



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

# MINUTES

SUICIDE PREVENTION COMMITTEE (SPC)   <a href="https://SMCHealth.org/SuicidePrevention">SMCHealth.org/SuicidePrevention</a>	
<b>SPC MISSION</b>	To provide oversight and direction of suicide prevention efforts in San Mateo County.
<b>SPC STRATEGY</b>	<a href="#">Suicide Prevention Roadmap 2021-2026</a>
<b>TOP 2024 PRIORITIES</b>	<b>GOAL 1: Enhance Visible Leadership and Networked Partnerships</b> <b>GOAL 2: Increase Development and Coordination of Suicide Prevention Resources</b> <b>GOAL 3: Advance Data Monitoring and Evaluation</b>

**DATE/TIME:** Tuesday, December 3<sup>th</sup>, 2024 1:30-3:00pm  
**VIRTUAL LOCATION:** <https://zoom.us/j/410362485> OR 669-900-6833 Meeting ID: 410 362 485

<i>Item</i>	<i>Time</i>
<b>1. WELCOME</b> <ul style="list-style-type: none"> <li>Stipends Available for Clients, Consumers &amp; Family Members</li> <li>Please Type in Chat Window: Name, <a href="#">Pronouns</a>, Affiliation(s)</li> </ul>	1:30-1:45pm (15mins)
<b>2. Year in Review</b> <ul style="list-style-type: none"> <li>Members collaborated on a Miro board to identify accomplishments of both SPC as a committee and SPC individually</li> <li><a href="https://miro.com/app/board/uXjVL8Lpo1k=?share_link_id=339906655658">https://miro.com/app/board/uXjVL8Lpo1k=?share_link_id=339906655658</a></li> <li><b>SPC Accomplishments:</b></li> </ul>	1:45-2:15pm (30mins)

### [2024 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 call 988) or text "BAY" to 741741 (or text 988)**

Questions/suggestions, email/call/text either of the following SPC Co-Chairs:  
 Sylvia Tang, MPP (She/Her) | [stang@smcgov.org](mailto:stang@smcgov.org) | 650-208-5799  
 Taylor Coutts, ASW (She/Her) | [taylor.coutts@star-vista.org](mailto:taylor.coutts@star-vista.org) | 650-727-7184

SPC Activities

Statewide Learning Collaborative In-Person Meeting (Co-Chair)

Statewide Violence Prevention Initiative Convening (Co-Chair)

Santa Clara County Suicide Prevention Conference (Co-Chair Attended & Presented)

BHRS Youth Crisis Needs Assessment  
-BHC Youth Committee

SMCOE United for Youth: Vision 2030  
-BHC Youth Committee

BSBB Trainings (~11)  
-Filipino/a/x Adaptation (Completed)  
-Middle School Adaptation (Started)  
-May Mental Health Month BSBB in English and in Spanish (full room) with a community service project

MHFA Trainings (~21)  
-Photos at PI community training

ASIST Trainings (3)

EI Rotafolio Trainings (~4)  
-New instructors  
-Refresher trainings

Domestic Violent Death Review Team (Co-Chair)



City proclamations  
-Most accepted by Behavioral Health Commission members (usually local residents and with lived experience)  
-More city officials committed to mental health and suicide prevention  
-Lived experience speakers

Printed Suicide Prevention Roadmaps



Suicide Prevention Ribbons



SPC Newsletter (6 published)

Suicide Prevention Month  
-Advocacy  
-Events  
-Communication

Comprehensive Suicide Data Request & Review

Coroner's Office Presentation

SMC Mobile Crisis Response Special Presentation

## 2. Achievements and Appreciation

- **SPC Member Accomplishments**

SPC Members (Accomplishments/Contributions)

