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/Carol Skiljan
Beth welcomed everyone to the September 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](http://www.spcsandiego.org)

**SPC Subcommittees Updates**

**Media + Assessment/Evaluation (Yeni L. Palomino)**

Yeni shared the subcommittee debriefed about the Press Conference. The event had good media coverage, but feedback from subcommittee members included wanting more personal stories for next year. Next year’s event will focus on schools due to AB 2246 and the introduction of formal school suicide prevention policies. Media and A+E will go back to their respective meetings. Yeni shared that the County of San Diego has the video footage of the press conference and will contact them to get a copy.

**Faith Organization Outreach (Lora Cayanan)**

The subcommittee discussed and shared Suicide Prevention Month activities. Also, CHIP shared the Report Card 2017 that was released at the Press Conference. Lora shared the website: [http://www.suicidepreventionministry.org/](http://www.suicidepreventionministry.org/) from the Lutheran Suicide Prevention Ministry as a model for a faith toolkit in San Diego. The subcommittee will be meeting in November and will start planning for the Faith Breakfast in 2018.

**School Collaborative (Yeni L. Palomino)**

Yeni shared that they watched an Each Mind Matters webinar for statewide resources. Heather gave an update on Project Cal-Well and its activities. The subcommittee will be developing a sheet for school-related resources, please contact Yeni and Lora to be involved in developing the resource sheet. Heather shared that school districts are requiring schools to create a prevention, intervention, and postvention plan. They had 42 school districts that attended their AB 2246 (suicide policy workshop) event. SDCOE is working with different districts to train parents. Council members expressed that parents are concerned about addressing the topic of suicide and discussed different strategies to engage parents.

**Higher Education (Lora Cayanan)**

SPC provided the same updates on Report to the Community and activities for Suicide Prevention Month. Each campus gave an update on upcoming activities. The subcommittee is attending the AFSP Out of the Darkness Walk and will be doing a mixer with the students at the event. This is a closed group for higher education personnel (health services, counseling) and students.

**Suicide Prevention Month Activities**

Yeni shared some of the activities for the month. On September 6th was the SPC Press Conference to release the 2017 Report to the Community. SPC attended the VA Health Summit on September 8th. On September 12th SPC received a proclamation from the County of Supervisor. Also, the SPC tabled at SIHC Strike Out Suicide event. SPC will be participating at the Meeting of the Minds event on September 29th. Some upcoming activities will be the 11th Annual CAHM Forum on Friday, October 14th at CSU San Marcos. AFSP San Diego will host their Out of the Darkness Walk on Saturday, October 28th at NTC Liberty Station. Following will be the SOSL: Walk in Remembrance with Hope on Sunday, November 12th at Balboa Park. The full list was shown on the PowerPoint slide to the council.

**Fall Events and Updates**

Yeni shared the Meeting of the Minds events on Friday, September 29th. Also, the 11th Annual CAHM Forum on Friday, October 14th at CSU San Marcos. AFSP San Diego will host their Out of the Darkness Walk on Saturday, October 28th at NTC Liberty Station. While NERD RULES INC. will have their World Kindness Movement
Ceremony on October 28 from 1pm to 4pm at Chula Vista Civic Center. Also, Lisa shared Recovery International will have their Western Regional Conference on November 4th to 5th at Sheraton Mission Valley Hotel. They will have different breakout sessions. Following will be the SOSL: Walk in Remembrance with Hope on Sunday, November 12th at Balboa Park. The full list was shown on the PowerPoint slide to the council.

**Spotlight Presentation- Marine Intercept Program MCAS, Miramar**

Kimberly Beckstead is the Program Manager of the Marine Intercept Program at MCAS Miramar. She has been working with active duty Marines and attached Sailors at MCAS Miramar for the last 4 years and running the Marine Intercept Program for the last two and a half years. The Marine Intercept Program is four years old and the Marine Corps only branch of the military that has implemented a postvention element. Every Marine Corps base has a Marine Intercept Program (MIP). At MCAS Miramar, the MIP is a 90-day voluntary program that works with acute, high-risk individuals with active suicide ideation and those that have made an attempt. The program has two parts: working with active duty marines and command officers. Kim and her team work with marines in the program in a case manager capacity and works with command officers to teach them about their marines’ safety and resources. MIP utilizes the C-SSRS on their program participants and create a safety plan for these individuals. MIP has a partnership with SOSL and with the sexual assault and substance abuse programs on base. Kimberly has a similar program for the Navy that they have on 32nd Naval Base. In addition, Miramar also promotes the “Project Semicolon” campaign/activity with their Marines.

**Announcements**

Carol Skiljan/All

- Angela, Courage to Call will have a women veteran’s event. Also, the La Mesa Collaborative will host a Signs of Safety event on preventing human trafficking and child abuse, Saturday, October 7th.
- Eve, Check Your Mood will have 80 sites that are participating. To find site locations please go to http://www.livewellsd.org/content/livewell/home/news-events/check-your-mood.html

**Adjournment**

All

**Next SPC Meeting**

Tuesday, October 24, 2017, 10:00am-11:30am
(Email: Julius Alejandro to RSVP jalejandro@sdchip.org)

**Other Upcoming Meetings:**

SPC Higher Education Subcommittee
Wednesday, October 4, 2017, 1:00pm-2:00pm
Closed Conference Call
(To RSVP email jalejandro@sdchip.org)

SPC Media Subcommittee Meeting
Monday, October 9, 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, October 10, 2017, 1:30pm-3:00pm
(To RSVP email jalejandro@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, October 18, 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:

Mental Health America San Diego Meeting of the Minds
Friday, September 29, 2017, 7:30am-4:30pm
Sheraton Hotel & Marina at Harbor (1380 Harbor Island Dr. San Diego, CA 92101)
(For more information: www.mhasd.org)

11th Annual CAHM Forum
Friday, October 14, 2017, 8:00am-3:30pm
CSU San Marcos (333 South Twin Oaks Valley, San Marcos, CA 92078)
(For more information: www.cahmsd.org)

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

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