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

Our Vision: Zero Suicides in San Diego County

Welcome/Introductions
Beth Sise
Beth welcomed the group to the Suicide Prevention Council meeting. Everyone introduced themselves with name, organization, and something they’re grateful for.

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. Dana announced that this will be the last meeting for the SPC in 2018. The 2019 meetings will begin on January 22 and the meeting location will switch to the Marina Village Conference center for the year.
SPC Subcommittees Updates

Faith Organization Outreach (Subcommittee Chair, Kat Torres)
The group met in November to discuss various events in the community, the highlight being the Survivors of Suicide Loss Walk that took place on Veterans Day. Michele Madden mentioned that it was a “day of healing.” The Faith Organizational Outreach Committee will be dark for December but typically meets on the third Wednesday of the month from 11:00-12:30 and the next meeting will take place on January 16.

Higher Education (CHIP staff, Lora Cayanan)
A conference call was held to debrief the Out of the Darkness Walk event that happened at the end of October. The subcommittee came together with staff and students of local colleges to walk together. It was decided that the meeting date would be changing in 2019 to the first Friday of the month from 1:00pm-2:00pm. The subcommittee will meet on December 5 from 10:00am-11:00am and will be dark in January for the holiday break.

Media (CHIP staff, Kimberly McGee)
This group did not meet in November but will be meeting on December 10 from 10:00am-11:30am. During that meeting, the media subcommittee will continue to finalize the Media Engagement and Response Plans that were started earlier this year. The Media Engagement Plan aims to work with local media outlets through brief presentations on safe messaging and how to appropriately report on suicide. The Media Response Plan aims to address local news stories on suicide to praise or provide constructive feedback on behalf of the SPC. The SPC also announced an upcoming Facebook Group that will be open to the Council to be able to connect with each other in between meetings.

Assessment + Evaluation (CHIP staff, Subcommittee Chair, Beth Sise)
The A&E Subcommittee will be meeting on December 10 from 1:30pm-3:00pm to discuss the SPC Partner and Organization Survey that will be released in early 2019. This will aid the SPC in planning and coordinating all collaboration efforts by letting the SPC know who is at the table and what they provide to the County.

Schools (K-12) Collaboration (Subcommittee Chair, Judi Park)
This group met in November to discuss following up with schools throughout the County on postvention and to provide an update on both the Chair position and the SPAP Update. Beginning in January, SDCOE representatives, Violeta Mora & Heather Nemour will be taking over as co-chairs for the subcommittee and the group is already beginning to check off some items from the Suicide Prevention Action Plans Universal Strategies.

SPAP Update 2018
Nash and Associates representative, Marti Hess, presented to the group on the progress of Year 3 (Fiscal Year: July 2018-June 2019). The implementation plans were completed in August & October ahead of schedule and drafts for both Means Reduction & Frontline & Gatekeeper Training have been drafted. The draft implementation plans for all 3 strategies will be circulated through CHIP and key partners in early 2019. Progress and changes will be tracked as those meetings are conducted and a full presentation of implementation and evaluation drafts will be given at the 2019 Annual Stakeholders Meeting.

Edith Wilson of UCSD’s Health Services Research Center (HSRC) gave the update on the evaluation component of the SPAP. A universal evaluation plan was produced and is currently being implemented based on the meetings held last fiscal year. The 2018-2019 year will be focused planning the selective strategies that will be implemented next fiscal year. HSRC develops the logic models and evaluation plan grids based on the
implementation meetings held earlier this year. In October, the assessment and evaluation subcommittee met with key partners to discuss their involvement with the universal strategies. That subcommittee, with HSRC, has also developed draft surveys for both partner organizations and community members, which will be released in early 2019 to the Council.

Edith also showcased the two posters that were created for the Meeting of the Minds conference that took place in October.

Future plans include finalizing the organization and community member partner surveys at the December A&E Meeting on December 10, 2018, opening the surveys in January or February of 2019 and presenting a full review of the fiscal year at the Annual Stakeholders Meeting when the logic models, evaluation plans, and GIS mapping will be complete.

**Spotlight Presentation – Southern Indian Health Council**

Southern Indian Health Council is a Native American organization committed to protecting and improving the physical, mental, and spiritual health of our American Indian community. We provide a comprehensive range of wellness, professional health care, dental, and social services.

We serve a seven-member tribal consortium which includes Barona, Campo, Ewiaapaayp, Jamul, La Posta, Manzanita, and Viejas. We are an accredited and Federally Qualified Health Center operating out of a modern facility set on 10 acres of pristine countryside. SIHC has a diversified funding base and provides a full spectrum of programs and services supported by Federal, State, and local dollars.

**Announcements**

- The County released a gun safety program with outreach to gun shops and firing ranges to discuss gun safety as it pertains to suicide prevention. Special brochures and gun locks were created for this project as well. They look forward to officially presenting to the SPC in 2019.
- Kat Katsanis and Sebastian Slovin will be presenting a QPR that is open to the public on Wednesday, November 28, 2018 at CHIP Offices from 6:30pm-8:00pm.
- The California Center for the Arts in Escondido will be performing A Christmas Carol on December 7-9 and December 13-16. Entering code “Survivors of Suicide Loss” at checkout benefits SOSL with a portion of the proceeds.
- Working Minds Train the Trainer course will be held at NAMI on November 29, 2018 from 8:30am-5:00pm with Sally Spencer Thomas.

**Adjournment**

Next SPC Meeting

Tuesday, January 22, 10:00am-11:30pm
Marina Village Conference Center, Terrace Room
(1936 Quivira Way, San Diego, CA 92109)
To RSVP, please contact Kimberly McGee at kmcgee@sdchip.org
Other Upcoming Meetings:

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

SPC Media Subcommittee Meeting
Monday, December 10, 10:00am-11:30am
(To get meeting information email kmcgee@sdchip.org)

SPC A+E Subcommittee Meeting
Monday, December 10, 1:30pm-3:00pm
(To get meeting information email kmcgee@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
Tuesday, January 8, 1:30pm-3:00pm
(To RSVP email kmcgee@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, January 16, 2018, 11:00am
(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