



Striving for Zero

Striving for Zero Learning Collaborative
Engaging & Sustaining Coalitions— October 11, 2023

Welcome!

Please add your county name to your display name and introduce yourself in the chat.

We will share the slides and recording with you.

Striving for Zero Learning Collaborative

Advance local strategic planning and implementation and alignment with strategic aims, goals and objectives set forth in California's Strategic Plan for Suicide Prevention



Builds on a previous Learning Collaborative offered by the California Mental Health Services Authority

Find the Plan here: <https://mhsoac.ca.gov/what-we-do/projects/suicide-prevention/final-report>

The report cover features a green ribbon graphic on the left. The title 'Advancing Strategic Planning for Suicide Prevention in California' is in white on a dark green background, with the subtitle 'Fiscal Years 2018-2020' below it. The main body is white with a green header and footer. A central circular diagram shows six steps of strategic planning. A testimonial box on the right contains a quote from Toby Cuevin, Nevada County Public Health. The footer includes logos for Each Mind Matters, the Learning Collaborative, and Your Social Marketer, Inc.

Advancing Strategic Planning for Suicide Prevention in California
Fiscal Years 2018-2020

Outcomes from the Each Mind Matters Learning Collaborative with County Behavioral Health Agencies and their Community Partners

The Suicide Prevention Learning Collaborative was formed in the fall of 2018 to provide Each Mind Matters (CaIMHSA) member counties with technical assistance as they embarked on developing or updating a suicide prevention strategic plan and creating or enhancing an existing coalition to inform suicide prevention efforts. The Learning Collaborative promotes sharing of knowledge and experience, and provides resources, information and steps needed to develop a suicide prevention strategic plan.

Steps of Strategic Planning

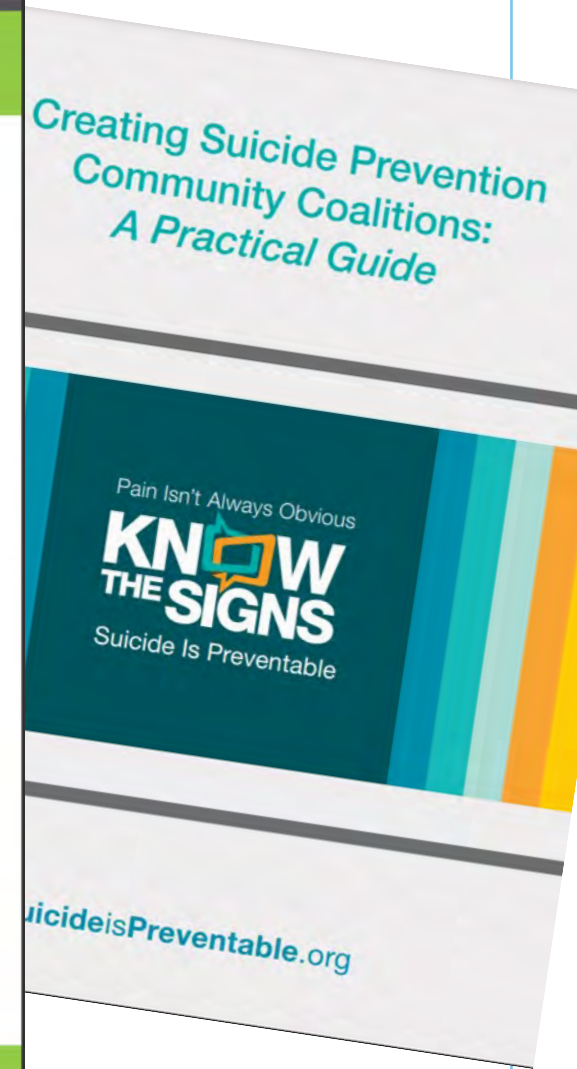
- step 1 Describe the Problem
- step 2 Choose Long Term Goals
- step 3 Identify Risk and Protective Factors
- step 4 Select or Develop Interventions
- step 5 Plan the Evaluation
- step 6 Implement, Evaluate, Improve

Strategic Planning Framework

The Learning Collaborative utilized a public health approach to suicide prevention. This approach emphasizes preventing problems from occurring or recurring (not just treating problems that have already occurred); focusing on whole populations rather than individuals; and addressing health disparities and access.

It's been very helpful to have one-on-one support on a monthly basis, including technical assistance, resource sharing and someone to bounce ideas off of. The Learning Collaborative webinars have been helpful and I found the retreat in December 2019 to be very helpful in learning about best practices.
— Toby Cuevin, Nevada County Public Health

EachMind MATTERS
The Learning Collaborative was designed and implemented by the Each Mind Matters Technical Assistance Team administered by Your Social Marketer, Inc.
Your Social Marketer, Inc.



Striving for Zero Learning Collaborative Resource Page

The screenshot displays the MHSOAC website interface. At the top, there is a dark blue navigation bar with the MHSOAC logo, social media icons, and links for 'About', 'FAQ', 'Contact Us', 'Settings', and 'In Crisis?'. Below this is a white header with the MHSOAC logo and a search bar. The main content area is divided into two columns. The left column features a large image of a man speaking, with a blue overlay containing the text 'Strategic Planning Learning Collaborative: Modules and Resources' and 'Striving for Zero Suicide Prevention'. Below this image is a paragraph of text describing the collaborative's purpose and a link to 'contact us'. The right column contains the main article content, starting with the title 'Learning Collaborative Modules and Hand-Outs' and a sub-section 'Framework for Suicide Prevention Strategic Planning and Collaborative Meetings'. This section includes a 'Kick-Off Meeting' (May 25, 2021) and a 'Collaborative Meeting #2' (September 22, 2021), each with a brief description and links to recordings and slides. Below these are sections for 'Describing the Problem of Suicide Modules (June and July 2021)', including 'Online Module #1: Describing the Problem of Suicide Prevention Part 1 - Suicide Deaths and Suicide Attempt Data' and 'Online Module #2: Describing the Problem of Suicide Prevention Part 2 - Suicide Ideation, Help-Seeking, Protective and Risk Factors'. A 'Contact Us' button is visible on the right side of the page. At the bottom, a Windows taskbar shows the time as 8:38 AM on 10/20/2021.

<https://mhsoc.ca.gov/initiatives/suicide-prevention/collaborative/>

Steps of Strategic Planning

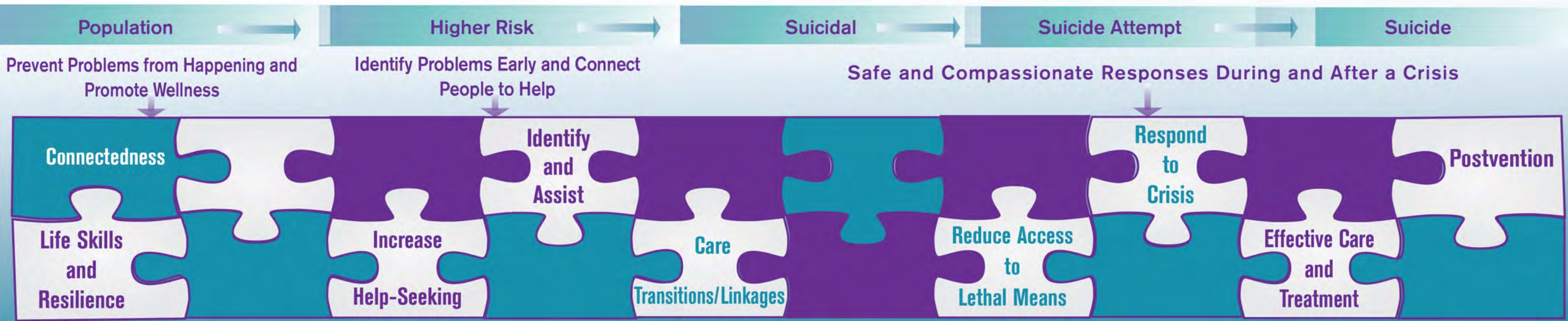


Based on the Steps of Strategic Planning Framework from the Suicide Prevention Resource Center (SPRC)

Suicide Prevention Resource Center (SPRC) Comprehensive Approach to Suicide Prevention

Population → Higher Risk → Suicidal → Suicide Attempt → Suicide

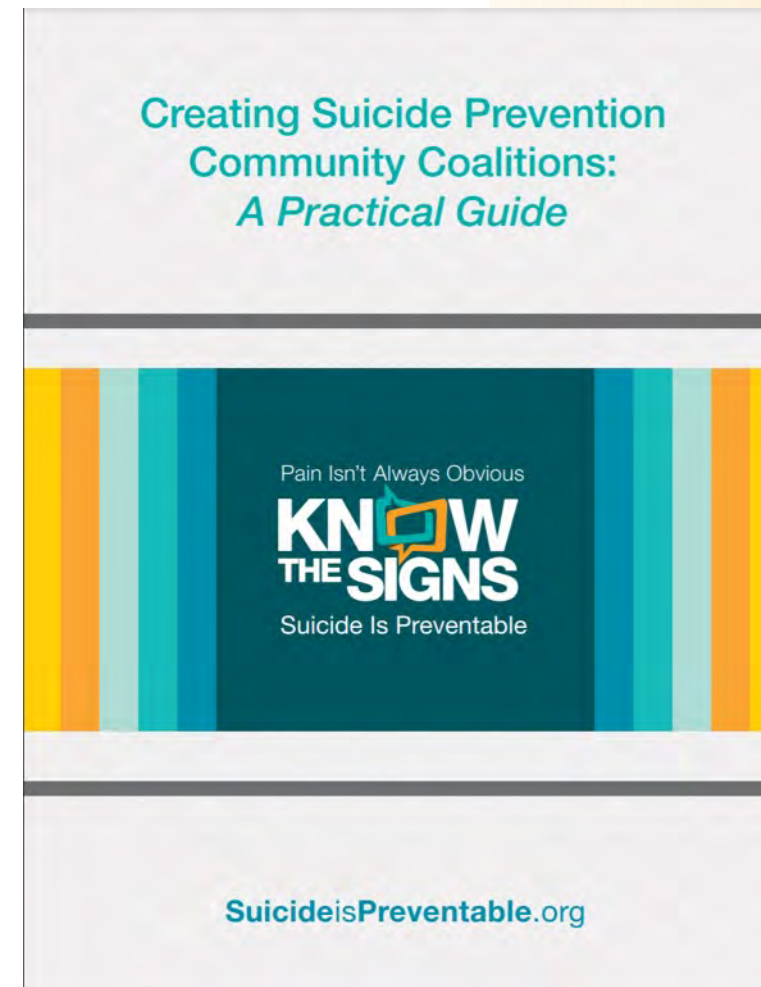
“The Suicidal Crisis Path is a model that intends to integrate multiple theoretical approaches and frameworks within the context of an individual’s suicidal experience. In doing so, the purpose is to match intervention approaches with the timing, risk factors, and protective factors that would be the mechanisms to prevent a suicide from happening.” (Lezine, D.A. & Whitaker, N.J., Fresno County Community-Based Suicide Prevention Strategic Plan, 2018)



Resources for Coalitions



<https://communitysuicideprevention.org>



January 2022 Striving for Zero Learning Collaborative Module focusing on coalitions:
<https://youtu.be/90dlkKGvJts>

