SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC) MEETING - MINUTES
Tuesday, March 27, 2018
10:00 am – 11:30 am

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

| Akwanya, Awichu – United Women of East Africa | Hunter, Celeste – UPAC ACE Program |
| Ambrosi, Sandra – Glenner Day Center          | Imam, Syed – UPAC                  |
| Andrews, Laura – MHA San Diego               | Lacroix, Rudy – Marine Corps Air Station Miramar |
| Benefield, Rosemary – Rachel’s Hope          | Mendoza, Joel – Oasis Clubhouse    |
| Birch, Kelly – Sharp Mesa Vista/UCSD HSRC    | Mills, Lisa – Sharp Mesa Vista Hospital |
| Boyd, Julia – UCSD Community Psychiatry      | Mitchell, Jewel – MCCS MHWS3      |
| Brown, Ashley – San Diego Rescue Mission     | Mohammed, Jama – UWEA             |
| Brown, Rev. Gerald – UAAMAC                  | Mumman, Manpreet – County of San Diego |
| Bruggeman, Joyce – SOSL                      | Nagel, Angela – Courage to Call   |
| Camacho, Ernest – Kickstart                  | Niestas, Andrea – Aurora Behavioral Health |
| Carmona, Tiffany – Civilian Agency           | Norton, Tom – AFSP               |
| Cayananan, Lora – CHIP                      | Padamada, Shane – UCSD/CASRC     |
| Colburn-Hargis, Paige – Scripps Memorial La Jolla | Palomino, Yeni – CHIP         |
| Collins, Stan – Consultant                   | Pearce, Kimberly – County of San Diego APS |
| Cortez, Maggie – Vista Hill                  | Pinto, Luz – NAMI San Diego      |
| Davis, Leah – Civilian Agency                | Reinhardt, Jayne – HHSA Central Region |
| Disner, Burton – N. Coast Home Health Products | Richardson, Dana – CHIP        |
| Fisher, Jean – Senior Advocate               | Rinas, Kerri – CRF               |
| Fisher, Keith – Rachel’s Challenge           | Sise, Beth – Scripps Mercy      |
| Frez, Ashley – San Diego Rescue Mission      | Slovin, Sebastian – Nature Unplugged |
| Goldstein, Loren – County of San Diego PHS   | Soltz, Elana – CHIP ILA         |
| Hartsock, Lory – North County Lifeline       | Starnes, Tricia – NAI-CAC       |
| Garcia, Lisa – Recovery International        | Torres, Katherin - Kickstart    |
| Graven, Hope – Pathways Kickstart            | Vazquez, Jose – Vista Hill       |
| Gutierrez, Orfa – Vista Hill CalWorks        | Willis, Stacey – USMC           |
| Heller, Rick – UCSD HSRC                     | Wilson, Whitney – FJS Patient Advocacy |
| Hernandez, Che – AFSP                       | Wochuk, Julie – SIHC, Inc.      |
| Hewitt, Veronica – Restore Organic Air       | Yancey, Adrienne – County of San Diego BHS |
| Hodges, Dairrick – The SOULcial Workers       | Zhang, Joshua – UPAC            |
Welcome/Introductions
Beth Sise, Co-Chair of the Suicide Prevention Council, welcomed the group to the March meeting. Everyone went around and introduced themselves.

SPC Overview/Website Update
Yeni L. Palomino provided an overview of the SPC, its history, and its current efforts. The SPC is a countywide collaborative with a mission to prevent suicides and its devastating consequences in San Diego. The SPC has a website with event information, reports & resources, and archived information. Visit www.spcsandiego.org for more information.

SPC Subcommittees Updates
School Collaborative K-12 (Yeni L. Palomino, CHIP Staff)
The group is finalizing a Suicide Prevention School Support flyer, which includes information on local and national suicide prevention and mental health resources to support school staff, parents and students. Yeni shared that the SPC School Collaborative is currently working on their narratives to contribute to the 2018 Report to the Community. The theme of this year’s report is schools & suicide prevention. During the meeting, the group also discussed an opportunity to work with King Chavez Academy to hold a suicide prevention event. The subcommittee is also working on establishing a response team comprised of members to assist and support schools following a suicide incident. Stan shared the primary role of the response team is to help with the little things such as their day-to-days.

