



Suicide Prevention in Marin: Fostering Hope, Connection, and Collaboration for a Safe and Healthy Community

The Marin County Suicide Prevention Collaborative

Wednesday August 5, 2020 at 1:00-2:30 pm



SUPPORT



UNITY



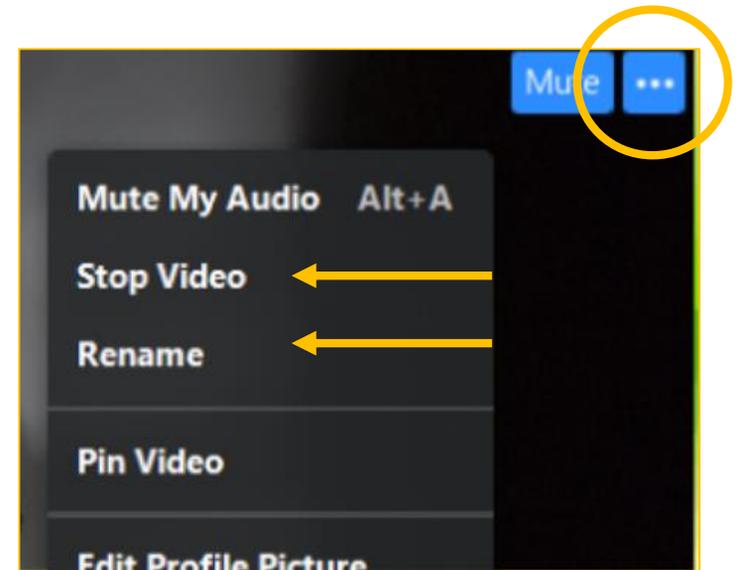
TRUST



EXCELLENCE

ZOOM PRACTICES

- Turn on your video. We want to see you!
- Be present and avoid multi-tasking
- Mute microphone and minimize distractions
- If possible, please hold your questions until the end of the presentation. If you have a question, please use the chat feature.
- The presentation will be recorded and powerpoint slides will be shared with you in follow up to the meeting.
- If you would like to maintain your anonymity, you may turn your video off and change your name by hovering your mouse over the ... and select “Stop Video” and “Rename”



SETTING THE TONE

- Come as you are. We are each holding many different feelings.
- It is important to acknowledge the successes and what has been achieved. We must also identify where there are gaps. This is where change can happen.
- Today's meeting will be delivered in the format of a presentation.
- There will not be a break. Feel free to step away when necessary.
- Please join us for the full 90 minutes.
- Self care is essential in our work. Please take care of yourself during and after today's presentation. We list two sources of 24/7 support: **The Buckelew Suicide Prevention Hotline (Marin): 415-499-1100** and the **BHRS Access Line: 1-888-818-1115.**

ACKNOWLEDGEMENTS AND SPEAKERS



Matt Willis, MD
Public Health Officer
Health and Human
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Engagement
Coordinator
BHRS, County of Marin



Stan Collins
Suicide Prevention
Specialist
Resource Navigator
Directing Change, Each
Mind Matters



Monica Whooley
Educator, Suicide
Prevention Advocate and
Loss Survivor

...And, the many
community leaders,
including loss survivors
and those with lived
experiences, who have
bravely shaped our work.



Kara Connors, MPH
Senior Program
Coordinator for Suicide
Prevention
BHRS, County of Marin



Chandrika Zager, LCSW, MPH
Senior Program Coordinator
MHSA Prevention and Early Intervention
MHSA Innovation
County of Marin

JOINING US TODAY

Aging Action Initiative
Bay Area Community Resources
Blue Path Health
Buckelew Programs
Canal Alliance
Community advocates
Community Institute for Psychotherapy
Dominican University
Felton Institute
Homeward Bound
Huckleberry Youth
Jewish Family Community Services
Kings View Behavioral Health
Side by Side
Spahr Center
Community Action Marin
Marin County Public Health
Marin County Office of Education
Kaiser Permanente
Marin AAP
Marin County Commission on Aging
Marin County School Districts
Marin Community Clinics
Marin County Youth Commission

Marin County Probation
Marin Sherriff's Office
Marin County Coroner's Office
Marin Housing
North Marin Community Services
Office MarinHealth
Marin Multicultural Center
Marin City Community Development
Corporation
Marin Interfaith Council
Marin County Veterans Service Office
NAMI Marin
Partnership Health Plan
Parent Services
Performing Stars
Private/Charter Schools
Ritter Center
Surviving the Odds Program
Whistle Stop
Youth Leadership Institute
...and individual community members,
including survivors of suicide attempts and
those who have lost loved ones to suicide

AGENDA

Welcome

Suicide prevention theory

What the community and data tells us and our achievements

Implementation timeline and plan and our structure

Recruitment of Community Teams

Community Team meet up

Report out

Question, Next steps

Conclude

REFLECTION

“We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.”