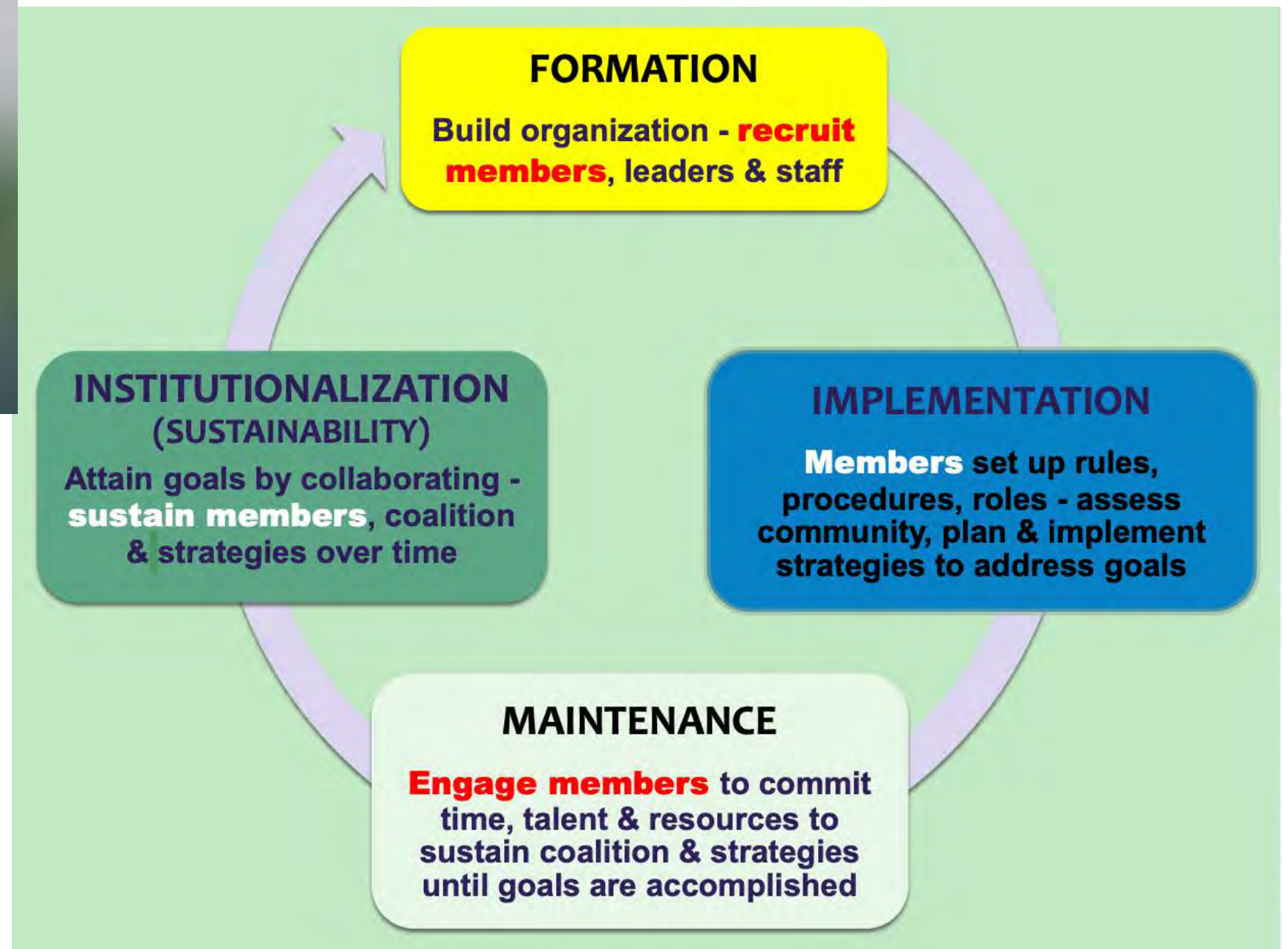
1. **Establish your purpose** to help unite coalition members around a common mission and vision for the work you will do together.

2. **Recruit the right people** representing a cross-section of your community to inform, make decisions, and contribute to solutions around suicide in your county.

3. **Develop a successful structure** to guide decision-making, sustainability, and resource allocation.

4. **Develop activities and maintain engagement** by involving members in purposeful activities.



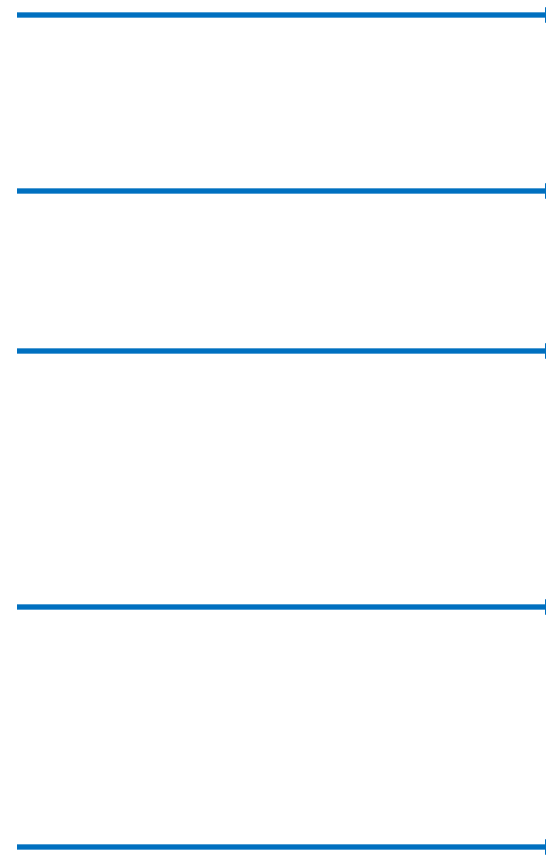


Source: Recruiting, Engaging & Retaining Coalition Members, NCIC Conference, 2016

“Snapshot” April 2022 vs. Oct 2023

(n: 30) April 2022

- ✓ 53% (15) have a suicide prevention coalition
- ✓ 88% have dedicated staffing
- ✓ 62.5% are satisfied or very satisfied with their coalition structure and 75% with their coalition’s activities.
- ✓ 69% said that their coalition members guide the goals and strategies of their plan
- ✓ 29% indicated coalition members are involved in the implementation of the plan

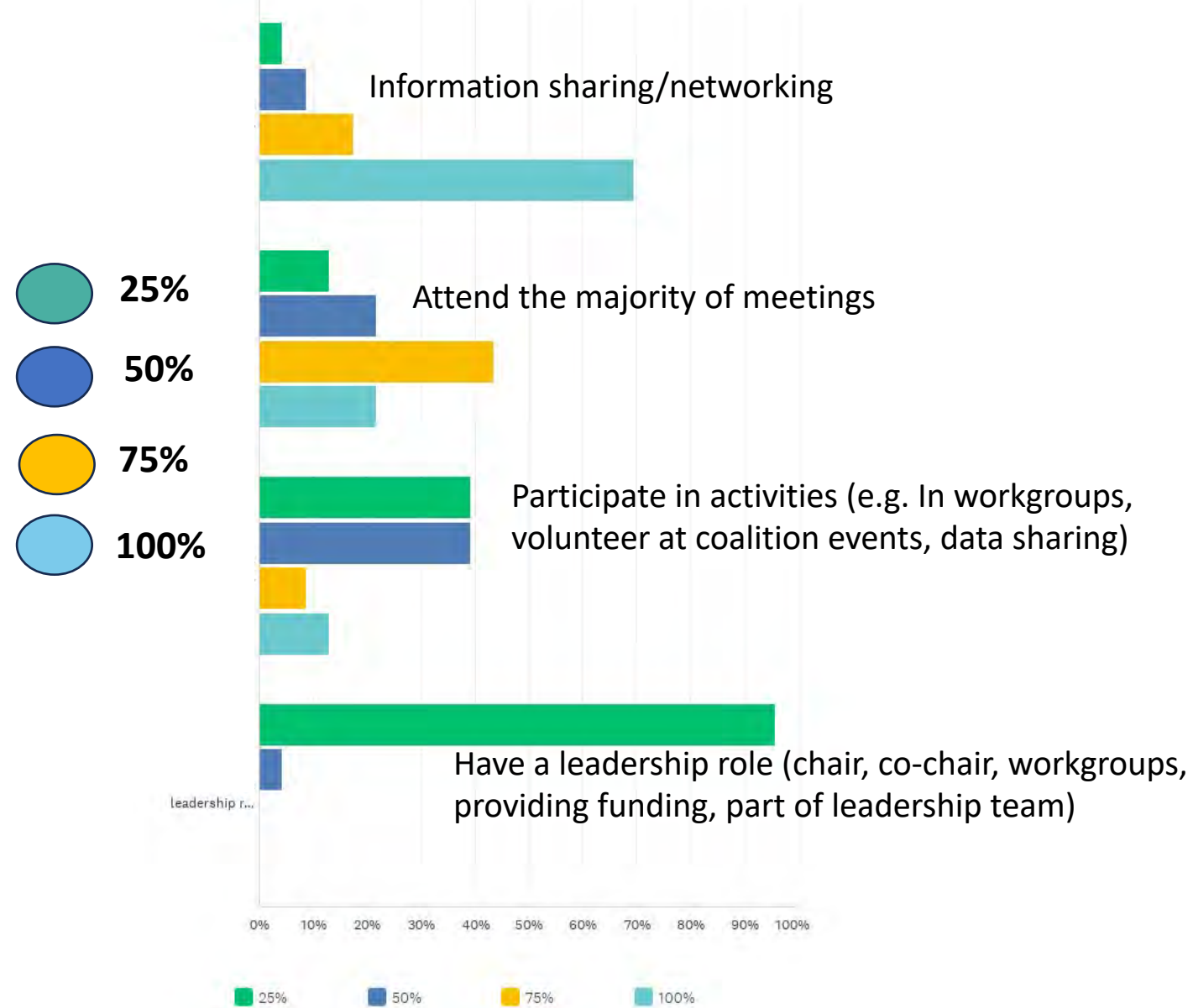


(n: 24) October 2023

- ✓ 21 out of 26 (81%) have a suicide prevention coalition
- ✓ 96% have dedicated staffing
- ✓ 48% are satisfied or very satisfied with their coalition structure (n: 23), and 58% with their coalition’s activities
- ✓ 96% said that their coalition members guide the goals and strategies of their plan
- ✓ 61% indicated coalition members are involved in the implementation of the plan

Interview Findings October 2023

What percentage of your coalition members do these statements apply to... (n:23)

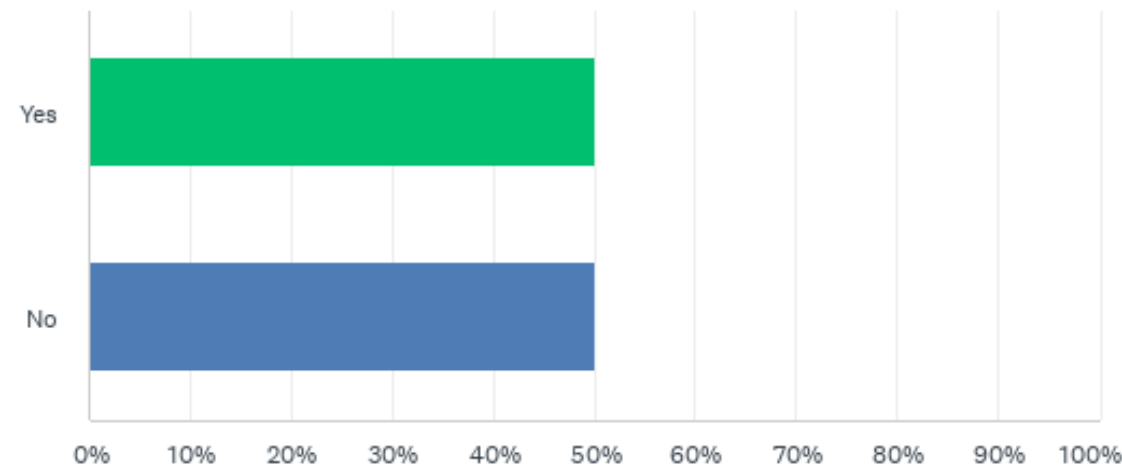


Coalition Snapshot

- ✓ 100% indicated coalition members are engaged with suicide prevention activities (n:23)
- ✓ 95% have policies or practices in place to sustain the coalition (n: 22)
- ✓ 87% have a cross section of coalition members from county and community, public and private agencies (n:23)
- ✓ 35% are satisfied or very satisfied with the cultural representation (i.e. ethnic minority, LGBTQ+, representatives of non-English speaking communities) of your coalition?

Interview Findings October 2023

Does your coalition currently have any implementation workgroups? (n: 26)



Workgroup Snapshot

- ✓ 19% have formed workgroups to identify potential or actual suicide hot spots and develop plans to implement barriers and/or signage
- ✓ 50% have implementation workgroups that are actively working towards achieving goals outlined in our plan

Types of General Workgroups (n: 23)

- ✓ 41% Guide Strategic Planning
- ✓ 35% Means Restriction
- ✓ 35% Schools
- ✓ 29% Data Integration
- ✓ 29% Trainings
- ✓ 29% High Risk Population
- ✓ 26% Communication and Messaging
- ✓ 26% Postvention
- ✓ 18% Prevention and Outreach
- ✓ 18% Culture and diversity
- ✓ 12% Crisis Response
- ✓ 6% Risk Assessment

Themes

- ▶ Overall coalition members are engaged with suicide prevention activities
- ▶ They helped guide strategic planning efforts and provide valuable input

But....

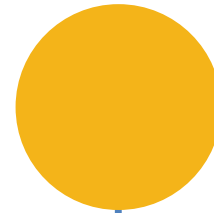
- ▶ More coalition members need to step up
- ▶ There are concerns about sustainability
- ▶ Community ownership of the problem is often limited



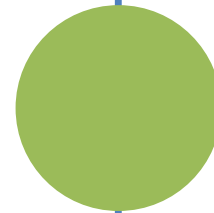


Coalition Structure

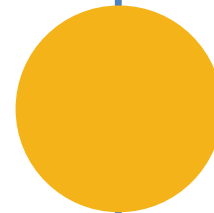
Is a Formal Structure a Good Fit for You?



