Catalyst CT
The Hub

Region 1 Suicide Advisory Board Meeting Minutes

Meeting Date: 8/21/2025

In Attendance: Caitlyn Koripsky, Kevin Iglesias, Alexa Gudelsky, Andrew Gerber, Kathy Carley-Spanier, Colleen Prostor, Daniella Arias, Dena Miccinello-Barbarula, Nadine Douglas, Gillian Anderson, Brianna Herrera, Jacqueline D'Louhy, Jeffrey Santos, Kaitlin Comet, Amanda Kris, Andrew Lavallee, Madeline Mantilla, Briana Miller, Thamarlande Onesair, Kelley Tomlinson, Rashida Miller, Kariny Silva, Nicole Shea, Edith Boyle, Ellen Brezovsky, Ticianaa Armah.

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome and Introductions **Stakeholder Updates**	What is one resource you find yourself constantly utilizing or referring to others? A. 988 Printed Materials: Safety plans, magnets, https://orders.gpo.gov/SAMHSA988/Pubs.aspx B. Urgent Crisis Centers C. https://www.connectingtocarect.org/ and regularly suggest UCCs and care coordination as resources D. https://rockingrecovery.org/ct-resource-links/ E. Our 24/7 helpline! Home - Kids In Crisis F. collaboratives listserv emails for upcoming events	A. 988 SUICIDE & CRISIS LIFELINE SAMHSA 988 Suicide & Crisis Lifeline Print Materials 988 Materials are free to order. Expected shipping 2-3 weeks
State and Regional Updates	988 Day and Suicide Prevention Awareness Month A. Gillian Anderson & My Friend Abby- Annual Candlelight Vigil on Sunday, September 7th in the evening, 6PM, Trumbull Green – All are welcome! Guest speaker: Caitlyn Koripsky. Fundraising event on October 24th -Stratford, Share Your Light. Annual event. https://events.handbid.com/auctions/my-friend-abbys-share-your-light-2025	

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Hub Updates:	B. September 10- VA SAVE Training, suicide prevention training along with information about veterans. Partnership with chaplains to discuss the role of faith in healing. C. Norwalk – 988 Ads around train stations will be coming in September! Reaching out to partners for QPR and CALM training. D. Kids in Crisis 24/7 Helpline – It does not have to be a crisis! Resources, referrals, de-escalation, immediate in-person support for Fairfield residents. Increase in suicide and related calls have been seen. KIC outreach workers are available. Temporary shelter for kids under 17- counseling, medical care, with the goals of reunification. "We take calls from all over the state and can provide in-person outreach meetings any time in Fairfield County" Ellen Brezovsky/ KIC: QPR trainings for Greenwich Academy later this month. Helpline number promotion on socials. Hope Day in October – Tulip Planting for Spring. To reduce stigma of mental health and suicide. Hope Day date coming soon. Yellow Tulip Project E. New Canaan Cares- relocated to same location as the Health Dept. Opportunity to collaborate and join the coalition. Jennifer Wallace, author, book on Mattering, related to mattering in the modern world. To create a large-scale community - Wednesday October 29th, registration coming soon, make sure you're registered for the listserv. At Sax Middle School. Free of charge! F. Social Media Campaign – SAMHSA Shareable resources – Anyone can post on professional and personal accounts: Videos, graphics, pre-prepared messages, print material templates. https://988lifeline.org/988-day/ G. Kelly Tomlinson Norwalk Health Dept. – Zero Suicide training for health care providers at the end of August. H. Fairfield County Out of the Darkness Walk – October 4th, 2025. Sherwood	**Event Details** Oct 24, 2025, 07:00 pm EDT - Oct 24, 2025, 10:00 pm EDT Add to calendar **Host** This event is hosted by My Friend Abby **Attire** Business Casual **Location** Two Roads Brewing Company 1700 Stratford Ave, Stratford, CT 06615, USA B. Flyer was sent to RSAB Contact List and will be attached to this email. C. Contact: Kelley Tomlinson- KTomlinson@norwalkct.gov D. Contact Kaitlin Comet with any questions: kcomet@kidsincrisis.org E. I will forward the registration link when it is available!

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	I. Jeffrey Santo – Developing trainings. Alternatives to Suicide. Coming up with lists of providers to help peer support member groups to receive help outside the meetings. Creating a training to teach people this model. Coming by 2026 Hub Team Update A. Catalyst CT | The Hub: September Trainings for National Suicide Prevention Awareness Month Gambling as a leading risk factor for suicide prevention September 25th	F. SUICIDE PREVENTION AWARENESS MONTH G. Looking forward to hearing about this event next meeting! H. American Foundation for Suicide Prevention (AFSP) A: REGISTRATION Scan this QR code or click here to register. After registering, you will receive an email with trainings details. Link: 2025 Suicide Prevention Awareness Month Training

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	September 8th, 2025: **Question, Persuade, Refer & Narcan Training In-Person 1:00PM-2:30PM** September 17th, 2025: **Talk Saves Lives (Virtual) 10:00AM-11:30AM** September 24th, 2025: **Community Conversations on Gambling (Virutal) 12:00PM-1:30PM** September 30th, 2025: **Community Resilience Model Training In-Person 2:00PM-4:00PM** **Suicide Prevention Awareness Month** September is National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions more who experience suicidal thoughts, and the many individuals, families and communities who have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope. **REGISTRATION** Scan this QR code or click here to register. After registering, you will receive an B. OORK Training – Opioid Overdose Rescue Kit Training. **August 31th, Westport Library 2-4PM.** Free training and supplies. Contact the Hub to bring this training to your agency or organization. C. Regional Cannabis Awareness Team Meeting D. RGAT Meeting August 29th	B: OORK Training *To register, scan QR code or click here.* Link: https://form.jotform.com/catalystct/overdose-rescue-kits-training

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		Contact Jacqueline Calayag for more information jcalayag@catalystct.org C.Contact Grace Kihika gkihika@CatalystCT.org D. Contact: dmiccinellobarbarula@catalystct.org
QPR Slide Deck and Hub Logo	A. QPR Books and Packets – Region 1 seeks to ID fellow QPR trainers to collaborate with trainings. Working on promotion of partner trainings or providing updated slides and physical/digital QPR booklet. Can use slides in conjunction with your own slides. The Hub has a QPR swag bag with resources that can be handed out to trainees. These are free, so let us know if you'd like some. B. QPR Trainer of Trainers (ToT) for partners to increase number of trainers in our region. We are looking into brining this to R1.	A. Hub Logo available to be added to flyers, slides. B. I will keep you all in the loop.
Subcommittee's	A. Data Subcommittee- Demographics and other data collection. Link will be sent out to RSAB members. B. Community Trainers Subcommittee	A. RSAB members can let us know how many trainings they are doing to report regional numbers to DMHAS and DCF. B. Potential to form a subcommittee to increase capacity for our trainings.

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		Let us know if you're interested in joining.
Closing	Our next meeting is **Thursday Nov 20th, 2025, from 10:00-11:30 via Microsoft Teams.**	Please email me, ckoripsky@catalystct.org with any questions you would like answered the next time we meet. Thank you!!