Our Vision: Zero Suicides in San Diego County

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

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<td>Halima Martelli – N. County Lifeline</td>
<td>Stacee Feiler – Scripps Memorial Trauma Service</td>
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<td>Tristaca McCray – NEARDS RULE INC.</td>
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<td>Lisa Mills – Sharp Mesa Vista</td>
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Welcome/Introductions
Beth Sise
Beth welcomed the group to the first SPC meeting of the year and thanked everyone for attending. Roundtable introductions were made.

SPC Overview/Website Update
Yeni L. Palomino
Yeni went over the meeting agenda. A brief summary and history of the Suicide Prevention council was shared for those who were new to the Council. The SPC website, www.spcsandiego.org, includes meeting dates, resources, and other informational pieces available for online viewing.

SPC Subcommittees Updates
Yeni L. Palomino

Media Subcommittee (Yeni L. Palomino)
The Media subcommittee is currently planning for their upcoming PIO Workshop. The workshop is for Public Information Officers (PIO), communication specialists, media representatives, and all individuals interested in practicing their interview skills and creating a safe messaging framework. The group will be meeting on February 2nd to continue planning the event and discussing the rest of the year’s subcommittee activities.

Assessment + Evaluation Subcommittee (Beth Sise)
Beth provided a short overview of the Assessment & Evaluation subcommittee and highlighted some of the group’s current and past projects. The group meets to develop the annual Report to the Community, share and go over data, and plan conferences. The subcommittee is involved in suicide risk screening tool discussions, particularly, the Columbia Suicide Severity Rating Scale or C-SSRS. In June, the group collaborates with the Media subcommittee to plan the annual SPC Press Conference, where the Report Card is unveiled. At the last press event, the group partnered with the Check Your Mood team. The next A+E subcommittee meeting will be on Thursday, January 29th.

Faith Organization Outreach (Lora Cayanan)
The Faith subcommittee met in December and January to begin planning for the 5th Annual Faith Breakfast. The date, time, and location have been confirmed. This year’s Faith Breakfast will be on Friday, May 20th from 8:30am-11:30am at the First Baptist Church Lemon Grove. Lora also shared the confirmed presentations for the event which will include self-care, trauma-informed care, and resiliency & inclusivity. For those interested in helping plan for the breakfast, the group meets on the third Wednesday of every month from 11am-12:30pm.

Schools Collaborative (K-12) (Carol Skiljan)
The Schools Collaborative held their schools forum, Youth LGBTQ Suicide Prevention Forum & Resource Fair, on Thursday, January 7th at the North County Regional Education Center. There were over 100 attendees, many of them being school counselors in North County. Carol provided a short summary the day. The event keynote was Dr. Vinnie Pompei of The Human Rights Campaign. Stan Collins provided a presentation suicide prevention. Attendees were able to attend one of two breakout sessions: Legal/Policy Procedures presented by an attorney from DWK Law Firm and Stan and Promising Practices featuring panelists from Torrey Pines HS, Oceanside Unified School District, and Hidden Valley MS. The closing presentation featured 13 students, the GSA Advisor, and principal of Carlsbad High School. The students shared their experiences with LGBTQ issues and suicide prevention. The day ended with a resource fair featuring 27 vendors.

Carol also shared the results of the event evaluations, with many finding the keynote and youth perspective panel to be the highlights of the day. Event attendees and Council members expressed interest in wanting a similar event in other regions of the County. The Schools Collaborative’s next meeting will be serve as a debrief of the event.

Upcoming Events

GLSEN Training on 02/18/16 at San Diego County Office of Education
A Gay, Lesbian, Straight, Education Network Training will be held on February 18th at the SDCOE Linda Vista campus from 9:00am-12:00pm. This training is designed for educators and schools staff, which covers topics such as bullying and becoming an LGBTQ ally. For more information, individuals were asked to contact Lora.

PIO Workshop Refresher on 02/26/16 at United Way
See Media Subcommittee update above for more information. A PIO Workshop will be held on Friday, February 26th. For those interested in attending, please RSVP to Lora.
Spotlight Presentation—Community Health Improvement Partners

Yeni L. Palomino

In addition to the SPC, Community Health Improvement Partners or CHIP facilitates multiple programs and initiatives that address the different priority health needs in San Diego. Yeni provided some background information on CHIP including its mission, purpose, and the priority needs for 2016. CHIP programs include: the Independent Living Association, Resident Leadership Academy, Health Literacy San Diego, Childhood Obesity Initiative, Food Systems, REACH Chula Vista, and Lemon Grove HEAL Zone. In addition, Yeni highlighted the partnerships that CHIP brings together and recognized SPC members that are previous Outstanding Community Partners of CHIP. For SPC members interested in connecting to other programs of CHIP, they can contact Dana, Yeni, or Lora for more information.