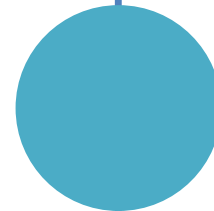
Are you creating a regional or multi-county coalition?



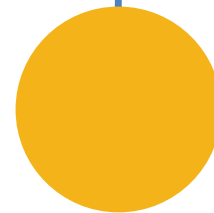
Do you have a multi-disciplinary group that will be making decisions involving resources (funding and staffing) dedicated to suicide prevention?



Are you wanting to ensure accountability from the participating agencies and stakeholders?

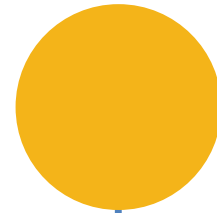


Do you foresee needing to raise funds and/or accept donations?

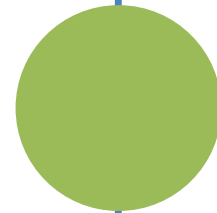


Do you have dedicated staffing to manage the coalition and ensure that operational guidelines are adhered to?

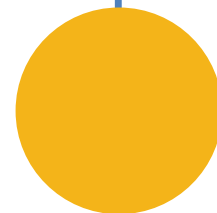
Is a Less Formal Structure a Good Fit for You?



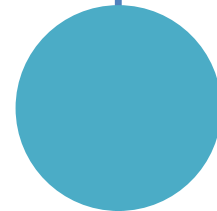
Is the coalition funded solely by a single agency?



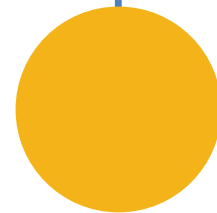
Does it operate without any funding at all?



Is the coalition staffed by volunteers?

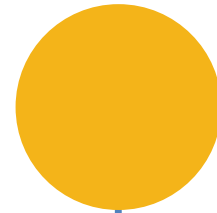


Is the focus of the coalition more on information-sharing, input and advising the county agency on its suicide prevention work?

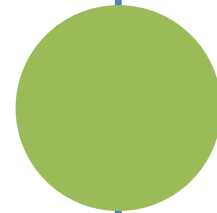


Does the coalition not make decisions around resource allocation?

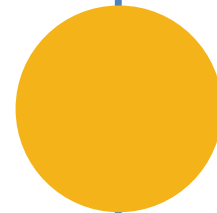
Is Joining another Coalition a Good Fit for you?



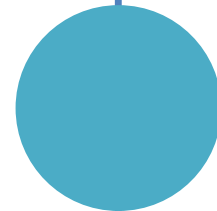
Are resources to support a new coalition limited or nonexistent?



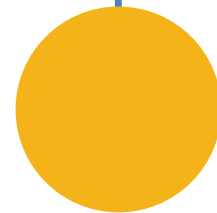
Is there an existing coalition that addresses shared risk and protective factors?



Do many key partners already attend those meetings?

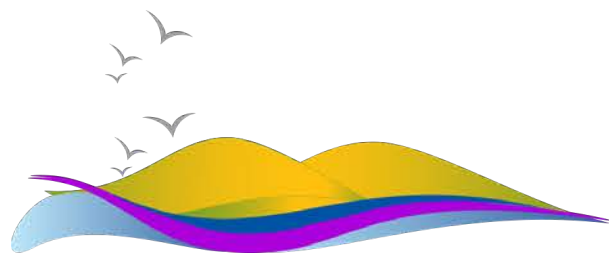
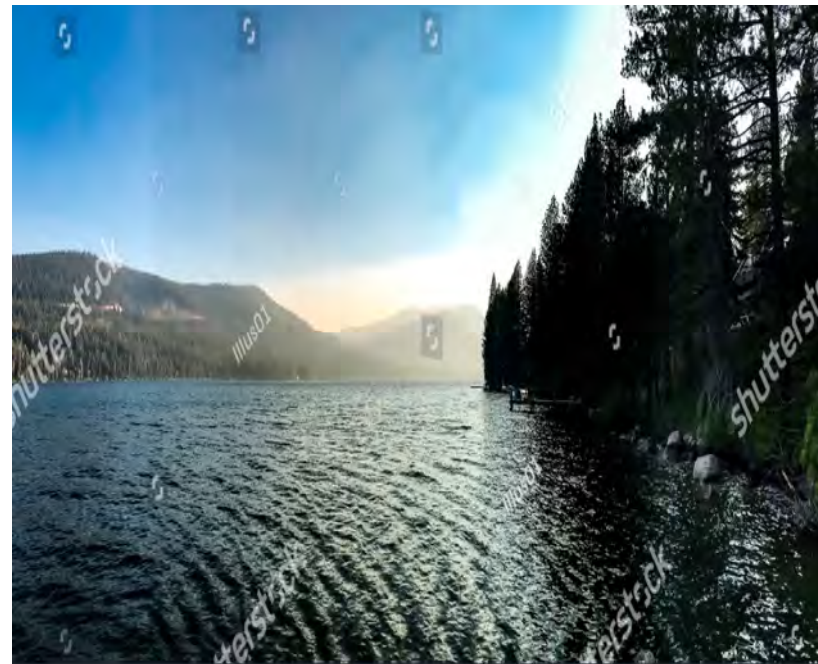


Is the mission of that coalition aligned with priority goals in your plan?



Is the existing coalition able to focus some efforts on suicide prevention?

Lake County Behavioral Health



Tulare County
Suicide
Prevention
Taskforce

Andrea Turnbull
Program Manager
Santa Cruz Behavioral Health
Andrea.Turnbull@santacruzcountyca.gov



BEHAVIORAL HEALTH

HEALTH SERVICES AGENCY

SANTA CRUZ COUNTY

Suicide Prevention Strategic Plan



Healthy People Living in Healthy Communities



The Path Forward

This strategic plan is envisioned to be a starting point for local efforts.



SANTA CRUZ COUNTY



INTRODUCTION



GOALS



KEY INFORMANT SURVEY

STRATEGIC PLAN

Program Areas

PREVENTION



INTERVENTION



POSTVENTION



Essential Elements



COMMUNICATION



TRAINING



DATA



EVALUATION

Santa Cruz County - Strategic Planning & Implementation Timeline

2018-2019

Suicide Prevention Task Force Convenes; Develop Draft Suicide Prevention Strategic Plan

May 2020

Application for Substance Abuse and Mental Health Services Administration Grant – Emergency Response for Suicide Prevention COVID19

Fall 2021-Spring 2023

- Complete SAMHSA grant activities; Implement strategic direction;
- Hire Suicide Prevention Coordinator;
- Begin CDPH Comprehensive Suicide Prevention (CSP) grant;
- County integration of 988 & CCMU activities;
- Develop new implementation structure

Spring 2019

Public Forum/Comment Concludes; Santa Cruz Board of Supervisors Approves Plan

September 2021

- SAMHSA grant received for initial implementation of strategic plan;
- SC Behavioral and Public Health secure CDPH CSP Grant
- Establish contract for Suicide Prevention Consultation & Support
- Renew engagement and alignment with Striving for Zero

Fall 2023

- Planning and implementation team meets monthly
- Initiate update to strategic plan
- Widespread community engagement through SP Month outreach activities
- LOSS Team Grant
- Continued CDPH CSP Implementation



Community Suicide Prevention Coalition:

Dr. Bhuvana Rao
Office of Suicide Prevention
brao@ochca.com

The OC Health Care Agency has a comprehensive array of suicide prevention services that are designed to support individuals of all ages who are experiencing, or at risk of experiencing, a behavioral health condition, including a crisis.

In 2020, the Board directed the County Executive Officer and HCA Director to create an Office of Suicide Prevention to further support countywide efforts in suicide prevention that included investments in the Community Suicide Prevention Initiative as well as efforts by stakeholders.

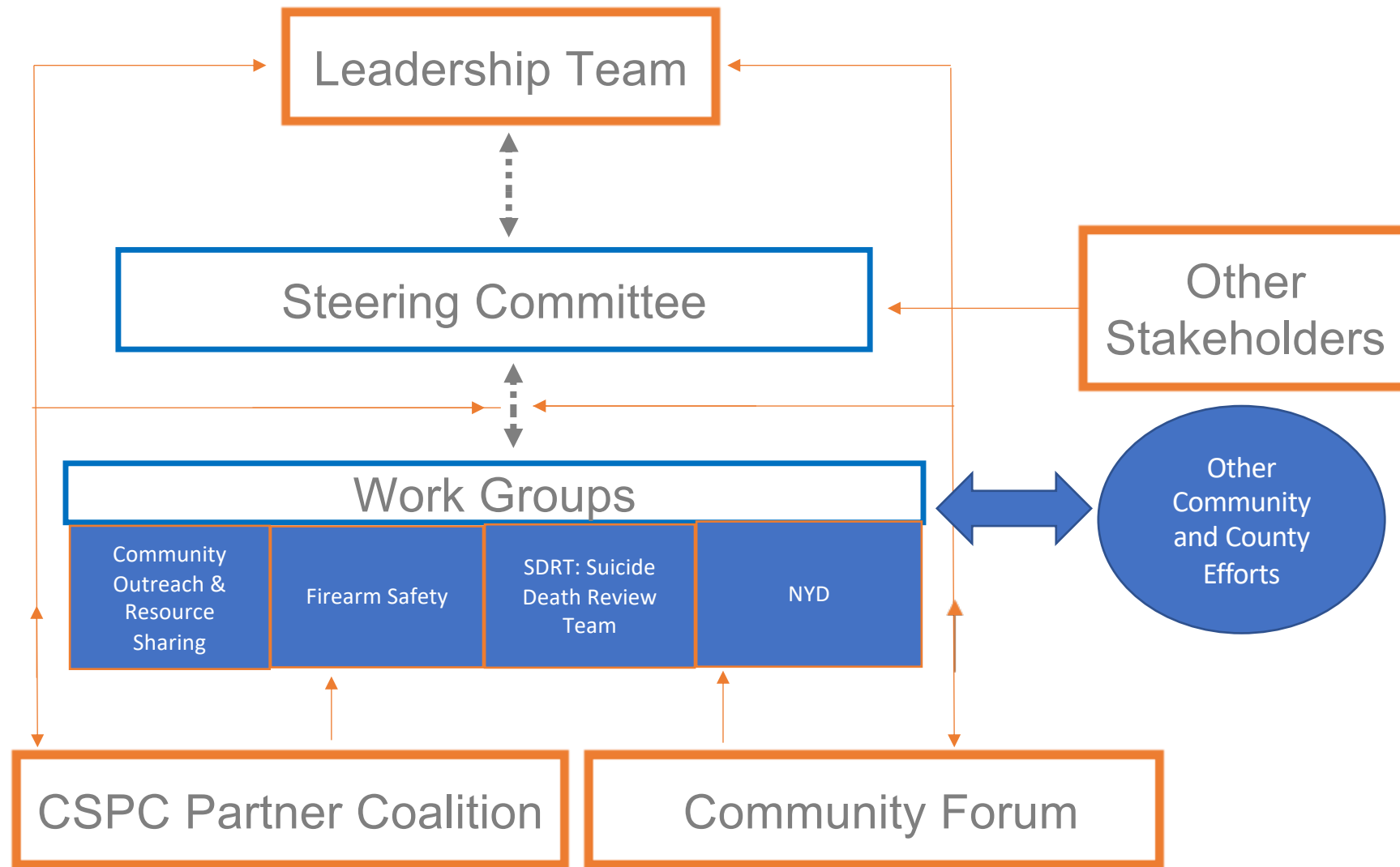
OSP has aligned its efforts with the MHSOAC's Striving for Zero Suicide framework and its focus on population-based approach.

Services at the OSP were planned strategically to focus on upstream programs:

- Educate and raise awareness
- Increase connectedness
- Promote Wellbeing
- Build life skills
- Provide emotional support
- Increase resilience and help seeking
- Postvention support



COMMUNITY SUICIDE PREVENTION COALITION



LEADERSHIP TEAM

Who: Community Co chair and OCHA Office of Suicide Prevention Representative, Facilitator/Admin Team

Roles & Purpose: Plan Agendas, Oversight, Reporting, Publish Strategic Plan and Updates

Structure: Meets Monthly Minimum or as needed

STEERING COMMITTEE

Who: CSPI Co chairs, chair/co-chair of each Advisory workgroup, OWSP staff, stakeholders representing a particular community perspective/voice/or priority population

Purpose: Strategic planning, priority setting, advance implementation and evaluation of plan, integrate with community and county efforts.

