

Facilitated by Community Health Improvement Partners

## 2022-2023 ACCOMPLISHMENTS

### July 2022

#### SPC at San Diego Pride Parade

SPC participated in the San Diego Pride Parade 2022 with The San Diego LGBT Community Center contingency for the first time and shared information on SPC efforts, suicide prevention resources and QPR trainings. [07-16-22]



Apple Podcasts Preview



#### Moving past the stigmas - Suicide Prevention and Awareness

Indian Health Council's What About Life Podcast

Mental Health

[Listen on Apple Podcasts](#)

Art, George and David have an intimate discussion about the stigmas surrounding the topic of suicide and how the subject can be uncomfortable for some to approach. They provide examples of how to move past these stigmas and discomforts to get help for those in need.

Send in a voice message: <https://anchor.fm/hcw/whataboutlife/message>

[Episode Website](#)

### August 2022

#### SPC Feature in "What About Life" Indian Health Council Podcast

The SPC was interviewed on Indian Health Council's "What About Life" Podcast. This particular episode touched on the topics of mental health, suicide prevention, as well as our personal experiences and resources were shared as well as opportunity to join in the SPC efforts. [08-31-22]

### September 2022

#### Panelist at Sweetwater Unified High School District Suicide Prevention Community Forum

The SPC participated as a panelist in the Sweetwater Unified High School District Suicide Prevention Community Forum and shared warning signs, resources, and insights from personal and professional experiences. [09/01/22]



### September 2022

#### SPC Press Conference to Release 2022 Report to the Community on "Clinical Assessment & Treatment"

The SPC held its annual press conference event to release the 2022 Report to the Community-themed "Clinical Assessment & Treatment". Speakers included County of San Diego Leadership, Nathan Fletcher, Dr. Luke Bergmann, Lead Social Work Case Manager for Sharp Rees-Stealy Medical Center, Ashton Harris, Steve Carroll Senior Director of Behavioral Health Services, The SD LGBT Community Center, Program Specialist, Student Support Services and Programs Division, San Diego County Office of Education and SPC Suicide Prevention Consultant Stan Collins. [09/08/23]

### September 2022

#### SPC Feature in Indian Health Council 'Table Talk Community Discussion'

The SPC was interviewed on Indian Health Council's 'Table Talk Community Discussion'. This particular episode touched on topics related to suicide prevention, upcoming training opportunities and resources available for those in need. [09/22/22]





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# San Diego County SUICIDE PREVENTION COUNCIL



Facilitated by Community Health Improvement Partners

## 2022-2023 ACCOMPLISHMENTS

### September 2022

#### SPC First Responder Suicide Prevention Training Orientation

Led by the SPC and with the support from our SPC Suicide Prevention Consultant Stan Collins offered an orientation of the training expectations, tips and procedures for the first cohort of SPC First Responder Suicide Prevention Training. [09/29/23]

zoom

First Responder Trainer Orientation 2022 - Shared screen with speaker view



### September 2022

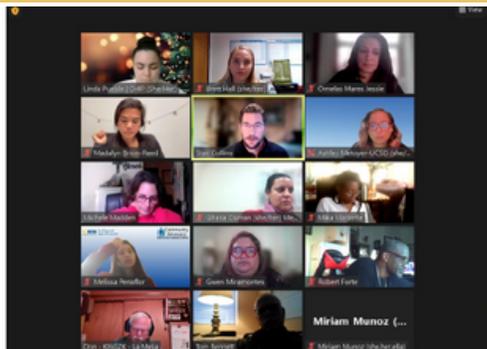
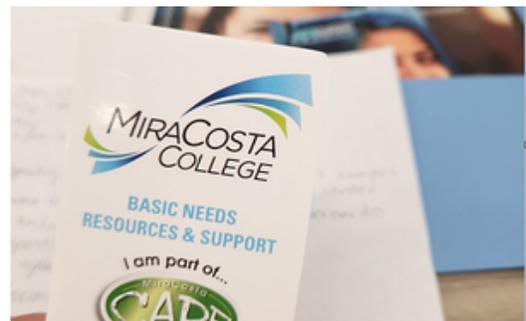
#### QPR Trainer Orientation