New SPC Co-Chairs -Martha -Walter -Taylor	Star Vista AAS Accreditation	Monthly online Alt2Su groups hosted by One New HeartBeat and Heart & Soul. (purple)	988 now uses geo routing for largest three carriers!	
New SPC Members	Sequoia Health Care District	Human Services Agency - Child Welfare	Mills Health Center County Health Officer	
Strengthening Partnerships	-SMC Health -Office of Epidemiology & Evaluation -Correctional Health -BHRS Crisis Services	-Caltrain -CalMHSA Contracts (Marketing + Data Visualization)	-BoS (Loneliness Resolution, Memorial Bench) -Youth Commission -SMC Libraries	
Jean - leading BSBB English Spanish training event at local church	John, LaShelle, Michael, Ja'Net - founding members of Menlo Park coalition (PATH)	John - resources tables (Health Ambassador) -College of San Mateo -Canada	William -Alt2Su Peer Support Group Facilitator	Youth Action Board -want to get more involved with County proclamations
Hosts for BSBB/MHFA Trainings (many!) -welcoming -safe	School Counselors+Schools -host table events and invite local orgs for behavioral health -least invasive interventions -988	All ages Mobile Crisis Team	Existing SPC Co-Chair Sylvia	

2:15-2:45pm  
(30mins)

### Suggestions for Future SPC Projects

- PATH Coalition (City of Menlo Park suicide prevention coalition) partnering with SPC for a panel of cities discussing local level coalition and suicide prevention

<ul style="list-style-type: none"> <li>○ Opportunity to involved Mayors Mental Health Initiative which should be returning in 2025 with new change in mayors across the County</li> <li>● Suicide Death Review Team <ul style="list-style-type: none"> <li>○ Members continue to voice need of understanding gaps in service and need following deaths by suicide; ask for progress towards suicide death review work</li> <li>○ At this time, the coroner does not have the capacity to establish a separate death review committee, but committee members are welcome to voice this want and advocate in public forum spaces.</li> </ul> </li> <li>● Consider those with disabilities <ul style="list-style-type: none"> <li>○ Request to further outreach to those newly injured and/or disabled</li> <li>○ No quantitative data around suicide and disability status</li> <li>○ Opportunity to partner with local hospitals and medical centers and support those newly diagnosed with a disability</li> </ul> </li> <li>● Outreach to seniors <ul style="list-style-type: none"> <li>○ Understanding that death by suicide rates remain high in older adults, ask for more understanding and partnership with senior communities</li> </ul> </li> <li>● Postvention Update in schools and community <ul style="list-style-type: none"> <li>○ Ask for Office of Ed to update committee on status and success of postvention measures within the schools</li> <li>○ Reminder that StarVista provides postvention services free of charge to any in the community</li> </ul> </li> </ul>	
<p><b>3. ANNOUNCEMENTS &amp; NEXT STEPS</b></p> <ul style="list-style-type: none"> <li>● SPC Newsletter (December) <ul style="list-style-type: none"> <li>○ Emailed to Committee members</li> </ul> </li> <li>● Upcoming BHC Public Meetings: <ul style="list-style-type: none"> <li>○ <a href="https://www.smchealth.org/general-information/bhc-public-meetings">https://www.smchealth.org/general-information/bhc-public-meetings</a></li> <li>○ Commissioner Jean Perry and Michael Lim joined SPC meeting today</li> </ul> </li> <li>● BSBB/MHFA Upcoming Trainings: <ul style="list-style-type: none"> <li>○ See this website for latest upcoming trainings <a href="https://www.kingdomlove.live/trainings">https://www.kingdomlove.live/trainings</a></li> </ul> </li> <li>● Pathways - Interest Form from Ligia Andrade <ul style="list-style-type: none"> <li>○ <i>A project of the Behavioral Health Commission of San Mateo County.</i></li> <li>○ San Mateo County needs a way to connect young people and their families with empathy-based, culturally-compassionate mental and behavioral health services and support irrespective of point of entry. Pathways seeks to help youth and families in San Mateo County know where and how to access behavioral health service. By Spring 2025, we are hoping to establish focus groups for our Pathways prototype (an online</li> </ul> </li> </ul>	<p>2:50-3:00pm (10 minutes)</p>

website) of diverse leaders and individuals in San Mateo County from all spaces. If you think you have a unique perspective to bring to the table and want to shape the future of mental health recovery services for the county, please let us know on this form.

