

San Diego County Suicide Prevention Council

Facilitated by Community Health Improvement Partners

WWW.SPCCSANDIEGO.ORG

2019 ACCOMPLISHMENTS

QUARTER II



APRIL

4/16/19 - **Caltrans - Coronado Bridge Suicide Deterrent Summit**

SPC leadership attended the Caltrans - Coronado Suicide Deterrent Summit to engage with officials and other community stakeholders in regards to the development of a suicide deterrent on the Coronado Bridge.

MAY

5/2/19 - **8th Annual SPC Faith Breakfast "Faith. Hope. Life."**

The SPC holds its 8th Annual Faith Breakfast, "Faith. Hope. Life." at the Marina Village Conference Center with 180 individuals in attendance. Keynote speakers, Rev. Talitha Arnold and Rev. Delois Brown provided a powerful message on addressing suicide prevention and mental health from the pulpit. San Diego faith leaders were also featured during our Interfaith Panelist Discussion. Those who participated included: Rev. Gerald Brown, Rabbi Benj Fried, Imam Taha Hassane, Kat Katsanis-Semel and Brother Brade Wiscons.



JUNE

6/21/19 - **Public Information Officer (PIO) Workshop**

The SPC & Media Consultant, Stan Collins, facilitated a PIO workshop where participants learned about safe messaging guidelines and how to effectively communicate about suicide when engaging with media.

6/25/19 - **SPC Annual Stakeholders Meeting**

The SPC held its 7th Annual Stakeholders Meeting (ASM) at the San Diego County Office of Education (SDCOE). Updates from SPC Strategic Planning & Evaluation Consultants were shared, presentations on 2018 suicide data and SPC trainings were provided, and Dairrick Hodges of the SOULcial Workers gave a special performance.



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QUARTER III



JULY

7/16/19 - California MHSOAC Suicide Prevention Plan First Draft Review

The SPC attended the California Mental Health Services Oversight & Accountability Commission's (MHSOAC) Suicide Prevention Subcommittee's review of the the state's Suicide Prevention Plan and provided feedback on its first draft



7/25/19 - SPC Higher Education Campus Plunge at UC San Diego

The SPC facilitated the Higher Education Campus Plunge which was held at UC San Diego. Presentations on the JFS Breaking Down Barriers Program and Check Your Mood were shared. The group then received a tour of the UC San Diego student health services and mental health services facilities.

San Diego County Suicide Prevention Council's Suicide Prevention Support Resources 2018 A Quick Guide for Schools

San Diego County Office of Education HHSA

Resources	Local	National	
School Support	HERE Now School Based PEI and Anti-BIAS Program Countywide San Diego, CA. Access, Service, Value and Care Contact: Sarah Leland Tel: 619-238-8277 ext. 3274 cell: 619-422-8240 sarah.leland@hhsa.org www.hhsa.org/resources Information to Services The HERE Now Project focuses on preventing suicide by educating youth and their families on the risk factors of suicide and reduce the stigma associated with help-seeking behaviors in schools. In addition, the HERE Now program is working to support the school culture and environment to be supportive and proactive in recognizing an increase of risk in the school community (teachers, students, parents) regarding suicide prevention as well as identifying and connecting with resources and professionals who may be struggling personally and/or engaging in self-harm or substance use behaviors.	The K-12 Toolkit for Mental Health Promotion and Suicide Prevention The K-12 Toolkit for Mental Health Promotion and Suicide Prevention has been created by the National Suicide Prevention Helpline, the Youth Suicide Prevention Institute, the National Suicide Prevention Lifeline, and support members of a national community after the loss of a person to suicide. Additional information about the Toolkit for Schools can be accessed on the Helpline website at: http://2020.naspl.org/2018/02/06/k-12-toolkit-for-schools/	Preventing Suicide: A Toolkit for High Schools 2012 by SAMHSA This toolkit provides high schools and school districts in designing and implementing strategies to prevent suicide and promote mental health. The toolkit includes links to implement an established suicide prevention program that respects the needs and cultures of students. http://www.samhsa.gov/2k12/preventing-suicide
	San Diego County Office of Education The San Diego County Office of Education (SDCOE) is committed to supporting schools, students and families with resources and information to help them better understand and prevent suicide. They provide consultation, trainings and technical assistance in the SD District Office to implement A22246. http://www.sdcue.org/14144897-14144897-14144897-14144897-14144897	After a Suicide: A Toolkit for Schools After a Suicide: A Toolkit for Schools is a comprehensive guide that will assist schools in dealing with a suicide death case, deal with the school community. See the Suicide Prevention Resource Center. http://www.sprc.org/after-a-suicide	

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AUGUST

SPC Schools Suicide Prevention Resource Guide

The SPC Schools Collaborative Subcommittee and SDCOE developed its first Suicide Prevention Resource Guide with local and national resources for school staff, students, and parents. The resource guide was distributed to all San Diego County school districts prior to the 2019-2020 school year.

