

San Mateo County
SUICIDE PREVENTION COMMITTEE (SPC) MEETING
October 28, 2015 1:30-2:30PM

San Mateo County Transit District - Gallagher Conference Room (1250 San Carlos Ave,
San Carlos CA 94070)

Conference Line (1-888-636-3807; Code: 566983)

MINUTES

Attendees

- In-Person: Allie Herson, Christina Irving, Tasha Bartholomew, Lauren Szyper, Erika Torres, Erika Jennings, Paula Gomez, Narges Dillon, Katy Davis, Vic Ojakian, Rahael Solomon, Renee Harris, Sylvia Leung
- By Phone: None

1. Welcome

2. Introductions and Announcements

a. Introductions

- Allie – Communication Specialist at San Mateo County Health System
- Sylvia - San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity
- Narges - StarVista
- Vic - Santa Clara County Behavioral Health Board Member and Suicide Prevention Advisory Committee Chair
- Tasha – Caltrain; rail safety
- Paula – StarVista MFT intern working with StarVista Crisis Hotline with Narges
- Lauren – Daly City Partnerships, works with families with Child Protective Services and faces issues of suicide and 5150s
- Christina – differential team
- Rahael - StarVista
- Erika – Edgewood, school based mental health, first time and interested in who could attend from Edgewood
- Erika – Edgewood
- Katy - San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity
- Renee - - San Mateo County Behavioral Health and Recovery Services

b. Announcements

- Suicide Prevention Intern (Sylvia)

1. Suicide Prevention Intern (Angelica Delgado) has started working for San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity
2. Angelica is working 16 hours a week and provide some support to this committee
- ii. esuideTALK training (Sylvia)
 1. Training available for community members
 2. 2-hour online training
 3. Focuses on question “should we talk about suicide?”
- iii. Others?
 1. Caltrain (Tasha)
 - a. Accomplished everything mentioned in last month’s meeting minutes
 - b. Operation Life Saver
 - c. Safe Routes to School
 - d. 19 fatalities on Caltrain tracks in 2015 (8 suicides; 1 accident)
 2. November is National Suicide Survivor’s Month (Vic)
 - a. Local events which include many who have lossed a loved one
 - b. There is an event on the Saturday before Thanksgiving in Santa Clara and San Francisco
 3. Focus Group (Vic)
 - a. Conducted with individuals with highest risk for suicide – middle aged white males
 - b. Fewest programs for middle aged white males
 - c. There was a control and case group
 - d. Next steps for action include radio ads for sports talk stations and other Bay Area radio stations
 4. Crisis Center Data (Vic)
 - a. Vic is looking at trends of crisis center data from various counties in the San Francisco Bay Area
 - b. At a national level, there was a spike in calls after Robin Williams death
 - c. At the local Bay Area level, Vic didn’t see the same trends he saw at the national level
 5. ASSIST Training (Katy)
 - a. ASSIST training
 - b. 2-day
 - c. Designed for community
 - d. Location to be announced
 - e. Dates are Thursday, January 14 and Friday, January 15

3. **Suicide Prevention Forum Debrief (Sylvia)**

- a. Event went well with a keynote speaker, panel and over 130 attendees

- b. Angelica (Suicide Prevention Intern) provided a one page summary of attendee survey responses
- c. Overall, the event was well received (especially the panel) and an area of improvement would be to provide attendees information on next steps and how to get involved with suicide prevention efforts

