



COMMUNITY HEALTH  
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**SUICIDE PREVENTION ACTION PLAN COMMITTEE  
MEETING MINUTES**  
**Tuesday, January 4, 2010, 11:30 am – 1:00 p.m.**  
Community Health Improvement Partners  
9370 Chesapeake Drive, Suite 220  
San Diego, CA 92123

**In attendance:**

• Bonnie Bear, Survivors of Suicide Loss	• Christopher Oneal, Optum Health Access & Crisis Line
• Gina Bongiorno, UCSD Bridge to Recovery	• George Pojas, Indian Health Council, Inc.
• Ruth Covell, M.D., UCSD School of Medicine	• Donna Peterson, County of San Diego HHSA
• John DeMiranda, Stepping Stone of San Diego	• Golby Rahimi, Families Forward, MHS Inc.
• Lynnetta Devereaux, Alvarado Parkway Institute	• Jayne Reinhardt, County of San Diego HHSA
• Burton Disner, North Coast Home Health Products	• Marge Reyzer, Mira Costa College Health Services
• Aron Fleck, CHIP	• Leah Rodig, AdEase
• Elizabeth Harper, Community Research Foundation	• Beth Ruland, CHIP
• Katie Judd, County of San Diego HHSA	• Kellie Scott, BHETA & Aging Well
• Liz Kruidenier, NAMI North Coast	• Jana Sczeisputowski, Your Social Marketer, Inc./AdEase
• Sarah Koenigsberg, Episcopal Community Services – Friend to Friend Program	• Beth Sise, Scripps Health
• Anabel Kuykendall, County of San Diego HHSA - AIS	• Carol Skiljan, Yellow Ribbon Suicide Prevention Program
• Jenel Lim, County of San Diego HHSA	• Ron Stark, MHS Courage to Call
• Mara Madrigal-Weiss, SDCOE	• Sally Tucker, SD City Schools
• Hector Martinez, Mental Health America	• Vanessa Vadnal, VA Medical Center
• Loretta Middleton, SDCOE	• Harder + Co Community Research
• Tim Nou, County of San Diego MHS	

1. Welcome / Introductions	11:30 am	B Sise / C Skiljan
All members introduced themselves.		
2. Approval of Minutes	11:40 am	B Sise / C Skiljan
Minutes from the December meeting were approved. Please contact B Ruland ( <a href="mailto:bruland@sdchip.org">bruland@sdchip.org</a> ) with any changes to the minutes.		
3. Suicide Prevention Action Plan Update	11:50 am	A Fleck / Harder + Co. Community Research

A Fleck and Harder + Co presented an update on the Action Plan process; highlights include:

#### Needs Assessment Report

- The County of San Diego is in process of reviewing a draft of the Needs Assessment report.
- It was noted that information from the Suicide Prevention Forum additional focus groups may further inform the Needs Assessment Report. We are able to readjust the Needs Assessment draft report if needed, based on additional information received.

#### Needs Assessment Forum Planning

- The Suicide Prevention Forum is scheduled for Friday, January 21<sup>st</sup> from 9:00 am – 3:30 pm at Paradise Point Resort and Spa.
- The purpose of the Forum is to present and solicit feedback on the Suicide Prevention Needs Assessment, and engage the community and stakeholders in the first phases of the Suicide Prevention Action Plan.
- The forum will begin with a plenary session featuring keynote speaker Dr. Coffey (from the Perfect Depression Program), followed by two series of breakout sessions (morning breakout groups will be divided by community; afternoon breakout groups will be broken up by system level topics), and will conclude with a plenary session to report findings/discussion from the breakout sessions. Harder + Company Community Research will act a facilitators and scribes for the breakout sessions. In addition, community liaisons will be identified to act as co-facilitators. The Committee was encouraged to volunteer or provide recommendations for community liaisons.
- Registration is open to all suicide prevention/mental health professionals and staff and community leaders; however, it is limited to 200 participants. A registration form will be sent out to community members and stakeholders by Friday, January 6<sup>th</sup>. Registrants will receive the Needs Assessment report and information to prepare for the Forum upon registration.

#### Suicide Prevention Action Plan Process

- The Committee elected to follow the draft action plan structure and planning process put forward by CHIP and Harder + Company that will be used to guide the six month action planning period (see *CHIP Proposed Action Planning Process 12.22.10*).
- It was noted that the suicide prevention action planning process will focus on the three elements of prevention: Universal, Selective and Indicated prevention strategies.
- Sub-committees will be formed based on the following domains:
  - Sub-Committee 1: Outreach and Direct Service (e.g. client level services)
  - Sub-Committee 2: Organizations (capacity building and policy) and System (integration of departments and policy)

Subcommittees will address details related to the following four components: (1) suggested focus area actions; (2) cultural considerations; (3) services considerations and; (4) promising/best practices.

