

The Hub Regional Suicide Advisory Board Meeting Minutes

Meeting Date: Thursday, July 25th, 2024

Location: Virtual *Microsoft Teams*

Present: Alexa Gorman, Mai Kader, Brittany Dube, Thamarlande Onesair, Melissa McGarry, Jill Winner, Dena Miccinello, Laila McGeorge, Alexa Gudelsky, Gillian Anderson, Glory Smith, June Francis, Kaitlin Comet, Melissa Perez-Constantine, Ellen Brezovsky, Jacqueline Calayag, Nicole Bengtson, Ali Ramsteck. Margaret Watt, Dana Bossio, Nicole Shea, Kelley Tomlinson, Tichianaa Armah, Alison Witherbee, Demetria Nelson, Teresa Drew, Shannon, Victoria O’Neill.

AGENDA ITEM / TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
<p>Community Spotlight: Family Centers</p> <p>Speakers: Jill Winner, <i>Senior Director of Behavioral Health</i> and Alexa Gudelsky <i>Health and Outreach Educator</i></p>	<ul style="list-style-type: none"> • Family Centers: <ul style="list-style-type: none"> ○ Overview of services <ul style="list-style-type: none"> ▪ 28 programs and services <ul style="list-style-type: none"> • Education • Healthcare • Human Services ▪ 60+ service delivery sites ○ School Based Health Centers – Stamford & Greenwich <ul style="list-style-type: none"> ▪ Range from medical to mental health services ○ Outpatient Behavioral Health – Stamford, Greenwich, Darien <ul style="list-style-type: none"> ▪ Individual, family and group ○ Center for Hope – Darien <ul style="list-style-type: none"> ▪ Support for those grieving loss, coping with life-altering circumstances, living with illness ▪ Individual, family and group ▪ The Den for Grieving Kids ▪ Trauma response team 	<p>Contact Jill Winner – jwinner@familycenters.org ; Alexa Gudelsky agudelsky@familycenters.org</p> <p>To learn more about Family Centers please visit their website: www.familycenters.org</p>

<p>Community Spotlight: VA Connecticut Healthcare System</p> <p>Speaker: Nicole Shea, LICSW <i>Community Engagement and Partnership Coordinator</i></p>	<ul style="list-style-type: none"> - VA’s Public Health Strategy – community based + clinically based = full public health model shares that <ul style="list-style-type: none"> o Suicide is preventable o Prevention requires a public health approach, combining clinical and community-based approaches o Everyone has a role to play in suicide prevention - Strategy intersects with CT Governor’s challenge to Prevent Suicide among Service Members, Veterans, and their Families (SMVF) - VA Community Engagement and Partnership Coordinators support mission; facilitate coalitions locally; build community connections - COMPACT Act – Veterans Comprehensive Prevention, Access to Care, and Treatment - The VA can furnish and pay for treatment of eligible individuals in acute suicide crisis. Further details include: <ul style="list-style-type: none"> o Services up to 30 days of inpatient or crisis residential care o Up to 90 days of outpatient care o Prescription medications o Emergent suicidal care - How to utilize this: <ul style="list-style-type: none"> o Notify VA in timely fashion (when veteran is seen in ED for suicidal crisis) <ul style="list-style-type: none"> ▪ Online: Veterans Health Administration-Community Care ▪ Call: 844-724-7842 ▪ In person at nearest VA medical facility 	<p>To learn more, please reach out to Nicole Shea (Nicole.Shea@va.gov)</p>
<p>The Hub Updates</p>	<p>RYASAP is now CatalystCT</p> <p>Legislative Fund Update: (Alcohol and Co-Occurring Mental Health Disorders.</p> <ul style="list-style-type: none"> - Grant focus will be on depression and anxiety among adult males and the Latine population in Bridgeport and Stratford. 	<p>Contact The Hub’s Legislative Funds Coordinator: Thamarlande Onesair (Tonesair@catalystct.org)</p>

	<ul style="list-style-type: none"> - Those interested in participating in a regional workgroup are advised to contact Thamarlande Onesair. <p>Cannabis Updates:</p> <ul style="list-style-type: none"> - Regional workgroups will be beginning soon. - The Hub will be Disseminating 2 multi-year mini grants – LPCs and community organizations encouraged to apply; Interest survey: https://forms.office.com/r/pTS2PVZmWS <p>SOR/Opioids/Narcan Updates:</p> <ul style="list-style-type: none"> - Upcoming Narcan Refresher Training 8/1 Norwalk Public Library at 12:30pm <p>Regional Suicide Advisory Board Updates:</p> <ul style="list-style-type: none"> - What is Postvention? <ul style="list-style-type: none"> o Postvention is an organized response in the aftermath of suicide to accomplish one or more of the following: 1. To facilitate the healing of individuals from the grief and distress of suicide loss 2. To mitigate other negative effects of exposure 3. To prevent suicide among those at high risk. <ul style="list-style-type: none"> ▪ To learn more about postvention or to bring a postvention training to your community, contact Victoria O’Neill (voneill@catalystct.org) - Regional suicide needs assessment is underway! - The Hub will be promoting 988 via our “Ok To Talk About It Campaign” in the month of September. 	<p>Contact The Hub’s Cannabis Coordinator: Kaitlin Comet (kcomet@catalystct.org)</p> <p>Upcoming September Planning and Events:</p> <ul style="list-style-type: none"> - AFSP Regional Walk 10/26/24 - Columbia Suicide Severity Rating Scale (CCRS) Webinar 9/18/24 - 3 Part Lunch and Learn Series: Crisis Supports and Suicide Prevention for Autistic People 9/9, 9/25 & 10/9 - Counseling on Access to Lethal Means (CALM) Community Conversations date TBD.
Community Updates	<ul style="list-style-type: none"> - Margaret Watt: Alternatives to Suicide support group flyer has been created along with other flyers sharing regional resources for mental health and suicide. - My Friend Abby: 	<p>Regional resource flyers updated by Margaret and Positive Directions are attached to this email.</p>

	<ul style="list-style-type: none"> ○ 9/10/24: Annual Vigil “<i>Shining Together for Suicide Prevention</i>” at the Trumbull Town Hall Gazebo ○ 10/25/24: My Friend Abby’s annual fundraiser at Two Roads – reach out to Gillian for sponsorship information. - 8/29/24: Addiction Awareness Vigil New Canaan – reach out to Jacqueline Calayag jcalayag@catalystct.org for more information - Greenwich Youth Service Bureau has worked to establish Hope Squads at Greenwich High School. To learn more about Hope Squads, visit this link. - Stamford Department of Health and Human Services created “What Happens When You Call 988” Video. You can view the video here: https://youtu.be/osVq5VVuGDU 	<p>Contact Gillian at My Friend Abby (gillian@myfriendabby.org)</p>
Updated Regional Data	Please reach out to Victoria O’Neill (voneill@catalystct.org) for updates on 988 call, text and chat data.	

Please review the email attachments for additional flyers and information referenced in the minutes.