Welcome/Introductions  
Beth Sise/Carol Skiljan  
Beth and Carol, co-chairs of the SPC, welcomed the group and thanked everyone for attending the meeting. Roundtable introductions were made by those in attendance.

SPC Overview/Website Update  
Yeni L. Palomino  
Yeni, Program Manager, provided a brief history and overview of the SPC and shared the SPC website, which features meeting dates, resources, and archived Council information.

SPC Subcommittees Updates  
Yeni L. Palomino  
Laura Andrews – MHA SD  
Heather Aston – Optum Access & Crisis Line  
Whitney Baugher – IHC  
Carly Blalack – SMUSD  
Joyce Bruggeman – SOSL  
Janet Cacho – HHSA BHS  
Veronica Campbell – Sharp Mesa Vista  
Kat Casabar – HHSA N. County Regions  
Carol Davis – CRF  
Ruth Covell, MD – UCSD  
Carol Davis – CRF  
Burton Disner – NC Home Health Products  
Lisa Garcia – Recovery International  
Jessica Holzer – MHS School Based  
Kat Katsanis-Semel, MA – MHA SD  
Janelle Kistler – UCSD Community Psychiatry  
Ashley Komaromi – API  
Liz Kruidenier – NAMI NC LWV  
Tristaca McCray – NRDS RULE INC.  
Danielle McGonigle – Pathways  
Dawn Miller – VA San Diego

Leah Nelson – SDSU  
Joel Nowak – MSW Student  
Yeni L. Palomino – CHIP  
Judy Patacsil – Miramar College  
George Pajas – IHC  
Linda Richardson – NAMI SD/Next Steps  
Dana Richardson – CHIP  
Roselyna Rosado – Telecare  
Jennifer Santis – Courage to Call  
Beth Sise – Scripps  
Carol Skiljan – Yellow Ribbon  
Sioux Stevens – New Alternatives  
Whitney Wilson – JFS Patient Advocacy  
Julie Woochuk – SIHC  
Jill Yelnick – Oasis Clubhouse  
Alex Costa – Courage to Call  
Yeni Towver – Courage to Call  
Mary Woods – Telecare  
TK Alexander  
Robby, Natalie, Joonifer – High Tech HS N. County

Our Vision: Zero Suicides in San Diego County  
Our Mission: To prevent suicide and its devastating consequences in San Diego County
Media Subcommittee (Stan Collins)
The Media Subcommittee is currently working on developing two media plans: a media engagement plan and a media response plan. The media engagement plan will serve as a guide for the SPC to work with news stations and other media organizations and provide trainings to their staff on responsible reporting. The media response plan will look at articles and news pieces that address suicide and a group of subcommittee and SPC members will review these works to determine if further action is needed to respond. If anyone is interested in participating in this team, they can contact Yeni or Lora.

Assessment + Evaluation Subcommittee (Beth Sise)
The A+E Subcommittee is working on the 2016 Report to the Community. Data on the six indicators the subcommittee tracks annually was shared at the last meeting. The suicide rate remained the same in 2015, and the county is “staying on course.” This year’s report will highlight target populations with a higher risk of suicide. Narratives on LGBTQ, Native Americans, and military/veterans will be written by local organizations that serve these populations and address suicide prevention needs.

Faith Organization Outreach (Lora Cayanan)
The 5th Annual Faith Breakfast was held on Friday, 5/20 at the First Baptist Church Lemon Grove. About 70-80 individuals attended the event, with final numbers still pending. Many guests found the presentations and speakers to be inspiring and engaging. Presentations on trauma-informed care, resiliency & inclusivity, and self-care were conducted and following each presentation were table discussions on each topic. Commitment cards were collected from attendees as a way for the Faith Subcommittee to engage guests following the event. SPC members, Burton, Lisa, and Tristaca, shared their thoughts on the event to the group. Lora will share more details on the event, once evaluations are recorded.

Schools Collaborative (k-12) (Carol Skiljan)
The Schools Collaborative closed group met in May to debrief on the Youth LGBTQ Suicide Prevention Forum and all other subcommittee efforts. The closed group is determining next steps for the open group and potential projects for the future.

General Information
Yeni L. Palomino

SPC Event Debrief
SPC held two events in May: a Mental Health Month Event on 5/6 and the Faith Breakfast on 5/20. Supervisor Dave Roberts attended the Mental Health Month event and provided special remarks. Mental Health America SD, Sharp Mesa Vista, and Recovery International presented on their mental health efforts in the community and Stan provided a presentation on the suicide prevention and mental health connection.

SPC At Risk Populations for Suicide Forum 6/24/16
An educational forum event on at-risk populations for suicide will be held on 6/24 from 1-4pm at United Way. Presentations from Indian Health Council, Spero Arts Foundation, Courage to Call, and the VA will be made on the Native American, LGBTQ, and military/veteran populations, respectively. RSVP to Lora to attend the event.

