



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

MINUTES

SUICIDE PREVENTION COMMITTEE (SPC) SMCHealth.org/SuicidePrevention	
SPC MISSION	To provide oversight and direction of suicide prevention efforts in San Mateo County.
SPC STRATEGY	Suicide Prevention Roadmap 2021-2026
TOP 2023 PRIORITY	GOAL 2: Increase Development and Coordination of Suicide Prevention Resources (see page 26 of above Roadmap)

DATE/TIME: Tuesday, October 3 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>
1. WELCOME <ul style="list-style-type: none"> • Stipends Available for Clients, Consumers & Family Members • Please Type in Chat Window: Name, Pronouns, Affiliation(s) 	1:30-1:45pm (15 minutes)
2. SUICIDE PREVENTION MONTH DEBRIEF <ul style="list-style-type: none"> • Recap • Logic Model <ul style="list-style-type: none"> ○ Sylvia working on gathering data based on logic model measures of success ○ Measures of success will be included in annual Mental Health Services Act Report for 2023-2024 fiscal year ○ Logic Model: https://www.smchealth.org/sites/main/files/file-attachments/2023_spm_logic_model.pdf • Partnerships <ul style="list-style-type: none"> ○ Voices of Recovery - first time collaborated on Recovery Month ○ Mayors Mental Health Initiative – 19 out of 20 cities proclaimed the month and cities also are scheduling trainings ○ Libraries <ul style="list-style-type: none"> ▪ Over 100 staff trained in Mental Health First Aid (MHFA) ▪ 3 Librarians certified to teach MHFA ▪ Be Sensitive Be Brave trainings also offered 	1:45-2:15pm (30 minutes)

Next Meeting: **Tuesday, November 7 1:30-3:00pm | Zoom**
Coroner’s Office Annual Presentation
[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 text “BAY” to 741741 (or text 988)

Questions/suggestions? SPC Co-Chairs Sylvia Tang, She/Her (Email stang@smcgov.org or Call/Text 650-208-5799)

- Media
 - August 12 - <https://www.kron4.com/news/bay-area/san-mateo-county-libraries-offer-mental-health-training/>
 - August 25 - https://www.smdailyjournal.com/opinion/columnists/reporting-on-caltrain-deaths/article_bbbf33fe-42e3-11ee-b142-07f692aa176b.html
 - September 11 - <https://www.smcgov.org/ceo/news/share-hope-together-campaign-aims-prevent-suicide-through-community-connections>
 - September 14 - <http://www.chineseradio.com/main/songs/mdaily07/?fbclid=IwAR2y3PjC-bppF-9llqThqRbOeWDTSKbIDF7wmo-CvF8k0QN2Kw3Qq1rZXIs>
 - September 15 - <https://www.smcgov.org/ceo/news/be-sensitive-be-brave-suicide-prevention-sign-free-workshops>
 - September 19 - https://www.smdailyjournal.com/news/local/workshops-to-address-mental-health-help-in-san-mateo-county/article_6ee99ca4-5698-11ee-82ac-5fb5c5887886.html
- What I Wish My Parents Knew Event
 - “The youth (and Sylvia) did amazing! Congrats on a great turnout and powerful content 🌟 Really helps reduce stigma and raise awareness about the importance of mental health conversations among youth, parents, and the community”
 - “Also a nice touch to have a counselor on site, in case anyone in the audience wanted to talk to someone :)”
 - Potential Partners for event focused on Spanish speaking families: Latino Collaborative, Star Vista Health Ambassador Youth, School District (Wellness Coordinator)
 - More information on model at <https://emresourcecenter.org/resources/what-i-wish-my-parents-knew-step-step-guide-implement-suicide-prevention-and-mental>
- Outreach
 - Promoting crisis number so that community members can memorize and remember
 - <https://sanmateocrisis.org/>
 - In crisis or need support in San Mateo County?
 - 24/7 Crisis Hotline: 650-579-0350
- Spanish Speaking
 - Latino Collaborative is currently working with San Mateo High School for Sana Sana event so that might be a potential connection

