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COMMUNITY HEALTH
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**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**

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	Yeni L. Palomino – CHIP
Laura Andrews – MHA SD	Christiana Paul – Sharp Mesa Vista
Bonnie Bear – SOSL	Kimberly Pearce – County of SD APS
Tara Benintende – MHS School Based	Dana Richardson – CHIP
Janet Cacho – HHSA BHS	Roselyna Rosado – Telecare
Candice Colon – Wave Academy	Beth Sise – Scripps Health
Ruth Covell, MD – UCSD	Carol Skiljan – Yellow Ribbon
Leah Davis – Civilian	Ed Weiner – BHAB
Lisa Garcia – Recovery International	Aaron Weislogel – BHETA
Heather Garcia – SDYS	Whitney Wilson – JFS Patient Advocacy
Melissa Geiger – MHS Families Forward	Julie Wochuk – SIHC, Inc.
Meta Glenn – IHOT	Adrienne Yancey – HHSA-BHS
Sonia Gligan – MHS Families Forward	Joyce Bruggeman – SOSL
Jerry Hall – BHAB	Katie Schaffer – TREF Scripps La Jolla
Che Hernandez – AFSP	Nijah Crenshaw – SD LGBT Center
Jessica Holzer – MHS Families Forward	Renee Cookson – NAMI SD
Kiley Dunne Lizama	Nicole Stallings – AFSP SD
Halima Martelli – N. County Lifeline	Jennifer Whelan - CRF
Jennifer Mendel – BHAB/GUHSD	Linda Naranjo – NAMI SD
Andrea Niestas – Aurora BHC	Lora Cayanan – CHIP
Joel Nowak – MSW Student	

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.



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Kurt Cunningham Memorial

Carol Skiljan

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

All

- 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

Carol Skiljan

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

(RSVP/Information: <http://savealifewalk.kintera.org/faf/home/default.asp?ievent=1137868>)

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.