

Suicide Prevention Committee

2022 Year-In-Review



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

STRATEGIC AIM 1 Establish a Suicide Prevention Infrastructure

- Establish new partnerships with Peninsula Pharmacists Association and San Mateo County Mayors Mental Health Initiative
- Convene partnership meetings to enhance collaboration with various organizations, including Caltrain, Coroner's Office and Project Safety Net
- Review updated data for suicide deaths, suicide attempts (hospitalizations and emergency room visit data) and help-seeking
- Review adult suicide ideation survey results from Health Quality and Life Survey (first year question included) by San Mateo County Health Office of Epidemiology and Evaluation
- Participate in Elder Death Review Team and Domestic Violence Death Review Team



STRATEGIC AIM 2 Minimize Risk Factors and Promote Protective Factors Across the Individual, Relationship, Community and Society Levels

- Deliver Be Sensitive Be Brave for Suicide Prevention trainings to staff for September Rail Safety and Suicide Prevention Month
- Promote Anonymous Gun Buyback event hosted by the San Mateo County Sheriff's Office
- Distribute #TakeAction4MH suicide prevention materials published by the California Mental Health Services Authority
- Coordinate suicide prevention social media campaign during September Suicide Prevention Month
- Encourage civic engagement through Civics 101 and county board, commission and committee meetings
- Host Suicide Safe Messaging Training





STRATEGIC AIM 3 Increase Early Identification of Suicide Risk and Connection to Service Based on Risk

- Scheduled 42 of Be Sensitive Be Brave (BSBB) participant trainings
- Delivered 30 of Mental Health First Aid (MHFA) trainings (31 of 42 delivered as of 12/6/2022)
- Funded 3 BSBB trainers who completed certification
- Funded 18 additional MHFA trainers who completed certification
- Complete Be Sensitive Be Brave adaptation for Mandarin and Cantonese speaking Chinese community (first and only linguistically and culturally adapted mental health/suicide prevention community helper training for Chinese community)
- Partner with Star Vista to offer Be Sensitive Be Brave trainings to Star Vista Crisis Center and other staff
- Disseminate 988 information through email communications, social media posts and presentations

STRATEGIC AIM 4 Improve Suicide Related Services and Supports

- Partner with peer organizations to offer Be Sensitive Be Brave trainings including California Clubhouse, Heart and Soul, Inc's Helping Our Peers Emerge program and National Alliance on Mental Illness San Mateo County.
- Dedicate two meetings to discuss peer lead suicide loss peer support program

SUICIDE PREVENTION COMMITTEE

To get involved and find resources, contact the suicide prevention team or visit smchealth.org/suicide-prevention.

Zena Andreani | She/Her/Hers
SPC Co-Chair

[Star Vista Crisis Intervention & Suicide Prevention Center](#)

650-339-5803

zena.andreani@star-vista.org

Sylvia Tang | She/Her/Hers
SPC Co-Chair

[Office of Diversity and Equity](#)

San Mateo County Behavioral Health & Recovery Services

650-578-7165 | stang@smcgov.org

Twila Dependahl | She/Her/Hers
Program Coordinator II

[Office of Diversity and Equity](#)

San Mateo County Behavioral Health & Recovery Services

tdependahl@smcgov.org

