

San Mateo County
SUICIDE PREVENTION COMMITTEE (SPC) MEETING

August 26, 2015 1:30-3:00PM

Room 112 at the Silicon Valley Community Foundation (1300 South El Camino Real,
Suite 100, San Mateo, CA 94402)

1-888-636-3807 | Participant Code: 566983

MINUTES

Attendees: Sylvia Leung, Vic Ojakian, Narges Dillon, Raja, Tasha Bartholomew, Pam Davis, Cristina Ugaitafa, Katy Davis

1. Welcome

2. Introductions and Announcements

- a. Blog: Remembering Robin Williams
 - i. Spike in calls
 - ii. Analyze data across years around incident
- b. Know the Signs outreach materials
- c. Semicolon Project
- d. Others?
 - i. Tasha
 1. Push on rail safety
 2. #CaltrainSafe
 3. September is Rail Safety month
 - a. Operation life saver
 - b. California rail safety month for 5 years
 - c. Proclamation
 4. Dedicated website
 5. Partners with Safe Routes to School
 - a. Walk
 - b. Work with County and San Mateo
 6. Board meeting
 - a. 2 deputies at Sunnyvale
 - b. Recognize deputies
 7. Contract with G4S Secure Solutions
 - a. Redwood City
 - b. Honor security guard
 - c. Talked to women
 - d. 15 minutes before flagging police officer
 - e. Woman is a 5150
 - ii. Rasha
 1. BHRS has looked at zero suicide tool kit
 2. Primary care and behavioral health
 3. Good for older adults
 4. SAHMSA

5. Tool kit has its own website
 6. Requested to promote and outreach about this meeting (e.g. blog)
- iii. Vic
1. Out of Darkness Walk
 - a. 9/20
 - b. San Jose
 - c. Free to register
 - d. Can create own team
 - e. You can join Vic's team – Adam's team
 - f. You can also join BHRS team
 2. City Council Meeting
 - a. Focus group results completed but yet to be approved
 3. CalMHSA
 - a. Put in a grant proposal for youth suicide prevention
 - b. Culturally sensitive
 - c. Statewide
 - d. Palo Alto University and Santa Clara County
- iv. Narges
1. Panel at Sacred Heart
 2. Capacity for 700
 3. Speakers include first Stanford Dean
 4. Public
 5. Hope to get parents present
 6. Facilitated by Rachel Mairo from KQED
- v. Cristina
1. Needs assessment
 2. 2016-2020
 3. Finalizing community assessment
 4. Older adults and adults
 5. Requests help to spread the word
 6. Out in a couple weeks

3. Suicide Prevention Report

4. Communication Plan

5. Suicide Prevention Month Event

- a. Event Details
 - i. Speak Up, Safe a Life: Suicide Prevention Forum
 - ii. Friday, September 25 12-1:30PM
 - iii. San Mateo Main Library - Oak Room (55 West 3rd Avenue, San Mateo, CA 94402)
- b. Planning Committee
 - i. Speakers
 - ii. Outreach

- iii. Resource Tables
- iv. Other?
- c. **Brainstorm**
 - i. **Potential topics**
 1. Talk on substances that influence
 - a. Drug use and mental health (especially for youth)
 - b. Wake up call that it can negatively impact life
 - c. Statistics on people under the influence
 2. Nutrition and mental health
 3. Exercise and mental health
 - ii. **Potential speakers**
 1. Talk to someone from PES (Julia)
 2. Caminar
 3. Bevin Love
 4. Jorge Wong
 - a. Incoming president
 5. Judy Chu
 6. Peter Goldbloom
 - a. Develop own methodology for suicide prevention
 - b. LGBTQ
 7. Jim Coffman
 - a. CIT
 - b. Sheriffs
 - c. SMC
 8. Caltrain Transit Police Unit
 - a. Tasha will ask about someone speaking as a panelist or keynote
 9. Patrick Arber
 - a. Institute on Aging
 - b. Started Friendship Line (Suicide Prevention Line)
 - c. Just got Measure A funding
 10. Office of Consumer and Family Affairs (Suzanne Aubrey)
 - iii. **Potential resource tables**
 1. American Foundation for Suicide Prevention
 2. Caltrain
 3. VA (Fred MacKrae)
 - a. VA has given out gun locks
 4. My3app
 5. Institute for Living with Disabilities
 6. Each Mind Matters
 7. Get Healthy San Mateo
 8. BHRS Access Call Center
 9. Mental Health Emergency Card
 10. Health Equity Initiatives
 11. NAMI San Mateo
 12. Stamp Out Stigma

- 13. Suicide Prevention Committee
- iv. Intended Audience
 - 1. Community partners
 - 2. Public
- v. Purpose
 - 1. Different perspective on suicide prevention
 - 2. Older adults
 - 3. Know who to focus on or who may be at risk
- vi. Outreach
 - 1. Offer CEUs (StarVista)
 - 2. Get programs to bring clients
 - 3. Ask schools and community colleges
 - 4. Reach out to HEIs
 - 5. Social media (including San Mateo County and Caltrain)
 - a. Narges offered to post on Patch.com
- vii. Other ideas
 - 1. Ask for food sponsors

6. Feedback on meeting

a. What went well

- i. "Great brainstorming on event in September. Well organized."
- ii. "Good conversation about the panel/ 9/25 event"
- iii. "I thought we had a very good discussion on Suicide Prevention Month Event"
 - 1. Good ideas for speakers + tables
 - 2. Event planning"
- iv. "I like when people in the committee share info about events/initiatives they are involved with"
- v. "Very well organized meeting"
- vi. "Announcements"
- vii. "Event discussion"
- viii. "Open discussion"

b. Areas of improvement

- i. "It would be great to see more agencies/groups represented"
- ii. "Provide warning about parking"
- iii. "Procedure so we can start on time"
- iv. "Might be helpful to have one brief 5 minute"
 - 1. Speaker on why suicide was the choice someone who tried and/or
 - 2. Living with loved ones suicide"

7. Next Meeting (Sylvia)

- a. Wednesday, October 28 1:30-3:00PM (location will be e-mailed)
- b. Suggested agenda items

- i. Suicide Prevention Committee Work Plan
- ii. Others?