- [https://docs.google.com/forms/d/1\\_PrQCFp5WDXpGV77jjx4A9DNLMriyBaQw3R1PUDWT6E/edit](https://docs.google.com/forms/d/1_PrQCFp5WDXpGV77jjx4A9DNLMriyBaQw3R1PUDWT6E/edit)
- Hoodies available:
  - Hoodies We Have Left
    - XS 1
    - S 8
    - L4
  - Above availability may change after releasing these minutes
- ASIST – December 9 and 10 Registration: [https://docs.google.com/forms/d/e/1FAIpQLSdJPYSrD0gQ1tGEOws-S2f6FjFoQ-YkRc8\\_Tc55A1noUuYrw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdJPYSrD0gQ1tGEOws-S2f6FjFoQ-YkRc8_Tc55A1noUuYrw/viewform)
  - 9 spots are remaining for next week's ASIST training on Dec. 9th and 10th! Please continue to share this important training with your network.
  - Request: Is there ASIST for older adults? (WET team will look into whether there are any population specific trainings; don't know of any at the moment)

Free  
Training  
Hosted by the  
Office of Diversity and Equity



## Applied Suicide Intervention Skills Training Learn the skills. Help save a life.

### ABOUT THIS TRAINING

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone. (\*14 CEs available, more information below)

#### Features:

- + Small group learning, including live instruction, audiovisuals and practice
- + Reliable, proven model
- + Direct talk about suicide

### WHO SHOULD ATTEND?

This training is open to all community members, age 16+, in San Mateo County. The following people/professionals often find ASIST useful:

- Counselors/Therapists
- Clergy/ Youth group leaders
- Healthcare workers
- Police and Firefighters
- Security guards
- Peer support workers
- School employees and volunteers
- Anyone who lends an ear to their friends, family and neighbors.

### Session Available:

December 9-10, 2024

Location: College of San Mateo  
(location updated)

Time: 8:30 AM - 4:30 PM  
In Person  
Must attend both days

### REGISTRATION INFORMATION

Pre-registration is REQUIRED and is limited to the first 30 registered participants for each session.

To access the registration page, you can either scan the QR code or visit:

<https://tinyurl.com/ASIST2425>



### Course Objectives:

- Participants should be able to:
  - 1) Identify the ways personal and societal attitudes affect views of suicide and interventions.
  - 2) Apply the ASIST intervention model to conduct a suicide intervention with practice scenarios
  - 3) Build a comprehensive safety plan for those with thoughts of suicide.
  - 4) Distinguish when someone needs more safety support

### About the Facilitators

**Melissa Pirwani, LCSW**, has been an ASIST trainer for the last 11 years and has trained over 1,000 Bay Area community members in suicide intervention skills. She works as a therapist in private practice and provides supervision for therapists-in-training at a local non-profit who work with youth in schools and those who need sliding-scale counseling services.

**Lizette Martinez, LCSW**, has been an ASIST trainer for 9 years and is passionate about helping people with thoughts of suicide and those who are in the aftermath of a death by suicide. She is a survivor of suicide loss and turned to this work originally to help with healing. She now works as a therapist in Berkeley high schools and with adults and teens in private practice in San Francisco. Prior to moving to the Bay Area from her native Los Angeles, Lizette spent 5 years working at the Suicide Prevention Center Crisis Line. During her tenure, she took over 5,000 calls in English and Spanish and trained hundreds of new counselors.