4. **Activity Chart** (Sylvia)

a. Background

- i. Created by Suicide Prevention Committee's Strategic Planning Meeting this past year
- ii. The meeting involved exercises and discussion
- iii. Activity Chart - entails existing work and what needs to happen; basis/road map for what committee will work on

b. Committee's Focus

- i. Sylvia asked group what committee wants to focus on for the coming year
- ii. Katy suggested focusing on building things we are already working on

c. Suicide Prevention Policy in Schools

- i. Sylvia suggested presented suicide prevention policy as something this committee could focus on
- ii. Narges highlighted the need to include elementary schools since there is increasing need to help elementary school students with suicide ideation

d. Comprehensive Suicide Prevention Toolkit

- i. Vic shared that their our comprehensive suicide prevention tool kits from SAHMSA and American Foundation for Suicide Prevention
- ii. These tool kits may tailor to elementary schools
- iii. Santa Clara County is working on updating its tool kit
- iv. CA School Board Association has a canned policy

e. Training

- i. Katy mentioned that to supplement policy, we also need trainings
- ii. Know how to implement policy
- iii. Trauma informed
- iv. Erika talked about education, outreach for officers and training on page 3 of the Activity Chart

f. 5150

- i. Some organizations have internal evaluators but, if a person is not willing a police officer or ambulance is called
- ii. If an ambulance is called, the patient has to pay for it
- iii. If a police officer is called, officers often handcuff the individual
 - 1. Is a standard to handcuff 5150 individuals but is not law
 - 2. It is done due to liability issues
- iv. CRISIS Collaborative (which was run by Mary Taylor Fullerton and will be run by Molly Hendricks) is a good space to talk about these 5150 issues

1. Meets quarterly
2. Good to have someone from Suicide Prevention Committee join
- v. Mobile Outreach Team
- vi. No Crisis Intervention Team
 1. EMQ – Eastman Quan
 2. Only police
 3. SMART car
- vii. ***5150 Map
 1. Narges will draft a map of how a 5150 is done in San Mateo County
 2. Geared toward provider
 3. Looks different depending on who
- viii. *** Jim Hoffman
 1. Committee members interested in inviting him to talk about law enforcement updates related to suicide prevention
 2. Tasha can find Jim Hoffman's contact information
- g. Correction on page 4 of Activity Chart (Renee)
 - i. Improve communication with Emergency Room and Psychiatric Emergency Services
- h. Additional Context
 - i. CalMHSA Grant (Vic)
 1. Applied for grant out of CDC
 2. California-based
 3. Used Palo Alto University model
 4. Focuses on youth
 - a. African American
 - b. Asian
 - c. LGBTQ
 5. Pilot in Santa Clara County of San Mateo
 6. Infrastructure to roll programs
 - ii. SB 29 (Vic)
 1. Signed by governor
 2. Requires every cadet to get 15 hours of mental health training
 3. SB 29 – all instructors
 4. CIT is like continuing education for cadets who take above training
 5. Takes effect January 1
- i. Three potential committee focuses
 - i. Policy
 - ii. Training
 1. Schools
 2. Officers
 - iii. Outreach
 1. SMART team

2. EMQ

5. **Communication** (Allie)

- a. Suicide Prevention
 - i. Allie has developed a suicide prevention flyer
 - ii. Allie is working on a sheet that describes how people can get involved or resources to turn to for suicide prevention
 - iii. Allie could make a tent card (committee members expressed interest in this)
 - iv. Other outlets include Caltrain and radio ads
- b. Mental Health Emergency
 - i. We also have a Mental Health Emergency brochures and tent cards available to anyone who requests it
- c. Be the One Campaign
 - i. Anti-stigma campaign
- d. San Mateo County Health System has a great following through Twitter and Facebook (1200 followers)
- e. Narges asked if Allie could post their Peer to Peer Chat program on Facebook; Allie can do so for StarVista and other announcements
- f. Twitter and Facebook have their own suicide prevention pages
 - i. Suicide Prevention (Facebook):
<https://www.facebook.com/help/594991777257121/>
 - ii. Dealing with Self-Harm and Suicide (Twitter):
<https://support.twitter.com/articles/20170313?lang=en>

6. **Pluses & Deltas**

- a. Skipped due to limited time

7. **Next Meeting** (Sylvia)

- a. Wednesday, December 9 1:30-3:00PM
 - i. Location will be e-mailed
 - ii. Rescheduled due to the holidays