Structure: Meetings twice a quarter, plus quarterly Partner Coalition
Member Commitment: Attend steering committee meetings and the Partner Coalition meeting, chair or co-chair a workgroup or active in another implementation area.

WORK GROUPS

Who: Community members and partners (public and private) with an interest in working towards a specific priority goal established in support of the strategic suicide prevention plan for Orange County

Purpose: Advance priority goals in strategic plan

Structure: Chair (and Co-Chair(s))

Member Commitment: Minimum 12 months commitment, Meetings twice a quarter and actively participate between meetings as needed, plus quarterly Partner Coalition. Chair and co-chair set goal for year, plan meetings, report out at Steering Committee, prepare summary of accomplishments.

OTHER STAKEHOLDERS

Who: Non workgroup members including those with lived experience and/or a particular community perspective/voice/ and/or a priority population for example the Veterans/LGBTQ Collaborative/Older Adults Collaborative etc.

Purpose: Advance priority goals in strategic plan

CSPC Partner Coalition

Who: Broad public/private representation

Purpose: Informational sharing, networking, advance shared suicide prevention knowledge through trainings and presentations.

Structure: Open, meets quarterly

Community Forum

Who: Community

Purpose: Public and community-facing entry for suicide prevention work and available resources. Community voice to steer work.

Structure: Open, meets monthly or as needed

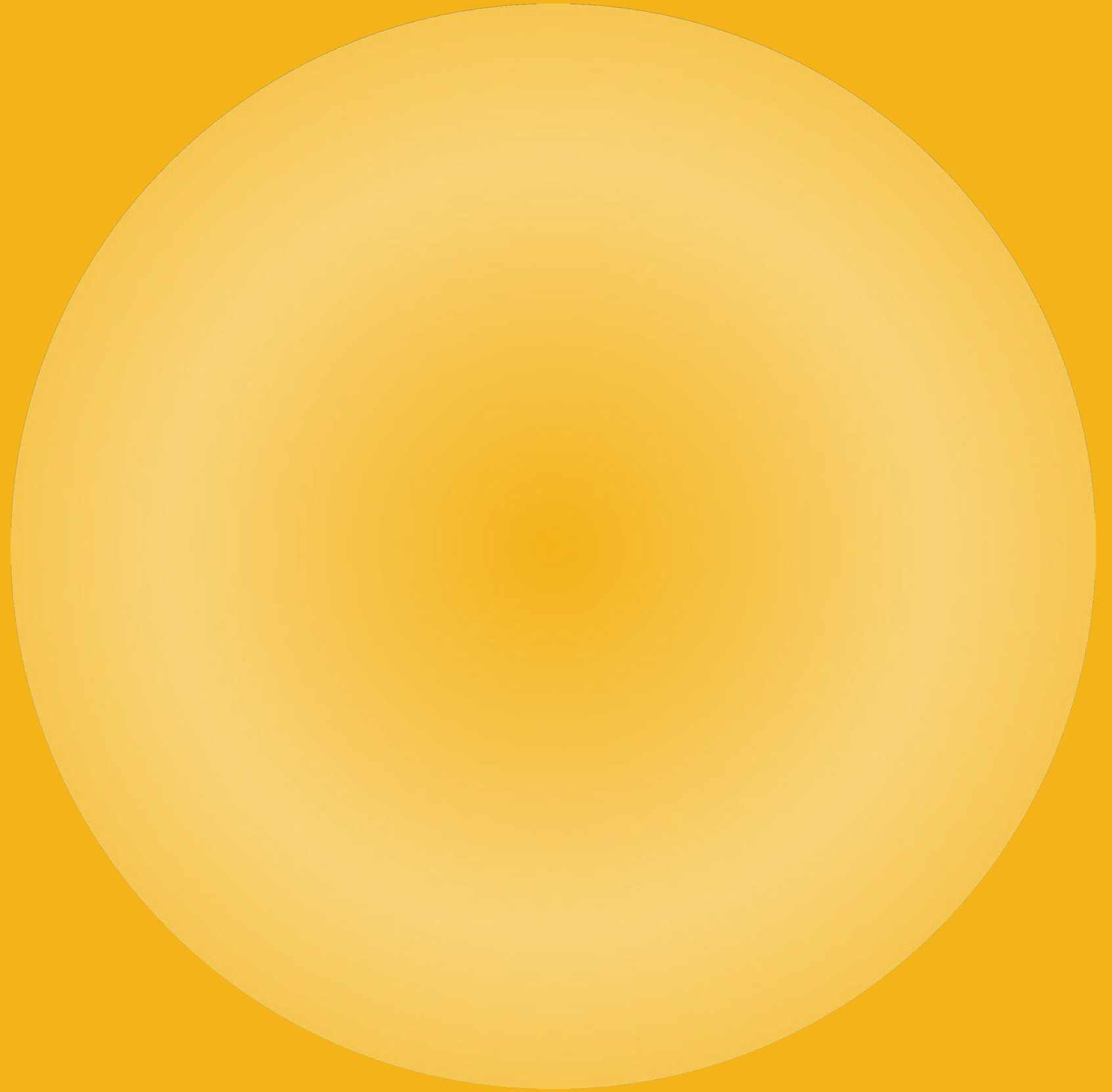
Q&A

Engaging Coalition Members

What do we mean when we say we want to engage coalition members?

- Attend the majority of meetings
- Guide strategic planning activities (development, evaluation, updating)
- Take an active role in implementing the plan
- Share information and network
- Participate in activities outside of meetings (workgroups, volunteer at events, share data)
- Have a leadership role (chair or co-chair, lead a workgroup, provide funding)
- Advocate publicly for suicide prevention funding and activities
- Provide feedback and input about their coalition experience
- Help recruit new members
- Identify & coordinate potential funding opportunities

Poll



What is the Why?

Why people join

- Believe in issue and mission
- Impacted personally by the issue
- Build relationships and network
- Accomplish goals that are also important for their work
- Have influence and impact
- Required to be there for their job

Why people leave

- Too busy
- Don't see the purpose
 - Unclear on roles and responsibilities
 - Don't see results of their efforts
- Don't feel included or respected
- Disagree with the mission or leadership

The Six R's of Participation

- ✓ What do you do now?
- ✓ What could you do?
- Recognition
- Respect
- Role
- Relationship
- Reward
- Results



The Six Rs of Participation Tip Sheet:
<https://sprc.org/wp-content/uploads/2023/01/Member-Retention-Participation-Worksheet.pdf>

Practical Strategies for Increasing Engagement

Create opportunities for ownership

- Chair or Co-chair
- Rotate facilitation duties
- Lead or join a workgroup
- Participate in a “buddy system” to coach newer members
- Volunteer at events
- Represent at another coalition’s meeting & report back
- Share data or provide funding or admin support

Show the results

- Create annual community reports
- Use an implementation plan to guide actions and reporting
- Enhance the visibility of the coalition’s efforts

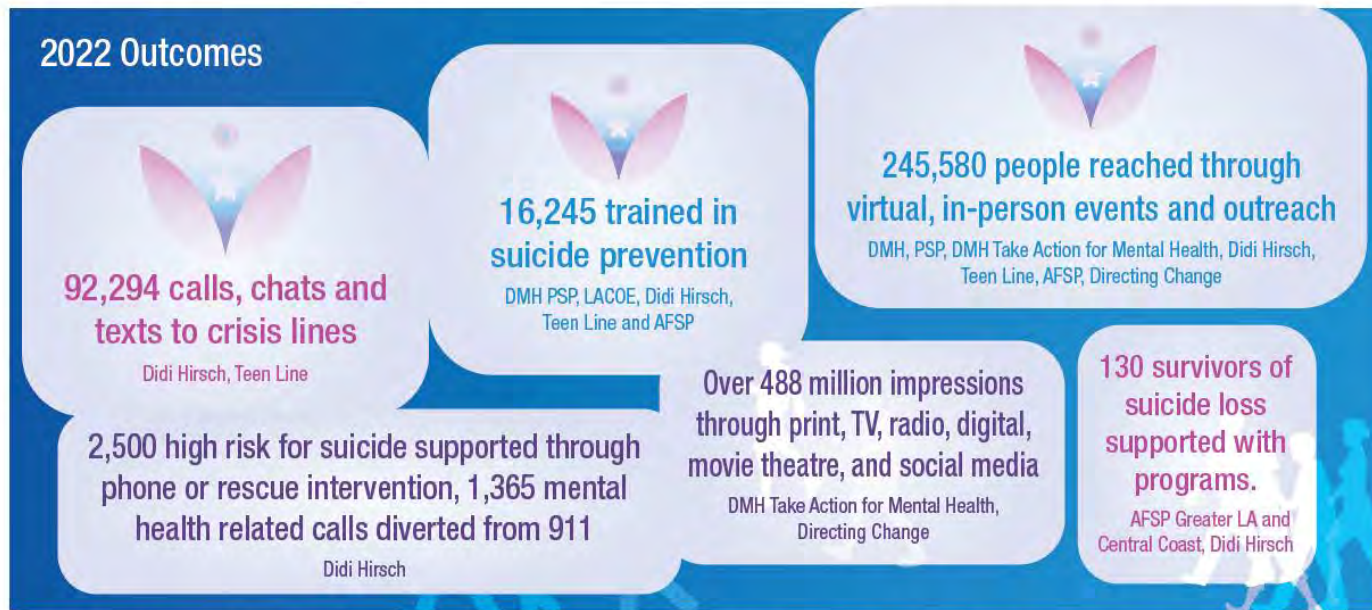
Show your appreciation

- Provide education or training opportunities
- Host appreciation events
- Offer certificates or other tokens of appreciation
- Dedicate time each meeting to check in

Showing the Results

Status of Suicide and Suicide Prevention in Los Angeles County Suicide Prevention Week 2023 Report Card – continued

Suicide is a complex problem requiring collaborative solutions at multiple levels including individuals, families and communities. A comprehensive public health approach to suicide prevention emphasizes raising awareness of the warning signs and local resources, early intervention by training those in a position to intervene (gatekeepers), effective crisis response and help lines, and addresses health disparities and access.



This data is only a snapshot of suicide prevention trainings, outreach and awareness activities that have and are taking place in Los Angeles County.

Suicide Prevention Report to the Community

SEPTEMBER 2023

Everyone in Monterey County can help prevent suicide. Steps you can take include knowing the warning signs for suicide, finding the words to reach out to someone you are concerned about, and reaching out to local resources for help and support.

Get Involved in Suicide Prevention: www.mtyhd.org/MCHOPES

Reasons for Hope in Monterey County

Help is available, and people are reaching out

Suicide prevention activities facilitated by Suicide Prevention Services of the Central Coast over the past fiscal year:



