SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL (SPC) MEETING - MINUTES
Tuesday, November 24, 2015
10:00 am – 11:30 am
United Way
4699 Murphy Canyon Road
San Diego, CA 92123

Welcome/Introductions
Beth Sise
Beth welcomed the group and thanked everyone for attending. Roundtable introductions were made. Yeni went over the meeting’s agenda.

SPC Overview/Website Update
Yeni L. Palomino
Yeni provided a brief history of the Suicide Prevention Council for any first time attendees. The SPC has a website with more information on events, meetings, and trainings: www.spcsandiego.org.

SPC Subcommittees Updates
Yeni L. Palomino

Media Subcommittee (Stan Collins)
The Media subcommittee met in October with the A+E subcommittee to debrief on the SPC Press Conference. Overall, it was a great event and the group hopes to continue holding the event annually to let individuals know...
that suicide is not a trending topic of discussion, but an everyday public health issue. The SPC greatly appreciates the County’s support of the event these past two years. The committee will also be planning a Public Information Officer or PIO Workshop in February for individuals that are organization media representatives. The group will continue media partnerships on a more one-on-one basis.

Assessment/Evaluation Subcommittee (Beth Sise)
The A+E subcommittee met with the Media subcommittee to discuss the press conference. The group also liked the partnership with the Check Your Mood event as a call to action. Lora will resend the Report to the Community to the Council. If anyone is interested in data, they are welcome to attend the subcommittee meetings, with the next one occurring on December 9th.

Faith Organization Outreach (Lora Cayanan)
The Faith subcommittee met in October to begin planning for the 2016 Faith Breakfast. The breakfast is tentatively scheduled for a Friday morning in May. The group discussed potential themes such as “Mind, Body, and Spirit” or connecting faith and clinical practice. Potential venues were also discussed with the group and they were open to having the event at local fellowship hall. The group has been meeting every other month since the summer of 2015 but will be meeting monthly again starting this January 2016.

School Collaborative (K-12) (Yeni L. Palomino)
The Schools Collaborative will be meeting on November 30th to continue planning for the upcoming Schools Forum on Youth LGBTQ Suicide Prevention. The event will be on Thursday, January 7th from 8am-1:30pm. The last hour will be a resource fair. This event is designed for school administrators and staff on LGBTQ and suicide prevention policies and best practices. The keynote speaker is Dr. Vincent Pompei of the Human Rights Campaign. Don of the SDCOE will be presenting the California Health Kids Survey. The event will also include two tracks in which participants can attend: Legal/Policy on LGBTQ policies and suicide prevention policies and a Promising Best Practices track on current school efforts on supporting LGBTQ youth and on mental health/suicide prevention. Registration to participate as an exhibitor or an event attendee is now open.

Higher Education Subcommittee (Marge Reyzer)
The Higher Education subcommittee met on Friday, November 20th for a Campus Plunge at San Diego City College. Stan gave a presentation on college campus postvention strategies and the Directing Change film contest. Tristaca gave a presentation on NERDS RULE Inc.’s current projects and how campuses can collaborate with her kids and young adults. The different campuses in attendance discussed their suicide prevention efforts:

- CSUSM: New 30-minute intake process for walk-in students. The campus has held a number of visual and performing arts-related suicide prevention and mental health activities.
- MiraCosta: Student peer educators have conducted 30 interactive classroom presentations on mental health
- Miramar: Participated in a Check Your Mood event for students. The campus will be holding a forum on personal safety for women in the winter.
- USD: Participated in a Check Your Mood event for students on National Collegiate Alcohol Awareness Week. Screened over 80 students in two hours.
- UCSD: Participated in a Check Your Mood event for students on National Depression Screening Day. Screened over 300 students in four hours.
- SDSU: Student Wellness Center and SPC working on an event to bring Kevin Hines to San Diego to share his story of jumping of the Golden Gate Bridge, surviving, and the importance of suicide prevention.
- SD City College: Received a SAMHSA suicide prevention grant and is in the beginning stages.
USD and SD City College both received SAMHSA grants. The subcommittee then took a tour of City College’s health facilities and mental health counseling center. The next meeting will be a conference call in February.

Upcoming Events

LGBTQ Suicide Prevention Forum & Resource Fair on 01/07/16 at North County Regional Education Center
For school administrators, staff, and all others working with students

QPR Trainer Refresher on 01/25/16 at United Way
For all current QPR trainers to attend. Trainers will get the opportunity to share their best practices and connect with other trainers.

GLSEN Training North County on 02/18/16 at North County Regional Education Center
For school administrators and staff. More details to come.

PIO Workshop Refresher on 02/26/16 at United Way
For Public Information Officers, organization media representatives, and all others that would like to practice interview techniques and safe messaging.

Taking Care of Ourselves in Service to Others
Stan Collins
As a follow-up to the conversation from October’s meeting, Stan gave a presentation on self-care. Self-care is intentional action taken to care for one’s physical, mental, and emotional health. For working individuals, especially those in high-stress environments, taking time away from the workplace and engaging in self-care activities is important to reducing this stress. Many forget the simplest of steps of self-care: eating right, exercising, getting enough sleep, and getting medical care. The group answered a few questions regarding their personal self-care routines and coping strategies. Maintenance of positive self-care activities and reduction of negative recreational activities were essential to creating a successful self-care plan. Council members discussed their personal self-care strategies including recreational reading, planning dinners, and working out.

Spotlight Presentation—County of San Diego Adult Protective Services (APS)
Kimberly Pearce
Kimberly of Adult Protective Services provided a presentation on the department, which is under the County of San Diego HHSA’s Aging & Independent Services division. With a growing senior population, more attention is needed because of the higher risk of suicide in this group. This risk is especially concerning as older adults are more likely to be isolated from others. APS investigates reports and provide short-term case management. Unlike Child Protective Services, APS cannot remove a senior from the home, as this must be done voluntarily. Common investigations include self-neglect, financial abuse, elder abuse, and family dynamics. APS works in teams to investigate, make an assessment, and refer. Currently, APS has a few workgroups including a suicide/depression workgroup that is currently looking at assessment tools including the C-SSRS and developing protocols to normalize conversations about firearms. The yearly APS report is now available for viewing online.

Additional Updates / Announcements
All
- The Behavioral Health Advisory Board Suicide Prevention Workgroup developed 11 different proposals that will be discussed and voted on. Voting will occur on Thursday, December 3rd at the monthly BHAB meetings. Meetings are located at the County Administration Center.
- This was the last meeting of 2015 and there will be no SPC meeting in December. SPC staff and co-chairs wished everyone a Happy Thanksgiving and holiday season. The SPC looks forward to seeing everyone in January.
No meeting in December 2015.

Next SPC Meeting
Tuesday, January 26, 2015, 10:00-11:30am
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:

School Collaborative Subcommittee Meeting
   November 30, 2015, 1-2:30pm
   United Way
   (To RSVP/Information email lcayanan@sdchip.org)

Higher Education Subcommittee Meeting
   Wednesday, February 3, 2016
   Conference Call
   (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 16, 2015, 11:00am-1:00pm
   United Way
   (To RSVP email lcayanan@sdchip.org)

Upcoming Events

SPC: LGBTQ Suicide Prevention Forum & Resource Fair
   January 7, 2016 8:00am-1:30pm North County Regional Education Center
   (RSVP/Information: lcayanan@sdchip.org)

SPC: QPR Trainer Refresher
   January 25, 2016 from 1:30pm-3:30pm at United Way
   (RSVP/Information: lcayanan@sdchip.org)

GLSEN Training North County
   February, 18 2016 at North County Regional Education Center
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.