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COMMUNITY HEALTH IMPROVEMENT PARTNERS

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SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC) MEETING - MINUTES

Tuesday, April 28, 2015

10:00 am – 11:30 am

United Way

4699 Murphy Canyon Rd. San Diego, 92123

Our Vision: Zero Suicides in San Diego County

Our Mission: To prevent suicide and its devastating consequences in San Diego County

Bonnie Bear – SOSL	Marge Reyzer – MiraCosta College
Sherry Boucher – Coronado Bridge Collaborative	Leah Davis – Civilian Agency
Ashley Brown – Sharp Mesa Vista	Gary Ulmer-Goodrich – HHSA-PPU
Janet Cacho – HHSA BHS	Ann Vilmenay – HHSA
Stan Collins – Consultant	Aaron Weislogel - BHETA
Candice Colon – Wave Academy	Dave Towe – Wave Academy
Kurt Cunningham – MHA	Kiley Dunne – North County Lifeline
Burton Disner – N. Coast Home Health Products	MaryGrace Juanta – COSP-APS
Larie Dusa – Miramar College/OLMC Parish	Meta Glenn - IHOT
Heather Garcia – SDYS	Sibelia Chaiyahat – UPAC SD
Rhonda Haiston – Coronado Bridge Collaborative	Roberto Ramirez – HHSA
Che Hernandez – AFSP	Jennifer Navala – HHSA
Celeste Hunter – UPAC/ACE Program	Kimberly Pearce – APS
Janelle Kistler – UCSD Community Psychiatry	Jessica Holzer – MHS Families Forward
Liz Kruidenier – NAMI NC LWV	Melissa Geiger – MHS Families Forward
Anabel Kuykendall – HHSA AIS	Robyn Wasserman – Grad Student, SDSU
Kimberly McGee – AFSP	Alexis Munoz – HHSA
Lisa Mills – Sharp Mesa Vista	Nicole Padgett – Courage to Call
Steve Nelson – Spero Arts Foundation	Sonia Gligan – MHS Families Forward
Joel Nowak	Dana Richardson – CHIP
Curley Palmer – HHSA	Yeni Palomino – CHIP
Jayne Reinhardt – HHSA Central Region	Lora Cayanan – CHIP

Welcome/Introductions *10:00am* Beth Sise/Carol Skiljan

Beth and Carol welcomed the group and opened the meeting with roundtable introductions.

SPC Overview/Website Update *10:10am* Yeni L. Palomino

Yeni presented a brief history and overview of the SPC. A brief update on the website was also given.

SPC Subcommittees Updates *10:20am* Yeni L. Palomino

Media Subcommittee (Stan Collins)
Stan gave a recap of the two media events that occurred on April 23rd and April 24th. The Thursday night Media Forum served as a reporting refresher to journalists and media personnel on suicide and mental illness. Alfredo Aguirre of Behavioral Health Services and JW August of the Society of Professional Journalists opened the night with welcome remarks. Recommendations were presented by Stan and Shannon of NAMI. Kenny Goldberg of KPBS facilitated a case study on coverage of Robin Williams' death. The Friday morning PIO Workshop offered tips and strategies to create a safe messaging framework. Attendees practiced their interview skills on the topics of suicide and mental illness. The subcommittee will be meeting in late May/early June to discuss the events and the potential to host multiple PIO workshops throughout the year.

Faith Organization Outreach Subcommittee (Lora Cayanan)
A more in-depth update will be given at a later agenda item on the upcoming Faith Breakfast.

Assessment + Evaluation Subcommittee (Beth Sise)
The subcommittee met and reviewed a draft of the 2015 Report to the Community. The initial numbers have indicated that suicides are down 6% from the previous year and have decreased to 2013 numbers. The 2015 Report will be presented in September. The subcommittee also discussed data and surveillance on suicides in the County. Beth provided information on the C-SSRS screening tool.

SPC Faith Provider Breakfast *10:30am* Lora Cayanan

An overview of the 2015 Faith Breakfast was given. The event will be held on Friday, May 22 at Marina Village from 7:30am-11:30am. This year's theme will focus on congregants' personal stories with faith, mental illness, and suicide. Opening remarks will be led by Dr. Piedad Garcia of the County of San Diego BHS. The morning's keynote speakers are Adrienne Cedro-Hament of the LA County DMH and Pastor Melvin Ashley Jr. of the Greater Christian Love Center & Faith Build International. A local spotlight panel will highlight San Diego congregations and their mental health/suicide prevention efforts, followed by a second "empowered congregants" panel. Panelists and attendees will have the opportunity to discuss the barriers faced, stigma, and strategies to create caring congregations. The subcommittee will be meeting in May to finalize all elements of the event.