Assessment + Evaluation (Beth Sise, Subcommittee Chair)
Beth shared the subcommittee recently met to continue working on the 2018 Report to the Community. The group reviewed some data pieces and is waiting on additional numbers to include on the report card. The Report to the Community will be released in September at a press conference event in collaboration with the SPC Media Subcommittee. The group also began discussing ways to track the use of the Columbia Suicide Severity Rating Scale (C-SSRS) in San Diego.

Faith Organization Outreach (Lora Cayanan, CHIP staff)
The subcommittee met to continue planning for the 7th Annual Faith Breakfast, which will be on Thursday, May 17, 2018 from 8:30am-12:00pm at the San Diego County Office of Education (SDCOE). This year’s breakfast will feature an interfaith message on suicide prevention and mental health. An interfaith panel has also been confirmed. During the event, attendees will get to take part in interactive table discussions. The event is free and breakfast is provided. The flyer will be finalized soon and registration will open once the flyer is released.

Higher Education (Lora Cayanan, CHIP staff)
The Higher Education subcommittee met earlier in the month via conference call to review the Suicide Prevention Action Plan (SPAP) Strategy Implementation Plan Drafts for the Media & Communications Campaigns and Integrate & Coordinate Activities strategies. The subcommittee also continued planning for the annual Campus Plunge event, which will be on Friday, April 20, 2018 at San Diego City College. This year’s event will feature a spotlight on UCSD’s Peer Education Program and Directing Change winning videos from San Diego.

Media (Stan Collins, Subcommittee Chair)
Stan provided his updates during the SPC Media Plans Presentation.

Suicide Prevention Updates
Yeni L. Palomino
SPAP Update: Implementation Planning Meetings 2018 Completed
Yeni shared that the SPAP Strategy Implementation meetings for the first three strategies have been completed. The consultant teams are currently finalizing the implementation plans and evaluation plans. The UCSD HSRC Evaluation team will be creating logic models to accompany each strategy. Yeni also shared that the SPAP 2018 Update has now been finalized. A press conference to release the action plan will be scheduled in May and the SPC Media Subcommittee will help to coordinate this event.

AAP News-Treating depression in youths: AAP endorses updated GLAD-PC guidelines
The American Academy of Pediatrics (AAP) has recently endorsed updated guidelines that require pediatricians to screen for depression patients age 12 years and older. The article was sent to the general SPC list serv.

Caltrans releases Draft of the Coronado Bridge Physical Suicide Deterrent System Feasibility Study
Caltrans has recently released a draft of the Coronado Physical Suicide Deterrent System Feasibility Study. This study came about, following the efforts of the Coronado Bridge Collaborative. The draft report was sent to the general SPC to review. The report features existing bridge suicide safety measures as possibilities for adaptation. This report is only a feasibility study and at the moment, there are no immediate plans to move forward. A public comment period on the draft will be open until April 3rd. SPC will plan to resend the document before the deadline.

SPC Program Assistant Position
CHIP is currently hiring a Program Assistant to support the work and efforts of the SPC. A job description was sent out to the SPC list serv. SPC members were encouraged to share this opportunity with any colleagues or to apply if interested. The deadline to submit an application is Friday, April 6th.

SPC Media Plans Presentation
Stan Collins and the SPC Media Subcommittee have been working on the SPC Media Engagement Plans. The purpose of creating these plans is to promote safe reporting on suicide amongst media personnel, engage media members and outlets in the work of the SPC, and build better relationships with local media. Stan provided an overview of previous media engagement events in the past. Previously, SPC held media forums, where members of the media were invited to attend a 1-2 hour event on safe reporting. Although it was well attended the first time, participation at the second event was low. The group has decided to introduce a new engagement strategy of having one-on-one meetings with different media outlets to provide a brief overview of the recommendations for reporting on suicide. Most recently, Stan presented this plan outline to the Society of Professional Journalists (SPJ) in San Diego and the materials and plans were well received. The next step is to finalize the plans with stakeholder feedback before beginning the outreach events.

As part of the Media Engagement Plan, Stan has also organized a Media Response Plan. This plan more directly involves all SPC members. The Media Response Plan will involve a Media Response Team comprised of Media Subcommittee members, that compile, review, and respond to articles, news pieces, videos, etc. that cover a story on suicide. The Response Team will determine if a positive response is needed (included a resource, didn’t go into means, etc.) or if recommendations are needed (did not include a resource, went into specifics about the death, etc.). A general email account has been created for SPC members to send articles and news pieces to the team. Once a month or as needed, the Response Team will go over submissions during the SPC meetings.

