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

**Our Vision:** Zero Suicides in San Diego County

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**Welcome/Introductions**  
Beth Sise/Carol Skiljan
Beth welcomed everyone to the January SPC meeting. Yeni shared that this year, the SPC meeting locations will rotate. From January to March, the SPC will be at 211 Connections Center. A document was shared with the upcoming meeting dates and locations. SPC members can contact CHIP staff for more information.

**SPC Overview/Website Update**

Yeni L. Palomino

Yeni shared the background of the Suicide Prevention Council and its history and mission. It started as a work group in 1999, then in April 2010, the action plan was created and in 2011, the formal creation of the SPC. For more information and resources you can visit the website: [www.spcsandiego.org](http://www.spcsandiego.org).

**SPC Subcommittees Updates**

Yeni L. Palomino

**School Collaborative K-12 (Judi Park, Subcommittee Chair)**

The Schools Collaborative met in December to review the SPC School Suicide Prevention Resource document. The purpose of this document is to provide local and national suicide prevention resources to school staff and administrators. At the meeting, Stan also provided an overview of AB 2246, which requires that schools have suicide prevention protocols in place. Stan shared a model policy for schools. The group also had a discussion on responding to suicide incidents at school and shared ideas about a subcommittee-based response team.

**Assessment + Evaluation (Beth Sise, Subcommittee Chair)**

Beth shared that the subcommittee will present the Report to the Community 2018 during Suicide Prevention Week in September. The Report will have data on the suicide rate from the previous year, highlights of suicide prevention organizations, and help seeking resources. The theme for the Report to the Community 2018 will be schools and AB 2246. The SPC School Collaborative Subcommittee will provide narratives for the report. During this meeting, the SPC Evaluation Consultants, UCSD HSRC, were introduced.

**Media (CHIP Staff, Yeni Palomino)**

Yeni shared that the subcommittee is working on the Media Engagement Plan. Yesterday, SPC had the SPAP Media & Communications Implementation Meeting at 211 Connections Center. The SPC consultants will share the results from that meeting in the future.

**Faith Organization Outreach (CHIP Staff, Lora Cayanan)**

Lora shared that the subcommittee is currently planning the 7th Annual Faith Breakfast with the theme of “Faith.Hope.Life” which will be on Thursday, May 17, 2018, from 8:30am to 12:00pm, at the San Diego County Office of Education. The keynote will be Reverend Talitha Arnold who co-leads the Faith Communities Task Force for the Action Alliance for Suicide Prevention. There will be an interfaith panel that will consist of individuals from different faiths to share the work they are doing. The faith toolkit from 2014 is currently being updated with suicide prevention, mental health, and faith-based resources. The toolkit will be ready by the Faith Breakfast. Please contact CHIP if you are interested in being part of the planning for the Faith Breakfast.

**Higher Education (CHIP Staff, Lora Cayanan)**

The subcommittee met via phone conference call in December. The subcommittee is planning the annual Campus Plunge, an opportunity for the group to meet and share best practices. It is scheduled for Friday, April 20th from 9:30am to 12:00pm at San Diego City College. During this meeting, Stan presented on the Media Engagement Plan, on ways to engage the schools of journalism.
Suicide Prevention Updates

Yeni L. Palomino

SPC has conducted 22 focus groups with different populations throughout the County of San Diego. The next phase is following the strategic framework that are based upon nine strategies that were developed from the focus groups. Each year, SPC will focus on three out of the nine strategies from the SPAP. The first is the SPAP Media & Communications Campaign Strategy Implementation Meeting on Monday, January 22nd from 1:30pm to 3:30pm at 211 Connections Center. The second is the SPAP Integrate & Coordinate Activities Campaign Strategy Implementation Meeting on Thursday, January 25th from 1:30pm to 3:30pm at 211 Connections Center. The last for the year is the SPAP Outreach for Coping & Connectedness Campaign Strategy Implementation Meeting on Thursday, March 15th from 4:00pm to 8:00pm at the Jacobs Center.

Yeni introduced UCSD Health Services Research Center as the new SPC Evaluation Consultants. Edith gave a background of their previous evaluation work at the local and state level. Edith shared what they have done so far:

- Reviewed of CHIP’s/SPC’s data collection system
- Review epidemiological data and preparation for Geographic Information System (GIS) mapping (in progress)
- Keeping updated on relevant contextual factors (Statewide suicide prevention strategy, County of San Diego 10 Year Road Map)
- Key informant interviews
  - Leah Davis (Civilian) – It’s up to Us Campaign
  - Heather Aston (Optum) – Access and Crisis Line
  - Beth Sise – Director of Trauma Research & Injury Prevention, Scripps Mercy Hospital
  - Stan Collins – SPC Media Consultant
- Preparation and presentation at meetings
  - CHIP & Strategic Planning consultants (2x)
  - A+E Subcommittee meeting
  - SPC stakeholder meeting
- Preparation for implementation planning meetings
  - Reviewing evaluation guidance including RAND Suicide Prevention Program Evaluation Toolkit
  - Developing draft logic models for three strategies
  - Developing focus group activities to gather stakeholder feedback on logic models

