SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC)
MEETING - MINUTES
Tuesday, October 25, 2016
10:00 am – 11:30 am
United Way
4699 Murphy Canyon Road
San Diego, CA 92123

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

| Heather Alesch – Rady Children’s | Yeni L. Palomino – CHIP |
| Sandra Ambrosi – Glenner Day Center | Judi Park – SDYS HERE Now |
| Laura Andrews – MHASD | Kimberly Pearce – County of SD APS |
| Joyce Bruggeman – SOSL | Jayne Reindhardt – HHSA Central Region |
| Janet Cacho – HHSA BHS | Dana Richardson – CHIP |
| Kat Casabar – HHSA North Regions | Linda Richardson – NAMI Next Steps |
| Ruth Covell, MD – UCSD | Jennifer Santis – Courage to Call |
| Mary Cruz – Sharp Chula Vista | Jody Scortino – Rady Children’s |
| Leah Davis – Civilian Agency | Carol Skiljan – Yellow Ribbon |
| Burton Disner – N. Coast Home Health Products | Beth Sise – Scripps |
| Lisa Garcia – Recovery International | Elana Soltz – CHIP |
| Meta Glenn – IHOT | Sioux Stevens – New Alternatives |
| Jimm Greer – UMTR2ME | Jennifer Tarzia – Center for Discovery |
| Janet Green | Jennifer Whelan – CRF |
| Che Hernandez – AFSP | Kristin Whelan – API |
| Celeste Hunter – UPAC/ACE | Julie Woochuk – SIHC Inc. |
| Syed Umam – UPAC | Adrienne Yancey – HHSA-BHS |
| Ashley Komaromi – API | Tiffany Carmona – Civilian Agenc |
| Liz Kruidenier – NAMI North Coastal | Amelia Meza – McAllister |
| Lee Laurence – JFS Patient Advocacy Program | Emma Reyes – McAllister |
| Tristaca McCray – NERDS Rule Inc. | Tara Tanna |
| Danielle McGonigle – Pathways | Oliver Cabana – SD DA Office |
| Sarah Merk-Benitez – SD LGBT Community Center | Lora Cayanan – CHIP |
| Lisa Mills – Sharp Mesa Vista | |

Welcome/Introductions
Beth Sise/Carol Skiljan
Beth Sise welcomed the group and thanked everyone for attending the October meeting. Council members introduced themselves and their affiliations.

SPC Overview/Website Updates
Yeni L. Palomino
Yeni provided a short history of the SPC for first time attendees. It was also shared that the SPC started their new contract on October 1, 2016. Yeni also shared a link to the new SPC website, www.spcsandiego.org, which includes reports, tools, and archived meeting information.

SPC Subcommittees Updates

Higher Education Subcommittee (Yeni Palomino)
The Higher Education Subcommittee met on Saturday, October 22nd at the AFSP Out of the Darkness Walk. The campuses got the opportunity to meet one another’s staff and students and walk together as one group. The subcommittee was well represented and the group took their annual photo together at the event.

School Collaborative k-12 (Yeni Palomino)
The closed group met recently to plan for the subcommittee’s upcoming events and share updates. San Diego Youth Services’ HERE Now Program gave a presentation on their expanded services and shared on the great suicide prevention work they are doing in the schools. They will be providing a similar presentation at a future SPC meeting. An opportunity with the International Bullying Prevention Association is in the works and a regional conference is being planned in San Diego during spring 2017. The subcommittee will reopen again to help finalize speakers for this event. The San Diego County Office of Education is partnering with the SPC to hold 20 QPR trainings and is also collaborating with SPC and San Diego Youth Services to hold GLSEN trainings next year.

A+E/Media Joint Subcommittee (Beth Sise)
Beth provided a quick overview of both subcommittee groups. The Assessment & Evaluation subcommittee’s focus is on creating the annual SPC report card which tracks suicide and help-seeking data. The A+E and Media subcommittee merged together for the past few months to plan the annual SPC Press Conference. She mentioned there was a suggestion to film the event in its entirety in the future to share with those who are unable to attend. Both subcommittees will meet separately now to focus on their own efforts. A+E will continue to track and monitor data and the Media Subcommittee will be working on their Media Engagement and Media Response plans. Both groups are open for anyone to attend.

