Welcome/Introductions
Beth Sise/Carol Skiljan
Beth and Carol, co-chairs of the Suicide Prevention Council, welcomed the group and thanked everyone for attending the meeting. Roundtable introductions were made by those in attendance.

SPC Overview/Website Update
Yeni L. Palomino
Yeni provided a brief history of the SPC. The SPC website, www.spcsandiego.org was shared. It includes information on upcoming meetings, resource documents, and past videos.
SPC Subcommittees Updates

Media Subcommittee (Stan Collins)
The Media Subcommittee did not meet in April, but rescheduled their meeting in May. The group is working on developing Media Engagement and Media Response Plans. The Media Engagement Plan will focus on providing presentations to individual news and media agencies. The Media Response Plan will be the group’s way of tracking articles and news pieces that report on suicide and making sure messaging is safe. Stan also shared an update on the Coronado Bridge Collaborative’s recent efforts with SDSU’s film and media school. SDSU is working with the group to develop educational and awareness PSAs. The Collaborative is planning to share their work with the Council at the May meeting.

Assessment + Evaluation Subcommittee (Beth Sise)
Beth provided an update on the Annual Report to the Community. The theme of this year’s report is at-risk/target populations. Narratives will features three at-risk groups and local organizations that support these populations: Veterans, LGBTQ, and Native Americans. Data from 2015 was shared at the subcommittee’s conference call in April. The first draft of the report will be sent to the County for review in May. An article was shared to the Council on the United States’ 2014 suicide rates. Nationally, the rate has reached an all time high. Josh from the County of San Diego EMS will be comparing our local numbers to these figures.

Faith Organization Outreach (Lora Cayanan)
The Faith Subcommittee met last Wednesday to continue planning for the 5th Annual Faith Breakfast. The breakfast will be on Friday, May 20th at the First Baptist Church Lemon Grove. As of today’s meeting, there are only 7 spots left. A waitlist is available if registration reaches capacity. Presentations on trauma-informed care, resiliency & inclusivity, and self-care will be shared and following each speaker will be interactive table discussions on the aforementioned topics. The subcommittee is looking forward to seeing everyone at this event.

Higher Education (Yeni L. Palomino)
The HE Subcommittee met via conference call earlier this month. Julie of SD City College share information on their LGBTQ trainings for staff. Campus representatives shared their events for Mental Health Month. The group will begin discussions on the Out of the Darkness Walk they participate in every fall.

General Information

Self-Care 1st Quarter Update (April 2016)
In January, SPC members shared self-care activities they pledged to do during the first quarter of 2016. Individuals went around the room and shared the activities they did as part of their self-care regime. Another check-in will be done at the July meeting. Lisa of Sharp Mesa Vista provided the group with stress balls and river rocks used for meditation and self-care.

Trans Day of Empowerment 2016 4/30/16
Stan shared the Trans Day of Empowerment event that will be held on Saturday, April 30th from 5pm-7pm in Oceanside. The event is hosted by the North County LGBT Center.

NAMI Walk 4/30/16
The NAMI Walk and HHSA Expo will be on April 30th at NTC Park in Liberty Station. Individuals can still sign-up online until the night of the 29th and can register on the day of as well.
May is Mental Health Month
The County has released its May is Mental Health Month calendar with all upcoming events.

SPC Mental Health Month Event 5/6/16
SPC is holding a mental health month event on Friday, May 6th from 1pm-4pm at United Way. The event will feature presentations on the suicide prevention connection, and mental health prevention, intervention, and postvention efforts. Organizations that will be presenting at the event are MHA SD, Sharp Mesa Vista, and Recovery International.

SPC 5th Annual Faith Breakfast 2016
The event will be on Friday, May 20th at the First Baptist Church Lemon Grove from 8:30am-12:00pm.

SPC At Risk Populations for Suicide Forum 6/24/16
SPC is planning an At-Risk Population Forum on Friday, June 24th from 1pm-4pm at United Way.