Led by the SPC and with support from our SPC Suicide Prevention Consultant Stan Collins and QPR Trainer Michele Madden offered an orientation of the training expectations, tips, and procedures for the newest cohort of QPR trainers of 2022. [09/30/22]

### November 2022

#### SPC Higher Education Subcommittee Campus Plunge

Led by the SPC the Higher Education Subcommittee came together for an in-person extended meeting at MiraCosta College to network, share updates, provide input on SPC activities and learn more about MiraCosta College current services and resources. [11/14/23]



### December 2022

#### QPR Train-the-Trainer Workshop

Led by the SPC and a QPR Master Trainer Stan Collins and local QPR Trainer Michele Madden was a virtual 2 day workshop to certify new instructors to teach the Question Persuade Refer 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. 12 new trainers were certified during this event and joined the SPC trainer pool to be able to provide QPR suicide prevention gatekeeper trainings across San Diego County. [12/14 and 12/15/23]

### January 2023

#### Panelist at Clairemont High School Parent Town Hall Sugar to Heroin Event

The SPC participated as a panelist at the Clairemont High School Parent Town Hall Sugar to Heroin Event and shared warning signs, resources, and insights from personal and professional experiences. [01/11/23]





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## 2022-2023 ACCOMPLISHMENTS

### January 2023

#### SPC Partnership with Univision Media

The SPC released a special media package with Univision that specifically targeted the Latinx/Hispanic community. The media package included a radio interview with a Spanish media influencer, static social media posts, and promotional clips by Spanish media influencer that promoted the SPAP Update 2023 Latinx/Hispanic Community Forum and general warning signs and information on the SPC. [1/17 thru 1/31/23]

para usted mismo. Si está teniendo una crisis de suicidio, le pedimos que llame al 911 o para ayuda inmediata. Comience la conversación con sus seres queridos ya que puede ayudar a salvar una vida. Para unirse a nosotros u obtener más información, visite <https://up2sd.org/?lang=es>. — with Community Health Improvement Partners.



### January 2023

#### Panelist at San Diego Leadership Alliance Institute 2023 Board Event

The SPC participated as a panelist at the San Diego Leadership Alliance Institute 2023 Board Event and shared warning signs, resources, and insights from personal and professional experiences. [1/28/23]

### January 2023

#### SPAP Update 2023 Focus Group - Latinx/Hispanic

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, the first virtual focus group as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 15 individuals participated, and attendees included those who represent or serve the Latinx/Hispanic community from San Diego Mesa College, Sweetwater Union High School District, Recovery International, and others. [1/30/23]



SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL

### A SPECIAL INVITATION

We want to hear from you! You are invited to participate in the Suicide Prevention Action Plan (SPAP) 2023 Focus Group for the Latinx Community. We hope you will join us to inform suicide prevention efforts in San Diego County. Bilingual interpretation in English & Spanish will be provided.

DATE: Monday, January 30, 2023

TIME: 4:30pm-6:00pm via Zoom

TO REGISTER:

<https://spap2023latinx.eventbrite.com>



### January 2023

#### SPAP Update 2023 Focus Group - Asian American Pacific Islander (AAPI)

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, an AAPI specific focus group was held virtually as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 28 individuals participated, and attendees included those who represent or serve the AAPI community from San Diego Youth Services, San Diego API Coalition, UPAC, and others. [1/31/23]

### February 2023

#### SPAP Update 2023 Community Forum - General SPC Members

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, an in person community forum was held as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 31 individuals participated, and attendees included those who represent or serve the suicide prevention/mental health community from San Diego County Health and Human Services, NAMI, and others. [2/7/23]



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## 2022-2023 ACCOMPLISHMENTS

### February 2023

#### SPAP Update 2023 Focus Group- Lived Experience

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, a Lived Experience specific focus group was held virtually as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 22 individuals participated, and attendees included those who represent or serve the lived experience community from Optum, Recovery International, UCSD, and others. [2/15/23]