SPC Highlights

Check Your Mood- Screening Week Oct 10-16, 2016
Check Your Mood screenings were held during the week of October 10-16, 2016 throughout the County. Council members who held sites shared their experiences. Lisa of Sharp Mesa Vista hosted three different sites, Laura of Mental Health America San Diego held three different sites, Kat of HHSA North Regions held nine different sites, and Julie of Southern Indian Health Council held two sites. Site hosts received positive feedback with requests to host these screenings monthly. The Check Your Mood team sent out a Feedback survey link that will be circulated to the Council.

MHA Meeting of the Minds @ Sheraton Hotel & Marina Harbor Island 10/14/16
Mental Health America San Diego held their annual Meeting of the Minds Conference on Friday, October 14, 2016. Laura Andrews shared that the event was well attended and the breakout sessions and the resource fair were highly praised. The event also had a lot of opportunities for those that receive services.

Out of the Darkness Walk @ Liberty Station 10/22/16
Che Hernandez of the San Diego Chapter of the American Foundation for Suicide Prevention provided an overview of the Out of the Darkness Walk. Over 2,000 individuals participated in this year’s event at NTC Park.
The walk’s emcee shared her personal story and a media member who covered the event shared here story to Che. Council members who attended the event highly praised the walk, especially the volunteers, who were very hospitable. AFSP is still collecting funds for those that still want to donate.

Save A Life Walk @ Balboa 11/13/16
The Save of the Lave Walk will be on Sunday, November 13, 2016 at Balboa Park. The event benefits Survivors of Suicide Loss and Yellow Ribbon. There is still time to register and start a team.

Spotlight Presentation- Center for Discovery
Jennifer Tarzia
Jennifer Tarzia of the Center for Discovery shared information on the Center for Discovery which provides residential, intensive outpatient and partial hospitalization treatment for adult women, teens and adolescents with eating disorders and other behavioral health conditions. Center for Discovery provides a clinically comprehensive approach to treatment and offers scholarship programs to those in need. Beyond treatment, the organization outreaches to the community to provide presentations on behavioral health, wellness, and suicidality.

Additional Updates / Announcements
- SPC will be releasing two RFPs: one for a strategic planner to guide in the update of the Suicide Prevention Action Plan and one for an evaluator to develop an evaluation plan.
- Sharp Chula Vista will be hosting their 2nd Behavioral Health Resource Fair on May 20, 2017 at Chula Vista High School. It was requested that participating organizations need to be able to provide services in the South County. The planning committee will start meeting regularly in January 2017.
- Burton mentioned a recent Sacramento article that said the number of suicide deaths by guns exceeded homicide deaths by guns and that the number of women completing suicide using guns were increasing.
- Central Live Well Leadership Team pm 11/10 at Second Chance
- Tristaca of NERDS Rule Inc. is completing her capstone project at USD which is a web series highlighting personal experiences with mental health, suicide, etc. Interested Council members are asked to contact her to participate.
- The San Diego District Attorney’s Office recently opened the CARE Community Center in National City. Meeting spaces are available.
- Rady Children’s Hospital is opening a behavioral urgent care in mid-city in late November/early December.
- AFSP is holding their International Survivors of Suicide Loss Day on Saturday 11/19 at USD. The event is free with breakfast provided. A video will be shown and following this, breakout sessions for “loss types” will be held.
- Live Well San Diego Advance on 11/3 at the Town and Country Resort. Four breakout sessions will occur
- 2nd Annual Veteran Forum in North County on 11/10
- Jayne shared an NPR story on a comedian who does a show on his struggles with suicide called “Career Suicide”

Adjournment

Next SPC Meeting
Tuesday, November 22, 2016, 10:00am-11:30am
Other Upcoming Meetings:

SPC Faith Outreach Subcommittee  
Wednesday, November 16, 2016, 11:00am-1:00pm  
United Way  
4699 Murphy Canyon Rd. San Diego, CA 92123  
(To RSVP email lcayanan@sdchip.org)

SPC Higher Education Subcommittee Meeting  
Wednesday, December 7, 2016, 10:00am-11:00am  
Closed Conference Call  
(To RSVP email lcayanan@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee  
Closed Meeting  
TBD

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.