



COMMUNITY HEALTH
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**SUICIDE PREVENTION ACTION PLAN COMMITTEE
(SPAP_C)
MEETING MINUTES**

Thursday, October 7, 2010 12:00-1:30 p.m.

Health Services Complex – Rosecrans, Coronado Room
3851 Rosecrans Street, San Diego, CA 92110

In Attendance:

• Tracy Ball, County of San Diego HHSA	• Jayne Reinhardt, County of San Diego HHSA
• Gina Bongiorno, UCSD Bridge to Recovery	• Leah Rodig, AdEase
• Minola Clark Manson, BHETA	• Eric Rodriguez, Bienestar Human Services
• John de Miranda, Stepping Stone of San Diego	• Beth Ruland, CHIP
• Lynetta Devereaux, Alvarado Parkway Institute	• Kellie Scott, BHETA Aging Well
• Aron Fleck, CHIP	• Jana Szczeputowski, Your Social Marketer Inc. /Ad Ease
• Katie Judd, County of San Diego HHSA	• Carol Skiljan, Yellow Ribbon Suicide Prevention Program
• Anabel Kuykendall, County of San Diego HHSA-Aging & Independence Services	• Beth Sise, Scripps Health
• Jenel Lim, County of San Diego HHSA	• Alan Smith, County of San Diego EMS
• Daniel Lloyd, ECS - Friend to Friend	• Ron Stark, MHS Courage to Call
• Hector Martinez, Mental Health America	• Jessica Van der Stad, American Foundation for Suicide Prevention
• Tim Nou, County of San Diego MHS	• Glen Wellbrock, The Trevor Project
• Christopher Oneal, Optum Health Access & Crisis Line	• Harder + Co Community Research
• Betty Plewak, SDSU	

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| 1. Welcome / Introductions | <i>12:00pm</i> | B Sise / C Skiljan |
| All members introduced themselves. | | |
| 2. Approval of Minutes | <i>12:10pm</i> | B Sise / C Skiljan |
| Minutes from the September meeting were approved. | | |
| 3. Suicide Prevention Action Plan Update (See Attached) | <i>12:20pm</i> | A Fleck / Harder + Co.
Community Research |

The SPAP_C reviewed the Suicide Prevention Action Plan updated timeline (Appendix 7-Methodology for Action Plan Development-2010-09-17.doc). It was noted that the timeline for the Needs Assessments has been pushed back to ensure that effective practices are being used throughout the process. Surveys will be sent to community members in the next few weeks to collect quantitative data for the Needs

Assessment.

Harder + Co. Community Research will be contacting SPAP_C members to review protocols and survey questions to ensure that the surveys: (1) are administered in an appropriate fashion and; (2) include the targeted audiences outlined in the grant application (e.g. transitional aged youth, LGBTQ, Latino, Asian Pacific Islanders, and older adults).

SPAP_C was encouraged to invite other community organizations to participate in SPAP_C efforts, including the Needs Assessment, to ensure the Needs Assessment and Action Plan are true reflections of the current state of suicide prevention efforts in San Diego County. It was noted that several County PEI Grant programs (including AdEase and BHETA) have been working collaboratively to create effective and coordinated campaigns and projects.

Next steps include scheduling focus groups and interviews with key informants, and planning for the Community Forum and Summit. The Suicide Prevention Action Plan draft is scheduled to be submitted to the County of San Diego by June 2011.

4. Roundtable Discussion

1:00 pm

All

The Committee spent time discussing gaps and challenges of suicide prevention efforts throughout the County; highlights from this discussion include:

