Welcome/Introductions
Carol Skiljan
Carol welcomed the group to the Suicide Prevention Council meeting. Everyone went around and introduced themselves.
SPC Overview/Website Update

Yeni L. Palomino

Yeni provided a brief history and overview of the San Diego County Suicide Prevention Council (SPC). The SPC website was also shared: www.spcsandiego.org. The American Red Cross was announced as the official meeting location of the SPC meetings through the end of 2018 and Yeni announced that her maternity leave would begin September 1, 2018 and she will return for the New Year. Dana, Lora, and Kim will be the Council's contacts in her absence.

The Suicide Prevention Action Plan has been recently updated utilizing information from 24 focus groups. The Plan was finalized and presented at the Annual Stakeholders Meeting. Implementation and Evaluation Planning meetings focused on Means Reduction and Frontline & Gatekeeper Training strategies have already been hosted earlier in August. The Community Programming focused meeting will be held in late October. It will focus mainly on peer-to-peer, faith, and school partnerships to gather ideas on how we can improve our collaboration in the community.

SPC Subcommittees Updates

Yeni L. Palomino

Assessment + Evaluation, Media, and Schools (K-12) Collaborative (CHIP staff, Yeni Palomino)

The A+E, Media, and Schools Collaborative are preparing for the press conference that will release the 2018 Annual Report to the Community during Suicide Prevention Week in September. All three Subcommittees will be meeting jointly through September. Speakers will include SDCOE leadership, Mountain Empire Counselor, Parent, and Students.

Faith Organization Outreach (CHIP staff, Lora Cayanan)

As a direct offshoot of our successful 7th Annual Faith Breakfast event (103 participants!), the San Diego County Suicide Prevention Council and San Diego County Office of Education (SDCOE) are collaborating to pilot-test a FREE training opportunity targeting Faith Leaders in the County. Through this pilot, we aim to certify a minimum of 35 Faith Leaders in the Youth Mental Health First Aid training curriculum. This training will take place on September 28, 2018 from 9:00am-4:00pm at the San Diego Offices of Education.

Higher Education (CHIP staff, Lora Cayanan)

This subcommittee has begun planning their Out of the Darkness Walk Event where all of the Higher Ed participants come together at the Walks Resource Fair to connect and discuss different outreach events held at their schools.

Each Mind Matters: Suicide Prevention Month Toolkit

Jana Sczersputowski

In support of National Suicide Prevention Awareness Week and World Suicide Prevention Day, Each Mind Matters is excited to share materials and resources that can assist you in planning activities and events in your county and community. The Toolkit is available online at www.eachmindmatters.org/spw2018 and includes the following:

- Suicide Prevention Activity Tip Sheet
- Articles on Suicide Prevention to include in newsletters, blogs, and local media
- Template for a Suicide Prevention Week Proclamation request to your local Board of Supervisors
- Pre-written Twitter and Facebook verbiage & graphics
- 30 Second Radio Spot
- Digital Banners
- Daily Suicide Prevention Emails
Suicide Prevention Week is an opportunity to emphasize that everyone can play a role in suicide prevention. A supply of coasters and coffee sleeves can be requested from info@suicideispreventable.org (while supplies last) that you can drop off at your local coffee shops or restaurants to spread awareness.

**Spotlight Presentation – Sebastian Slovin, Author & Nature Unplugged**  
Sebastian Slovin  
Since he can remember, nature has been a central part of Sebastian’s life. He was fortunate to grow up in a beach community and spent his childhood in the ocean body boarding, surfing, and swimming. He was then able to travel and experience many of the world’s great surf spots as a professional body boarder. Through his travel, Sebastian developed a deep love and appreciation for our natural world, and at the same time, he was strongly drawn to the practice of Yoga. His love for nature led him to a B.A. in Environment and Natural Resource Conservation. He then went on to study at the Prana Yoga Center in La Jolla, California. He also holds a Master of Arts in Leadership Studies from the University of San Diego. He is the author of *The Adventures of Enu and Ashes in the Ocean*.

**Announcements**

- Every Brilliant Thing  
  - August 22-September 16; Stage Chat: September 8
- 2018 VA Community Mental Health Summit  
  - Thursday, September 6, 2018 from 9:00am-4:00pm
- San Diego County Behavioral Health Advisory Board Meeting  
  - Thursday, September 6, 2018 at 2:30pm
- Mental Health Services Oversight and Accountability Commission (MHSOAC) Suicide Prevention Subcommittee Meeting  
  - Friday, September 7, 2018 from 9:00-12:00
- San Diego County Suicide Prevention Council Report to the Community Press Conference  
  - Thursday, September 13, 2018 from 9:00am-10:00am
- SOSL 3rd Annual Ride for Life  
  - Saturday, September 15, 2018 from 9:00am-3:30pm
- 2018 Recovery Happens Celebration & Picnic  
  - Saturday, September 15, 2018 from 10:00am-1:00pm
- Youth Mental Health First Aid Training for Faith Leaders  
  - Friday, September 28, 2018 from 9:00am-4:00pm
- Live Well Advance: Connecting the Unconnected to Live Well  
  - Tuesday, October 2, 2018 from 9:00am-4:45pm
- Check Your Mood  
  - Thursday, 10/11/18
- 15th Annual NAMI San Diego Color Ball  
  - Thursday, October 11, 2018 from 5:30pm-9:30pm
- 2018 CAHM Forum: From Hopelessness to Hope & Healing  
  - Saturday, October 13, 2018 from 8:30am-3:30pm
- Meeting of the Minds Conference & Resource Fair  
  - Wednesday, October 24, 2018 from 7:30am-4:30pm
- SPC Suicide Prevention Action Plan Update 2018 Implementation + Evaluation Planning Meeting: Community Programming Strategy  
  - Thursday, October 25, 2018 from 1:30pm-4:30pm
- AFSP Out of the Darkness Walk  
  - Saturday 10/27/18 from 8:00am-12:00pm
• SOSL Walk in Remembrance with Hope
  o Sunday 11/11/18 from 8:00am-12:00pm

Next SPC Meeting
Tuesday, September 25, 2018, 10:00am-11:30pm
American Red Cross (3950 Calle Fortunada San Diego, CA 92123)
To RSVP, please contact Kimberly McGee at kmcgee@sdchip.org

Other Upcoming Meetings:

SPC Higher Education Subcommittee
Wednesday, September 5, 10:00am-11:00am
(To RSVP email kmcgee@sdchip.org)

SPC Media Subcommittee Meeting
Wednesday, September 12, 2:00pm-3:00pm
(To get meeting information email kmcgee@sdchip.org)

SPC A+E Subcommittee Meeting
Wednesday, September 12, 2:00pm-3:00pm
(To get meeting information email kmcgee@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
Wednesday, September 12, 2:00pm-3:00pm
(To RSVP email kmcgee@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, September 19, 2018, 11:00am-12:30pm
(To RSVP email kmcgee@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:

San Diego County Suicide Prevention Council
Community Programming Strategy Implementation Planning Meeting
Thursday, October 25, 2018, 2:00pm-5:00pm
Location TBD