New Year’s Self-Care Resolution Activity

As a continuation to November’s self-care presentation, SPC will be incorporating brief self-care exercises during each meeting. In the spirit of the New Year, Yeni asked the group to pair up and discuss a New Year’s resolution focused on self-care. Every quarter (April, July, and October), SPC staff will follow up with this same discussion to see how the resolutions are going.

Additional Updates / Announcements

- Coronado Bridge Collaborative: Rhonda, Executive Director of the Collaborative provided the group with an update of their current efforts.
  - The group is in the process of applying for their 501c3.
  - Discussions with individuals of the Golden Gate Bridge and their suicide prevention efforts.
  - A donation page has been set up www.gofundme.com/NotOneMoreLife/, to raise money for two feasibility studies on the bridge (low and high).
  - They would like to better track and collect the number of attempts at the Bridge, as there is variability among those reporting these numbers.
  - PSAs are being developed in partnership with SDSU.
  - The group asked for SPC’s feedback on other efforts. Council members suggested creating positive signage, identifying federal representatives, and holding trainings for the community.
- NERDS RULE INC. is collecting prom dresses, suits & ties, shoes, and other articles of clothing/accessories for one of their programs. Tristaca also shared that the group is planning to do a web series on suicide, domestic violence, and bullying in July. The group will also be hosting a Zumba and yoga class.
- BHETA shared the “Let’s Talk About Sex” conference, hosted by the Children, Youth, & Families System of Care Training Academy. It will be held on March 3rd. Event sponsorship opportunities are available.
- The NAMI Walk will be on April 30th at Liberty Station. NAMI San Diego has launched their updated website.
  - Cinthya of NAMI shared a new program, their Side by Side Peer Companion program for individuals that would like the peer experience without the traditional class schedule.
  - A Peer-to-Peer class schedule flyer was passed to the group.
- Jewish Family Services is hosting a free presentation on Board & Cares on 2/10 from 10am-12pm at Paradise Valley Hospital. CEUs are available.
- Ed of the Behavioral Health Advisory Board provided an update on the Suicide Prevention Work Group recommendations. 10 out of the 12 recommendations were passed and are now being reviewed by HHSA to determine feasibility. One of the recommendations involves the utilization of the C-SSRS on a County level. An update on feasibility is anticipated for the April BHAB meeting.
Kim McGee announced that this would be her last meeting. She will be moving to Texas and thanked everyone for their work. SPC expressed their appreciation for Kim, who has been a member of the SPC for the last 4 years.

AFSP’s Out of the Darkness Walk will be on October 22nd at Liberty Station.

UMTR2ME will be hosting their “Evening of Hope” event on March 19th at Mt. Soledad Church.

Adjournment

Carol Skiljan

Next SPC Meeting
Tuesday, February 23, 2016, 10:00-11:30am
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:
Assessment & Evaluation Subcommittee Meeting
Thursday, January 28, 2016, 10:30am-12:00pm
Community Health Improvement Partners
5095 Murphy Canyon Murphy Rd. Suite 105
(To RSVP email lcayanan@sdchip.org)

Media Subcommittee Meeting
Tuesday, February 2, 2016, 10:30am-12:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, February 17, 2015, 11:00am-1:00pm
United Way
4699 Murphy Canyon Rd. San Diego, CA 92123
(To RSVP email lcayanan@sdchip.org)

Higher Education Subcommittee Meeting
Wednesday, February 3, 2016, 10:00am-11:00am
Closed Conference Call
(To RSVP email lcayanan@sdchip.org)

School Collaborative Subcommittee Meeting
TBD
(To RSVP email lcayanan@sdchip.org)

Upcoming Events
GLSEN Training
February, 18 2016 at San Diego County Office of Education
(For more information: lcayanan@sdchip.org )

SPC PIO Workshop Refresher
February 26, 2016 from 9am-12pm at United Way
(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](http://www.spcsandiego.org)

**Suicide Prevention Action Plan**
- [www.up2sd.org/find-help/resources/suicide-prevention-and-support](http://www.up2sd.org/find-help/resources/suicide-prevention-and-support)
- [www.sdchip.org/committee/publications.aspx](http://www.sdchip.org/committee/publications.aspx)

**Question, Persuade, and Refer (QPR) Gatekeeper Trainings for Suicide Prevention**

FREE 1 HOUR TRAINING JUST CALL TO SCHEDULE


*To schedule training(s):* Contact Lora Cayanan at 858-609-7971 or lcayanan@sdchip.org.