

## **R5SAB Quarterly Meeting**

### **June 29, 2022**

In attendance: Abby Wood, Allison Fulton, Kathy Hanley, Sarah Lorenzini, Valerie English Cooper, Donna Culbert, Mike Makowski, Ethel-Anne Roome, Jill Pluta, Sarah Meyerdierks, Lynn Steinmeyer, Debbie Berman, Gabriela Krainer, Robyn Hoffman, Chelsea Kapitancek, Kristin Mabrouk, Stacey Domnich-Kovalevsky, Jennifer Tirado, Sarah DeFlumeri, Sheila Levine, Joanna Keyes, Heather Spada, Erin Mulhern

#### **Presentation by Mike Makowski, Injury and Surveillance Unit, CT Department of Public Health**

*CTVDRS Data About Violent Death Victims* (see attached slides)

#### **Suicide Postvention Information Networks Updates**

1. Kathy Hanley- New Fairfield

Since the last meeting the group's efforts have included:

- Another first responder roundtable discussion to bring them up to speed on efforts thus far
- Dissemination of business cards, brochures, and 2-pocket folders to first responders
- A webpage was created on the Town of New Fairfield website- a simple compilation of the resources and some basic suicide prevention information for the community:  
<https://www.newfairfield.org/community/suicide-prevention-and-postvention>
- We published an article in the local paper introducing ourselves, what our effort entail, directing folks to the new webpage and promoting a QPR training (see attached)
- We hosted a QPR training at the Senior Center with 22 people in attendance
- Kathy acknowledged that New Fairfield had an advantage getting things started because she is an employee of WCTC. They also have support from the First Selectman but soon we will have a new Superintendent of Schools to bring into the fold
- The group still faces challenges with ensuring we are notified of an untimely death. Thankfully nothing has occurred since the roundtable in early May. We experienced 5 suicides in New Fairfield in 2021 (as reported from Mike's presentation) but the group was only aware of 3

2. Jill Pluta- Newtown

- Communication is a challenge. They thought they had things sorted out with the Police Department but there have been some recent personnel changes including a new Chief of Police
- They are getting the word out about their efforts through funeral homes and the faith-based community

3. Kristin Mabrouk- Naugatuck

- They shared resources on safe-guarding firearms with the shooting range in town and it was appreciated and well received

Abby announced that 4 Western CT Coalition staff members attended a Training of the Trainers for Postvention. We now have the capacity to train others in how to put together a Postvention Network.

We can host trainings for newcomers or refresher trainings for those who have already gotten started. We hope to expand and build upon the postvention information network efforts throughout the region

### **Lethal Means Resources**

Abby directed the group to the CT Suicide Advisory Board webpage [preventsuicidect.org](http://preventsuicidect.org) where under “resources”, then sub-menu “Reducing Access and Increasing Safe Storage” you will find:

- Links to articles, fact sheets, and brochures
  - A 2 hour online course entitled CALM (Counseling Access to Lethal Means).
  - The One Word, One Voice, One Life state-wide campaign featuring resources that can be ordered including brochures, magnets and stickers
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- A discussion took place about signage that can be placed at bridges elevated structures or anywhere in the community where there is concern for access to means.
  - Contact Heather Spada [heather.spada@unitedway.org](mailto:heather.spada@unitedway.org) to learn more

### **R5SAB Quarterly Newsletter**

- The board will publish a newsletter every quarter
- The first edition was released through Constant Contact (2800 contacts throughout the region and beyond) in early June
- Abby reviewed the content. A pdf version is attached and here is a link: <https://conta.cc/3NdxE1P>

### **Other Updates**

Jenifer Tirado from Toivo Center is the coordinator of a new program called *Alternatives to Suicide*. Toivo is working with the Dept of Mental Health and Addiction Services (DMHAS) to expand this effort across the state. It is peer-based. A facilitator training is scheduled for 7/13-7/15. She can also do a 2-hour overview training for us. Her contact information is [jtirado@toivocenter.org](mailto:jtirado@toivocenter.org) 860-549-2058.

The next R5SAB meeting is September 28<sup>th</sup> 10:00 a.m. September is Suicide Prevention Month. If anyone has ideas for presentation, please contact us.

Happy summer everyone!