If you require accommodation for a disability, have any questions or concerns, or need instructions for addressing grievances, please contact the BHRS Workforce and Education Training Team  
BHRS-WorkforceDev@smcgov.org



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FY 23-24

## Training Agenda Day 1

8:00 AM-8:30 AM ..... Registration  
8:30 AM-12:30 PM ..... Training  
12:30 PM -1:30 PM ..... Lunch on your own  
1:30 PM - 4:15 PM ..... Training

## Day 2

8:30 AM-12:30 ..... Training  
12:30 PM-1:30 PM ..... Lunch on your own  
1:30 PM-4:15 PM ..... Training  
4:15 PM-4:30PM ..... Evaluations and Certificates

Breaks will be given at a time to be determined by the trainers.

Attendees spending excessive time out of the room or engaging in activities not associated with the training (as determined by the trainers) may not receive credit. No partial credit will be given.

### Continuing Education Information

The Behavioral Health and Recovery Services (BHRS) of San Mateo County maintains responsibility for this program/course and its content. This course is provided free of charge. The Behavioral Health and Recovery Services (BHRS) of San Mateo County is approved to provide the following:

[California Association of Marriage and Family Therapists \(CAMFT Provider # 128414 for 14 CE\)](#)

to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP which meets the qualifications for continuing education credit required by the [California Board of Behavioral Sciences](#).

[California Board of Registered Nursing](#); ( BRN Provider # CEP1405, for 14 Contact Hours)

to sponsor Continuing Education for Registered Nurses

[California Consortium of Addiction Programs and Professionals](#); (CCAPP Provider # 4C-06-400-1119 for 14 CEH's)

to sponsor Continuing Education Hours AOD Counselors

[California Association for Alcohol/Drug Educators \(CAADE Provider # CP40712AC0725 for 14 CEH\)](#)

to sponsor Continuing Education for AOD Counselors

### Course Completion Requirements

For those attendees that successfully complete the course and have completed the items below provided by the trainer at the end of the training, a certificate of completion will be provided at the conclusion of the course or within 30 days via email:

- BHRS Course Evaluation (All Attendees) Course
- Post Test (For attendees seeking CCAPP/CAADE CEH)



#### Looking for more courses?

Check out the BHRS Training Calendar for the latest updates from the Workforce, Education and Training Team!

### Training Grievance Policy

A participant has the right to seek support for a dispute or disagreement through the Workforce, Education and Training (WET) Department of Behavioral Health and Recovery Services (BHRS) of San Mateo's policies for filing complaints/grievances for visitors and employees. Participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training to the Training Director who will provide the complaint form.

All participant complaints/grievances should be in writing to:

Dr. Andrew Tardiff | Training Director  
Workforce, Education and Training (WET) Department  
310 Harbor Blvd., Building E | Belmont, CA 94002

Or by email to [BHRS-WorkforceDev@smcgov.org](mailto:BHRS-WorkforceDev@smcgov.org). Once a complaint or grievance has been submitted, a response can be expected no later than ten (10) business days. Upon receipt, the Training Director will conduct a formal review of the complaint/grievance and will attempt a timely resolution.

### Training Cancellation Policy

There is currently no charge for trainings for eligible participants. If a course must be cancelled, the course instructor and registrants are notified via email provided on LMS no later than a week in advance. In the event that an instructor has an emergency and must cancel a course with less than a week notice, we will notify participants immediately via email and include information regarding a rescheduled date. We request email notification 48 hours in advance of training date from participants whom cannot attend a course.

*The Workforce, Education and Training (WET) Department of Behavioral Health and Recovery Services (BHRS) of San Mateo County trainings are funded by the [California Mental Health Services Act](#), and provides education/training and workforce development opportunities to San Mateo County behavioral health staff, contractors, providers, clients/consumers, and family members.*

*Through system-wide training and workforce development initiatives, WET aims to create and sustain a diverse, culturally responsive, and clinically effective workforce that provides the best possible care for our communities. Please feel free to distribute training announcements to your BHRS Staff Member/BHRS Contracted Providers qualifying BHRS Community Based Organizations*



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- 988 Outreach Material: <https://orders.gpo.gov/SAMHSA988/Pubs.aspx>
  - Free to the public to order!



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