SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC)
MEETING - MINUTES
Tuesday, October 23, 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

| Ambrosi, Sandra – Glenner Day Center | Kamen, Lindsey – Scripps Memorial Trauma Service |
| Andrews, Laura – MHA San Diego | Kruidenier, Liz – NAMI NC LWV |
| Benefield-Van Doren, Rosemary – Rachel’s Hope | Lee, Lawrence – JFS San Diego |
| Bruggeman, Joyce – SOSL | Levy, Rena – MCAS Mirimar Behavioral Health |
| Carrington, June – YMCA | Madden, Michele – SOSL |
| Cayanan, Lora – CHIP | Marino-Kibbee, Heather – The Center |
| Colburn-Hargis, Paige – Scripps Memorial Hospital | McClure, Dave – County of San Diego |
| Collins, Stan – Consultant | McGee, Kimberly – CHIP |
| Covell, Ruth – UCSD | Nash, Valerie – Nash & Associates |
| Davis, Leah – Civilian | Quinones, Hazel – HHSA/AIS |
| Disner, Burton – North Coast Home Health Products | Reinhardt, Jayne – HHSA - Central Region |
| Feiler, Stacee – Scripps Memorial Trauma Service | Richardson, Dana – CHIP |
| Greer, Jim – UMTR2ME | Richardson, Linda – NAMI SD |
| Han, Aijie | Sise, Beth – Scripps Health |
| Heller, Rick – HSRC UCSD | Skiljan, Carol – Yellow Ribbon |
| Hernandez, Che – AFSP | Slovin, Sebastian – Nature Unplugged |
| Hodges, Dairrick – The SOULcial Workers | Stone, Shari – FFSC |
| Hodges, , Evan – NAMI San Diego | Thorstenson, Karli – HHSA - North Region |
| Holliday, Cindy – Big Sister League | Torres, Katherin – UPAC |
| Imam, Syed -- UPAC | Van Doren, Hugh – Rachel’s Hope |
| Jami, Faroozan – Telecare Gateway to Recovery | Whelan, Jennifer - CRF |

Welcome/Introductions
Beth Sise
Beth welcomed the group to the Suicide Prevention Council meeting. Everyone was asked to find a partner and introduce themselves to that partner. The partners then introduced each other to the large group, including name, organization, and one surprising fact that the group may not know.

SPC Overview/Website Update
Dana Richardson
Dana 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 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 later this week. 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

Faith Organization Outreach (CHIP staff, Lora Cayanan)
Kat Torres was announced as the new Faith Organizational Outreach Subcommittee Chair. The group also debriefed on a very well attended pilot program, Youth Mental Health First Aid for Faith Leaders. This training was a direct offshoot from the 2018 Faith Breakfast and was hosted in partnership with the SDCOE. The group also began discussing the 1019 Faith Breakfast that will be held in May of next year.

Higher Education (CHIP staff, Lora Cayanan)
The group gets together each year to walk in the Out of the Darkness Community Walk hosted by the San Diego Chapter of the American Foundation for Suicide Prevention. The participating schools staff and students will meet and walk together. On the call, the schools also shared the many stress reducing events that will be taking place during finals this semester.

Media (Subcommittee Chair, Stan Collins)
The group met earlier this month to discuss the implementation and evaluation plan objectives for this particular subcommittee. The group will be working with the Access and Crisis line and Up2Us to create universal messaging for the SPC stakeholders to use and media campaigns and plans that can be shared with the SPC as a whole.

Assessment + Evaluation (CHIP staff, Subcommittee Chair, Beth Sise)
The subcommittee has begun discussing data and information sharing between key partners such as SDCOE, Optum, and Up2Us to move forward on certain strategies for the Suicide Prevention Action Plan and Report to the Community.

Schools (K-12) Collaboration (Subcommittee Chair, Judi Park)
The Schools Collaborative was dark for October and will meet again on November 12, 2018 from 1:30-3:00pm at NAMI San Diego.

SPAP Update 2018

Partners were given a list of the 9 strategies taken from the 2018 Suicide Prevention Action Plan Update and asked to list their names, organization, and email address under each strategy that describes a project or program that they are currently taking part in. Strategies included the following:

- Integrate & Coordinate Activities
- Media & Communication Campaigns
- Outreach for Coping & Connectedness
- Community Programming
- Means Reduction
- Frontline & Gatekeeper Training
- Healthcare Coordination & Capacity
• Clinical Assessment & Treatment
• Postvention Services

**Spotlight Presentation – Big Sister League**
Cynthia Holliday
The Big Sister League of San Diego, Inc. assists women and girls in San Diego County by providing supervised transitional housing and support services. The League's programs are designed to encourage confidence, self-esteem, and independence. The Big Sister League of San Diego, Inc., a private, non-profit organization serving women and girls of San Diego, California since 1942. Our Housing Program, with two locations near downtown San Diego, provides transitional and permanent housing for mentally ill, homeless and/or abused women.

**Announcements**
Carol Skiljan/All

- Yellow Ribbon San Diego will be closing its doors. Carol Skiljan plans on continuing her work in San Diego County with the Suicide Prevention Council.
- Out of the Darkness Walk
  - Saturday, October 27, 2018 at NTC Park Liberty Station from 8:00am-12:00pm
- Unfiltered; No Mask, Just Me
  - The SOULcial Workers & Camp AART
  - Tuesday, October 30, 2018 at the Dojo Café at 5:15pm.
- QPR at CHIP Offices
  - Trainer: Lora Cayanan on Friday, November 9, 2018 from 10:30am-12:00pm at CHIP
- SOSL Walk in Remembrance with Hope
  - Sunday, November 11, 2018 from 8:00am-12:00pm

**Adjournment**
All

**Next SPC Meeting**
Tuesday, November 27, 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, November 7, 10:00am-11:00am
(To RSVP email kmcgee@sdchip.org)

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

SPC A+E Subcommittee Meeting
Monday, November 13, 10:30am-12:00pm
SPC Schools Collaborative (K-12) Subcommittee
Tuesday, November 13, 1:30pm-3:00pm
(To RSVP email kmcgee@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, November 14, 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: Elijahs Restaurant
7061 Clairemont Mesa Blvd, San Diego, CA 92111