SPC Annual Stakeholders Meeting- 5th Anniversary 6/28/16
In lieu of the June SPC meeting, the Annual Stakeholders Meeting and 5th Anniversary celebration will be held on Tuesday, 6/28 at the San Diego County Office of Education. Presentations on 2015 suicide data, QPR, and other topics will be featured. Partner awards will also be given at the event. RSVP to Lora to attend the event.
High Tech High North County Gala Event
Students from High Tech High School North County attended the SPC meeting and made a brief presentation to Council on their current efforts working on suicide prevention and mental health awareness. Following the death of a classmate, the group wanted to become more involved in educating fellow students at their school.

Robby, Natalie, and Joonifer, presented more on their accomplishments thus far and future efforts. The students created an action plan and determined that they wanted to coordinate a gala event fundraiser to support their efforts. The gala will be on Thursday 6/2 from 6-9pm in San Marcos. Other projects that the group has worked on is training students in peer counseling, coordinating a Day of Peace, and others. The group also shared that they were interested in extending the projects and creating a sustainable program for students to become involved in suicide prevention and mental health efforts.

The group presented a document outlining an ambassador program for students to attend community events and meetings and share behavioral health and suicide prevention resources to their fellow classmates. Council members commended the group’s efforts and many were interested in connecting with the students after the meeting.

Spotlight Presentation - Indian Health Council
Whitney Baugher/George Pojas
Whitney Baugher and George Pojas presented on their organization, Indian Health Council, Inc. (IHC) which is a consortium of nine tribes dedicated to the continual betterment of Indian Health, wholeness, and well-being. With a main facility located adjacent to the Rincon reservation in Pauma Valley and the Santa Ysabel Community Health Center located on the Santa Ysabel Reservation, IHC provides a full spectrum of on-site and outreach services and programs to the nine North San Diego County reservations. Their mission to empower native wellness. San Diego has the highest concentration of Native American tribes in the US and each tribe is its own sovereign nation. George mentioned that with each tribe, a new approach is necessary. IHC has a wide array of services and programs including efforts focusing on behavioral health and suicide prevention. The Prevention & Early Intervention or PEI team puts on a number activities and education opportunities for the population they serve. Whitney shared information on using culture as a prevention model through their “Our Stories,” and “Life is Sacred” suicide prevention week event. In addition, IHC also works with Native American Veterans and holds programs on underage drinking prevention, prescription drug takebacks, domestic violence, and sexual assault.

Additional Updates / Announcements
All
- Recovery International is hosting a meet & greet event in Rancho Penasquitos on 5/25 6pm.
- Oasis Clubhouse is hosting a TAY Resource Fair on 5/31.
- Courage to Call is hosting a veteran job fair in Escondido.
- A Caregiver Conference will take place.
- SOSL will not be hosting their 5k run this year and instead host a suicide prevention ride (motorcycles) on September 10.
- SIHC is holding their Spring Gathering on 6/2 in Alpine. The day will start with a walk and vendors/resources will be available throughout the day.
- Spero Arts Foundation is hosting a luncheon event on 6/21.
- JFS SD Patient Advocacy is hosting trauma-informed care event at Alvarado Parkway Institute on 6/29 from 9am-11am. CEUs will be available.
• New Alternatives is looking to coordinate a QPR T4T event some time in November/December. The group is looking for at least 5 more individuals interested in becoming trainers. Please contact Sioux Stevens for more information.

Adjournment

Carol Skiljan

Next SPC Meeting-5th Anniversary + Annual Stakeholders Meeting
Tuesday, June 28, 2016, 8:30-2:30pm
(Email: Lora Cayanan to RSVP lcayanan@sdchip.org)

Other Upcoming Meetings:
SPC Schools Collaborative (K-12) Subcommittee
Closed Meeting
TBD
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Media Subcommittee Meeting
Tuesday, June 7, 2016, 1:30pm-3:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Assessment & Evaluation Subcommittee Meeting
Wednesday, June 8, 2016, 1:30pm-3:00pm
Community Health Improvement Partners
(To RSVP email lcayanan@sdchip.org)

SPC Faith Outreach Subcommittee
Wednesday, June 15, 2016, 11:00am-1:00pm
United Way
4699 Murphy Canyon Rd. San Diego, CA 92123
(To RSVP email lcayanan@sdchip.org)

SPC Higher Education Subcommittee Meeting
Wednesday, June 1, 2016, 10:00am-11:00am
Closed Conference Call
(To RSVP email lcayanan@sdchip.org)

Upcoming Events

SPC Suicide Prevention for At Risk Population Educational Forum
June 24, 2016 from 1-4pm at United Way
(RSVP/Information: lcayanan@sdchip.org)
SPC Annual Stakeholders Meeting 2016 – 5yr Anniversary
June 28, 2016 from 8:30am-2:30pm at SDCOE (6401 Linda Vista Rd, SD)
(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.