TO REACH THE SUICIDE & CRISIS LINE 24/7, CALL OR TEXT 988 OR CHAT 988LIFELINE.ORG

Enhancing Visibility



September is Suicide Prevention Month

**Together We Can
Inspire Hope**

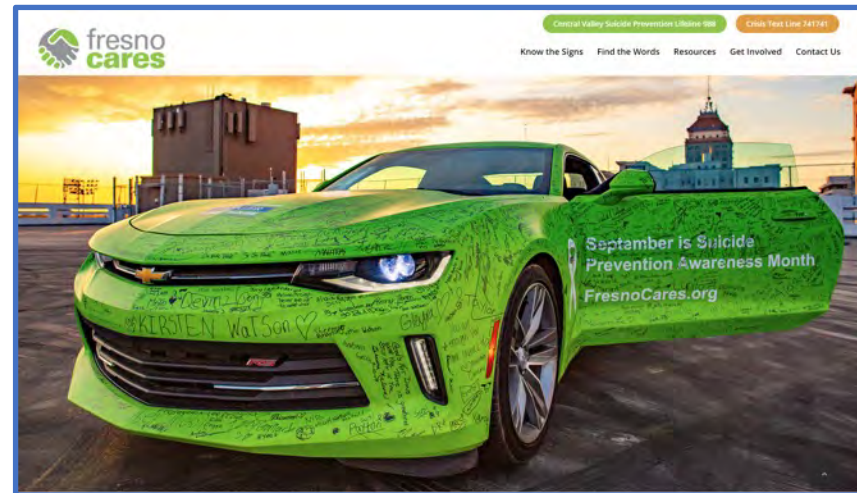
www.lightuphopeoc.com



Local landmarks illuminated for 'Light Up Hope OC' suicide prevention campaign



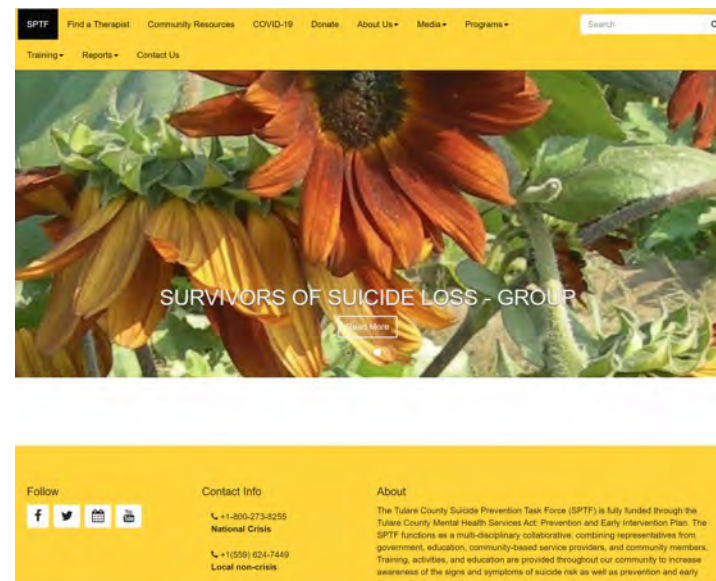
Coalition Websites



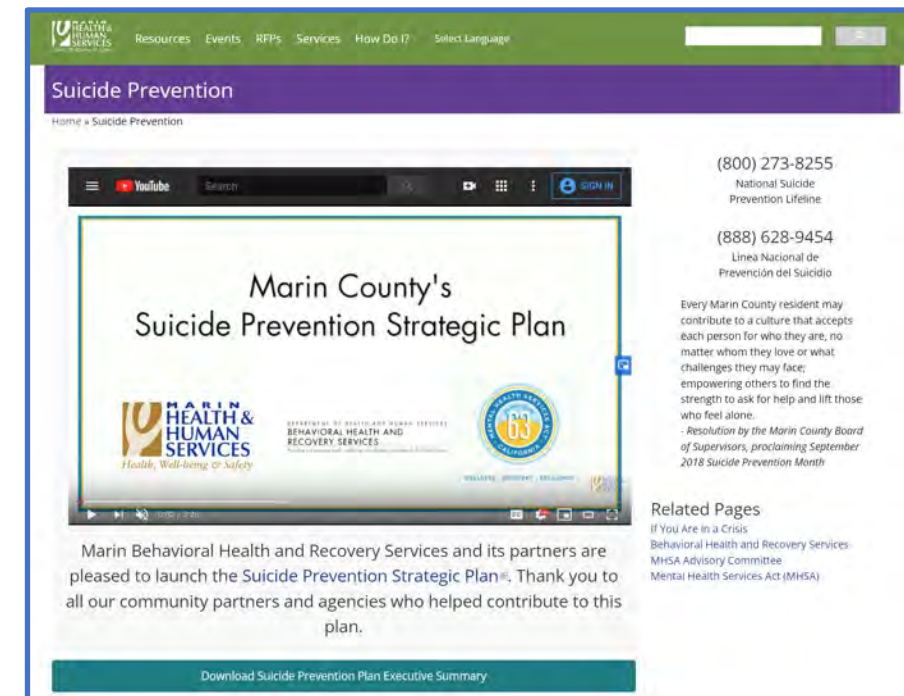
<https://fresnocares.org/>



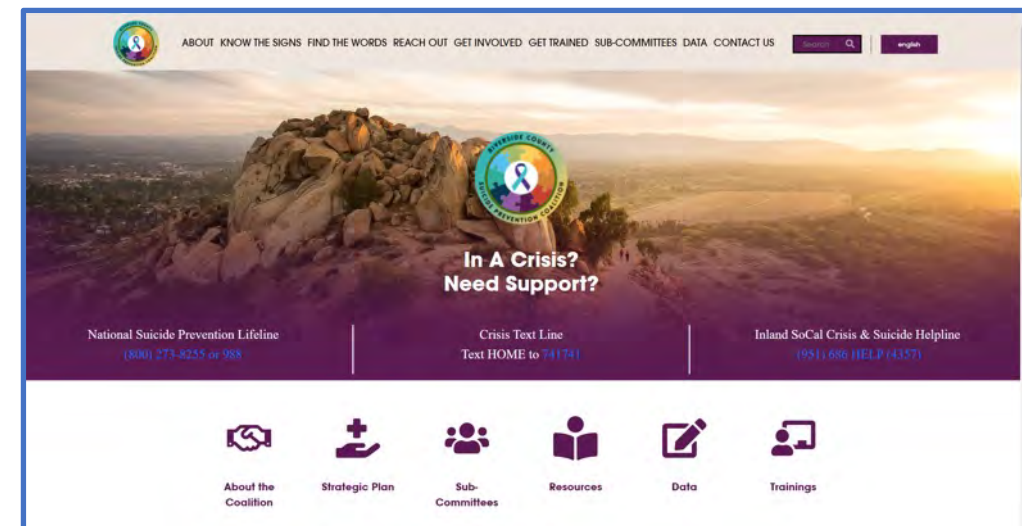
<https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/mchopes-copy>



<https://sptf.org/english/>

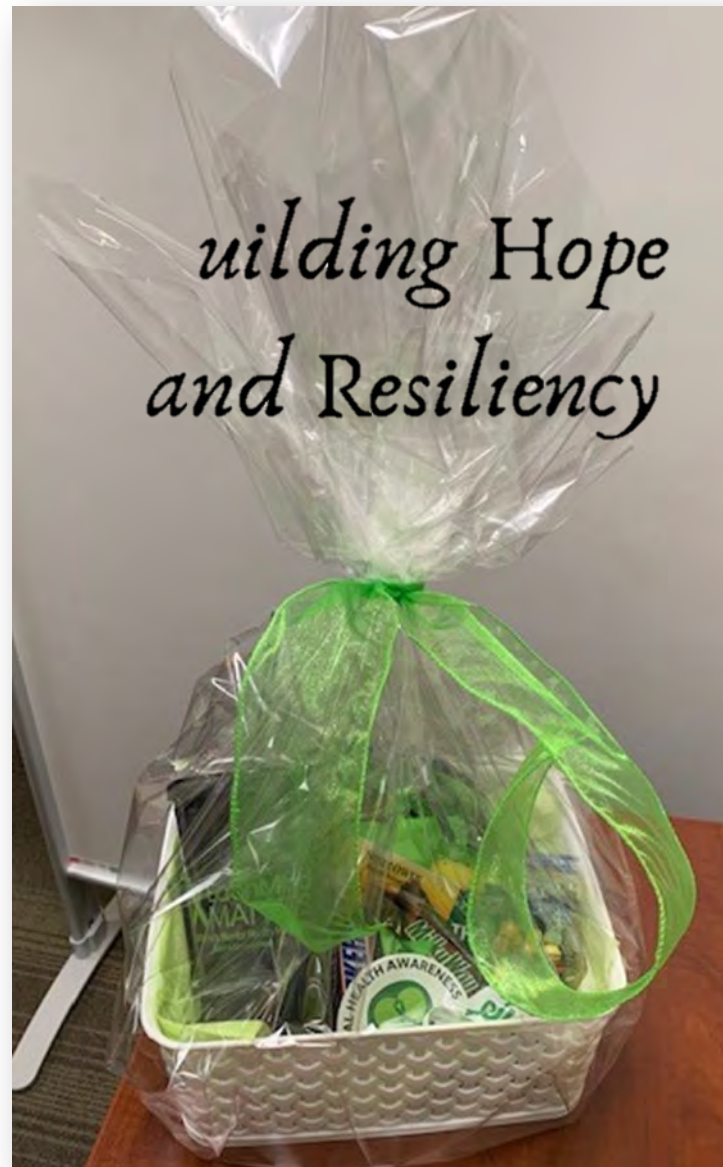


<https://www.marinhhs.org/suicide-prevention>



<https://www.rivcospc.org/>

Showing appreciation



A Collaborative Approach to Suicide Prevention in Riverside County

Practical Strategies for Increasing Engagement

Craft agendas around your engagement goals

Structure the agenda to follow plan implementation
Bring in guest speakers or schedule trainings
Provide opportunities for members to showcase their work

Mobilize member resources and assets

Provide opportunities for members to present about their work
Follow their energy & interests

Create ongoing opportunities for discussion and action

Involve members in projects such as resource mapping, creating an annual report, plan evaluation, or events
Integrate ways for members to provide feedback & input on priorities

Develop strong communication channels

Maintain and share a roster
Keep members connected between meetings through an email list, periodic newsletter, or social media channel

Partner & Share



**MULTI-COUNTY
SUICIDE PREVENTION
Summit 2023!**

**Thursday, September 28, 2023
8:30 AM to 4:30 PM**

Free Continuing Education Credits are Available!

The virtual summit is free thanks to sponsorships, the Mental Health Services Act, and participating counties.

Registration is open at:
https://us02web.zoom.us/webinar/register/WN_cp1yolcUT_-Vij7k6IhGPw



Monterey County Unites for Suicide Prevention



Questions?
info@appliedcrisistraining.com

Bilingual Activities Included:

- Public Data Report
 - Presentation: Coalition Highlights
 - Panel Presentation
 - Call to Action Handout & Activity
 - Discussion with Tablemates
 - Complete pledge cards
 - Photo booth (hard copies & digital to share)
 - Resource fair
 - Networking & Relationship Building
-



Follow-up Planned:

- Attendee engagement and follow-up
- Coalition meeting topics Fall 2023 and Winter 2024
- Continued sharing on social media
- Continued distribution of report and call to action
- Coordinated training opportunities
- Revamp of MC HOPES Coalition Structure & Operations

Call to Action: Monterey County, Find Your Role!



Everyone has a role to play in suicide prevention. To see real change in this area depends on the support of our whole community, from all walks of life. We hope that you will use this opportunity to get involved, promote hope, and help us work together to prevent suicide. Please identify how you can get involved and consider being a leader in your family, school, workplace, place of gathering, and/or online.

What can I do today? How can I get started now?

What: Make a pledge to take action on an idea shared at today's event

How: Write down what you plan to do and visit our photo booth to capture the moment.

What: Fill out a Caring Card – these handwritten notes of kindness and support make a big difference.

How: Visit our Caring Cards station to complete an anonymous card today (or take one to mail in later) that will be shared with a loss survivor. Take a copy of the tip sheet and ask others in your home, school, workplace, or place of gathering to do the same!

What: Learn about and share information on the 988 Suicide Crisis Lifeline

How: Visit <https://www.suicidepreventionsecc.org/> or [Lifeline \(988lifeline.org\)](http://Lifeline.org)

Think about how you can use this to support yourself and others.



What: Challenge the stigma around talking about suicide. Normalize conversations around mental health.

How: Use compassionate and person-first language when talking about suicide and mental health.

Pay attention to the words you use.

Avoid using terms that imply criminality, like "committed suicide" or positive connotations "successful suicide" that are stigmatizing. Try to use terms like "died by suicide" that are neutral and treat suicide similarly to other causes of death.

When speaking about mental health conditions, avoid "crazy" or calling someone a "schizophrenic". For example, use "a person living with schizophrenia" or "someone impacted by a mental health condition."

- If you **notice signs** of suicide, talk to the person about your concerns and ask directly: "Are you thinking about suicide or feeling that life may not be worth living?" **Communicating openly** about suicide and asking about suicide has been shown to be lifesaving. It encourages people to seek help, promotes a sense of belonging and connects people to care.

- Encourage someone who is thinking of suicide to call the Suicide & Crisis Lifeline at 988 or **reach out** to another resource. You can also call to learn more about how to help.



How can I LEARN MORE and help others to do the same?

What: Learn to recognize warning signs for suicide and how to respond in a helpful way.

How: Visit www.suicideispreventable.org and www.takeaction4MH.com to learn more and spread the word.

What: Learn about local and statewide suicide prevention efforts.

How: Attend a meeting of the Monterey County Helping One Another Prevent and Eliminate Suicide (MC HOPES) Coalition or visit: mtyhd.org/MCHOPES to learn more

What: Attend a training on suicide prevention, intervention, and supporting loss survivors.

How: Learn about and sign up for local training opportunities.

Ask for a community presentation for your school, organization, or workplace.

Encourage others in your life to participate in training and learn more.

What: Learn how to reduce access to lethal means for suicide. This is a practical, proven, and lifesaving approach to prevent suicide by making the environment safer for anyone who is or may be at risk.

How: Visit <https://strivingforsafety.org/> to learn more about means safety steps anyone can take, including:

- Keeping medications securely stored; disposing of unused, unwanted, or expired medications
- Keeping guns securely stored and learning about options for firearm storage outside the home.

Learn how to use Naloxone to prevent opioid overdose:

Visit <https://www.montagehealth.org/about/prescribe-safe/naloxone-saves-lives/>

What: Learn about available resources, materials, support groups, and other help for suicide loss survivors.

