

SEPTEMBER 19 2023 PEER COUNCIL MINUTES

42 participants

- **Welcome**
 - Suicide Prevention Month
- **Review of Meeting Summary**
- **Peer Council Minutes and Updates**
 - Potential in person peer council meeting this February
 - Interested in sharing your organization with the Peer Council or in a Town Hall?
 - [Peer Council Guest Speaker Interest Form](#)
 - Combined Council meeting on October 16th
- **Press Conference Feature**
 - Faeth Jackson from NAMI San Diego's Community Advocacy Team presented at the Suicide Prevention Council's Press Conference
 - [Full livestream of the Suicide Prevention Council Press Conference](#)
- **SPC/Suicide Prevention Presentation** presented by Linda Puebla (Suicide Prevention Program Manager)
 - Community Health Improvement Partners
 - Established in 1995, Community Health Improvement Partners (CHIP) has been a leader in innovative, collaborative solutions to address critical community health issues in the San Diego region. The mission of CHIP is to advance long-term solutions to priority health needs through collaboration and community engagement.
 - San Diego County Suicide Prevention Council
 - The San Diego County Suicide Prevention Council (SPC) is a collaborative community-wide effort. Their mission is to prevent suicides and its devastating consequences in San Diego County. Through various efforts, they are reaching out in the community to raise awareness about suicide prevention and empowering every person to be part of the solution.
 - SPC Background
 - Community Health Improvement Partners (CHIP) whose mission is to advance long-term sustainable solutions to priority health needs through collaboration, advocacy and community engagement. CHIP initiated an unfunded Suicide Prevention Work Team back in 1999 and maintained it for more than a decade.
 - In 2010, County of San Diego Health and Human Services Agency (HHSA) contracted with CHIP to facilitate the creation of a countywide Suicide Prevention Action Plan (SPAP) to be led by a Suicide Prevention Action Plain Committee (SPAPC)
 - In 2011, the Action Plan was finalized and the SPAPC turned into what is now known as the **San Diego County Suicide Prevention Council**

(SPC) and we help guide the implementation of the SPAP and its ongoing efforts for stigma-reduction associated with mental health and suicide challenges

- In 2016, HHS contracted again with CHIP to continue to facilitate the SPC and update the SPAP. Following an intensive community engagement process involving more than 650 stakeholders, the **SPAP Update** was published in May 2018. Currently the SPC is implementing the updated action plan.
- In 2022, CHIP was awarded by HHS to continue to facilitate the SPC and update the SPAP 2018. The SPAP Update 2023 will be published following an intensive community engagement process.
- Suicide in the United States
 - Scope of the Issue
 - Suicide is the **12th** leading cause of death in the US. In 2020, over **45,900** Americans died by suicide.
 - Men are **4 times** more likely to die by suicide. Women are **3 times** more likely to attempt suicide.
 - There are nearly **2 times** as many suicides (45,979) in the US as there are homicides (24,576) (based on 2020 numbers).
 - For every **1** death by suicide, there are approximately **6** immediate relatives affected.
- Suicide in San Diego County
 - San Diego County Suicides (2021)
 - Total Number of Suicides (most recent data available):
 - 419 Suicides
 - Decrease from 2019 (429 Suicides)
 - Gender
 - 325 Males
 - 89 Females
 - 5 Unknown
 - Age Range
 - 10 to 96 years old
 - San Diego County Suicide Rates by Age & Sex 2021
 - Male: 10 (ages 15-19) 13 (ages 20-24) 20 (ages 25-44) 19 (ages 45-64) 25 (ages 65-74) and 42 (ages 75+)
 - Female: 6 (ages 25-44) 8 (ages 45-64) 8 (ages 65-74) and 9 (ages 75+)
 - San Diego County Suicide Rates by Race/Ethnicity in 2021
 - Asian/Pacific Islander: 9 (ages 25-44) and 4 (ages 45-64)
 - Black/African American: 10 (ages 25-44) 12 (ages 45-64)
 - Hispanic: 8 (ages-20-24) 10 (ages 25-44) 5 (ages 45-64) and 10 (ages 65-74)
 - White 11 (ages 15-19) 7 (ages 20-24) 18 (ages 25-44) 21 (ages 45-64) 22 (ages 65-74) and 32 (ages 75+)

