

Intervention Workgroup Meeting Notes 1.10.18

Review/progress update on postvention/bereavement support (see attached slides).

- Workgroup members are interested in progress updates related to workplan activities categorized under interventions. SP has launched a newsletter that will regularly cover program updates related to intervention strategies and other program areas.
- NAMI is looking to expand the **Warm Line service**. **Action item:** SP staff to set up a meeting with Toni, Vic, Lan and Kathy Forward to discuss how this service can support postvention calls.
- **Action item:** review copy of the letter sent from Coroner's office (Vic may have a copy).
- **West Valley College response to suicide deaths:** President's office and admissions are notified to close student records. Administration waits until further notice from family to share information about the death, to faculty, students and other programs the student was a part of.

AFSP Presentation: Research, best practices and lessons learned in postvention/suicide loss survivor support (see attached slides).

- Most effective postvention response has been providing a variety of resources.
- **Survivor outreach program:** peer support volunteers will only reach out AFTER survivor has contacted AFSP: one time visit, provide resources and support.
- **Feedback on County's postvention plan:** caller must explain affiliation with the County and Coroner's office, and explain that the call is in follow-up to the letter.
- **Action item:** Follow up with Ryan about **Suicide Bereavement Clinician Training:** one-day workshop that provides a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed.
- **Action item:** Follow up with Ryan about advertising **Facilitating a Suicide Bereavement Support Group training: January 19-20, 2018 training in Sacramento:** a two-day training to create and facilitate a community support group for suicide loss survivors in the aftermath of a suicide.

Review of Materials drafted for survivor support

Talking points (edits/recommendations in red)

What to keep in mind before the call:

- *Be aware that the loss survivor may be suicidal, be prepared to make a referral to SACS.*
- *Prepare for a long conversation, but each case will be different.*
- *Always make sure to give the loss survivor "an out", for example "what I'm bringing up now may be more and more difficult for you."*

Talking points for grief calls (draft provided by Karin Nersesova, Veterans' Affairs)

- Identify yourself and organization you are calling from and ask if you could talk with them. **Mention connection to County and Coroner's Office, follow-up on the letter and mention the County's Survivor of Suicide Loss Support Group (SOS). Approach the call from the "sudden loss" point of view.**
- Don't identify death as a suicide right away (usually say "passed away") because you are not sure what the family's beliefs are. Use the language they use

- Offer condolences. **Acknowledge the shock and pain they are going through, what a difficult time it must be, make sure to incorporate empathy.**
- Make sure to use non-stigmatizing language “died by suicide” vs. “committed suicide”
- Don’t say “I know how you feel” because everyone experiences grief differently
- Offer resources. **Say, “If you ever feel like you may need resources”, give them information on how they can contact you (make it an open door conversation).**
- Ask if there were any related community institutions that we may also offer support to – school, work, faith-based – and take down contact information, if possible. **Provide the reason as to why you are interested in related community institutions.**
- Ask if they need anything else. **Loss survivors may not know what they actually need. Simply let them know how they can get in contact with you.**

Action item: draft a more flushed out script based on suggestions in red.

Santa Clara County grief support list:

- Establish and develop a plan of how to identify faith-based support groups for suicide loss survivors that are not advertised.
- Develop a variety of postvention resources, in addition to support groups, such as: book recommendations, Survivor-Day films etc.
- **Action item:** Identify community organizations that have grief support counselors in schools and add to the resource list.

Postvention resources shared during the meeting:

- After A Parent’s Suicide: Helping Children Heal by Margo Requarth
- After Suicide Loss: Coping with your Grief by Jack Jordan and Bob Baugher
- AFSP: Children, Teens and Suicide Loss
- SAMHSA: A Journey toward Help and Hope (for attempt survivors)

Name	Agency
Zinat Mohamed	Suicide Prevention
Mego Lien	Suicide Prevention
Evelyn Quintanilla	Suicide Prevention
Linda Lenoir	HEARD Alliance
Ryan Ayers	American Foundation for Suicide Prevention (AFSP)
Kris Bifulco	Family Children Services (FCS)
Lauren Olaiz	El Camino Hospital
Mary Ojakian	AFSP
Vic Ojakian	Behavioral Health Board (BHB)
John Costa	Law Enforcement Liaison
Chris Miller	Diocese of San Jose
Lan Nguyen	SACS
Fabian Castaneda	School Linked Services (SLS)
Mary Gloner	Project Safety Net
Christine Wang	Children’s Health Council
George Mageles	West Valley College Student Health Center