How: Visit the resources below and encourage those in your life who have been affected by loss to reach out:

<https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/behavioral-health/information-resources/coping-with-suicide-loss>

<https://www.suicidepreventionsecc.org/suicidesurvivorsgroup>

<https://www.heal-together.org/activities>

For Youth, Youth Allies and Advocates:

- Learn about and promote youth-specific resources, including:
Trevor Project: <https://www.thetrevorproject.org/>
Teenline: <https://www.teenline.org/>
Crisis Text Line: Text "Hello" or "Hola" to 741741
- Visit directingchange.org to view and share inspirational art and videos made by teens and young adults. Consider bringing this to your school or organization.
- Support and get involved with local youth programs, such as the Epicenter (<https://epicentermonterey.org/>)
- Reach out to NAMI Monterey County
- (<https://namimonterey.org/get-involved/nami-on-campus/>) & learn how to start or support a NAMI on Campus Club at your local school.



Ready to Do More?

- Join a MCHOPES workgroup (fill out form at mtyhd.org/MCHOPES or email info@appliedcrisistraining.com)
- Volunteer with Suicide Prevention Service: <https://www.suicidepreventionsecc.org/volunteer>
- Learn how to be a leader in the workplace:
- <https://emmresourcecenter.org/resources/resources-workplace-suicide-prevention>
- Promote safe and effective suicide prevention messaging: visit <http://theactionalliance.org/messaging>
- Coordinate and share suicide prevention, intervention, and loss resources widely in your workplace, school, family, or community: [Suicide Prevention Toolkit](http://SuicidePreventionToolkit.com) | [Know the Signs](http://KnowtheSigns.org) (suicideispreventable.org)

NAPA COUNTY
SUICIDE
PREVENTION
COUNCIL

Presented by

Jeni Olsen

Chair, Napa County Suicide
Prevention Council

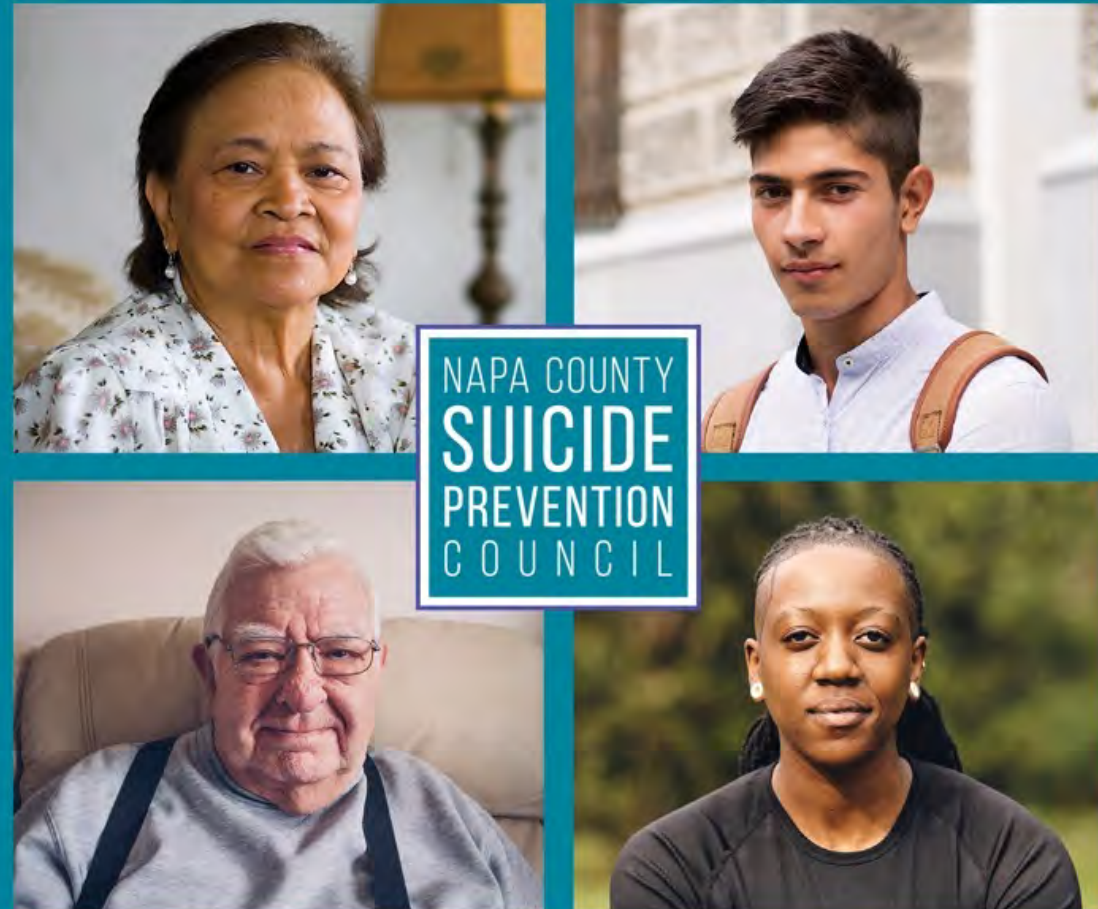
The Napa County Suicide Prevention Council supports existing local suicide prevention and stigma reduction efforts. We are working to identify and fill gaps in suicide prevention and postvention approaches across the County, as we develop an overarching Suicide Prevention plan that addresses the needs and input of our community.

Our Membership Includes:

Napa County Health and Human Services + Napa County Public Health
Elected Officials
City + County Law Enforcement
Survivors of Suicide Loss + Individuals with Lived Experience
Community Based Organizations
Educators and School Mental Health Professionals
Public and Private Health Professionals
Private Mental Health Clinicians
Veterans
Faith Based Leaders

Our Workgroups:

- Marketing / Stigma Reduction
- Survivors of Suicide Loss
- QPR Suicide Prevention
- Data Workgroup
- Means Safety



If you are in crisis, Call or Text
988 for the Suicide & Crisis Lifeline

Kung ikaw ay nakararanas ng krisis o nagtatangkang
magpakamatay, tumawag o mag-text sa
988 upang humingi ng tulong

Si usted está en crisis, Llame o Envíe un Texto al
988 para la línea de suicidio o crisis

**NAPA COUNTY
SUICIDE
PREVENTION
COUNCIL**

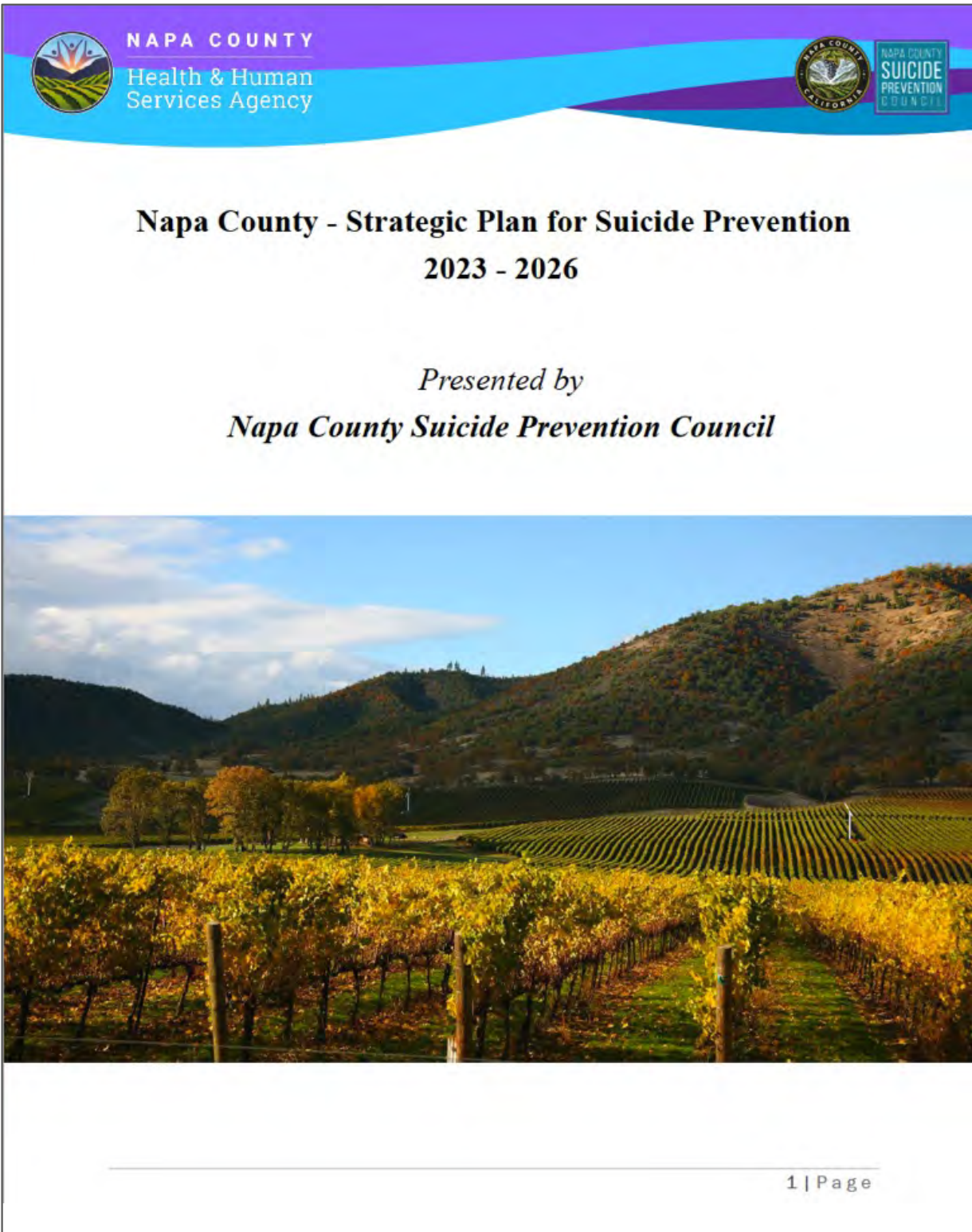
Resource Guide for Survivors of Suicide Loss

*If you are in a mental health crisis, please contact
Napa County Crisis at **707-253-4711***

CRISIS PREVENTION HOTLINES: 24 HOURS/DAY + 7 DAYS/WEEK

National Suicide and Crisis Hotline: call or text **988**
Crisis Text Line: text "**HOME**" to **741741**

