundraising - Niantic Jingle 5K Race - Brian's Healing Hearts - Vulnerability and grief presentation for long term survivors - Facilitator training on grief and loss in Jan and Feb - Email: Ann@brianshealinghearts.org <p>Jordan Porco Foundation https://www.rememberingjordan.org</p> <ul style="list-style-type: none"> - Planning for summer events - Goal of 350 Fresh Check Days <p>My Friend Abby https://www.myfriendabby.org/</p> <ul style="list-style-type: none"> - Texts sending free uplifting texts: https://www.myfriendabby.org/sendingssunshine - Community project with 50 young adults to wrap gifts and write notes--Holiday Cheer for Mental Health to help those who are hospitalized as psychiatric patients - Talk about mental health from St. Vincent's - Support groups once a month for grief survivors - Trumbull High School started a My Friend Abby club facilitated by district psychologist - 31 days of giving fundraising - Successful event at Two Roads Brewery with founder of Cope Notes - Email: gillian@myfriendabby.org <p>Awareness Campaign https://www.preventsuicidect.org/</p> <ul style="list-style-type: none"> - DPH funding bus ads will be on the interior ceiling of buses in Hartford, Stamford and New Britain areas - The ACCESS Mental Health for Youth video topics are Depression, Anxiety, Trauma, General wellness birth to 5 years, General wellness 6 to 12 years, General wellness 13 to 18 years, General wellness 18 to 26 years - https://www.accessmhct.com/youth/families-2/# 	
Member updates	<ul style="list-style-type: none"> - Jonathan Perloe retiring from CCAGV - Robert Kanehl retiring from CT Poison Control Center 	

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	Coalition meeting adjourned 10:53am	
<p>2025 Meeting Schedule</p> <p>Coalition Meetings are the second Thursday of the month, 9:00am—10:30am</p> <p>Meetings are currently scheduled virtually. Please refer to the monthly meeting announcement for meeting information.</p>	<p>Dates/Presentations</p> <p><u>2025 Meeting Dates:</u></p> <ul style="list-style-type: none"> - 1/9/25 - 2/13/25 - 3/13/25 - 4/10/25 - May Suicide Prevention Conference - 6/12/25 - 7/10/25 - 8/14/25 - 9/11/25 - 10/9/25 - 11/13/25 - 12/11/25 <p>Subcommittee meetings are listed in the monthly meeting announcement sent on the CTSAB listserv.</p>	