8/16/19 - California MHSOAC Suicide Prevention Plan Second Draft Review

The SPC attended the California Mental Health Services Oversight & Accountability Commission's (MHSOAC) Suicide Prevention Subcommittee's review of the the state's Suicide Prevention Plan and provided feedback on its second draft.



SEPTEMBER

9/12/19 - SPC Press Conference to Release 2019 Report to the Community on "Means Reduction" at County Administration Center

The SPC held its annual press conference event to release the 2019 Report to the Community on Means Reduction. Speakers included County leadership, Nathan Fletcher and Luke Bergmann, UCSD School of Pharmacy's Dr. Kelly Lee, and Poway Weapons & Gear's Danielle James.

9/16/19 - SPAP Healthcare Coordination & Capacity Implementation Planning Meeting at South County Regional Education Center

The SPC held the first meeting implementation planning meeting for the SPAP Indicated Strategies: Healthcare Coordination & Capacity. Providers, healthcare workers, and community members attended this interactive meeting to provide their feedback on addressing suicide prevention strategies centered on health coordination & capacity. Feedback collected will inform the final implementation plans.



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9/23/19 - **SPAP Clinical Assessment & Treatment Implementation Planning Meeting at the San Diego Foundation**

The SPC held the second meeting implementation planning meeting for the SPAP Indicated Strategies: Clinical Assessment & Treatment. Providers, mental health workers & healthcare workers from all sectors (schools, law enforcement, hospitals, etc.), and community members attended this interactive meeting to provide their feedback on addressing suicide prevention strategies centered on clinical assessment & treatment. Feedback collected will inform the final implementation plans.

9/30/19 - **SPAP Postvention Services Implementation Planning Meeting at 211 San Diego**

The SPC held the final meeting implementation planning meeting for the SPAP Indicated Strategies: Postvention Services. Presenters included Survivors of Suicide Loss and You Matter to Me (UMTR2ME) to discuss postvention for suicide loss survivors and suicide attempt survivors. Participants attended this interactive meeting to provide their feedback on addressing suicide prevention strategies centered on postvention. Feedback collected will inform the final implementation plans.



OCTOBER

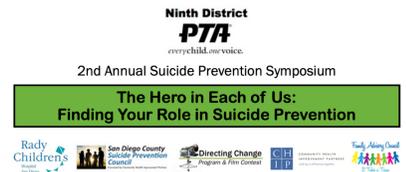


10/8/19 - **Question Persuade Refer (QPR) Train-the-Trainer (T4T) Workshop at Marina Village**

Led by the SPC and QPR Master Trainer, Stan Collins, the QPR T4T was an all-day workshop to certify new instructors to teach the QPR curriculum. QPR is a 1.5-hour training on the basic signs of suicide and how to use three steps to help save a life. 29 new trainers were certified during this event.

10/12/19 - **Ninth District PTA & Rady Children's Hospital Suicide Prevention Symposium**

In partnership with Rady Children's Hospital, the SPC participated in their annual Suicide Prevention Symposium event. SPC oversaw the event resource tables and were present to answer any questions on suicide prevention.



10/27/19 - **AFSP Out of the Darkness Walk with SPC Higher Education Subcommittee at NTC Park at Liberty Station**

The SPC Higher Education Subcommittee convened at the annual AFSP Out of the Darkness Walk. The campuses of UC San Diego, San Diego City College, and Miramar College were all in attendance at this event.

QUARTER IV
NOVEMBER

11/5/19 - **QPR Trainer Orientation at SDCOE**

The SPC held its first QPR Trainer Orientation open to newly certified and longtime instructors to review QPR training best practices and provide assistance to those conducting QPR trainings.



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2019 OUTREACH & PRESENTATIONS

**8 PRESENTATIONS TO
THE COMMUNITY**

**PARTICIPATION IN
19 OUTREACH EVENTS**



2019 TRAININGS

QPR

151 TRAININGS

3003 PARTICIPANTS

ASIST

3 TRAININGS

85 PARTICIPANTS

GLSEN

5 TRAININGS

153 PARTICIPANTS

FIRST RESPONDERS

5 TRAININGS

242 PARTICIPANTS

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