<p>LOCAL MENTAL HEALTH RESOURCES FOR SUPPORT</p> <p>Family Suicide Survivors Peer Support Counselors <i>phone support - no fee</i> Denise Bleuel, LCSW (707) 226-9838 James Warnock, MDiv (707) 332-7516</p> <p>Trauma and Grief Therapists Call Collabria and ask for Bereavement Counselor or referrals for outside therapists 414 S. Jefferson Street, Napa (707) 258-9080</p> <p>Napa County Mental Health Access: (707) 259-8151</p> <p>24-hour Crisis Line: (707) 253-4711</p> <p>Napa County Mobile Response Team M-F/8am-5pm: (707) 299-2111</p> <p>Mentis: (707) 255-0966 ext. 132</p> <p>Aides Children and Family Services: (707) 224-8266</p> <p>OLE Health: (707) 254-1770</p> <p>LGBTQ Connection: (707) 251-9432</p>	<p>SUPPORT GROUPS FOR SURVIVORS OF SUICIDE LOSS</p> <p>The Compassionate Friends <i>Peer support group after a child dies</i> 3rd Thursdays monthly at 7pm Queen of the Valley Wellness Center 3421 Villa Lane, Napa - (707) 258-1623</p> <p>Friends for Survival Support Groups and Resources (916) 392-0664 www.friendsforsurvival.org Loss Helpline: (800) 646-7322</p> <p>Collabria Care <i>Support Groups for Survivors of Suicide Loss</i> call (707) 258-9080 for more information</p> <p>International Survivor's Day Conference <i>For Survivors of Suicide Loss</i> Annually, the Saturday before Thanksgiving For information and registration: visit afsp.org/survivorday</p> <p>American Foundation For Suicide Prevention "Healing Conversations" <i>Peer support for Survivors of Suicide Loss</i> Visit: www.afsp.org, follow "get help"</p>
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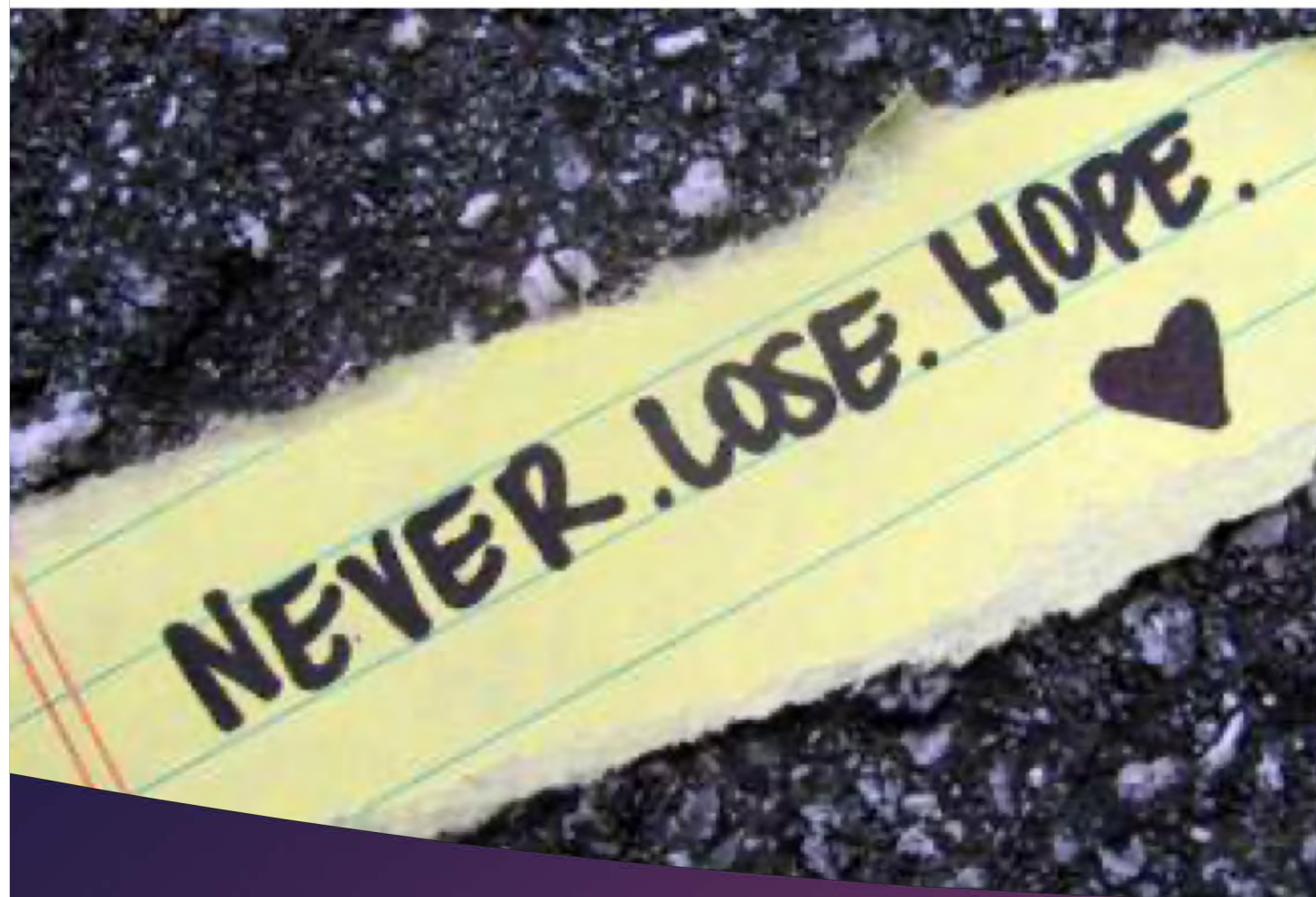
Napa County 3-year Strategic Plan for Suicide Prevention

Strategic Aim 1:
Maintain and Strengthen the Suicide Prevention Infrastructure

Strategic Aim 2:
Enhance Prevention to Minimize Risk for Suicidal Behavior

Strategic Aim 3:
Increase Early Identification of Suicide Risk and Connect to Services

Strategic Aim 4:
Coordinate Training Activities Countywide.



Connect ~ Reach Out ~ Inspire Hope ~ Offer Help

Amador
SPEAKS

Amador SPEAKS

- ▶ Suicide Prevention Education and Awareness

Rural Suicide: Cap Radio's Influence

Efforts to engage the community around suicide prevention efforts were unsuccessful until 2018 when Capital Public Radio decided to do a story on rural suicide, with a specific focus on Amador County.

Until this time, many community members had no idea that Amador was ranked with the third highest suicide rate in the state and that many factors contribute to this.

<https://www.capradio.org/news/project/2018/rural-suicide-one-california-countys-fight-to-save-lives/>



Rural Suicide: One California County's Fight To Save Lives

A rural pocket of Northern California is seeing some of the highest rates of suicide in the state. We're exploring the mental health crisis in Amador County, and what's being done to solve it.

PODCAST EPISODES

The 'S' Word: How Suicide Is Devastating Amador County And Rural Communities
Monday, September 10, 2018
Amador has the third-highest suicide rate of any county in California — about three times the state average and the top 20 counties on the list are some of the most remote and least populous places in the state.

Dying To Get Out: Stigma, 'Copycat Effect' Drive Youth Suicide In Rural Amador County
Tuesday, September 11, 2018
Many young people say they don't have a healthy way to express feelings of being trapped and misunderstood. And teens who live in remote places are more likely to seek a fatal escape.

Chronic Loneliness Is A Major Cause Of Suicide For Seniors, Especially in Rural California
Wednesday, September 12, 2018
It's a health issue that presents a threat of early death equal to obesity. One-third of all people who took their lives in Amador County between 2010 and 2017 were over age 60.

How Suicide Trainings, Community Connections Could Patch Holes In Amador's Mental Health Safety Net
Thursday, September 13, 2018
Amador County residents and social service providers say there's a serious lack of services and awareness around mental illness in the community. They're planning to use a special cache of leftover state funding to solve the problem.



**Suicide
Prevention
Education
Awareness
Knowledge
Support**

MISSION: Amador SPEAKS mission is to engage the community in an effort to implement suicide prevention, postvention, education and awareness to residents of Amador County. The group is comprised of community members, residents, and representatives from social service agencies, public health, the medical community, schools and education systems, non-profit agencies, survivors of suicide loss, suicide survivors, Veterans organizations, older adults/seniors and the LGBTQ community. Amador SPEAKS will focus on the strengths and resiliency of Amador County to develop targeted efforts that work toward finding solutions to bring suicide prevention, postvention, education and awareness to the entire community as a whole.



Suicide
Prevention
Education
Awareness
Knowledge
Support

- Learned from other coalitions
- Asked members directly to step up
- Developed ways to share leadership
 - Trading off facilitation
 - Data subcommittee
- Invited guest speakers



GLENN COUNTY SUICIDE PREVENTION COALITION

Co-Leaders:
Cindy Ross, LCSW
Elise Garrison

History of Glenn County Suicide Prevention Efforts



Executive Committee



- Currently forming with County leaders within different sectors
- Searching for more leadership and direction for the coalition from a variety of partners
- Vision: Lead tracking & monitoring of implementation plan as well as planning for future meetings, events, & projects
- Currently including Public Health, APS, Probation, local non-county BH provider, & a local non-profit; Hoping to include community members & faith-based

Onboarding Process:

Coalition Member Statement of Intention and Commitment

Statement of Intention & Commitment – Please take a moment to reflect and fill this out. You will not be required to turn this in, but are encouraged to share what you are comfortable with the Coalition leadership and other members.

Yes – I am interested in and can commit to being a part of the Coalition.

I see my role in this work (on the Coalition or in the community) as...

What most motivates me to be a part of this work is:

I would like to or would be willing to get more involved with:

- Bathroom Stall Campaign
- Safe Storage Saves Lives Subcommittee
- Suicide Fatality Review Team
- General outreach for the community – sharing information about suicide prevention activities
- General support or leadership with the Coalition
- Other: _____

Things I can rely on for self-care are:

Glenn County SPEAKS Suicide Prevention Coalition

Membership Binder



Glenn County SPEAKS
Suicide Prevention, Education,
Awareness, Knowledge, Stigma Reduction

History & Background:

Implementation Plan:

Ongoing:

G1, O1: Monthly: Confirm meeting space and virtual options

G1, O1: Monthly: Send reminders at least 2 weeks before each meeting.

G1, O1: Monthly: Draft an agenda for each meeting; share draft with members in time to modify before meeting.

G1, O1: Continuously ensuring representation and outreach to focus group

G1, O2: Monthly: Follow up with members who have stopped attending or reduced attendance

G1, O2: Monthly: Follow up with new members

G1, O2: Monthly through June 2023: Reach out to at least 2 new potential partners each month

G2, O1: Monthly through June 2023: Reach out to at least 2 new potential partners each month to the lethal means subcommittee

G2, O4: Community Education

G3, O1: Tabling during events and in the schools

G3, O1: Post stigma prevention messages on social media platforms

G3, O3: (Evaluate each September) Social Media Best Practices for moderation on “How to talk about Suicide” Campaign

G3, O3: Increase engagements on social media platforms

G5, O3: (Evaluate in May and September Annually) Tool Kits to schools for Mental Health Matters and Suicide Prevention Month

January 2023

G1, O1: Develop a schedule of meeting topics for each fiscal year

G5, O3: Support TAY staff to attend peer-based clubs on campus.

G5, O3: TAY to provide engagement groups and outreach to schools

G5, O3: QR resource stickers in bathrooms at the schools - BSC

February 2023

G1, O1: Identify groups or contacts within the first responders, crisis teams, faith based as well community that you can reach out to informally invite to meetings.

G5, O1 & O2: Participate in Suicide Prevention work Group with County superintendents and school admin

G5, O4: Participate in Suicide Prevention work Group with County superintendents and school admin

March 2023

G1, O1: 3/31 Secure guest speakers or presenters as needed

G1, O4: Establish Fatality Review Team Coordinator

G1, O4: Establish a Fatality Review Team meeting

G5, O1: Partner with PRISM – BH school program

April 2023

G5, O2: Meeting with PRISM/SMART/GCOE to assess trainings; i.e., contagion, postvention, reentry protocols, invention needs for schools

G5, O3: Engage school staff on Suicide Prevention Coalition to support protective factors on campus and support to implement

May 2023

G1, O1: 5/31- Schedule an in-person meeting to introduce new members and kick off suicide strategic plan implementation

Engagement: In Person Gratitude Celebration

- Currently meeting on Zoom monthly
- FIRST in person meeting in November
- Intention: Celebrate successes, support networking & connectivity, honor the work of coalition members



Engagement: Quarterly Training

- **Goal:** Increase Educational Development Opportunities for Attendees
 - **Quarterly Trainings 2023:**
 - Friends for Survival: Postvention Information
- American Foundation for Suicide Prevention (AFSP): Talk Saves Lives
 - Best Practices when Discussing Suicide
- Functions & Intentions of a Suicide Prevention Coalition

Cindy Ross, LCSW
Glenn County Behavioral Health
MHSA Program Manager
Email: cross@countyofglenn.net
Phone: 530-865-6106



Elise Garrison
Glenn County Behavioral Health
Suicide Prevention Case Manager
Email: egarrison@countyofglenn.net
Phone: 530-685-8627

Questions?
Thank you for your time

Q&A

Sustainability

Coalition Maintenance

- Identify a core group to lead (this could be part of a leadership team or steering committee's role)
- Develop a maintenance plan
- Identify methods to assess and review the coalition and gather input about their experience as a coalition member
 - e.g. surveys, one-on-one interviews, discussions during meetings
- Create a process to translate assessment results into strategies for maintenance
- Implement strategies, assess, modify again

What are some ways you can think of to support coalition maintenance?

Surveying the Coalition

MONTEREY COUNTY HELPING ONE ANOTHER TO PREVENT AND ELIMINATE SUICIDE
COALITION SURVEY

The **MC HOPES** Coalition works together to build relationships, leverage resources, and utilize a data driven approach to develop and implement a comprehensive suicide prevention plan. Thank you for taking a few minutes to share your thoughts and support our efforts to improve the coalition and implement the Suicide Prevention Roadmap.

EVALCORP

Coalition Member Characteristics

1. How would you describe your current involvement in the coalition? Please check all that apply.

- I receive and read the emails
- I attend most or all coalition meetings
- I attend some coalition meetings
- I am not involved in the coalition
- I am a member of the postvention workgroup
- I am a member of the prevention/wellness workgroup
- I am a member of the youth and education workgroup

2. Please mark one or more of the following responses to indicate if you represent a particular agency or system partner (select all that apply):

I represent:

- An education-related organization
- Faith-based/Spiritual organization
- First responder/law enforcement
- Health care
- Monterey County Behavioral Health
- Personal or family experience with suicide or suicide loss
- The LGBTQ+ Community
- General community member
- Community Based Organization (please specify): _____
- Social service organization (please specify): _____
- Other (please specify): _____

3. What is the zip code where you live? _____

- I don't know my zip code
- I don't have a home address
- Decline to state

4. What is your race/ethnicity? (select all that apply)

- American Indian or Alaska Native
- Asian
- Black or African American
- Latino or Hispanic
- Native Hawaiian or Pacific Islander
- White
- More than one race
- Another race/ethnicity: _____
- Decline to state

5. Please select your primary language:

- English
- Spanish
- Both English and Spanish
- Another language: _____
- Decline to state

Coalition Activities

6. For each of the following statements, please check the response that best describes your perspective. If you are new to the coalition or are unsure about any of the statements, please feel free to not rank that item.

