



Region 5 Suicide Advisory Board
January 24, 2024 10:00-11:45AM
AGENDA

Present: Ethel-Anne, Kevin Iglesias, Paul Downing, Dawn Cronin, Alexa Griffin, Andre Grigorio, Brian Hembrook, Carla Angevine, Carrigan Costello, Chelsea Kapitancek, Donna Bielefeld, Jeff Crothers, Joanna Keyes, Jules Calabro, Kayla Champagne, Lisa Hossein, Lisa Trupp, Sarah Lorenzini, Shanet Baker, Starley Arias, Victoria Giordano, Emma Hollis, Abby Maldonado

1. Introductions

2. Region 5 Priority Report and Epidemiological Profiles

R5SAB members discussed in detail the concern about mental health challenges and loneliness with our aging population. The discussion is timely for the upcoming meeting presentation with Angela Vázquez - Healthy Aging Program Coordinator with the State Unit on Aging.

R5SAB members also noted the significant disparity between the occurrences of suicidal ideation or intent within the female population when compared to the male population. The group is interested in discovering more opportunities to support this identified rate.

3. Resource Round Up 5 min

- a. [Understanding Suicide to Help Individuals and Their Supports Connect to the Care They Need](#)

4. New business (10 min)

- a. February 14 Postvention 101 in New Milford
b. Save the Date – CT Suicide Prevention Conference on May 2, 2024 in Rocky Hill

5. Subcommittees (50 min)

- a. Review the two subcommittees and their areas of focus as a large group (5 min)
b. Split into separate subcommittees in Zoom for the second part of the meeting (45 min)



Gizmo Subcommittee: The Gizmo subcommittee talked at length about Gizmo and its curriculum and read along initiatives. Individuals who have experience with these readings shared their successes. One highlight was a previously held Grandparents and Grandchildren reading which promoted mental health and help seeking behaviors intergenerationally, while addressing some of the concern on loneliness.

The subcommittee agreed that its first actionable step is to schedule a Gizmo Read Along within each member's town. These readings will occur within the month of May, which is known as International Mental Health Awareness Month.

Lethal Means Subcommittee: The Lethal Means subcommittee discussed the various ways lethal means safety are already being promoted and how those local and statewide efforts can be built on. The group discussed promoting safety and empower individuals to keep their homes and their families safe.

The subcommittee agreed to review the lethal means page of the state suicide prevention website, brainstorm how lethal means safety resources and messaging can be worked into messaging and preparation around Drug Take Back Day coming up on April 27, 2024, and to try and send a member to attend the Lethal Means subcommittee of the CTSAB.

Next R5SAB Meeting – March 27, 2024 on Zoom

Presenter: Angela Vázquez - Healthy Aging Program Coordinator with the State Unit on Aging

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.