Our Vision: Zero Suicides in San Diego County

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

Welcome/Introductions
Beth Sise
Beth welcomed the group and thanked everyone for attending. Everyone proceeded with roundtable introductions.

SPC Overview/Website Update
Yeni L. Palomino
Yeni provided a brief history and general overview of the Suicide Prevention Council. Yeni also shared the SPC website which provides information on upcoming meetings, events, and trainings.
SPC Subcommittee Updates

Media Subcommittee (Stan Collins)
The Media and Assessment & Evaluation subcommittee held their SPC Press Conference on Thursday, September 17th at the County Administration. At the event, the SPC presented their 2015 Report to the Community and shared encouraging news that suicides in San Diego are down and that help-seeking behaviors (crisis line calls, online chats, It’s Up to Us website visits) are up. The new information is a ray of hope toward a prospective downward trend in the future, but the work is far from over. This message was echoed by the event speakers: Supervisor Dave Roberts, Chaplain Joe Davis of the County ME Office, Holly Salazar of BHS, Dr. Ruth Covell, Beth Sise, and Stan Collins. The speakers encouraged the normalization of help-seeking and to recognize suicide as a major public health problem and not as a “hot topic” for discussion. The media coverage of the event provided accurate information on the suicide data. Stan thanked the planning committee for all of their hard work on the event and the report card.

School Collaborative (K-12) (Yeni L. Palomino)
The Schools Collaborative is planning for their LGBTQ Forum & Resource Fair which will be held on January 7, 2015. The event is targeted for school administrators and staff in the North County. Any interested organizations in the North County or schools working with LGBT youth and/or in suicide prevention and mental health can contact Lora or Yeni if interested in participating.

Higher Education Subcommittee (Yeni L. Palomino)
The Higher Education subcommittee will be attending the Out of the Darkness walk on Saturday, October 24, 2015 at Liberty Station. The subcommittee will be walking as a team and will have a joint resource booth. The group is also planning for their upcoming Campus Plunge in November.

Discussion: Suicides in San Diego Jails
Joshua Smith
The subject of suicides in San Diego jails was a topic of discussion at past meetings. During these discussions, it was previously stated that San Diego had the highest rate of jail suicides in the country, which was found to be inaccurate. Joshua Smith shared an article from City Beat with information on the San Diego jail suicide data. Between 2007 and 2012 there were 16 inmate suicides and had the second-highest rate among the states large jail systems. Council members discussed the current challenges correction facilities face when engaging with individuals at risk of suicide. The group also discussed suicide watch protocols and PERT’s current efforts. Stan mentioned his connection with the Sheriff’s Department and will contact them to learn more. Stan also suggested starting these conversations with law enforcement and taking a cooperative approach to larger change.

AFSP Policy Update Presentation
Che Hernandez
Che Hernandez provided information on current public policies that AFSP is supporting and discussing at the state and national level. AFSP is taking a support stance of mental health reform including H.R. 2646, the Helping Families in Mental Health Crisis Act and increasing funding for suicide prevention research. At the California legislative level, AFSP is supporting AB-2198 or Suicide Prevention Training for Mental Health Professionals. This bill would require a psychologist, marriage and family therapist, educational psychologist, professional clinical counselor, and clinical social worker who began graduate study on or after January 1, 2016, to complete a minimum of 15 contact hours of coursework in suicide assessment, treatment, and management before he or she may be issued a license. Current Status: Passed both Assembly and Senate, Governor Veto, requested State Boards take up issue and act accordingly. In regards to AB-15, the End of Life Option Act, AFSP does not currently have a position on this legislation. For anyone that would like more information on the legislations, they can contact Che about the different public policies discussed.
SPC Spotlight – NERDS RULE INC.  

Tristaca McCray is the Executive Director of NERDS RULE Inc., an organization that works with youth and young adults through mentorships, community outreach, and prevention programs. Founded in 2011, NERDS RULE Inc. targets at-risk individuals facing issues such as suicide, domestic violence, and bullying. Through different programs, Tristaca has reached out to many individuals throughout San Diego County and beyond California. An upcoming event for the organization is the regional “World Changers” Empowerment Conference that she along with colleagues in Riverside are planning. In addition, Tristaca is currently developing a web series of teens/adults telling their personal stories on their struggles and creating a wellness program/plan for suicide prevention. NERDS RULE Inc. is currently looking for any grant and sponsorship opportunities to continue their work.

Additional Updates / Announcements  
All
- Stan shared about Directing Change, a student film contest for high school and college students/young adults. There will be three categories to enter: mental health, suicide prevention, and through the lens of culture.
- Mental Health America’s Meeting of the Minds is on 10/22 and registration is now open.
- After 11 years, Bonnie Bear of Survivors of Suicide Loss (SOSL) will be stepping down as Executive Director. She will still be involved with the organization as a board member and still participate in SPC activities. A job description was sent to the Council for her replacement.
- Save A Life Walk on 11/8 benefitting SOSL and Yellow Ribbon at Balboa Park.
- BHAB will be sharing their final recommendations at the 11/5 meeting and individuals are invited to attend for their public comment.
- Whitney of Indian Health Council provided the group with an overview of their Life is Sacred and Skate for Life events. Both events were very successful, particularly the Skate for Life event where Che attended and spoke to families. Whitney presented Che with a gift of their appreciation for his dedication to the suicide prevention.
- The County will be hosting a Grandparents Raising Grandchildren event in the South Region. There will be a mental health component and a youth resource fair.
- Julie of SIHC shared of an upcoming wellness walk and conference.
- Military Appreciation Day on 11/11 at Imperial Beach.
- Lisa of Recovery International shared resources about her organization.
- Check Your Mood week is 10/4-10/10 and organizations are still able to sign up as sites.
- BHS will be hosting Community Engagement forums throughout the month of October.

Adjournment  

Beth Sise

Next SPC Meeting  
Tuesday, October 27, 2015, 10:00-11:30am  
United Way (4699 Murphy Canyon Rd. San Diego, 92123)  
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)
Other Upcoming Meetings:

School Collaborative Subcommittee Meeting
Monday, October 12, 2015 from 1:30pm-3:00pm
United Way
(open meetings)
(To RSVP/Information email lcayanan@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, October 21, 2015, 11:00am-1:00pm
United Way
(To RSVP email lcayanan@sdchip.org)

Assessment/Evaluation + Media Subcommittee
SPECIAL JOINT November Meeting
TBD
(To RSVP email lcayanan@sdchip.org)

Upcoming Events

AFSP Out of the Darkness Walk 2015
October 24, 2015 8:00am
Location: NTC Liberty Station
(RSVP/Information: www.afsp.org)

Save A Life Walk (Yellow Ribbon/SOSL)
November 8, 2015 8:00am
Location: Balboa Park
(RSVP/Information: http://savealifewalk.kintera.org/faf/home/default.asp?ievent=1137868)

SPC: ASIST Training (10 spots only)
November 14-15, 2015 8:00am-4:30pm
Food provided, cost: $20 deposit
(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.