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**SAN DIEGO COUNTY SUICIDE  
PREVENTION COUNCIL (SPC)  
MEETING - MINUTES  
Tuesday, January 27, 2015  
10:00 am – 11:30 am  
United Way  
4699 Murphy Canyon Rd. San Diego, 92123**

***Our Vision: Zero Suicides in San Diego County***

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

Sandra Ambrosi – Glenner Day Center	Jenni Morel – SOSL
Laura Andrews – MHASD	Joel Nowak
Sherry Bucher – TAF	Catherine Osborn – Scripps Mercy Hospital
Tara Benintende – Peer 2 Peer	Judy Patacsil – Miramar College
Janet Cacho – HHS A BHS	Leah Rodig – AdEase
Stan Collins – Consultant	Jana Sczeisputowski – Your Social Marketer/AdEase
Candice Colon – Wave Academy	Beth Sise – Scripps Health
Ruth Covell, M.D. – UCSD	Joshua Smith – SD County EMS
Daniel DeLuna – Navy CNRSW	Oscar Telaro – BHS
Burton Disner – NC Home Health Products	Gary Ulmer-Goodrich – HHS A PPU
Judy Foster – Mira Costa College	Whitney Wilson – JFS Patient Advocacy
Paula Goncalves – Community Research Foundation	Jon CSC Wright – US Navy
Jimm Greer – UMTR2ME	Kristie Preston – Optum
Janet Green	Tristaca McCray – Nerds Rule Inc
Celeste Hunter – UPAC/ACE Program	Shannon Jaccard – NAMI SD
Rosemari Johnson – SDSMS-F	Charles Robertson – SDSU EMS
Reina Juarez – UCSD	Laurie Dosa
Anabel Kuykendall – HHS A	Anna Davidi – HHS A
Tara MgCuire – HEAR Program	LCDR Nick Guzman - NMCSD
Toni McGowan – TAF	Kurt Cunningham – MHA

**Welcome/Introductions**

10:00am

Beth Sise/Carol Skiljan

Co-chair Beth Sise opened up the meeting and welcomed everybody. Everyone proceeded to introduce themselves.

**SPC Overview/Website Update**

10:10am

Yeni L. Palomino

CHIP staff reviewed the SPC overview and website features.



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## **SPC Subcommittees Update**

10:20am

Yeni L. Palomino

### Assessment + Evaluation (Beth Sise)

Committee met and discussed the 2015 community report and beginning the process of gathering the 2014 data and potentially looking at releasing the report in November instead of September but this is still being discussed. It was recommended that the report be themed around age groups youth, older adults. The Coronado Bridge suicides data provided by HHSA was reviewed and discussed how the council can help support Coronado stakeholders to improve the protective factors for people on the bridge.

### Media Subcommittee (Stan Collins)

Committee met and discussed the suicide responsible reporting refresher events potential dates, themes, locations, speakers, etc. It was recommended that the theme revolved around mental health and suicide prevention and Robin Williams's unfortunate suicide. Event is being planned for April 2015 meeting will continue to coordinate the details.

### Faith Organization Outreach (Elizabeth Vaughan)

Committee met and decided on the committee goals and finalized those. In addition, they reviewed the results from the Faith Breakfast and received a presentation on programs that military make use.

### Schools Collaborative (Carol Skiljan )

Committee met and disseminated the results from their survey to those that took it and are beginning to plan for mental health/suicide prevention resource fairs for the school districts in the county planning the first one for April 2015. It was suggested that the outreach also include the charter and private schools in the County.

### Higher Education (Judy Foster)

Committee met and debriefed the Out of the Darkness Walk and Depression screening week. They also shared the spring plans for each campus. The next Campus Plunge was decided for March 2015 in Miracosta in conjunction with their strategizing forum.

### Helpline Collaborative (Yeni L. Palomino)

This committee has seen a lot of transition of staff and programs we are currently waiting for new staff to be identified and invited to participate in the HelpLine.

## **Upcoming Events**

10:30am

Yeni L. Palomino

### QPR Refresher (January 28, 2015)

For certified local trainers to come and learn about new resources, tools, trainer updates. It also gives them an opportunity to meet other trainers from the County.