	Never	Sometimes	Most of the Time	All of the Time
The coalition meetings are aligned with the Community Agreements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coalition offers opportunities for members to work collaboratively with one another in workgroups.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Sometimes	Most of the Time	All of the Time
The coalition monitors progress towards goals and shares information on successes, challenges, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coalition shares local suicide related data for Monterey County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coalition strives for inclusivity and language equity in meetings, presentations, and activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coalition increases my awareness of the individuals, groups, and networks working to prevent suicide in Monterey County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coalition presents information on resources available in Monterey County to address suicide prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Feedback and Input on Coalition Meetings

6. Does the current day and time (4th Wednesday, every other month from 10:00 a.m. – 12:00 p.m.) work for you?

- Yes
- No

If no, please share what would work better: _____

7. Which meeting format works for you?

- Zoom
- In-person
- Hybrid: either zoom or in-person

8. Please share your feedback on coalition meetings that you have attended – do you see areas for improvement?

9. What special topics, guest speakers, or areas would you like to see addressed in upcoming meetings?

10. We welcome any further comments—other thoughts, ideas, requests, or concerns to share?

Thank you for your time! We appreciate your involvement in our coalition and the feedback you have provided. Your feedback is key to strengthening our collective suicide prevention efforts countywide.

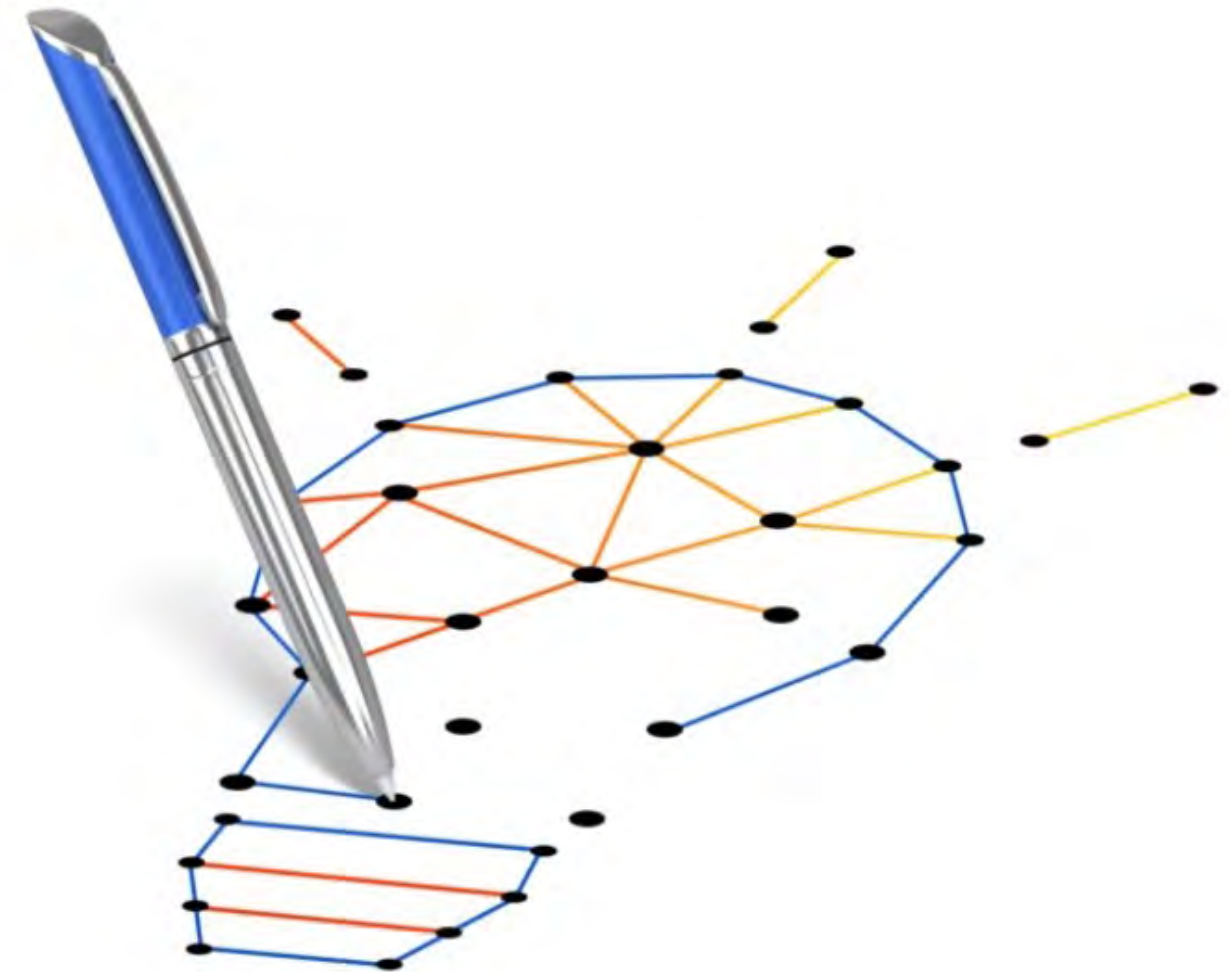
If you would like to learn more about a workgroup, have questions or input, please email:

Jill O'Neill at jill@appliedcrisistraining.com

Dana Edgull at edgulldr@co.monterey.ca.us

Prepare for transition in staffing and funding

- Integrate coalition support into job descriptions
- Consider formalizing partnerships
- Develop an onboarding manual or membership agreement
- Diversify organizational leadership and funding wherever possible
- Connect the dots with other funding



Sustainability

- Maintain member commitment
- Plan for coalition maintenance
- Diversify funding and leadership
- Draft annual budgets
- Consider nonprofit status
- Recruit members that have expertise in grant writing and fundraising
- Be open to changing course when things aren't working

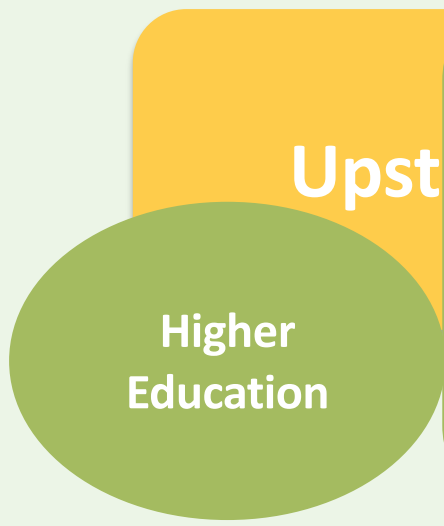


What are some of your strategies or ideas for sustaining your coalition?

Riverside
County –
Organizational
Structure



Organizational Structure in 2023



Upstream

Goal: Standardize policies and curriculum to promote connectedness and address suicide risk.

- Increase education and awareness regarding mental illness and suicide amongst college students and staff.
- Assist schools with the implementation of trauma-informed practices.
- Promote increased help seeking behaviors amongst college youth.

Goal: Standardize policies and curriculum to promote connectedness and address suicide risk.

- Implement programs that foster social emotional growth.
- Develop and implement standardized suicide risk assessment tools and prevention plans.
- Assist schools with the implementation of trauma-informed practices.





www.rivcospc.org

Sub-Committees and Co-Chairs

Upstream



Mary Hrinko



Leadership



Diana Gutierrez,
MS LMFT LPCC



Myeshia Bobo, LCSW



Rebecca Antillon

Effective Messaging & Communications



Stan Collins



Robert Youssef

Higher Education



Lynnette Sullivan
DSW, LMFT, LPCC



Connie Marmolejo,
DRPH

Engaging Schools



Denise Granger



Kathy King

Trainings



Andrea Deaton,
LMFT



Kimberly Jow,
MPH CHES

Intervention



Jim Grisham,
RN, LMFT

Postvention



Brenda Scott



Jenn Carson, DSW

Measuring & Sharing Outcomes



Lily Gallegos



Krystal Silguero



Suzanna
Juarez-Williamson

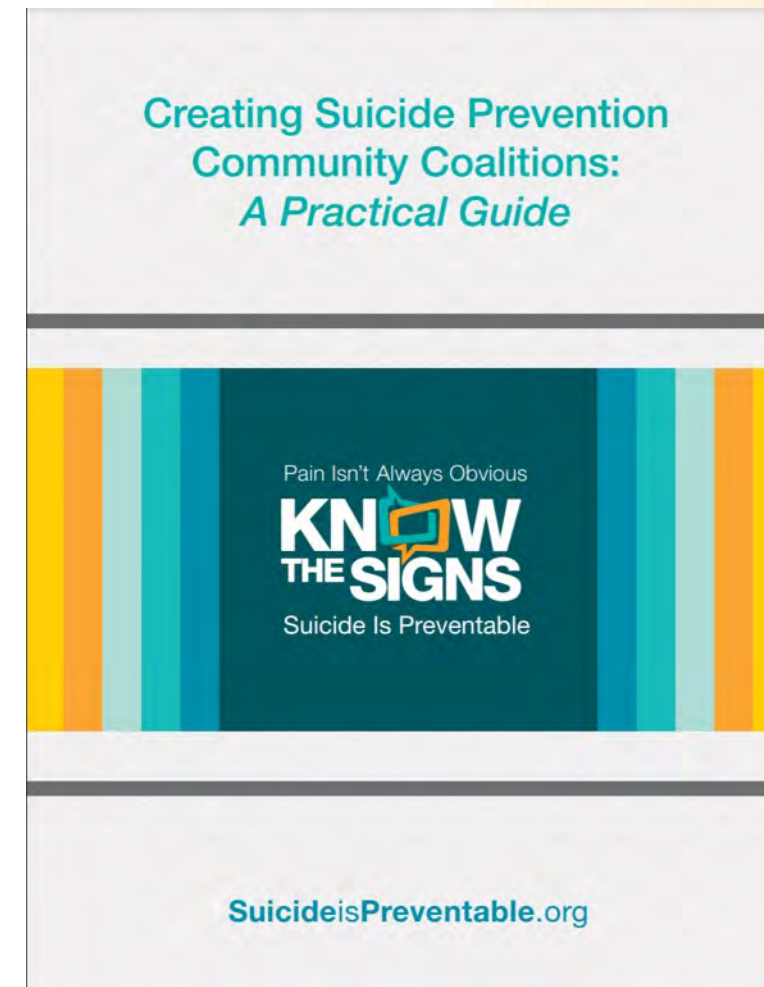
Humboldt County Suicide Prevention Network



Resources for Coalitions



<https://communitysuicideprevention.org>



January 2022 Striving for Zero Learning Collaborative Module focusing on coalitions:
<https://youtu.be/90dlkKGvJts>

What's Next?

Striving for Zero Collaborative Meetings

Nov 8, 2023, 10:00 AM Pacific Time (US and Canada)

Rural Cohort Meeting, Topic TBA

https://us06web.zoom.us/webinar/register/WN_LTvzhRg6Qc2IcWmsoruG1A

Dec 6, 2023, 10:30 AM (US and Canada)

Topic: Understanding and Using the CalVDRS Dashboard (Link coming soon)

February 28, 2024-March 1, 2024

In Person-Meeting in Carlsbad San Diego County
Please register [here](#).

Apr 17, 2024, 10:00 AM Pacific Time (US and Canada)

Topic: Striving for Zero Learning Collaborative
Module: Final Meeting

https://us06web.zoom.us/webinar/register/WN_Zxq9fUQjR3-0cvdz-P4-jw

Learning Collaborative Resource Page



<https://mhsoac.ca.gov/initiatives/suicide-prevention/collaborative/>

In Person Convening!

February 28 – March 1, 2024

Carlsbad, San Diego County

This meeting will represent the culmination and celebration of our work together in the learning collaborative over the past several years. It will also be an important time for counties to share successes and next steps, as well as build ideas and momentum for sustainability of our local suicide prevention strategic planning and implementation efforts.

- Guest speakers and updates on national strategic planning efforts and statewide initiatives that can support your work.
- Combine large group presentations with opportunities for smaller group discussion to advance local planning and implementation.
- Offer opportunities to showcase local efforts.



Thank you for your time

For more information please contact: jana@yoursocialmarketer.com