

# San Diego County Suicide Prevention Council

Facilitated by Community Health Improvement Partners

[WWW.SPCSANDIEGO.ORG](http://WWW.SPCSANDIEGO.ORG)

## VISION

Zero suicides in San Diego County.

## MISSION

To prevent suicides and its devastating consequences in San Diego County.



## STRATEGIC DIRECTIONS

FROM SAN DIEGO COUNTY SUICIDE PREVENTION ACTION PLAN (SPAP) UPDATE 2018

### Universal Strategies

Integrate & Coordinate Activities  
Media & Communication Campaigns  
Outreach for Coping and Connectedness

### Selective Strategies

Community Programming  
Means Reduction  
Frontline & Gatekeeper Training

### Indicated Strategies

Healthcare Coordination & Capacity  
Clinical Assessment & Treatment  
Postvention Services

## OUR WORK SUBCOMMITTEE EFFORTS



### Assessment & Evaluation Subcommittee

- Tracks and monitors the Suicide Prevention Action Plan Update (SPAP), overall SPC progress, and evaluation efforts.
- Develops annual report on the status of suicide in San Diego County tracking six key indicators on suicide and suicide help-seeking behaviors.
- Informs partners of suicide assessment screening tools, such as the Columbia Suicided Severity Rating Scale (C-SSRS).
- Reviews best practice assessments.

### Faith Organization Outreach Subcommittee

- Convenes faith organizations and partners to increase awareness and sensitivity to suicide prevention efforts and stigma reduction within spiritual settings.
- Shares and creates resources to empower and support faith communities in their role as suicide prevention gatekeepers.
- Organizes signature SPC Faith Breakfast event each year to connect faith organizations with one another to share promising practices and resources.

### Higher Education Subcommittee

- Convenes a network of San Diego County colleges and universities to share resources, best practices, and efforts on suicide prevention programming, education, and awareness to best serve student and Transitional Age Youth (TAY) populations.
- Participates in the annual Out of the Darkness Walk hosted by American Foundation for Suicide Prevention (AFSP) every Fall to walk in support of suicide prevention.

### Means Reduction Subcommittee

- Informs on suicide prevention efforts addressing the different means of suicide (firearms, jumping/bridge, prescription drugs, and hanging among others).
- Reviews data on different means and methods of suicide.

### Media Subcommittee

- Collaborates with media stakeholders to provide information on responsible reporting and safe messaging guidelines for suicide prevention.
- Plans annual press conference to release the SPC Annual Report to the Community on the status of suicide and suicide prevention efforts.
- Responds to media requests and stories on the topic of suicide.

### Priority Populations & Communities Subcommittee

- Convenes representatives and experts from populations with higher risk of suicide (military/veterans, Native Americans, LGBTQ+, older adults, and survivors of suicide loss among others) to address the specific needs of these groups..

### Postvention Subcommittee

- Educates others on postvention, which is defined as the support conducted after the loss of a loved one from suicide.
- Convenes partners from all sectors working on postvention strategies to support individuals who have lost someone to suicide.

### Schools (K-12) Collaborative Subcommittee

- Provides suicide prevention resources, training, and education materials to San Diego County schools, educators, and staff.
- Develops annual schools resource guide on local and national suicide prevention and mental health wellness programs and disseminates to schools across San Diego.
- Monitors legislation on school-based suicide prevention and mental health.

### Helpline Collaborative Subcommittee (Ad-Hoc)

- Creates a network of San Diego County crisis lines, warm lines, and help lines to share best practices with one another.

### Training & Education Subcommittee (Ad-Hoc)

- Convenes various trainers and educators to connect specializing in suicide prevention and mental health to learn from one another on ways to effectively educate community members on suicide prevention.



COMMUNITY HEALTH  
IMPROVEMENT PARTNERS  
making a difference together



# OUR IMPACT



Over **19,000 San Diegans** have been trained in QPR since 2011.

