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

SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC)
MEETING - AGENDA
Tuesday, October 27, 2015
10:00 am – 11:30 am
San Diego County Medical Society
5575 Ruffin Rd #250 (2nd Floor Training Room),
San Diego, CA 92123

Welcome/Introductions
Beth Sise/Carol Skiljan
Beth welcomed the group and thanked everyone for attending the meeting. Everyone proceeded to introduce themselves.

SPC Overview/Website Update
Yeni L. Palomino
Yeni gave a short overview and history of the Suicide Prevention Council. Yeni also shared the SPC website, www.spcsandiego.org which feature more information on the Council, upcoming events/trainings, and resources.
**Kurt Cunningham Memorial**

Carol shared the news of Kurt Cunningham’s death by suicide, who was a very active member not only in the SPC but in the community. SPC members took the time to share their thoughts and feelings. Carol discussed the importance of prevention in a postvention time and brought up the importance of self-care. Bonnie also discussed the significance of post-traumatic growth in difficult times like this. Kurt’s memorial will be held at the LGBT Center in Hillcrest on Sunday, November 1st at 2:00pm. Attendees are asked that instead of flowers, a donation to The Center’s Behavioral Health Services are made instead. SPC will be collecting donations from members of the Council to contribute as a group.

**Additional Updates / Announcements**

- NAMI Modern Family episode urgent action on stigmatizing mental illness to not air
- BHS Community Engagement Forums on 10/29 and 10/30 to discuss mental health services in the County
- Save A Life Walk on 11/8 at Balboa Park benefitting SOSL and Yellow Ribbon
- Bonnie announced that she has taken a step down as Executive Director of SOSL and replacing her is Joyce Bruggeman, who comes with a lot of mental health experience and is a current QPR trainer with SPC.
- Next meeting is on 11/24/15 at United Way.

**Adjournment**

Next SPC Meeting
Tuesday, November 24, 2015, 10:00-11:30am
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

**Other Upcoming Meetings:**

School Collaborative Subcommittee Meeting
November TBD
(To RSVP/Information email lcayanan@sdchip.org)

Higher Education Campus Plunge
Friday, November 20, 2015
San Diego City College
(To RSVP/Information email lcayanan@sdchip.org)

Assessment/Evaluation Subcommittee Meeting
Wednesday, December 9, 2015, 1:00pm-2:30pm
CHIP
(To RSVP email lcayanan@sdchip.org)

Media Subcommittee Meeting
Tuesday, December 15, 2015, 10:30am-12:00pm
CHIP
(To RSVP email lcayanan@sdchip.org)

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

**Upcoming Events**

Save A Life Walk (Yellow Ribbon/SOSL)
November 8, 2015 8:00am
Location: Balboa Park

SPC: ASIST Training (5 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.