San Diego County Suicide Prevention Council

### Suicide Prevention Action Plan Update 2023

#### Community Forum: Schools K-12 & Higher Education

February 15, 2023



### February 2023

#### SPAP Update 2023 Focus Group - Higher Education / K - 12

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, an educational-specific focus group was held virtually as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 22 individuals participated, and attendees included those who represent or serve the educational community from Bayside Community Center, Home Start, PERT, and others. [2/15/23]

### February 2023

#### SPAP Update 2023 Community Forum - Healthcare / Mental Healthcare

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, a Healthcare community focus group was held virtually as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 49 individuals participated, and attendees included those who represent or serve the healthcare community from Harmonius Community Solutions, Scripps Mercy Hospital, Planned Parenthood, and others. [2/27/23]

### Healthcare & Mental Healthcare Community Discussion



### March 2023

#### Caltrans San Diego-Coronado Bridge Suicide Deterrent Project Committee Meeting

The SPC attended the Caltrans San Diego-Coronado Bridge Suicide Deterrent Project in-person Project Committee Meeting to receive updates related to the development of a suicide deterrent on the San Diego-Coronado Bridge. An overview of the project was provided, pertinent questions were answered, and next steps were discussed in terms of securing funding for deterrent design and it being the last meeting of this committee. [03/01/23]

### March 2023

#### SPC Sponsored New ASIST Trainers

SPC sponsors two individuals, SPC Program Manager and SPC Training and Outreach Consultant to take the Applied Suicide Intervention Skills Training (ASIST) Train the Trainer Workshop in Medford, Oregon and now have successfully acquired two additional provisional trainers to help provide ASIST trainings locally. [03/13-03/17/23]



## 2022-2023 ACCOMPLISHMENTS

### March 2023

#### SPAP Update 2023 Focus Group - Older Adults / Seniors / Elders

Facilitated by the SPC and SPC Strategic Consultant Valerie Nash, an Older Adults/Seniors/Elders-specific focus group was held in person as part of the SPAP Update 2023 community engagement effort. Goals were discussed as well as the identification of new strategies and key stakeholders to inform regarding suicide prevention efforts in the updated action plan. 11 individuals participated, and attendees included those who represent or serve the Older Adults/Seniors/Elders community from Alvarado Parkway Institute, Sharp Mesa Vista, and others [3/21/23]



### May 2023

#### SPC 12th Annual Faith Breakfast

The SPC held its 12th Annual Faith Breakfast, themed "Mental Health Resiliency and the How To's of Creating a Mental Health Ministry" via Zoom webinar. Special presentations were provided by four local panelists and SPC Faith Subcommittee members with lived experience including Rev. Dale Suggs, Monique Brooks, Rabbi Benji Fried, and Laurie Dusa. Practical skills for faith-based suicide prevention and creation of mental health ministries were highlighted as well as a Virtual Community Resource Fair and musical performances by Alexis Joi. Spanish interpretation was available and the event was recorded for those who could not be in attendance. [5/25/23]

### May 2023

#### Interview with CBS 8

SPC along with Sharp was interviewed by CBS 8 for a suicide prevention piece. This particular interview focused on the topic of safety planning for suicide prevention, as well as sharing resources and warning signs for suicide interventions. [05-10-23]



### June 2023

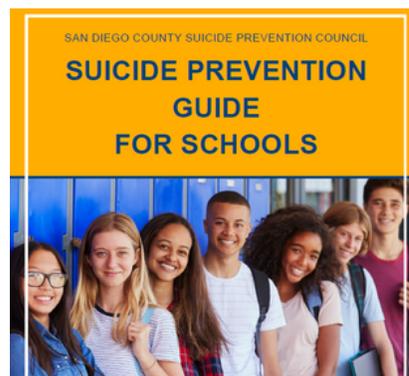
#### SPC 11th Annual Stakeholders Meeting

The SPC held its 11th Annual Stakeholders Meeting (ASM) via Zoom and reviewed SPC Accomplishments and SPAP Update 2023 Progress Report were shared and presentations on 2022 suicide data and SPC trainings were provided. There was also a special performance by Alexis Joi, and special presentations from "Living Through It Documentary and Antidote to Social Isolation in Older Adults" were highlighted. [06/27/23]

### June 2023

#### SPC Suicide Prevention Resource Guide for Schools

The SPC School Collaborative K-12 Subcommittee and the San Diego County Office of Education (SDCOE) developed its 2022-2023 Suicide Prevention Resource Guide for Schools. It was designed to support district and school administrators, parents, and students in suicide prevention, intervention and postvention efforts. The guide provides a collection of high-quality resources organized locally and nationally to support districts in building comprehensive school protocols and practices.