- The planning process will last from February through April. Each month, a specific element of prevention (Universal, Selective and Indicated Prevention) will be addressed via multiple meetings (SPAP\_C Meetings and sub-committee meetings).
- In order to provide a broad set of opportunities for feedback and participation throughout the process, meetings will be made accessible through webinars and teleconferencing, and information will be posted online to allow committee members to participate and provide input electronically, as well.
- An email will be sent to the SPAP\_C shortly to begin scheduling sub-committee meetings.
- Finally, a summit will be held in April to present outcomes from the Action Planning process and review a draft Action Plan report.
- The Final Action Plan Report will be delivered to the County of San Diego in June 2011.

4. Roundtable Discussion

12:30 pm

All

A Fleck invited the Committee to participate in a round table discussion to allow for Committee members to discuss any challenges or opportunities from their organization's suicide prevention efforts. Highlights from this discussion include:

- The County of San Diego HHS has recently been working on Horticultural Therapy efforts. Contact K Judd (katherine.judd@sdcounty.ca.gov) for further information.
- Volunteers are needed for Project Home Connect; please visit [www.sdhc.org](http://www.sdhc.org) for further information.
- D Peterson passed out copies of the December 4<sup>th</sup> California Office of Suicide Prevention minutes.

**Action Item: B Ruland will send electronic copies of this document to the SPAP\_C.**

- The Committee discussed opportunities to measure suicidal behavior in Indian Communities. G Pojas invited the SPAP\_C to present the Suicide Prevention Needs Assessment to the Indian Communities to engage this population in local suicide prevention efforts.
- V Vadnal announced that The VA Medical Center is seeking outreach opportunities. Please contact V Vadnal ([Vanessa.vadnal@va.gov](mailto:Vanessa.vadnal@va.gov)) for further information.
- Mira Costa College recently implemented a gate keeper program to help faculty and staff to identify at risk students.
- J Reinhardt offers presentations on the link between children who are violent to animals, domestic violence, child abuse and criminal activities. Please contact Jayne at 619.229.5411 for additional information.
- NAMI North Coast is hosting a discussion regarding updates on MHS Programs and County Mental Health's Position on Laura's Law, featuring Alfredo Aguirre, LCSW and Piedad Garcia, Ed.D., LCSW. This discussion is scheduled for 7:00 p.m. on Thursday, January 20<sup>th</sup> at St. Michael's Episcopal Church Parish Hall (2775 Carlsbad Boulevard, Carlsbad 92008). Follow the link below for further information: [http://www.nami-northcoastal.org/newsletters/01-2011\\_newsletter.pdf](http://www.nami-northcoastal.org/newsletters/01-2011_newsletter.pdf)

- The California Alliance for Healthy Minds (CAHM) is hosting its fifth annual forum on March 19<sup>th</sup> from 8:30 – 3:00 at Abraxas High School (12450 Glen Oak Road, Poway, CA 92064). Further details will be available shortly.
- C Skiljan will send the Committee photos from the November 14<sup>th</sup> Save A Life Walk.
- The UCSD Stein Institute for Research on Aging is hosting a presentation “The Center Cannot Hold: My Journey Through Madness” featuring guest speaker Elyn Saks, J.D., Ph.D. on Wednesday, January 12, 2011 from 5:30 - 7:00 pm at the Liebow Auditorium Biomedical Science Building, UCSD School of Medicine Campus. Call (858) 534-6299 for further information.
- The Up to Us Campaign distributed a 2011 Calendar. The second edition of its bulletin will be released in February 2011. Moving forward, AdEase will be focusing on narrow casting to reach specific populations and neighborhoods. Contact J Szeisputowski ([jana@yoursocialmarketer.com](mailto:jana@yoursocialmarketer.com)) with suggestions for displaying posters with Suicide Prevention messages.
- The BHETA Program is hosting hour-long aging well sessions, focused on mental health for older adults. Contact K Scott ([kscott@projects.sdsu.edu](mailto:kscott@projects.sdsu.edu)) for further information.
- L Middleton announced that the San Diego County Office of Education (SDCOE) has been hosting suicide prevention trainings to general counselors. These counselors will be “on call” to provide assistance in case of a mental health crisis in the schools. SDCOE is looking for additional counselors to take the training and provide support at schools during crisis times. Contact L Middleton ([lmidd@sdcoe.net](mailto:lmidd@sdcoe.net)) for more information.

5. Other Announcements / Information Sharing		12:55 pm	All
◆ Aron & Beth’s New Information after Dec 10th:	General: 9370 Chesapeake Drive, Suite 220 San Diego, CA 92123 (858) 609-7998 (Fax) <a href="http://www.sdchip.org">www.sdchip.org</a>		
Aron: (858) 609-7966 (Direct) (619) 405-4310 (Mobile) <a href="mailto:afleck@sdchip.org">afleck@sdchip.org</a>	Beth: (858) 609-7967 (Direct) <a href="mailto:bruland@sdchip.org">bruland@sdchip.org</a>		

**Next Meeting: Tuesday, February 1, 2011, 11:30 – 1:00 p.m.**

**Location: TBD**