- Locations
 - Hospital
 - Clinic Setting
 - Where people can have transportation
- Printed Materials
 - Distribute in various threshold languages, including English, Spanish and Chinese
- Communities of Color
 - Asian
 - Spanish speaking
- Data
 - Youth – shown as high risk group based on suicide attempt data
 - Older Adults – shown as high risk group based on suicide death data
 - Latest Death Data:
 - https://www.smchealth.org/sites/main/files/file-attachments/spc_presentation_2-7-23_004.pdf
 - Latest Hospitalization/Emergency Department Visits due to Self Harm (Proxy for Suicide Attempts):
 - https://www.smchealth.org/sites/main/files/file-attachments/phpp_suicide_prevention_committee_presentation_20230404_004.pdf

3. CORONER'S OFFICE PRESENTATION PREP

- What questions or requests do you have for the Coroner's Office presentation on Tuesday, November 7?
- Coroner's Office Presentation Request
 - Partnerships/collaborations - interdepartmental or external
 - Resources they share
 - Do they work with Star Vista?
 - Do they connect with Behavioral Health Clinicians?
 - Ways they categorize data – age, ethnicity, language, born inside/outside United States, method of death
- Additional Discussion About Data and Data Informed Work
 - Ligature
 - Lethal means restriction
 - Latest death data:
 - Latest attempt (or hospitalization and emergency room visit for self harm data):
 - Sylvia – Add to next data request for military status and method of death within each age group (including youth)

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

4. ANNOUNCEMENTS & NEXT STEPS

- **Friday, October 6**
 - **Diversity Equity Council Meeting (Zoom)**
 - **Chinese Health Initiative Meeting (Zoom)** – featuring Chinese Hospital
 - More details on when all Health Equity Initiatives meet at <https://www.smchealth.org/health-equity-initiatives>. This website has the meeting schedule at chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.smchealth.org/sites/main/files/file-attachments/hei_meeting_schedule_final_7.pdf?1686942059
- **Tuesday, October 10**
 - **National Day of Prayer (San Mateo County Center, Redwood City)**
 - <https://smcbhrsblog.org/2023/08/30/10-10-national-day-of-prayer-serenity-for-behavioral-health-understanding/>
- **Thursday, October 12**
 - **Star Vista's Changing Lives Annual Fundraiser Event (Skyline College, San Bruno)**
 - <https://star-vista.org/changing-lives/>
- **Wednesday, October 18 (and monthly)**
 - **Our monthly Adult Recovery meeting. This is a hybrid session from 10:30-11:30am.**
 - It is the 3rd Wednesday of the month at 10:30a.m.-11:30a.m. On site OR Via Zoom ;)
 - In-person location: 2000 Alameda De Las Pulgas, 2nd Floor, Suite 201, San Mateo, CA 94403
 - Zoom Link: <https://smcgov.zoom.us/j/98391613998>
- **Saturday, November 4**
 - **Sana Sana Colita Rana 10th Annual Latino/a/x Health Forum (South San Francisco High School)**
 - <https://www.smchealth.org/2023sanasana>
- **Pacific Islander Suicide Prevention Resource Cards**
 - Are you interested in our updated Pacific Islander Suicide Prevention cards?
 - These cards were developed by the Pacific Islander Initiative (PII). To learn more about PII, visit SMCHHealth.org/pacific-islander-initiative.
 - If you are interested in having the cards delivered, please email Kristie Lui (she/her) at KFLui@smcgov.org.
- **Health Ambassador Youth/Youth Development Initiatives**
 - If you would like to reach our HAP-Y/YDI program, please contact Michelle Woo, Director @ michelle.woo.@star-vista.org

2:45-3:00pm
(15 minutes)

- **Project Safety Net**

- www.psn youth.org Mary@psnyouth.org 650-460-8304 (direct line)

- **Commission on Aging Meeting**

- Cristina Ugaitafa cugaitafa@smcgov.org or 650-713-8447 for information about the Commission on Aging meeting.

- **Request for Proposal: Aging and Adult Services Health Promotion**

- Aging and Adult Services RFP for Health Promotion is on Public Purchase here:
<https://www.publicpurchase.com/gems/login/login?dst=%2Fbid%2FbidView%3FbidId%3D178614>
 - RFP at <https://www.smchealth.org/services-aging-and-adul> .
 - RFP is focused on an evidence-based program that would address behavioral health in older adults.
-