

CONNECTICUT'S REGIONAL SUICIDE ADVISORY BOARDS

The RSABs are led by the Regional Behavioral Health Action Organizations (RBHAOs) who serve as strategic community partners responsible for a range of planning, education, and advocacy of behavioral health needs and services across the lifespan.

HISTORICAL OVERVIEW

Since 2021, the Regional Suicide Advisory Boards (RSABs) provide the local infrastructure for building capacity & promoting best practices. This work supports the vision of the CTSAB as outlined in the State Plan.



SUICIDE AWARENESS

Provide resources & training to communities on warning signs, best practices, & safe messaging. Expand awareness of suicide prevention campaigns including '1 Word, 1 Voice, 1 Life', 988, & the American Foundation for Suicide Prevention.



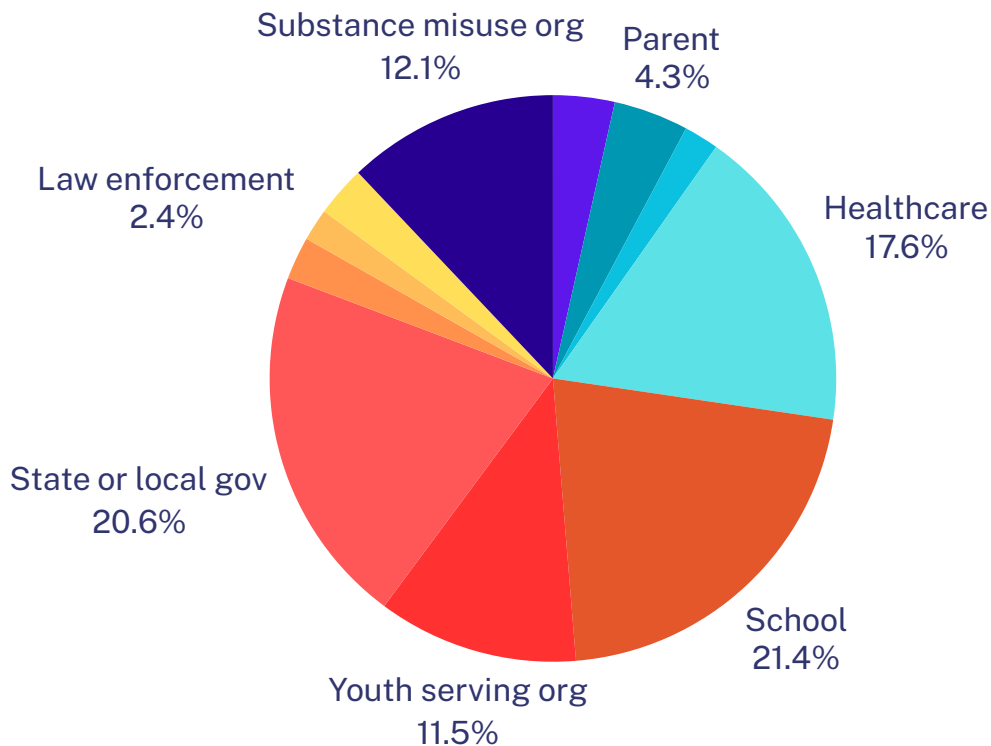
Available trainings include:
Question, Persuade, Refer (QPR), Signs of Suicide (SOS), CONNECT Postvention, Mental Health First Aid, ASIST, SBIRT, Talk Saves Lives, L.E.T.S. Save Lives, Gizmo, and CALM.

RECOMMENDATION

Continue to fund the 5 Regional Suicide Advisory Boards through the RBHAOs at \$320,000/year to support adult suicide prevention and postvention response.

SECTOR REPRESENTATION

RSABs seek to expand member representation; everyone brings different experiences & perspectives to the table.



TRAINING REACH

3,995

People trained statewide in suicide prevention & mental health promotion programs (2024)

"There is always more to learn...We always want to "do no harm" so it's great to let everyone know that to ASK about suicidal ideation is less harmful than keeping silent."
- QPR training participant

POSTVENTION PLANNING & RESPONSE

Each RSAB promotes an evidence-based postvention response, encourages utilization of postvention plans, and offers best practice guidance.

In response to the need for enhanced loss support resources, each RSAB is certified to deliver NAMI NHs' *CONNECT Postvention* training. This training strengthens a community's ability to respond to a sudden loss, promotes healing, and reduces the risk of suicide contagion.

Training is provided at no cost.



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Region 5 - Western