QPR or Question Persuade Refer is a suicide prevention training aimed to teach individuals how to recognize the signs of suicide and how to use a three-step method to help individuals at risk for suicide.



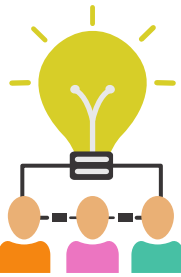
San Diego County is **one of the only counties out of 58 in California** that has a Suicide Prevention Action Plan in place.

The SPC developed the San Diego County's Suicide Prevention Action Plan (SPAP) in 2011 and updated this comprehensive document in 2018.

Convenes approximately **70 participants** at monthly SPC meetings

SPC meetings are held on the fourth Tuesday of each month from 10:00am-11:30am to provide updates on suicide prevention efforts.

**86% of members** reported being **satisfied** with the work of the SPC



In 2016, the SPC led an extensive community engagement process to inform the 2018 SPAP Update with **673 participants contributing to the final document.**

**22 COMMUNITY FOCUS GROUPS**

reaching

**256 INDIVIDUALS**



**417**

**ONLINE SURVEY RESPONDENTS**



**92% of SPC members** felt that medium or better progress has been made to sufficiently implement the SPAP Update 2018.

**45% of these individuals** felt that excellent or close to excellent progress has been made.

# TESTIMONIALS

Community Health Improvement Partners (CHIP) has provided much needed leadership to the community to help reduce suicide and the stigma associated with mental health disorders in San Diego. Their ability to engage the community, forge partnerships, and build upon the strengths and passion of diverse individuals to tackle public health problems that require sustained effort is truly remarkable. That's what commitment to the community is all about!

*Beth Sise, JD, MSN, RN, CPNP  
Director, Trauma Research & Injury Prevention  
Scripps Mercy Hospital*

The San Diego Suicide Prevention Council has been an invaluable resource for helping UMTR2ME-You Matter To Me stay connected with the many county and community based organizations that share our passion to not only save lives, but change lives as well. Whether at the monthly meetings or annual stakeholders meeting, the SPC ensures our organization has all the available tools and necessary resources needed to spread the message of hope throughout San Diego County.

*Jimm Greer  
Founder, Creative Director  
UMTR2ME - You Matter To Metal*

The San Diego County Office of Education (SDCOE) and SPC have cultivated a long-standing critical partnership to advance suicide prevention, intervention and postvention efforts in San Diego school communities. SDCOE is grateful to the SPC team for their ongoing dedication, collaboration and leveraging of resources in suicide prevention.

*Mara Madrigal-Weiss  
Director, Student Wellness and Positive School Climate  
& Foster Youth and Homeless Education Services  
San Diego County Office of Education*

# SIGNATURE EVENTS

## SPC Annual Stakeholders Meetings (ASM)

- The SPC Annual Stakeholders Meeting (ASM) is held at the end of each fiscal year to provide a **review of the year's activities, share accomplishments, and present the latest data on San Diego County suicide numbers.** Additionally, the ASM highlights innovative suicide prevention and mental health programs and activities.

## SPC Annual Faith Breakfast

- Since 2012, the SPC has hosted its annual Faith Breakfast event to **gather faith leaders, behavioral health providers, and community members to share the connections between faith, suicide prevention, and mental health.** In addition, this event provides information and resources available to faith leaders to help support their faith communities.
- The event continues to grow, last year at the 8th Annual Faith Breakfast attracted nearly **200 individuals.**

## SPC Annual Press Conference

- The SPC Press Conference is held annually for Suicide Prevention Awareness month, in September, to **release the Annual Report to the Community which features the latest data available on suicide.**
- Key figures and experts in the suicide prevention community share highlights of the Annual Report to the Community.

FOR MORE INFORMATION, CONTACT [LPUEBLA@SDCHIP.ORG](mailto:LPUEBLA@SDCHIP.ORG)



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