



Region 2 Suicide Advisory Board Minutes

Time: Tuesday October 3, 2023 at 10:30 am via Zoom

Welcome and Introductions

Attendees:

Taylor Gainey – APW, Leigh Goodman - Bridgeport Hospital EMS, Erica Skoutas - Mental Health First Aid Project Director, Bridges Healthcare, Nina Robertson - Wallingford Health Department, Grace Jaworowski – Wallingford Health Department, Drew Lavarellee – Carelon, Kara – QVHD, Lorena Mitchell - Coordinator MH Initiatives, City of New Haven

CTSAB Updates:

- Last month, the CTSAB hosted a Wellness at Work webinar for Suicide Prevention Month – a presentation from MassMen and a panelist moderated by Mental Illness Happy Hour discussing men’s mental health in the workplace.
- MassMen website: <https://www.mass.gov/massmen> (also has a bilingual accessibility)

Postvention:

- Postvention Training Session 2 will be held virtually on Thursday, November 2nd at 11am. This session will have an interactive role-playing activity to recognize the planning process and collaboration among community members after a suicide or untimely death has occurred. All are welcome.

Prevention:

- MHFA has been a barrier for EMS responders due to 8-hour time commitment.
- Bridges had a community walk to increase awareness during Suicide Prevention Month. Bridges also trained 270 people this year in MHFA, exceeding their goal of 200. People in the area are very eager, very accommodating with scheduling, and community buy-in has been supportive. Bridges also has a great partnership with Milford PD (Blue Courage) – co-trains with police officer for MHFA.
- City of New Haven Community Resilience released a suicide prevention guide last month to improve access to resources and behavioral health treatment. The guide link, <https://bit.ly/NHVSuicidePreventionGuide>. Resources can also be found on the City of New Haven suicide prevention website: <https://www.newhavencct.gov/government/departments-divisions/community-resilience/suicide-prevention>

Questions & Comments

- Lorena wants to see a presentation on data reporting when it comes to youth and more specifically adult notifications from the OCME in CT (follow-up resources).

Next Meeting: Tuesday, December 5th at 10:30am via zoom.