Facebook Suicide Prevention Feature Update *10:40am* Yeni L. Palomino

Yeni shared a news article and video on Facebook's newest suicide prevention feature. Everyone was encouraged to share this article/video to their networks. It was suggested to include this tool in QPR presentation slides and the SPC local resources page.

Upcoming Events May Mental Health Month *10:50am* Yeni L. Palomino

Yeni presented a calendar of events for the month of May – Mental Health Month. The calendar is available on the County website.

SPC Spotlight – Wave Academy *11:00am* Candice Colón

Wave Academy provides Aquatic Bodywork Therapies (ABT) to military and veterans that live with post-traumatic stress or other disabilities. Services are also offered to military and veteran dependents as well. Candice Colón, Clinical Case Manager, works with individuals to provide these therapy sessions. ABT sessions are held in therapist pools located throughout San Diego County. Research studies with Johns Hopkins indicate the beneficial effects of ABT on PTS.

Additional Updates / Announcements *11:20am* All

May 5th – City of Coronado Council Meeting; Coronado Bridge Collaborative hopes to gain support for a feasibility study on the bridge
May 7th – Free Tyler's Suite Performance at the Jacobs Center
May 9th – CAHM Forum at CSU San Marcos
June 13th – SOSL Inaugural 5k Run at Roadrunner
June 30th – Transgender Forum/LGBTQ 101 Presentation by Kurt of MHA
October – Depression Screening Week; If interested in being part of the committee or volunteering, contact Jayne for more information
October 24th – AFSP Out of Darkness Walk at Liberty Station

Adjournment *11:30am* Carol Skiljan

Next SPC Meeting
Tuesday, May 26, 2015, 10:00-11:30am
United Way (4699 Murphy Canyon Rd. San Diego, 92123)
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:

Assessment & Evaluation Subcommittee Meeting
May 11, 2015 from 10:00am-11:30pam
Community Health Improvement Partners
5095 Murphy Canyon Murphy Rd. Suite 105
(To RSVP email lcayanan@sdchip.org)

Media Subcommittee Meeting
TBD
Community Health Improvement Partners
5095 Murphy Canyon Murphy Rd. Suite 105
(To RSVP email lcayanan@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, May 13, 2015, 11:00am-1:00pm
Wednesday, May 20, 2015, 11:00am-1:00pm
United Way
(To RSVP email lcayanan@sdchip.org)

Helpline Subcommittee Meeting
July 20, 2015 from 1:00pm-2:30pm
Community Health Improvement Partners
5095 Murphy Canyon Murphy Rd. Suite 105
(To RSVP email lcayanan@sdchip.org)

School Collaborative Subcommittee Meeting
April 29, 2015 from 1:00pm-2:30pm

(To RSVP/Information email lcayanan@sdchip.org)

Upcoming Events

QPR Trainings
April 30, 2015 at 10:00am, 12:00pm, and 5:00pm
Location: Malcolm X Library (5148 Market St, SD 92114)
(RSVP/Information: lcayanan@sdchip.org)

Youth Mental Health First Aid Training
May 1, 2015 8:30am-5:00pm
Location: NAMI (5095 Murphy Canyon Rd. Suite 320, SD 92123)
(RSVP/Information: shine.wang@optum.com)

NAMI Walk & HHSA Expo
Saturday, May 2, 2015
(for information email: www.namisandiego.org)

SPC: 4th Annual Faith Breakfast 2015
Friday, May 22, 2015 7:30am -11:30am
Location: Marina Village Bayview Room (1936 Quivira Way, SD 92109)
(RSVP/Information: lcayanan@sdchip.org)

SPC: ASIST Workshop
June 4-5, 2015 8:00am-5:00pm
Location: Marina Village (1936 Quivira Way, SD 92109)
(RSVP/Information: lcayanan@sdchip.org)

SPC Tools:
SPC 3-Year Strategic Work Plan; SPC Charter; SPC Elevator Pitch
SPC Flyer; SPAP & SPC Standard Presentation;
San Diego County Responsible Reporting on Suicide Guidelines
SPAP & SPC Sample Newsletter Text; SPC 2011 Activities
www.spcsandiego.org

Suicide Prevention Action Plan
www.up2sd.org/find-help/resources/suicide-prevention-and-support
www.sdchip.org/committee/publications.aspx

Question, Persuade, and Refer (QPR) Gatekeeper Trainings for Suicide Prevention
FREE 1 HOUR TRAINING JUST CALL TO SCHEDULE
www.sdchip.org/suicide-prevention-training.aspx
To schedule training(s): Contact Lora Cayanan at 858-609-7971 or lcayanan@sdchip.org.