Spotlight Presentation

Elizabeth Terrazas/Ana Seda

Ana Gonzalez Seda, Director of Programs and Elizabeth Terrazas, Program & Education Manager from the Alzheimer’s Association San Diego/Imperial Chapter gave us a background of their organization and services. They shared that dementia account 60% to 80% of the Alzheimer cases. Alzheimer’s death has increased by 71% and is the sixth leading cause of death in the United States. Ana shared that their core services are information and referral to specialists and community partners. They have care consultation
with an MSW social worker that meets with families to develop a plan to help and support their loved one with Alzheimer’s. They conduct community outreach to educate and bring awareness in both English and Spanish. They have a support group that meets every second Monday of the month at their office.

They have a 24/7 helpline at 800-272-3900 with master level clinicians. February 28th is Advocacy Day in engaging with their elected officials. Their main events are the Walk to End Alzheimer’s on September 23rd at Mission Bay, Crown Point and the Longest Day on June 21st. For more information, you can visit their website at www.alz.org.

Announcements

• Mary Cruz, Behavioral Health Resource Fair, Changing Minds, Saturday, May 19th at Chula Vista High School. The event will have presentations on mental health issues and focus on South County services.
• Yeni shared that for this year, we will focus on SPAP Universal Strategies, then on the SPAP Selective Strategies for year 2018/2019. Finally Indicated Strategies for year 2019/2020.
• Jayne shared Check Your Mood is one day and it will be on Thursday, October 11th, Countywide. If you would like to learn more about Check Your Mood to contact Jayne, so she can direct which region you belong. Some sites are having Check Your Mood screening throughout the year. Please contact Jayne if you want to host a Check Your Mood screening with your agency.
• Jimm shared that the UMTR2ME Brain Game event will be on Saturday, March 10th for more info go to www.umtr2me.org.
• Celeste shared UPAC ACE program will host a 2-day It Takes a Village conference on Feb 7th-8th on community violence and gang violence. Will send to CHIP to distribute, will be at Central San Diego.
• Project Homeless Connect at Golden Hall, May 31st at 9am.

Adjournment

Next SPC Meeting

Happy New Year!

Tuesday, February 27, 2018, 10:00am-11:30am
(Email: Julius Alejandro to RSVP jalejandro@sdchip.org)

Other Upcoming Meetings:

SPC Higher Education Subcommittee
Wednesday, February 7, 2018, 10:00am-11:00am
Closed Conference Call
(To RSVP email jalejandro@sdchip.org)

SPC Media Subcommittee Meeting
Monday, February 12, 2018, 2:00pm-3:30pm
(To get meeting information email jalejandro@sdchip.org)
SPC A+E Subcommittee Meeting
Tuesday, February 6, 2018, 1:30pm-3:00pm
(To get meeting information email jalejandro@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
OPEN Meeting
TBD
(To RSVP email jalejandro@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, February 21, 2018, 11:00am-12:30pm
(To RSVP email jalejandro@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.

Upcoming Events of Interest:

SPAP Update: Integrate & Coordinate Activities Strategy Implementation Meeting
Thursday, January 25, 2018, 1:30pm-3:30pm
211 (3860 Calle Fortunada, SD)
(For more information: jalejandro@sdchip.org)

CHIP Public Policy Committee Community Conversation
The Opioid Epidemic: Solutions for San Diego
Thursday, January 25, 2018, 9:30am-11:00am
211 (3860 Calle Fortunada, SD)
(For more information: chipinfo@sdchip.org or 858-609-7972)

Film Screening of Resilience: The Biology of Stress & the Science of Hope
Monday, January 29, 2018, 3:30pm-6:00pm
California State University of San Marcos University
Student Union Ball Room (333 N Twin Oaks Valley Rd, San Marcos)
Register Online or RSVP Via Phone:
GLSEN Training (Middle/High School Staff)
Monday, February 5, 2018, 8:00am-11:30am
San Diego County Office of Education
(6401 Linda Vista, SD-SDCOE JRRTC Comm.Labs 1-4)
(To RSVP: http://sdcoe.k12oms.org/918-139146)
(For more information: viomora@sdcoe.net)

SPC Trainers Mixer 2018
Thursday, February 22, 2018, 1:00pm-3:30pm
Jacobs Community Room (404 Euclid Ave, SD)
(For more information: lcayanan@sdchip.org)

SPAP Update: Coping & Connectedness Strategy Implementation Meeting
Thursday, March 15, 2018, 4:30pm-6:30pm
Jacobs Community Room (404 Euclid, SD)
(For more information: jalejandro@sdchip.org)