- What is SPC and how is the work guided?
 - When does SPC meet
 - SPC has monthly meetings on the fourth Tuesday of every month from 10:00am-11:30am on Zoom
 - Open for all to attend
 - Includes council updates, spotlight presentations, networking
 - Next meeting is Tuesday September 26, 2023 at 10:00am
 - San Diego County Suicide Prevention Action Plan (SPAP) Update 2018
 - Builds upon report infrastructure developed in 2011
 - Informed by comprehensive and ongoing community engagement
 - Incorporates a research-based strategy framework
 - Offers a user-friendly modular design
 - Suicide Prevention Action Plan Strategies
 - Integrate & coordinate Activities
 - Media & Communications Campaigns
 - Outreach for Coping & Connectedness
 - Community Programming
 - Means Reduction
 - Frontline & Gatekeeper Training
 - Healthcare Coordination Capacity
 - Clinical Assessment & Treatment
 - Postvention Services
 - [San Diego County Suicide Prevention Action Plan Update 2018](#)
- What does SPC do for the Community?
 - Key Accomplishments
 - The SPC has over 75 partner organizations that actively participate in their efforts.
 - Over 23,000 community providers and residents trained in Question, Persuade, Refer (QPR)
 - The SPC releases an Annual report to the Community which monitors suicide rates in the County, addresses stigma related to mental health + suicide, and tracks help-seeking behaviors.
 - Subcommittees
 - Assessment & Evaluation
 - Development of annual Report Card & annual Report to the Community
 - Tracking of 6 indicators
 - Annual press conference
 - Evaluation of SPAP 2018 Update Efforts
 - Faith Organization Outreach
 - Addressing connection between faith, spirituality, suicide prevention, and mental health
 - Faith-based leaders, people of faith mental health professional

- Annual Faith Breakfast event
- Media
 - Working with media outlets and PIOs
 - Media response plans
 - Safe messaging guidelines and subject matter experts
 - Trainings & presentations
- Higher Education
 - San Diego colleges & universities
 - Monthly conference calls & webinar meetings
 - Campus Plunge
 - Out of the Darkness Walk
- Schools Collaborative (K-12)
 - SPC suicide prevention support resources
 - School support for suicide prevention. Local & statewide efforts
 - Training opportunities for staff, educators, students, parents
 - Youth engagement
- Means Reduction
 - Means Reduction Strategy
 - Educating on reducing and restricting access to lethal means of suicide:
 - Firearms
 - Coronado Bridge/Jumping
 - Drugs & Alcohol
- Priority Populations & Communities
 - *The PPC Subcommittee aims to elevate the experiences and needs of priority populations that are at higher risk of suicide and break down barriers that contribute to suicide by providing prevention through education. Current activities include:*
 - Development of resource guides for priority populations
 - Priority population presentations
 - Upcoming speaker's bureau
- Postvention
 - Postvention Service Strategies
 - Education on postvention from survivors of suicide loss and providers
 - Working with loss survivors, workplaces on postvention efforts
- Training & Educating (Ad-Hoc)
- Helpline Collaborative (Ad-Hoc)
 - Trainings

- San Diego Access and Crisis Line
 - 888-724-7240
 - Provides 7-day, 24 hour access. Serves as a suicide prevention/intervention hotline. It provides mental health crisis intervention, information and referral to mental health services in San Diego County and in various languages.
 - It's Up to Us
 - Information and resources to talk openly about mental illness, recognize symptoms, utilize local resources and seek help
 - <https://www.up2sd.org/>
 - San Diego County Prevention Council
 - Trainings, Information Education and Events
 - <https://www.sdchip.org>
 - 2-1-1
 - Connects people with community, health and disaster services through stigma-free phone service and searchable online database
- Q&A
 - Question: I think the number for suicide deaths might be even higher due to the fact that a note needs to be left in order to qualify as death by suicide.
 - *Answer: You are right and that's why it takes so long to get this information from the county. There could be more deaths that are suicides that aren't counted due to the criteria needed for documentation.*
 - Question: Do we have any data on reasons for suicide?
 - *Answer: No we don't. The reason for suicide is a complex issue so it's hard to express that data.*
- **NAMI San Diego's Community Advocacy Trainings**
 - NAMI National's SMARTS for Advocacy is an interactive training certification program that transforms passion and lived experience into skillful grassroots advocacy.
 - It is open to those new to advocacy and those who have been amplifying voices for years.
 - Completion certificates are achieved.
 - After the completion of the base module, "Telling Your Story", advocates will be able to share their stories with the local community and policymakers.
 - Every month, a community advocate will share their story with the Peer Council
 - Next Training Dates:
 - Telling Your Story Trainings
 - October 5th 12-2 PM
 - October 24th 2-4 PM

- Reimagining Crisis Response Trainings
 - October 19th 10AM-12PM
 - October 26th 2-4PM
- [Community Advocacy Training Interest Form](#)
- Community Advocate of the Month:
 - Renee Reynolds-Homeless Outreach worker, Case Manager, and Peer Support Specialist at TURN BHS North Inland Mental Health.
- **Community Updates Feedback Forms, Applications, Conclusion** (Sten Walker)
 - Community Partner Updates
 - Feedback for what you would like to see
 - Segment suggestions
 - Constituency suggestions
 - Any suggestions!
 - Thank you, and we look forward to hearing more from you next month

**Next Council Meeting:
To Be Announced**