



Region 5 Suicide Advisory Board

December 20, 2023 10:00-11:30AM

AGENDA

Present: Abby Wood Maldonado (WCTC), Emma Hollis (WCTC), Kayla Champagne (WCTC), Anastasiya Domnich-Kovalevsky (TAHD), Paul Downing (G.A.), Lisa Hossein (NYS/Step Up Naugy), Kathy Hanley (WCTC), Alexa Griffin (Newtown Human Services), Carrigan Costello (Wolcott CASA), Brian Hembrook (NMYA), Donna Bielefield (McCall), Jeff Crothers (NWCC), Corinne Ofgang (Newtown Human Services), Joanna Keyes (TAHD), Andre Luis Grigorio (WCTC), Kevin Iglesias (McCall), Linda Seay (Alternatives to Suicide), Natasha Austin (VA), Marilia Jose (Town of Bethlehem), Alice DeMeo (DCF), Jodi Brazal (CT State Unit on Aging), Jules Calabro (Carelon), Jessica Kristy (NVHD), John Martinez (CT Alliance to End Sexual Violence), Crystallee Martel MA, CPS (WH Department WHOP), Allison Fulton (WCTC), Chelsea Kapitancek (McCall), Gabriel Lomas (WCSU)

1. **Introductions** 5 min

- a. Everyone types name, role, agency/organization, and any other relevant info in the chat

2. **End of Year Reflections** 15 min

- a. Think about and write down your answer to each of the following prompts: (3 min)
 - i. What is one way you and/or your organization engaged with suicide prevention or postvention in 2023 that makes you proud?
 - ii. What is one way you would like you and/or your organization to engage with suicide prevention or postvention in 2024?
- b. Share with peers in breakout rooms. (5-7 min)
- c. Return to large group and share (5 min)
 - i. Including gambling and gaming.
 - ii. Career support/counseling.

3. **Subcommittees** 20 min

- a. Abby introduces the 2 new proposed subcommittees and review how they fit into the new meeting structure (10 min)
 - i. Gizmo // Youth MH // Goal 2 State Plan // maybe have a rep at CTSAB?
 - ii. Lethal means // Goal 4 State Plan // represent the state subcommittee.
- b. The group discusses and asks any questions in the chat or out loud. (5 min)
- c. All RSAB members indicate their interest in participating using the Survey Monkey link in the chat (5 min)

4. **Planning for Winter 2024 (and beyond)** 20 min

- a. The full group reviews areas of interest indicated by RSAB membership: (5 min)



“Please share any areas of interest you are looking to learn more about, receive training in, present on, etc.”

- i. More learning opportunities about postvention
- ii. Specific needs in Region 5 regarding Veteran support, Veterans’ issues
- iii. Resources available
- iv. Advocacy
- v. Data on mental health (current trends)
 1. ISOLATION
- vi. How to educate on suicide
- vii. Self-harm
 1. Potential speaker: Jennifer Tirado (she/her) Alternatives to Suicide Project Coordinator. jtirado@toivocenter.org
 2. Context and scope (self-harm and self-injury behaviors)
 3. How do you recognize it in other people?
 4. Spectrum
- viii. LGBTQIA – PEER PRIDE (BIPOC LED) – CLAS **culturally and linguistically appropriate services** Workgroup *class standards for healthcare
- ix. Race/Ethnicity
 1. Correlation with the rates of suicide.
 - a. hardship, social support, poverty, limited affordable housing, education, mental health, etc
- x. Suicide prevention and assessment in young children
 1. ACES/PCES
- xi. Aging population
- xii. Career and suicidality
 1. Career counseling and emerging adults outside of traditional higher education.
 2. Connection and peer support for those that need career buckets filled



- b. Through a full group discussion, generate at least 3 topics/presentations or speakers of interest, including a topic for the January 24 and March 27 meetings (15 min)

5. Resource Round Up 5 min

a. Safety Planning for Youth Suicide Prevention

- i. One-hour, self-paced online course designed for licensed health and behavioral health professionals and students in clinical training programs
- ii. Approved by the NASW for one CE contact hour
- iii. Review the core elements of the Stanley-Brown Safety Planning Intervention
- iv. Explore strategies for effective collaboration with young people and their families
- v. Consider ways to overcome common challenges to delivering the intervention with fidelity

6. New business 15 min

- a. Save the Date – February Postvention 101 on in New Milford
- b. WCTC winter training schedule – Naloxone & QPR
- c. December newsletter

Next R5SAB Meeting – January 24, 2023 on Zoom

The Region 5 Suicide Advisory Board seeks to:



- Integrate and coordinate suicide prevention, intervention, and response activities across multiple sectors and settings including all 43 communities in Region 5.
- Support the overall vision of the **Statewide Connecticut SAB** and provide the local and regional infrastructure for suicide prevention and postvention response activities.