Welcome/Introductions
Carol welcomed the Council and thanked everyone for attending the meeting. SPC Stakeholders proceeded to introduce themselves. Yeni went over the day’s agenda.

SPC Overview/Website Update
Yeni provided a brief history of the Suicide Prevention Council for first time attendees. The SPC website, www.spcsandiego.org, was also shared. The website includes information on upcoming meetings & trainings and archives from previous years.

SPC Subcommittees Updates
Media Subcommittee (Yeni L. Palomin)
providing community presentations to media members. At last month’s meeting, Council members addressed mental health stigma and media coverage, which was brought up at the subcommittee meeting.

Assessment + Evaluation Subcommittee (Yeni L. Palomino)
The A+E Subcommittee met late January to discuss studies on the C-SSRS in the jail/prison population. Beth provided an overview of a study where the C-SSRS was used in delinquent girls. The study observed positive results with the population, but more research needs to be done specifically on the incarcerated, male populations. It was requested to have an SPC presentation on C-SSRS implementation and Christiana Paul of Sharp Mesa Vista has agreed to present at the April meeting. Lastly, the group discussed Coronado Bridge Collaborative efforts. The Council was asked to offer any ideas to support the group.

Faith Organization Outreach (Lora Cayanan)
The 5th Annual Faith Breakfast will be on Friday, 5/20 from 8:30am-12:00pm at the First Baptist Church Lemon Grove. The space holds 80-90 individuals. Speakers of the event are: Fr. Dermott Rodgers (speaking on resiliency & inclusivity), Dr. Leon Altamirano (speaking on trauma-informed care), and Dr. Susan Writer (speaking self-care). Table discussions will follow each presentation. A flyer and Eventbrite page will be shared soon. The next meeting will be a conference call and take place on 3/17 at 11am.

Higher Education Subcommittee (Yeni L. Palomino)
The HE Subcommittee met via conference call early February and recapped the last Campus Plunge at SD City College. At the campus plunge, Stan presented on postvention strategies and self-care and Tristaca shared information on her organization, NERDS RULE INC. CHIP staff will get updates from the campuses when postvention strategies are implemented. The campuses also shared their upcoming events for the month of February and March. Many of the campuses are hosting healthy relationship and resiliency themed events for the month of February. In March, campuses will be holding events focused on stress management and sleep hygiene. The next conference call will take place on 4/6 from 10am-11am.

Upcoming Events
PIO Workshop Refresher on 02/26/16 at United Way
Public Information Officers, communication specialists, and all individuals interested in learning how to appropriately communicate on suicide when engaging media are welcome to attend the SPC PIO Workshop. Individuals will get to practice through role play scenarios.

ASIST on 03/10-11/2016 at SDCOE
An ASIST training will be held at the SDCOE on March 10-11 and is specifically for school personnel and SDCOE staff.

Mental Health Event 5/6/16 1-4pm at United Way
The SPC is currently planning for a Mental Health event which will be held on 5/6 from 1-4pm at United Way. If anyone is interested in being involved in the planning process, please contact Lora or Yeni.

Faith Breakfast 05/20/16 8:30am-12pm at First Baptist Church Lemon Grove
The Faith Breakfast will feature three presentations focused on trauma-informed care, resiliency & inclusivity, and self-care. If anyone is interested in being a part of the planning committee, please contact Lora.

At Risk Population Forum 6/24/16 1-4pm at United Way
SPC will be holding a forum focused on at-risk populations, as outlined in the Suicide Prevention Action Plan. The event is scheduled from 6/24 from 1-4pm at United Way. It is still in the planning stages and if anyone is
interested in being a part of the event, please contact Yeni and Lora. Some themes mentioned were prison reform and TAY. Yeni mentioned wanting to focus on at least two different populations.

**Spotlight Presentation—Recovery International**

Lisa Garcia provided an overview of Recovery International, which is the oldest peer-run organization. Sessions are held completely free of charge. Recovery International members, Carol Ann, Irene, and Jack each shared their own personal testimonies of recovery and their involvement with Recovery International. A demonstration of a Recovery International meeting was conducted. Lisa shared information on everyday trivialities and the books used for each meeting. A schedule of upcoming meetings and conference calls was provided to the Council members.

**Additional Updates / Announcements**

- 3/19 – UMTR2ME Night of Hope at Mt. Soledad Church from 6pm-8pm. Jimm and Yvonne Greer will be sharing their story. Che will be emceeing the event.
- 4/9 – SOSL Day will feature speakers, panels, and groups. Joyce will send more information on the event.
- 4/15 – Indian Health Council will have a Story Telling Event
- 5/14 – Sharp Chula Vista hosting a Behavioral Health event from 8am-1pm which will feature a general lecture, breakouts, and resources. If anyone is interested in participating, please connect with Lisa Mills.

**Adjournment**

Carol Skiljan

**Next SPC Meeting**

Tuesday, March 22, 2016, 10:00-11:30am

(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

**Other Upcoming Meetings:**

**School Collaborative Subcommittee Meeting**

Wednesday, March 2, 2016, 1:30-3:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

**Assessment & Evaluation Subcommittee Meeting**

Wednesday, March 9, 2016, 1:30pm-3:00pm
Community Health Improvement Partners
5095 Murphy Canyon Murphy Rd. Suite 105
(To RSVP email lcayanan@sdchip.org)

**Media Subcommittee Meeting**

Tuesday, March 15, 2016, 10:30am-12:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

**SPC Faith Outreach Subcommittee**

Thursday, March 17, 2016, 11:00am-1:00pm
United Way
4699 Murphy Canyon Rd. San Diego, CA 92123
Higher Education Subcommittee Meeting
Wednesday, April 6, 2016, 10:00am-11:00am
Closed Conference Call
(To RSVP email lcayanan@sdchip.org)

Upcoming Events

SPC PIO Workshop Refresher
February 26, 2016 from 9am-12pm at United Way
(RSVP/Information: lcayanan@sdchip.org)

SDCOE ASIST
March 10-11, 2016 all day at SDCOE
(RSVP/Information: http://sdcoe.k12oms.org/918-110198)

SPC Mental Health Event
May 6, 2016 from 1-4pm at United Way
(RSVP/Information: lcayanan@sdchip.org)

SPC 5th Annual Faith Breakfast 2016
May 20, 2016 from 8:30am-12pm at First Baptist Church Lemon Grove
(2910 Main St LG, 91945)
(RSVP/Information: http://bit.ly/1V27q0t by 5/16)

SPC At Risk Population FORum
June 24, 2016 from 1-4pm at United Way
(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.