

**Suicide Prevention Program
Intervention Workgroup Meeting Notes 9/13/2017**

This meeting focused on the suicide prevention work plan for Fiscal Year 2018 (July 2017-June 2018). Workgroup members voted on priority areas of the work plan to focus on for the next year.

Announcements/Suicide Prevention Awareness Week Updates

- CIT training: SP program trained over 100 officers in QPR
- Launch of the new training, Suicide to Hope
- Partnered with Law Enforcement Liaison, John Costa on outreaching to Lokey Firearms in Morgan Hill.

Workplan 2018 (see attached)

1.) Strategic Planning

a.) Prioritize populations and cities for current work using best available data

b.) Lay groundwork to update county SP strategic plan and identify new strategies/interventions for SP program (Santa Clara County Suicide Prevention Strategic Plan and 2016 annual report is attached).

- This involves reviewing the program's current work against recommended frameworks.
- Conducting stakeholder interviews to see what has been done so far and what could be added.
- The Intervention workgroup will be involved in strategic planning work (participating in interviews, providing recommendations to SPOC, etc.)

c.) Support and align SP strategic planning in high-burden areas for youth suicides in follow up to Epi-Aid.

Graph: Suicide Rate per 100,000 by City, 2009-2013 (see slide 9).

- Los Gatos is the city with the highest rate of suicide.
- Workgroup members shared a common interest in understanding the communities in Los Gatos, the demographics, means of suicide, and age ranges of those that died by suicide.
- San Jose has the highest percentage of suicide deaths because of the size of the population.
- The next step should involve understanding what suicide prevention resources are available at the city level and how to better target our services.
- We know that Palo Alto and Morgan Hill have the highest rate of youth suicides in Santa Clara County.
 - South County United for Health Leadership, a community collaborative in South County will be developing workgroup focused on suicide prevention (across the lifespan) in South County, in follow-up to the Epi-Aid.

- Mego Lien will reach out to South County United for Health Leadership Team co-chairs workgroup membership from Saint Mary Parish and St. Catherine of Alexandria (requested by Barbara Zahner). There is also interest in working with Catholic schools in Santa Clara County around stigma reduction of mental illness and suicide.

2.) Interventions

a.) Support County schools districts in strengthening/implementing suicide crisis response and prevention systems in schools.

- SP has a contract with Shashank Joshi, MD, Director of School Mental Health Services at Stanford University that will involve providing suicide prevention technical assistance and support with prevention, intervention, and postvention to schools who need assistance. Dr. Joshi and his team will also be providing trainings and consultation to schools.
- A potential project of this contract will include creating a network of crisis response teams at schools, in alignment with AB2246 policy requirements.

b.) Strengthen and systematize County response to suicide deaths.

- In the past, SP would send letters of support to institutions and organizations as a result of a suicide loss.
- The next step in strengthening this response should include identifying and connecting with these institutions and organizations.
- Suicide and Crisis staff have an established partnership with the VMC emergency department to follow up and check-in with patients to have been admitted for suicide attempts. Volunteers have been successful in reaching out to patients and providing care and support (all volunteers are HIPPA trained).

c.) Improve media reporting on suicide in alignment with best practices.

- There is program interest in reviving media trainings (media refers to both online and hardcopy publications).
- SP program staff have met with the HHS Information Officer regarding strategies on how to engage the media.
 - Potential ideas include: creating a press packet with best practices, one-on-one meetings with editors

3.) Trainings

a.) Increase awareness about warning signs, mental wellness, and resources and increase willingness and self-capacity to intervene among youth and youth-serving adults.

- Conduct a mapping of trainings for youth by school districts to identify gaps
- Continue partnership with County Office of Education.
- Expand gatekeeper trainings to parents and youth, through schools
- Expand SP program training capacity by identifying and reviewing online trainings; train 30 new instructors in Youth Mental Health First Aid
- Potentially partnering with Facebook or other tech companies.

b.) Improve training content and offerings: strengthen cultural competency of trainings and review/evaluate various gatekeeper trainings.

- Conduct review of offered trainings for cultural competency, purpose and effectiveness. Working with Joyce Chu, PhD from Palo Alto University on this effort.
- Identify and review new trainings not currently being offered, especially online trainings.
- Create recommendations to improve cultural competency of trainings for SP
- Potentially conduct 6-month follow-up evaluations of trainings offered.
- Law Enforcement Liaison, John Costa is interested in meeting with SP staff to go over and review suicide prevention training material presented to law enforcement across the county (are messages coherent and aligned?)

4.) Outreach

a.) Increase awareness about warning signs, mental wellness, and resources among caregivers, youth-serving adults, and youth, in areas with high youth suicide rates.

- Expand outreach to local universities. SP regularly tables at Martin Luther King Library at San Jose State University. Workgroup members suggested changing outreach location to the Student Center to attract more student engagement.
- Expand outreach to junior colleges in South County, for example Gavalan College.
- Outreaching to youth and young-adults also involves strategizing different ways to target the young adult population not in school. Potential sites would include: music festivals, concerts etc.
- Outreach to LGBTQ community: partnered with LGBTQ wellness.

b.) Initiate outreach to CBO's and agencies serving middle-aged populations, to increase awareness about warning signs and mental wellness, SP program resources, and initiate partnerships.

- Create a database of agencies that work with this age group so we can work in partnership.
- John Costa suggested using the Santa Clara County Resource guide as a starting point (see attached).
- Potential partner CBOs would include: agencies that work with domestic violence clients, reaching out hairdressers, outreaching to companies about offering QPR as part of the on-boarding process.

c.) Initiate outreach to CBOs and agencies serving elderly populations, to increase awareness about warning signs and mental wellness, SP program and resources and initiate partnerships.

- Pilot Community Conversations, a SAMHSA curriculum, with the objective of destigmatizing mental illness and suicide.
 - Potential locations would include: senior centers, assisted living, retirement homes, with the goal of integrating Community Conversation to an existing structure of programs.
 - Facilitating Community Conversations with the older adult population will allow us to get a better understanding of the needs of this community.

- Partner with Maria Fuentes and her story telling group

d.) Gain better understanding about firearm safety and restriction and pilot activities.

- Partnered with John Costa, Law Enforcement Liaison on outreaching to Lokey Firearms in Morgan Hill. Morgan Hill has the high rate of suicide by firearms
 - This has been the first step in our means restriction plan with possibly partnering with the police department in the future. For now, continuing outreach to gun-shops is the first step

e.) Build up group of volunteers/survivors to participate in SP activities and advocacy.

- SP staff will be creating a database of volunteers to help with outreach and training efforts.
- Depending on the number of volunteers, SP staff will work on creating a volunteer training program