### QPR Train the Trainer (February 3, 2015)

In collaboration with 2-1-1 and VA this training is limited and applications were submitted to be able to receive a place in the training. Those whose applications were approved have been contact to confirm their attendance. A total of 35 new trainers will come from this train the trainer.

### ASIST Training (February 26-27, 2015)

Currently being planned in collaboration with the Native American community and this training will be hosted in El Campo. It will be the first time that the new version A11 will be used in San Diego County.

SPC Medical Provider Roundtable Breakfast (February 13, 2015)

Event is around the corner and registration is open and there are already 160+ people RSVP for the event all speakers have been confirmed and just continuing to do outreach for this event. It is opened to all stakeholders.

**SPC Spotlight – Know The Signs**

11:00am

Stan Collins/Jana S.

Know The Signs is closing out this June 2015 and they need to disseminate all their materials they have lots of materials and want to make sure they are out in the community so they urge for partners to submit orders. Emailed will be send out to SPC with the details.

**Additional Updates / Announcements**

11:20am

All

Feb 13<sup>th</sup> Love Your Heart event countywide to check your blood pressure (more information to be emailed out)

Feb 16<sup>th</sup> Directing Change submissions due if you know a school that's interested let them know

May 2<sup>nd</sup> NAMI Walk

MHASD is now offering FREE Mental Health First Aid trainings just contact [www.mhasd.org](http://www.mhasd.org) to attend or host

Dana Richardson announced the staff changes from Elizabeth Vaughan our current Program Assistant that will be transitioning out at the end of February and moving into a new role within CHIP. Replacing her as Program Assistant will be Lora Cayanan and she will be starting February 2, 2015.

**Adjournment**

11:30am

Carol Skiljan

***Next SPC Meeting***

**Tuesday, February 24, 2015, 10:00-11:30am**

United Way (4699 Murphy Canyon Rd. San Diego, 92123)

(Email: Yeni Palomino to RSVP [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

***Other Upcoming Meetings:***

***SPC Faith Outreach Subcommittee***

**Wednesday, February 18, 2015, 10:00am-12:00pm**

(To RSVP email [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

**Higher Education Subcommittee Meeting**

March 6, 2015 from 9:00am-11:30am

Campus Plunge @ Miracosta

(To RSVP email [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

**Help Line Collaborative Meeting**

Date/Time TBD

Conference Call

(email: Yeni Palomino for more information [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

**Assessment & Evaluation Subcommittee Meeting**

March 2, 2015 from 1:00pm-2:30pm

CHIP Offices

(To RSVP email [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

### **Media Subcommittee Meeting**

February 9, 2015 from 10:00am-11:30am  
Community Health Improvement Partners  
5095 Murphy Canyon Murphy Rd. Suite 105  
(To RSVP email [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

### **School Collaborative Subcommittee Meeting**

TBD

Community Health Improvement Partners  
5095 Murphy Canyon Murphy Rd. Suite 105  
(To RSVP email [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

### ***Upcoming Events:***

#### **QPR Refresher Workshop**

Wednesday, January 28<sup>th</sup> from 1:00pm-3:00pm  
Location: United Way  
(for information email: [evaughan@sdchip.org](mailto:evaughan@sdchip.org))

#### **QPR Train the Trainer**

Tuesday, February 3, 2015 8:00am-5:00pm  
(for information email: [evaughan@sdchip.org](mailto:evaughan@sdchip.org))

#### **SPC Medical Provider Roundtable**

Friday, February 13, 2015 8:00am-1:00pm  
Location: University of San Diego, Joan Kroc Institute for Peace & Justice  
(for information email: [ypalomino@sdchip.org](mailto:ypalomino@sdchip.org))

#### **ASIST Workshop**

Thursday-Friday, February 26-27, 2015 8:30am-4:30pm  
Location: Campo, CA  
(for information email [ypalomino@sdchip.org](mailto:ypalomino@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](http://www.spcsandiego.org)

#### **Suicide Prevention Action Plan**

[www.up2sd.org/find-help/resources/suicide-prevention-and-support](http://www.up2sd.org/find-help/resources/suicide-prevention-and-support)  
[www.sdchip.org/committee/publications.aspx](http://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](http://www.sdchip.org/suicide-prevention-training.aspx)

To schedule training(s): Contact Lora Cayanan at 858-609-7971 or [lcayanan@sdchip.org](mailto:lcayanan@sdchip.org).