



SUICIDE PREVENTION COMMITTEE (SPC) SMCHHealth.org/SuicidePrevention	
SPC MISSION	To provide oversight and direction of suicide prevention efforts in San Mateo County.
SPC STRATEGY	Suicide Prevention Roadmap 2021-2026

DATE/TIME: Tuesday, July 5 2022 1:30-3:30pm

VIRTUAL LOCATION: <https://zoom.us/j/410362485> OR 669-900-6833 Meeting ID: 410 362 485

<i>Item</i>	<i>Time</i>	<i>Facilitator</i>
<p>1. WELCOME</p> <ul style="list-style-type: none"> • Stipends Available for Clients, Consumers & Family Members • Please Type in Chat Window: Name, Pronouns, Affiliation(s) <p>Introductory Song: Higher Love - written by Steve Winwood and remix song by Kygo and Whitney Houston</p> <p>Attendees:</p> <ul style="list-style-type: none"> • Zena Andreani, she/her, StarVista Crisis Center and SPC Co-Chair • Kim Kartinen, she/her/hers Kern Behavioral Health and Recovery Services • Brook Pollard (She/Her/Hers), StarVista Crisis Center • Sylvia Tang (She/Her), San Mateo County Behavioral Health & Recovery Services Office of Diversity and Equity • Sarah Fuhs, she/hers with One Life Counseling • Rachel Day She/her/hers • Allie Rogge (she/hers), StarVista Crisis Center • William E, He/Him, volunteer • Lilibeth Hernandez, She/Her, Starvista Crisis Center, Teen Crisis Services • Bill Kruse, Spirituality Initiative, He Him His • Michael Lim He/him, Lived Experience, CalVoices, Beh Hlth Comm • Maya Wilcox (she/her), Office of Epidemiology • LaShelle Burch (she/her) LCSW with VA Palo Alto • Patrice Massicotte (he/him) - Representing self (but also H.O.P.E. Program Director at Heart & Soul) • Franz Lippincott 	1:30-1:45pm	Zena Andreani

Next Meeting: **Tuesday, August 2 1:30-3:30pm | Workgroup Meetings**
[2022 Meeting Schedule](#)

If you know someone who is in suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support: call 650-579-0350 (or 1-800-273-8255) or text "BAY" to 741741.

Questions/suggestions? SPC Co-Chairs Sylvia Tang (stang@smcgov.org | 650-578-7165) or Zena Andreani (zena.andreani@star-vista.org | 650-339-5803)

<ul style="list-style-type: none"> • Linda Lenoir • john b.#he#his#cats • Cristina Ugaitafa (she/her) • Caroline Morton (she/hers) • Yoko Ng, Behavioral Health Education • May Chen (She/Her/Hers) (NAMI Education) • John Weaver, Menlo Park Library • Jean Perry 		
<p>3. WORKGROUP: NETWORK PARTNERSHIPS</p> <p><i>Objective 1b Build Networked Partnerships: Recruit a diversity of action partners who can champion suicide prevention as a public health priority. Provide capacity building and workgroup opportunities to align goals, expertise and resources among partners.</i></p> <p>❖ Be Sensitive Be Brave Training Progress Update and Partnership Plan</p> <p>General Website for BSBB</p> <p>Train the Trainer, 8 candidates</p> <ul style="list-style-type: none"> • StarVista • Behavioral Health & Recovery Services Office of Diversity and Equity • Chinese Health Initiative • African American Community Initiative <p>Adaptation</p> <ul style="list-style-type: none"> • Initiative started partially as a result of the increase in suicides among Asian males born outside the United States (including Hong Kong, China and Phillipines) from 2019 to 2020. • Fiscal year 2021-2022 <ul style="list-style-type: none"> ○ Focused on adaptation for Mandarin speaking Chinese community • Fiscal year 2022-2023 <ul style="list-style-type: none"> ○ Plan to focus on adaptation for Filipino/a/x and Pacific Islander communities • Santa Clara County will work on the Spanish version of training for Latino/a/x community next year in 2023 <p>General English Trainings</p> <ul style="list-style-type: none"> • Delivered 16 trainers - 6 suicide prevention, 10 mental health training • So far, evaluation- favorable experiences with the trainers, and marks of excellence on training content • San Mateo is the second county in California to offer Be Sensitive Be Brave 	<p>1:45-2:25pm</p>	<p>Sylvia Tang</p>

