



Region 3 Regional Suicide Advisory Board Meeting Minutes

Meeting Date: May 7, 2024

Location: Zoom

Present: Crissy Waggoner, Lindsey Kyle, Kylie Young, Natasha Austin, Danai Amaral, Katie Bell, Mikalya Bozym, Connie Capacchione, Megan Werner, Kim Grant, JM Gonzalez, Heather Victoria, Drew Lavallee, Leah Friedman, Maggie Wood, Mary Meyers Pasquino, Melanie Dunphy, MaryAnn McComiskey, Jessica Lynch, Romeo Blackmar, Megan Erdman, Melisaa Root,

Facilitator: Mark D. Irons

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome & Introductions	All were welcomed.	
RSAB Updates	A professional weather check was completed via a Slido poll. Attendees were encouraged to invite others from their networks to reach out and become members.	
A presentation from: Dr. Melissa Root, CalmPak	Dr. Root demonstrated her wellness tool, CalmPak. She provided the research which informed the development of the tool. Additionally, she highlighted some of the local deployment of the items in Eastern CT. Several local police departments provided the CalmPak fobs for their officers. Several members asked to connect offline about the tool for their organization. The group was also told that individual items can be purchased via the CalmPak website.	
Connecticut Suicide Advisory Board (CTSAB) Update	April 11th Dr. Lauren Herlihy, Hospital for Special Care, Individuals with Autism and Suicide Risk May 2 nd . Statewide Suicide Prevention Conference – held in lieu of monthly meeting.	

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Prevention Information	The RSAB Coordinator provided QPR training this month for staff from Northeast Driving School. This training offering came after sending suicide prevention posters to all of the driving schools in Eastern CT. This school was the only company which connected with the program lead. 2 students from the Woodstock Academy worked with the Program Lead to develop a suicide prevention presentation for their Human Rights Conference. QPR was provided to a group of Norwich Tech student leaders and athletes at NFA. The Columbia Suicide Severity Rating Scale (CSSRS) presentation was attended by 75 and the Suicidal Risk Characteristics in the Black Community had 56 participants.	
Postvention Information	The RSAB Coordinator as well as RSAB members Kiley Young from the Regional School safety Center at WCSU and Emily Morse from Emergency Mobile Crisis at UCFS were asked to present on a national webinar with state agency staff on the postvention response in Eastern CT. It was a great way to highlight the collaboration and coordination which is happening in our region.	
988 Update	Group was reminded that there are new videos and ads available for use in their work at the SAMSHA 988 site.	
Resiliency Gym	The RSAB Coordinator provided the group with information from Tapping into <i>The Five Pathways to Resilience adapted from Resilience, Linda Graham MFT</i> on how to utilize your natural strengths. The group was provided information on how to identify where you're naturally gifted, how you're using those gifts, and how to tap into more of them to build your resilience during times of uncertainty.	
Upcoming trainings	On April 15th 1-2 virtual presentation: Sara Wilkinson: Suicide Prevention in Military Connected Communities.	

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Questions & Comments	N/A	
Next Meetings:	<p style="text-align: center;">June 4, 2024 (9-10:30) Suicide Prevention Resource Center (SPRC) = Tribal initiatives</p> <p style="text-align: center;">https://us06web.zoom.us/j/84570075726?pwd=QjdRQk9BYm83ZlF6NTNGeVB3N2NUU <u>T09</u></p>	