



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH & RECOVERY SERVICES**

# MINUTES

<b>SUICIDE PREVENTION COMMITTEE (SPC)   <a href="https://SMCHealth.org/SuicidePrevention">SMCHealth.org/SuicidePrevention</a></b>	
<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>

**DATE/TIME:** Tuesday, January 17, 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>	<i>Facilitator</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	Sylvia Tang
<b>2. 2023 SPC PRIORITIES SURVEY</b> <a href="https://forms.gle/Am1uBzuDaVii9rtw">https://forms.gle/Am1uBzuDaVii9rtw</a> << please complete by January 31 Estimated time for completion 15-30 minutes (closer to 30 minutes) Selecting strategies will impact the direction of suicide prevention committee for next year. -Informs workgroups. -Informs funding for future events/opportunities Sylvia will also submit high level death data from epidemiology to better inform decision making process and making selection of priorities. Not able to save forms, will need to be completed in one sitting. Sylvia will ask epidemiologists about COVID and drugs impacting suicide	1:45-2:15pm	Zena Andreani
<b>BRIEF BREAK – skipped; about 70% of SPC members voted to skip break</b>	2:15-2:20pm	Zena Andreani
<b>4. ANNOUNCEMENTS &amp; NEXT STEPS</b> <a href="#">February 2 3-4:30pm Mental Health Services Act (MHSA) Steering Committee Meeting</a>	2:20-3:00pm	Sylvia Tang

Next Meeting: **Tuesday, February 7 1:30-3:00pm |**  
**Suicide Data Presentation by SMC Office of Epidemiology and Evaluation**  
[2023 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 1-800-273-8255) or text "BAY" to 741741 (or text 988)

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

MHSA Steering Committee meetings are open to the public to provide input, make recommendations and stay up-to-date on all things MHSA. Join us on February 2, 2023, 3-4:30pm to provide input on priority strategies to address behavioral health needs and on one-time available funds. View the meeting flyer for more information  
Zoom Meeting: <https://us02web.zoom.us/j/89224214146>

**Saturday, February 4 10am-2pm Transition to Independence Fair**  
El Camino High School, South San Francisco  
The Annual San Mateo County Resource Fair for Individuals with Disabilities  
<https://www.smctransitionfair.org/>

**Mental Health Services (MHSA) Act 3 Year Planning Activities**

The MHSA 3-Year planning process helps us prioritize MHSA areas of investment in mental health and substance use services, programming, infrastructure, including workforce strategies, over the next three years. There are a number of activities happening related to the MHSA 3-Year Planning, including the Community Needs Survey, Community Input Sessions and Facilitator Training.

**1. Community Needs Survey**

We want to hear from you! Help inform what mental health and substance use services are funded by the Mental Health Services Act (MHSA) in San Mateo County over the next 3 years. Please take the survey below and share your challenges and concerns regarding mental health and substance use in your community.

- English: <https://www.surveymonkey.com/r/MHSANeeds>
- Spanish: <https://www.surveymonkey.com/r/MHSANeedsSp>
- Chinese: <https://www.surveymonkey.com/r/MHSANeedsCH>

**2. Community Input Sessions – starting February 2023**

Community Input Sessions will be focused on brainstorming solutions (services, programs, etc.) for the identified community needs per the survey. Community Input Sessions begin in February and are hosted at various meetings including HEI’s, regional collaboratives, and committees, we will publish a list of opportunities to participate soon on the MHSA website, [www.smchealth.org/MHSA](http://www.smchealth.org/MHSA), under the “Announcements – Latest News” tab.

**3. Facilitator Training – Wednesday, January 25, 2023 / 3:00 pm – 4:30 pm (virtual)**

If you are a part of a community group (support group, church group, parent group, etc.) and you want to facilitate a Community Input Session with them... this training is for you, flyers attached and linked here: [English](#), [Spanish](#), [Chinese](#). During the Facilitator Training you will learn about the MHSA 3-Year planning

process, receive tools to facilitate at least one community input session and increase your confidence as a facilitator. Stipends are available for clients and family members. See the flyers () for more details.

**Saturday, February 11 | San Mateo African American Community Initiative Presents A Black History Month Celebration**

In-Person/Virtual Experiences

In-Person: Cooley Landing Center, 2100 Bay Rd, East Palo Alto, CA 94303;

Lunch will be provided

Scheduled Presentations and Activities: Black Mental Health | COVID-19 and Health Care in the Black Community | Raffle Prizes | Live Musical Performances | Poetry

<https://lp.constantcontactpages.com/cu/gaWjoF5>

**Tuesdays, February 14 – April 4 | 2023 - Matter of Balance (M.O.B.) - Fall Prevention**

Day: Tuesdays (Classes are once a week for 8 weeks for 2 hours each.)

Dates: February 14, 21, 28 | March 7, 14, 21, 28 | April 4

Time: 10am – Noon

Location: Dignity Health Sequoia Hospital  
Health & Wellness Center

749 Brewster Ave, Redwood City

<https://www.dignityhealth.org/bayarea/locations/sequoia/classes-and-events/katz-cancer-resource-center>

**Tuesdays, February 16 – March 23 | Diabetes/Prediabetes Self-Management Workshop Series**

Dates: Thursday, February 16, 23 March 2, 9, 16, 23

Time: 10 am to noon

Location: Sequoia Hospital Health & Wellness Center  
749 Brewster Avenue, Redwood City, CA 94063

To register, call (650) 367-5101.

Receive a \$10 Target gift card when you complete the program

<https://www.dignityhealth.org/content/dam/dignity-health/bay-area/pdfs/misc/Sequoia-Diabetes-DEEP-2023.pdf>

**Short Video: AMELIA NOOR OSHIRO SCHOLAR ACTIVIST & SUICIDE ATTEMPT SURVIVOR**

Amelia Noor-Oshiro is a Muslim woman, educator, activist and suicide survivor. Through her advocacy work, she is using science and research to help others who are experiencing suicidal thoughts. Noor-Oshiro shares her Brief But Spectacular take on cross-cultural suicide prevention research. <https://www.pbs.org/newshour/brief>