<p>General Comments:</p> <ul style="list-style-type: none"> ● Process of getting attendees to various groups- in addition to open meetings was effective. <ul style="list-style-type: none"> ○ selecting various audiences to host training ● Sometime in the next 12 months- either winter or spring- another training the trainer is planned ● CEUs not currently offered for this training <p>Ideas to Use BSBB to Help Build/Expand Partnerships</p> <ul style="list-style-type: none"> ● Libraries- especially Menlo park and redwood city ● Caltrain Staff ● Core Service Agencies ● New Beginnings Coalition - older adult communities ● City Law Enforcement - embed BSBB within law enforcement - one of the local city police department for example ● City Parks and Recs Department ● Community Foundations - like Silicon Valley Community Foundation ● One East Palo Alto ● Youth Serving Organizations ● Chamber of Commerce- business sector ● Private Insurance Companies - Kaiser, Sutter ● County of Office of Education ● Human Resource Departments <ul style="list-style-type: none"> ○ Example: San Mateo County <ul style="list-style-type: none"> ■ Annual incentive program- complete health requirements. ■ those who have health insurance qualify for this- keep employees healthy- they do physical health and also do mental health ■ bsbb was one of the ways they could fulfill the requirement for health requirements. 		
<p>BRIEF BREAK</p>	<p>2:25-2:30pm</p>	<p>Sylvia Tang</p>
<p>2. WORKGROUP: RESOURCE DISSEMINATION <i>Objective 7e Disseminate Information to Encourage Help-Seeking: Partner with media, entertainment and communication partners to disseminate information about resources, encourage people to seek help for mental health needs and substance use, and reduce stigma and discrimination that may prevent people from accessing services and supports.</i></p> <ul style="list-style-type: none"> ❖ Mental Health Emergency Resources smchealth.org/mh911 sanmateocrisis.org ❖ Suicide Prevention Month Target Audience Activities (Events, Policy & Communication) <p>Suicide Prevention Month Ideas</p>	<p>2:30-3:20pm</p>	<p>Zena Andreani</p>

- **Redwood City Library**
 - **Community Room (top floor): Four Dates available, at least 2 of those- evening and afternoon times, plenty of parking**
 - **Possible Partners**
 - **Allie Rogge (Star Vista) interested in getting dates from John for above library**
 - **American Samoa - Community College - Nani Wilson's Group**
 - **Franz Lippincott - Games**
 - **Marketing**
 - **Redwood City Library has a huge space for bulletin board for flyers**
 - **Social Media - NextDoor**
 - **Framing title in a certain way**
 - **Contact: John Butler**
- **Emergency Response 988**
 - **Speaker panel**
 - **Crisis center represented**
 - **Law enforcement - Sheriff's Office**
 - **Community Wellness Crisis Response Team**
 - **Star Vista**
 - **San Mateo County Behavioral Health & Recovery Services**
 - **Half Moon Bay Cares Team**
 - **Project Safety Net hosted similar panel for May Mental Health Month**
- **Visit Policy Makers**
 - **Local communication with mayors**
 - **Sacramento**
 - **Ask Heart and Soul and Voices of Recovery**
- **Partnership with Recovery Month**
- **Open Mic**
 - **Jean: "I was suggesting an open mic event: more entertainment lighter on information . I met a person at Redwood City Library event who would be willing to be MC. In past Pride center hosted such an event virtually."**
 - **Great to target youth**
 - **Can get a sign up**
 - **Can reach out to Health Equity Initiatives**
 - **Hybrid event**
- **Jewish Community**
- **Immigrants**
 - **Can we connect to the County Managers Immigrant Services if we're looking at immigrants being one of the groups to focus on?**
- **Older Adults**
 - **Pharmacies**

<ul style="list-style-type: none"> <ul style="list-style-type: none"> <ul style="list-style-type: none"> ■ Peninsula Pharmacists Association <ul style="list-style-type: none"> ● Reached out before COVID ● Reach out to Cristina about contact ● https://emmresourcecenter.org/resources/suicide-prevention-resources-pharmacists ○ Drug Stores ○ Big Bands ● Private Health Insurance <ul style="list-style-type: none"> ○ Kaiser ○ Sutter ● Reach Out to Corporations ● Reach Out to Cities About Local City Events and Mental Health <ul style="list-style-type: none"> ○ Make announcements including what and why ○ Tabling <ul style="list-style-type: none"> ■ Art and Wine Festival ■ Parks and Recreation Has Events ■ Partner with Cities ○ Resource Fair ● Target Audience <ul style="list-style-type: none"> ○ Reach folks we don't normally reach ○ Make it hit home ○ Make it relevant ○ Ask communities what they want <p>Next Month Focus on What Outreach We Are Doing?</p>		
<p>4. ANNOUNCEMENTS & NEXT STEPS</p> <ul style="list-style-type: none"> ● Santa Clara County Suicide Prevention Conference - Submit Proposals with this Google Form by July 15 ● Due July 15 - Mental Health Services Act Innovation Funding <ul style="list-style-type: none"> ○ Proposals due Friday, July 15. More information at https://www.smchealth.org/bhrs/mhsa (see Latest News) ○ Cristina Ugaitafa cugaitafa@smcgov.org or 650-713-8447. Contact Cirstina if you're interested in attending the meeting for an Innovation grant idea focusing on older adults and mental health. We're meeting tomorrow, July 6 at 10:00 am. ● July 16 - 988 phone will be live on July 16 <ul style="list-style-type: none"> ○ Soft launch by Star Vista ● John Butler Looking to Table at Events <ul style="list-style-type: none"> ○ John butler ○ (650)842-0644 ○ NewHope8@aol.com 	3:20-3:30pm	Sylvia Tang