**SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC) MEETING - MINUTES**
Tuesday, September 27, 2016
10:00 am – 11:30 am
United Way
4699 Murphy Canyon Road
San Diego, CA 92123

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**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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| Heather Alesch – UPAC/ACE | Ashley Komaromi – API |
| Sandra Ambrosi – Glenner Day Center | Kimberly McGee – AFSP |
| Joyce Bruggeman – SOSL | Danielle McConigle – Pathways |
| Amy Budd – SDYS | Sarah Merk-Benitez – SD LGBT Community Center |
| Janet Cacho – HHSA BHS | Lisa Mills – Sharp Mesa Vista |
| Stan Collins – Consultant | Yeni L. Palomino – CHIP |
| Ruth Covell, MD – UCSD | Christiana Paul – Sharp Mesa Vista |
| Carol Davis – CRF | Beth Sise – Scripps |
| Leah Davis – Civilian Agency | Elana Soltz – CHIP |
| Burton Disner – N. Coast Home Health Products | Sioux Stevens – New Alternatives |
| Ulysses Downing – E. Village Dev. Corp. | Kristin Whelan – API |
| Meta Glenn – IHT | Whitney Wilson – JFS Patient Advocacy |
| Janet Green | Julie Woochuk – SIHC Inc. |
| Che Hernandez – AFSP | Adrienne Yancey – HHSA-BHS |
| Tiffany Hernandez – BHAB/SWACC | Rick Heller – HSRC UCSD |
| Jessica Holzer – MHS School Based | Joel Mendoza – Oasis Clubhouse |
| Janie Hoover – Office of Sup. Dave Roberts | Kasey Handegen – SDYS |
| Celeste Hunter – UPAC/ACE | Corrin Saenz – SDYS |
| Connie Kennemer – CAHM | Linda Doan – CHIP |
| Rex Kennemer – CAHM | Lora Cayananan – CHIP |

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**Welcome/Introductions**
Beth Sise
Beth welcomed the group and thanked everyone for attending the meeting. Roundtable introductions were made by those in attendance.

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**SPC Overview/Website Update**
Yeni L. Palomino
Yeni provided a brief history and background of the SPC for those attending the meeting for the first time. Yeni mentioned that the new website will be discussed in more detail later on in the agenda.

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**SPC Subcommittees Updates**
Yeni L. Palomino
**Media/Assessment + Evaluation (Stan Collins)**

Stan gave a brief overview of the SPC Press Conference, which occurred on Wednesday, September 7th at the County Administration Center. At the Press Conference, the 2016 Report to the Community was unveiled along with the latest available suicide and suicide prevention data. The event was well attended by both media and community members. Speakers representing the three highlighted populations in the report (Native Americans, LGBTQ, and veterans) provided their testimonials. SPC played a few videos from the event and Council members provided their feedback. The Media and A+E subcommittees will be meeting in October to debrief on the event.

**Faith Organization Outreach (Lora Cayanan)**

The Faith Subcommittee met last Wednesday, September 21st. Cinthya Luis and Lisa Garcia are the new co-chairs for the group. The subcommittee got a brief overview of the North County Faith-Based Academy, which features a curriculum on behavioral health and spirituality. The group also received updates on the May Faith Breakfast commitment card action steps. The next meeting will be on November 16th and it will be the last meeting of the year. At this meeting, the subcommittee will start the early stages of planning for the 2017 Faith Breakfast. There is strong interest in bringing the event to the North County next year and CHIP staff will look into this.

**SPC Highlights**

**SPC Contract Award Announcement**

CHIP received a statement of intent to reward from the County of San Diego to continue its facilitation of the San Diego County Suicide Prevention Council through the next five years. Yeni took some time to thank everyone in the room for their support. The scope of work has now expanded for the Council and in the coming months a new subcommittee on At-Risk Populations will be formed.

**Suicide Prevention Month 2016**

Subcommittee members went around the room to share their Suicide Prevention Week/Month activities. Organizations held awareness events, hosted trainings, and engaged in different activities.

**CAHM Forum @ CSUSM 9/24/16**

Rex & Connie Kennemer of Community Alliance for Healthy Minds (CAHM) gave a brief overview of the 10th Annual CAHM Forum. The event was attended by about 600 individuals. The CAHM legacy video is now available for viewing on the CAHM website, [www.cahmsd.org](http://www.cahmsd.org).

**Check Your Mood- Screening Week Oct 10-16, 2016**

Check Your Mood or Depression Screening Week will be from October 10-16, 2016 throughout San Diego County. There are almost 60 different sites that will be open for free mental health check-ins. Locations and information on Check Your Mood is available at the website, [http://www.sdchip.org/initiatives/behavioral-health-work-team/check-your-mood/](http://www.sdchip.org/initiatives/behavioral-health-work-team/check-your-mood/).

**MHA Meeting of the Minds @ Sheraton Hotel & Marina Harbor Island 10/14/16**

Meeting of the Minds Conference will be on October 14, 2016 at the Sheraton Hotel & Marina Harbor Island. Registration is still open for those that would like to attend. The last day to register is October 7, 2016.

**Out of the Darkness Walk @ Liberty Station 10/22/16**

AFSP is hosting their annual Out of the Darkness Walk at NTC Park Liberty Station on October 22, 2016. Space is still available to register as an exhibitor or to participate as a team/walker.
Save A Life Walk @ Balboa 11/13/16
On November 13, 2016, the Save A Life Walk benefitting SOSL and Yellow Ribbon, will take place. The walk will be at Balboa Park.

SPC Website Unveiling
Yeni L. Palomino
The SPC website was recently updated and Yeni did a quick run-through of the features. General information is available along with resources, flyers, and other related SPC information. Council members can send their events or suggestions regarding the website to Lora. The website can be viewed at www.spcsandiego.org.

Spotlight Presentation- VA San Diego-Suicide Prevention
Dawn Miller
Dawn Miller, Suicide Prevention Coordinator at the Veterans Affairs Health Care System San Diego gave an overview of the VA’s suicide prevention efforts. San Diego has three Suicide Prevention Coordinators that work collaboratively with VA staff. The VA uses the Comprehensive Suicide Risk Assessment (CSRA) as their assessment tool and Dawn briefly went over questions used for screening.

Additional Updates / Announcements
All
- Prescription Drug Take Back Day on 10/22 – throughout San Diego County
- AFSP Out of the Darkness Walk 10/22
- County BHS Community Engagement Forums – 3 left all from 6pm-9pm (Scottish Rite Center, Oceanside, and La Mesa Community Center)

Adjournment
Carol Skiljan

Next SPC Meeting
Tuesday, October 25, 2016, 10:00am-11:30am
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:

SPC Faith Outreach Subcommittee
Wednesday, November 16, 2016, 11:00am-1:00pm
United Way
4699 Murphy Canyon Rd. San Diego, CA 92123
(To RSVP email lcayanan@sdchip.org)

SPC Higher Education Subcommittee Meeting
Wednesday, October 5, 2016, 10:00am-11:00am
Closed Conference Call
(To RSVP email lcayanan@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
Closed Meeting
Thursday, October 6, 2016, 11:30am-1:00pm

SPC Media/A+E Joint Subcommittee Meeting
Thursday October 20, 2016, 1:30pm-3:00pm
CHIP Offices
5095 Murphy Canyon Rd, Suite 105 SD, CA 92123
(To RSVP email 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.