SPC Annual Stakeholders Meeting- 5th Anniversary 6/28/16
Save the date! The SPC Annual Stakeholders Meeting and 5th Anniversary celebration will take place in lieu of the June SPC meeting on June 28th from 8:30am-2:30pm at the San Diego County Office of Education. To register, please contact Lora.

Spotlight Presentation-Sharp Mesa Vista Hospital
Christiana Paul of Sharp Mesa Vista presented on Sharp Mesa Vista’s implementation of the Columbia Suicide Severity Rating Scale or C-SSRS. What started out as a passion project for Christiana in 2014 led to the hospital’s Zero Suicide Initiative (including both deaths and attempts). The hospital’s outpatient setting sees almost 300 patients a day and there was no standardized assessment and reassessment process, making it difficult to report on, track, and trend. A group was formed to address suicides and suicide attempts in the outpatient setting and looked at 16 different charts to collect fifty data points. It was determined there was no clear root cause to these incidents, but the group found the following: variability in work flow & documentation, different prioritization of those at-risk, and that the current assessment process was seen as just a task. During this time SPC held its first Medical Provider Roundtable and featured the C-SSRS and its Principal Investigator, Kelly Posner. C-SSRS was then piloted in Sharp Mesa Vista. The group aimed to refocus its assessment protocol and change the hospital culture. Sharp has also adapted Thomas Joiner’s interpersonal theory of suicide with their use of the C-SSRS. As of now, the C-SSRS is about a month away from being live. Veronica Campbell, a clinician at Sharp Mesa Vista, shared her experiences using the tool. She shared a few success stories and obstacles she faced when first using the screening tool. At the end of the presentation, Beth mentioned that Scripps will be adopting C-SSRS system-wide and Ed Weiner of BHAB shared that Juvenile Probation will be adopting this as well.

Additional Updates / Announcements
- Stan shared that Leah of Civilian Agency/It’s Up to Us recently gave birth to a baby boy.
- Kat, the new LGBT Coordinator for MHA, shared MHA’s Mental Health Kick-Off event happening on Thursday, May 19th. Author Laura Fenamore will be discussing body image and mental health. To register, please visit: https://www.eventbrite.com/e/may-mental-health-month-special-event-featuring-author-ms-laura-fenamore-tickets-24973508436?ref=estw.

Adjournment
Carol Skiljan
Next SPC Meeting
Tuesday, May 24, 2016, 10:00-11:30am
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:

SPC Schools Collaborative (K-12) Subcommittee
Closed Meeting
Wednesday, April 27, 2016, 1:30pm-3:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Media Subcommittee Meeting
Tuesday, May 3, 2016, 1:30pm-3:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Assessment & Evaluation Subcommittee Meeting
Wednesday, May 11, 2016, 1:30pm-3:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, May 18, 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, June 1, 2016, 10:00am-11:00am
Closed Conference Call
(To RSVP email lcayanan@sdchip.org)

Upcoming Events
NAMI Walk
April 30, 2016 from Check-In-7:30am; Start-9:00am at NTC Park in Liberty Station
(Register: www.namiwalks.org /Information: walk@namisd.org )

SPC Mental Health Month Kick-Off Event
May 6, 2016 from 1-4pm at United Way
(RSVP/Information: lcayanan@sdchip.org )

SPC 5th Annual Faith Breakfast 2016
May 20, 2016 from 8:30am-12pm at First Baptist Church Lemon Grove
(2910 Main St LG, 91945)
(RSVP/Information: http://bit.ly/1V27q0t by 5/16)

SPC At Risk Population Forum
June 24, 2016 from 1-4pm at United Way
(RSVP/Information: lcayanan@sdchip.org )

SPC Annual Stakeholders Meeting 2016 – 5yr Anniversary
June 28, 2016 from 8:30am-2:30pm at SDCOE (6401 Linda Vista Rd, SD)
(RSVP/Information: lcayanan@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.