**SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC) MEETING - MINUTES**

**Tuesday, October 24, 2017**

10:00 am – 11:30 am

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<td>Covell, Ruth, M.D.</td>
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<td>Hernandez, Che</td>
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<td>Kelly, Kayla</td>
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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**

**Welcome/Introductions**

Yeni L. Palomino/Carol Skiljan

Yeni welcomed everyone to October’s meeting. Everyone went around and introduced themselves.

**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.

SPC Subcommittees Updates

**School Collaborative** (Yeni L. Palomino)
Yeni shared they watched an Each Mind Matters webinar to learn more about AB 2246. CHIP is developing a Suicide Prevention Resource Checklist on available resources for the schools. The checklist will be reviewed by the subcommittee before being introduced to the general SPC meeting. Jessica Holzer from Mental Health Systems School Based Program did a presentation of their work and will be presenting at a future SPC meeting.

**Higher Education** (Lora Cayanan)
Lora shared each campus gave an update on their different activities. The subcommittee, with representation from UCSD, Miramar, MiraCosta College, and City College will be will be attending the AFSP Out of the Darkness walk this Saturday, October 28th. The subcommittee meets monthly through phone conference and is open to those involved in the university system. Yeni asked SPC stakeholders who have a services or programs for the college age group or population, to contact her so that it is shared with the Higher Education Subcommittee.

Suicide Prevention Updates

- Yeni shared that on October 3rd, Councilmember Lori Zapf gave a proclamation for Mental Illness Awareness Week in the City of San Diego.

- Also, the SPC Evaluation RFP was put out to the public and a consultant selected by November 1st. The consultant will be introduced at the November 28th SPC meeting.

- Dana shared that CHIP has partnered with Project Save Our Children to conduct outreach to the African American community, which has seen a rise in the suicide rate in African American males. CHIP has conducted a focus group with the African American community and the feedback will be incorporated in the update of the Suicide Prevention Action Plan.

- Yeni shared that CHIP will plan SPAP Strategy Implementation meetings based on three of the strategies: media, integrate and coordinate activities, and coping and connectedness.

Upcoming Fall Events

Yeni shared upcoming events for the fall.

- Che, AFSP Out of the Darkness Walk will be Saturday, October 28th at NTC Liberty Station (2600 Cushing Road, San Diego, CA 92106) from 8am to 12pm. For more information please click: [https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4489](https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4489)

- NERDS RULE INC. will have their World Kindness Movement Ceremony on Saturday, October 28th from 1pm to 4pm at the Civic Center Auditorium, Chula Vista. They will introduce two projects for the local community and around the world.
• Recovery International: Western Region Conference will be Saturday, November 4th from 8:30am to 5pm and Sunday, November 5th from 8:30am to 12pm at the Sheraton Mission Valley Hotel.

• SOSL has partnered with Directing Change to host Walk in Remembrance with Hope on Sunday, November 12th with check-in at 7am, the walk starts at 8:45am in Balboa Park.

**Spotlight Presentation- Southern Caregiver Resource Center**  
Martha Rañón is the Director of Government & Community Affairs with Southern Caregiver Resource Center, which focuses on supporting family caregivers. Anyone who is caring for someone who has suffered a cognitive impairment or older adults is eligible for services. A SCRC Family Consultant works with caregivers and will assess their individual needs and formulate an individualized caregiver plan. There are support groups throughout San Diego County lead by clinical social workers. Also, they provide six free counseling sessions for emotional support, skill development, and offer helpful strategies to help caregivers cope more effectively in their caregiving role. Additionally, SCRC provides legal and financial consulting on eligibility for public assistance programs, understanding advanced healthcare directives and power of attorney. SCRC has an education & training department that hosts variety of classes throughout San Diego County to assist caregivers in their roles and behavioral management strategies while focusing on self-care.

Martha shared they have other programs like Operation Family Caregiver-OFC a six-month coaching model for military families with returning service members and veterans to adjust to living post-PTSD, traumatic injury, or physical disability. The program has expanded to Los Angeles and western United States via Skype. Also, there is CALMA/REACH2Caregivers that was started in 2002 that focuses on caring for Alzheimer or Dementia.

**Announcements**  
Carol Skiljan/All

• Jayne shared November 4th and 5th Recovery International will be hosting their Western Region Conference at the Sheraton Mission Valley Hotel. Also, they had Check Your Mood screening in the South Region and looking for events to outreach.

• Ruth shared that Check Your Mood had 78 community partners that participated. A report is being developed.

• Liz, the League of Women Voters had a forum on human trafficking. They are interested in partnering with SPC. Also, NAMI North Coastal has a new president, Mike Baggy. In addition, NAMI has a new program, NAMI on Campus High School (NCHS) for high school youth to raise mental health awareness and reduce stigma.

• Mara, SDCOE, the human trafficking advisory council meets on the 2nd Tuesday, 1:30pm-3pm at the County building 1600 Pacific Highway. Mara will share the info on the NAMI on campus. CSET, new legislation will get curriculum in the classroom.

• Stan, Directing Change Film Program is live again and is now open to middle school students. They added another category for the Spanish language. Also, they have expanded their program to Oklahoma.

• Burton shared about the CAHM Wellness Forum that had Dr. Komrad as the speaker and shared the issue on euthanasia in Europe.

• Paul from Advantage Health System Hospice has additional information about supporting families.


**Adjournment**

All
Next SPC Meeting
Tuesday, November 28, 2017, 10:00am-11:30am
NO MEETING IN DECEMBER
(Email: Julius Alejandro to RSVP jalejandro@sdchip.org)

Other Upcoming Meetings:

SPC Higher Education Subcommittee
Wednesday, November 1, 2017, 10:00am-11:00am
Closed Conference Call
(To RSVP email jalejandro@sdchip.org)

SPC Media Subcommittee Meeting
Monday, November 13, 2017, 2:00pm-3:30pm
(To get meeting information email jalejandro@sdchip.org)

SPC A+E Joint Subcommittee Meeting
No meetings October-November 2017
(To get meeting information email jalejandro@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
OPEN Meeting
Tuesday, November 14, 2017, 1:30pm-3:00pm
(To RSVP email jalejandro@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, November 15, 2017, 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:**

**AFSP San Diego Out of the Darkness Walk**  
Saturday, October 28, 2017, 8:00am-12:00pm  
NTC Park Liberty Station (2600 Cushing Road, San Diego, CA 92106)  
(For more information: [https://afsp.donordrive.com/event/sd](https://afsp.donordrive.com/event/sd))

**NERDS RULE INC- INTERNATIONAL – World Kindness Movement Ceremony**  
Saturday, October 28, 2017,  
Civic Center Auditorium, Chula Vista  
(For more information: info@nerdsruleinc.org)

**Recovery International: Western Region Conference**  
Saturday, November 4, 2017, 8:30am-5:00pm  
Sunday, November 5, 2017, 8:30am-12:00pm  
Sheraton Mission Valley San Diego Hotel  
(For more information: [https://www.recoveryinternational.org/resources/](https://www.recoveryinternational.org/resources/))

**SOSL: Walk in Remembrance with Hope**  
Sunday, November 12, 2017  
Balboa Park  
(For more information: Joyce@SOSLsd.org)