Following Stan’s presentation, there was a discussion on cultural competency. Stan encouraged anyone interested in representing a special population to be a part of the Response Team, so that they can provide culturally competent information to media members. Following the meeting, the Media Plans and the presentation will be sent to SPC members for feedback.
Spotlight Presentation United Women of East Africa

Jama Mohammed is a Program Manager with United Women of East Africa. Jama shared his own story of growing up as a refugee. At a very young age, he faced many traumas in his home country and at refugee camps. He moved to the US as a child and shared his accounts of living in a new country and the cultural and identity issues he and others faced. There are approximately 30,000 East African refugees in San Diego and about 15,000 are of Somali descent. The East African community is a very connected and social community, where everybody knows one another. The community is also very faith-based and has a lot of focus on trust. Their group elders are respected and are the “go-to” individuals when there are any issues or questions. Jama also shared different issues faced by his community including the language barriers, discrimination, intergenerational gaps, and access to culturally appropriate services.

Jama also shared information about his organization, United Women of East Africa. The organization was founded by mothers in San Diego who wanted to create a better system for their children and youth, where health services were culturally appropriate for the East African and refugee communities. Jama currently oversees the Making Connections program which targets East African boys & men and aims to reduce mental health stigma.

Announcements

- SOSL Fundraiser/Film Screening Event – 3/27 “Suicide: The Ripple Effect” at Edwards Cinema Mira Mesa.

Adjournment

Next SPC Meeting

Tuesday, April 24, 2018, 10:00am-11:30am
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:

SPC Higher Education Subcommittee
Campus Plunge
Friday, April 20, 2018, 9:00am-12:00pm
(To RSVP email lcayanan@sdchip.org)

SPC Media Subcommittee Meeting
Monday, April 9, 2018, 2:00pm-3:30pm
(To get meeting information email lcayanan@sdchip.org)

SPC A+E Subcommittee Meeting
Wednesday, April 25, 2018, 10:30am-12:00pm
(To get meeting information email lcayanan@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
Thursday, April 26, 2018, 1:30-3:00pm
(To RSVP email lcayanan@sdchip.org)
SPC Faith Outreach Subcommittee
Wednesday, April 18, 2018, 11:00am-12:30pm
(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.

Upcoming Events and Dates of Interest:

Special Screening – “Suicide: The Ripple Effect”
March 28, 2018, 7:30pm
Mira Mesa Stadium 17 & IMAX & RPX (10733 Westview Parkway San Diego, CA)
(Reserve tickets at https://gathr.us/screening/22731)
(For more info contact: Jan DelRey – jan@jandelrey.com)

11th Annual Survivors of Suicide Loss Day: “Hope Springs: Planting Seeds of Hope”
Saturday, April 7, 2018, 10:00am-2:30pm
The Rock Church (2277 Rosecrans St, San Diego, CA 92106)
(For more information call 619-752-4056 or email info@soslsd.org)
(To register: https://www.soslsd.org/get-involved/sosl-day/)

American Association of Suicidology 51st Annual Conference
Integrating Science, Experience and Political Will: Informed Action to Prevent Suicide
Wednesday, April 18-21, 2018
Hyatt Capitol Hill, Washington, D.C.
(For more information: http://www.suicidology.org/Annual-Conference/51st-Annual-Conference)
NAMI Walk
Saturday, April 28, 2018, 8:00am-12:00pm
NTC Park at Liberty Station
(For more information email: walk@namisd.org or go to https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=698)

4th Annual Children’s Mental Health Well-Being Celebration “Partnering for Health and Hope Following Trauma”
Wednesday, May 2, 2018, 4:30pm-6:30pm
Azalea Recreation Center (2596 Violet St, San Diego, CA 92105)
(For more information contact a Children, Youth & Family Liaison at (858) 987-2980)

SPC 7th Annual Faith Breakfast 2018
Thursday, May 17, 2018, 8:30am-12:00pm
6401 Linda Vista Rd, San Diego, CA 92111 (Comm Labs 1-4)
(For more information: lcayanan@sdchip.org)

Changing Minds-Minders Matter: South County Behavioral Health Resource Fair
Saturday, May 19, 2018, 9:00am-2:00pm
Chula Vista High School (820 4th Avenue, CV, 91911)
(For more information: http://www.sharp.com/changingminds)
Deadline to Sponsor is May 1, 2018; mary.cruz@sharp.com; 619-502-3244