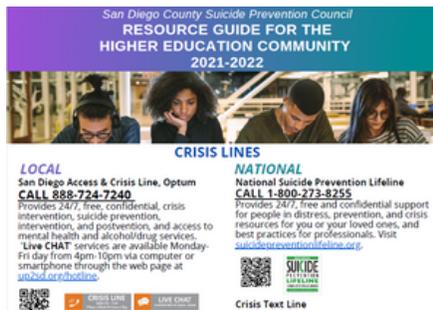
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## 2022-2023 ACCOMPLISHMENTS

### June 2023

#### SPC Suicide Prevention Resource Guide for Higher Education

The SPC Higher Education Subcommittee developed a Suicide Prevention Resource Guide for Higher Education. It was designed to support campuses and school administrators, parents, and college students in suicide prevention, intervention and postvention efforts. The guide provides a collection of high-quality resources organized locally and nationally to support higher education campuses in building comprehensive school protocols and practices.



### June 2023

#### SPC Postvention Informational Brochure for Individuals

The SPC Postvention Subcommittee developed a Postvention Informational Brochure for individuals. It was designed to support individuals and the community at large in postvention information and resources. The guide provides a collection of high-quality resources organized in an easy-to-read and accessible format for people struggling with a loss to suicide.

San Diego County Suicide Prevention Council  
Postvention Subcommittee

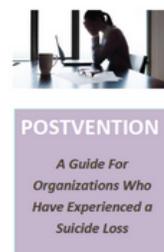


### June 2023

#### SPC Postvention Informational Brochure for Organizations.

The SPC Postvention Subcommittee developed a Postvention Informational Brochure for organizations. It was designed to support organizations and the community at large in postvention information and resources. The guide provides a collection of high-quality resources organized in an easy-to-read and accessible format for organizations struggling with a loss to suicide in their workplace.

San Diego County Suicide Prevention Council  
Postvention Subcommittee



### June 2023

#### SPC LGBTQ+ Suicide Prevention Resources Guide

The SPC Priority Populations & Communities Subcommittee developed a Suicide Prevention Resource Guide for the LGBTQ+ population and community. It was designed to support the LGBTQ+ community and those that serve this population in suicide prevention, intervention, and postvention efforts. The guide provides a collection of high-quality resources organized locally and nationally to support in building comprehensive care for suicide prevention.



### June 2023

#### SPC Black/African American Suicide Prevention Resources Guide

The SPC Priority Populations & Communities Subcommittee developed a Suicide Prevention Resource Guide for the Black/African American population and community. It was designed to support the Black/African American community and those that serve this population in suicide prevention, intervention, and postvention efforts. The guide provides a collection of high-quality resources organized locally and nationally to support in building comprehensive care for suicide prevention.



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## 2022-2023 ACCOMPLISHMENTS

### June 2023

#### SPC Native American/American Indian Suicide Prevention Resources Guide

The SPC Priority Populations & Communities Subcommittee developed a Suicide Prevention Resource Guide for the Native American/American Indian population and community. It was designed to support the Native American/American Indian community and those that serve this population in suicide prevention, intervention, and postvention efforts. The guide provides a collection of high-quality resources organized locally and nationally to support in building comprehensive care for suicide prevention.

**SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL  
PRIORITY POPULATIONS & COMMUNITIES SUBCOMMITTEE**

### NATIVE AMERICAN & AMERICAN INDIAN SUICIDE PREVENTION & MENTAL HEALTH RESOURCES

**MENTAL HEALTH PROVIDERS**

- Indigenous Circle of Wellness:** A group private practice in Southern San Diego that provides teletherapy about California. The Indigenous Circle of Wellness also quality mental wellness services, grounded in healing (mental, spiritual, emotional, and physical) and through a culturally sensitive approach. <https://www.icowellness.com> *Local Resource*

**PHONE & TEXT LINES**

- Crisis Text Line:** Text **NATIVE** or **INDIGENOUS** to 743743. Crisis Text Line is here for any crisis 24/7. A trained Crisis Counselor receives the text and responds, all from a secure online platform. [www.crisistextline.org](https://www.crisistextline.org) *National Resource*
- Sovereign Redix Institute (SRI) 24/7 Support Line:** Call (760) 393-8283. Confidential call line for the Indigenous community that receives both calls and texts, that provides emotional support, access to direct services through SRI, and referrals to healthcare and other services. [www.sovereignredix.com](https://www.sovereignredix.com) *National Resource*
- Strong Hearts Native Helpline:** Call, Text, or Chat 1-888-726-8888. A 24/7 confidential and anonymous culturally appropriate domestic, dating and sexual violence helpline for Native Americans. <https://strongheartshelpline.org> *National Resource*
- CallHope Red Line:** Call 1-888-368-4099 or Text (760) 252-2952. A phone, chat, and video service providing National, State, and County resources, referrals, and trauma-informed support for Native Indian and Tribal populations.

**SUPPORT GROUPS**

- Joseph Wapato Talking Circle: SDANIC:** Strong and wellness gathering for the partners, families, members, moms, daughters on Sundays from 1:30pm-2:30pm available to experience social-emotional support, art, culture, ceremonies, traditional values, education, community unity. <https://www.sdanic.com> *Local Resource*
- Worship & Anxiety Circle for Women: SIRC:** A support group for Native American women every Wednesday night 8PM-9PM. Southern Indian Health Council, Inc. is and the host several activities and events for the.

**SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL  
PRIORITY POPULATIONS & COMMUNITIES SUBCOMMITTEE**

### TRANSITIONAL AGE YOUTH (16-25 YEARS) SUICIDE PREVENTION & MENTAL HEALTH RESOURCES

**MENTAL HEALTH PROVIDERS**

- Transitional Age Youth Program:** Sharp Mesa Vista Hospital. The TAY Program provides effective outpatient treatment and support to help young adults (ages 18-26) gate behavioral challenges such as depression, bipolar disorder, schizophrenia and schizoaffective disorder. [sharp.com/healthservices/transitional-age-youth-tay](https://www.sharp.com/healthservices/transitional-age-youth-tay) *Local Resource*
- Targeted Behavioral Services: New Alternatives:** TBS is intensive, individualized, open-to-one behavioral program available to children/youth (up to age 21) full scope Medi-Cal benefits who are experiencing a self-emotional or behavioral challenge or experiencing a stressful life transition. <https://www.newalternatives.com/contact-us/sharp-mesa-vista-health-services-childrens/therapeutic-behavioral-age-21> *Local Resource*

**MENTAL HEALTH PROVIDERS CONT'D**

- Outpatient Behavioral Health Services: Pathways (S)

### June 2023

#### SPC Transitional Age Youth Suicide Prevention Resources Guide

The SPC Priority Populations & Communities Subcommittee developed a Suicide Prevention Resource Guide for the Transitional Age Youth (TAY) 18-24 population and community. It was designed to support the TAY community and those that serve this population in suicide prevention, intervention, and postvention efforts. The guide provides a collection of high-quality resources organized locally and nationally to support in building comprehensive care for suicide prevention.

# JULY 2022 - JUNE 2023 OUTREACH & PRESENTATIONS

**14 PRESENTATIONS  
TO THE COMMUNITY**

**15 PARTICIPATION  
IN OUTREACH  
EVENTS**



# JULY 2022 - JUNE 2023 TRAININGS

**QPR**

**85 TRAININGS  
1,343 PARTICIPANTS**

**FIRST  
RESPONDERS**

**9 TRAININGS  
254 PARTICIPANTS**