- AdEase released a successful media advertising campaign on September 13th. The “Up To Us” website (www.up2sd.org) has had impressive traffic and recently released a sub-site designed to help primary care physicians recognize symptoms of mental disorders in their patients (www.mdhelpsd.org). Next steps for the campaign include developing a newsletter and continuing progress on a digital story campaign.
- The County of San Diego HHS and AIS are wrapping up Depression Screening Week efforts (Depression Screening Week took place October 4-8th). It was noted that although they did not screen as many patients in 2010 compared to years past, however, patients scored higher than in years past. (e.g. presented with signs of more severe depression).
- Suicide Prevention Education Awareness and Knowledge (SPEAK) has been hosting presentations focused on teaching school/ related staff and students about signs of suicide and available resources to schools in San Diego Unified School District.
- The American Foundation for Suicide Prevention recently released a teen suicide prevention program, based on a national program and includes a DVD program, visual activities, and community events to raise awareness for 14-24 year olds.
- Courage to Call ((866)698.7838) is a 24/7 free helpline designed to provide support and resources for veterans and those that have recently served in the military; the helpline is a resource for mental health/suicide prevention efforts.
- Bridge to Recovery program solicited referrals for their program, which offers 90 days of free case management services for older adults struggling with co-occurring disorders. Bridge to Recovery can accept referrals from any medical providers in the community.
- G Wellbrock gave an update on the outreach efforts of the Trevor Project, including its two campaigns: the “It Get’s Better Campaign” and “I’m From Driftwood” (<http://www.imfromdriftwood.com/>). The best way to get a hold of a Trevor Project representative is through their facebook Page – San Diego Ambassadors of the Trevor Project.

5. Other Announcements / Information Sharing

1:25pm

All

- The 5th Annual South Bay Meet the Pharmacist & Senior Health Fair will be held from 10:00 a.m. – 2:00

p.m. on Wednesday, October 27th at the Kimball Senior Center (1221 “D” Avenue, National City, CA 91950). See the *MTP Oct 10Southflyer.doc* for further information.

- The Academy for Professional Excellence is in search of an Aging Well Trainer to support the Geriatric Prevention and Early Intervention Program (Aging Well). Trainers will conduct trainings for Older Adults and Caregivers, or to healthcare professionals throughout San Diego County. Contact Kelly Scott, BHETA Geriatric Training Coordinator, at 619-594-3753 or kscott@projects.sdsu.edu for further information.
- San Diego Domestic Violence Council presents the 8th Annual Not to be Forgotten Regional Rally from 2:00 – 9:00 p.m. on Saturday October 9th in Balboa Park (between Laurel Street and 6th Avenue). Visit www.sddvc.org, www.operationforhope.org, or www.sandiegoccyf.org for more information.
- The Veterans Transition Assistance Program (VTAP) of the San Diego Veterans Coalition is hosting a series of presentations on veterans benefits/healthcare services, employment and student education. Visit the following website for further information: <http://www.sduvc.org/>.
- Optum Health Access and Crisis Line presents the 2010 Save A Life 5k Walk to benefit the Yellow Ribbon Suicide Prevention Program and SOSL (Survivors of Suicide Loss) on Sunday, November 14th at Balboa Park (6th Ave. & Laurel St.). Follow the link below for further information: <http://savealifewalk.kintera.org/faf/home/default.asp?ievent=346396>
- The American Foundation to Prevent Suicides (AFSP) presents the San Diego “Out of the Darkness” 5k Suicide Prevention Walk scheduled for 8:00 a.m. on Saturday, October 16th at De Anza Cove, North Mission Bay – San Diego, CA. Visit <http://www.outofthedarkness.org/> for further information.
- Bienestar and MHS are hosting a “Youth-phoria Movement Summit” on Friday, December 3rd from 12:00 – 6:00 p.m. at Queen Bees in North Park. This summit will include a resource fair, entertainment and activities focused on depression prevention for teens and parents.
- Mental Health America (MHA) presents the Annual Meeting of the Minds on October 28th at the San Diego Marriott Mission Valley. Visit http://www.mhasd.org/Call_For_Papers_2010.pdf for further information.
- Union of Pacific and Asian Communities (UPAC) is hosting an open house on November 9th from 11:30 – 3:00 p.m. Contact Dr. Emily Wu (Ewu@upacsd.com) for further details.

Next Meeting: Thursday, November 4, 2010, 12:00-1:30 p.m.

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Thank you for your participation!