— Pema Chödrön

WELCOME

- We are on the path, together.
- Covid-19 and inequities across the spectrum mean challenging “business as usual.”
- We must reflect and act on where burdens of risks exists in our self, relationships/community and institutions.
- What role can YOU play?

SUICIDE PREVENTION THEORY:

The Suicidal Crisis Path



“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)

fresno
CARES

SUICIDE PREVENTION THEORY:

The Suicidal Crisis Path and Comprehensive Approach to Suicide Prevention (SPRC)

Continuum of Supports

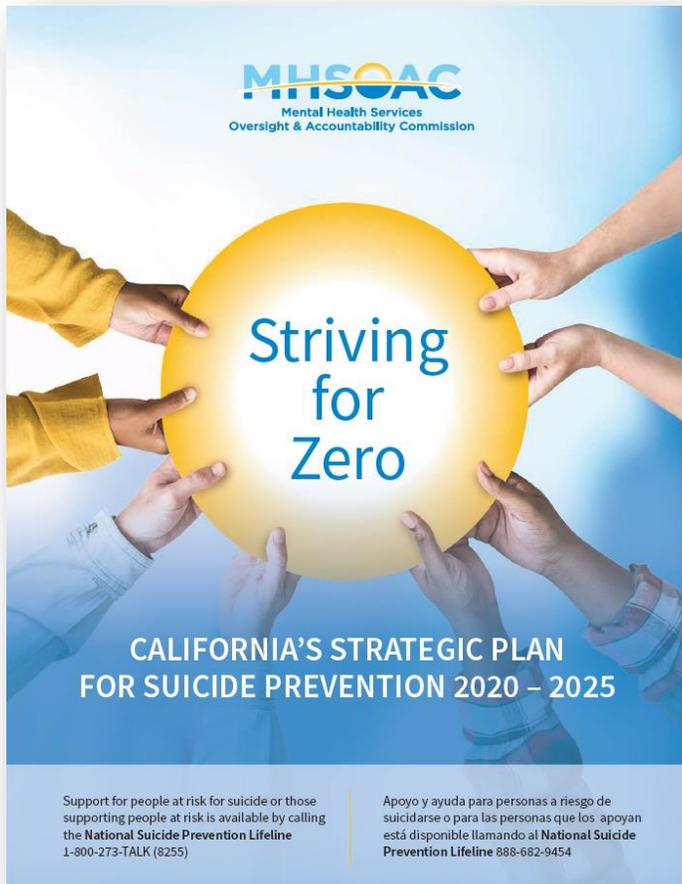


Source: Each Mind Matters Learning Collaborative for Strategic Planning for Suicide Prevention

Based upon:

- Suicide Prevention Resource Center, "Comprehensive Approach to Suicide Prevention"
- Suicidal Crisis Path (Dr. DeQuincy Lezine / Noah Whitaker) featured in "The Fresno County Strategic Plan for Suicide Prevention"

California Strategic Plan for Suicide Prevention: 2020-2025



STRATEGIC AIM 1: Establish a Suicide Prevention Infrastructure



STRATEGIC AIM 2: Minimize Risk for Suicidal Behavior by Promoting Safe Environments, Resiliency, and Connectedness



STRATEGIC AIM 3: Increase Early Identification of Suicide Risk and Connection to Services Based on Risk



STRATEGIC AIM 4: Improve Suicide-Related Services and Supports

<https://mhsoc.ca.gov/what-we-do/projects/suicide-prevention/final-report>

COMMUNITY NEEDS ASSESSMENT: 2019



WHAT THE COMMUNITY AND DATA TELLS US

Identifying Impacts

- Middle-aged and older white men die by suicide at the highest rates.
 - Other groups impacted: youth, BIPOC, LGBTQ+ residents, veterans and others
 - People in our community live with burdens of risk
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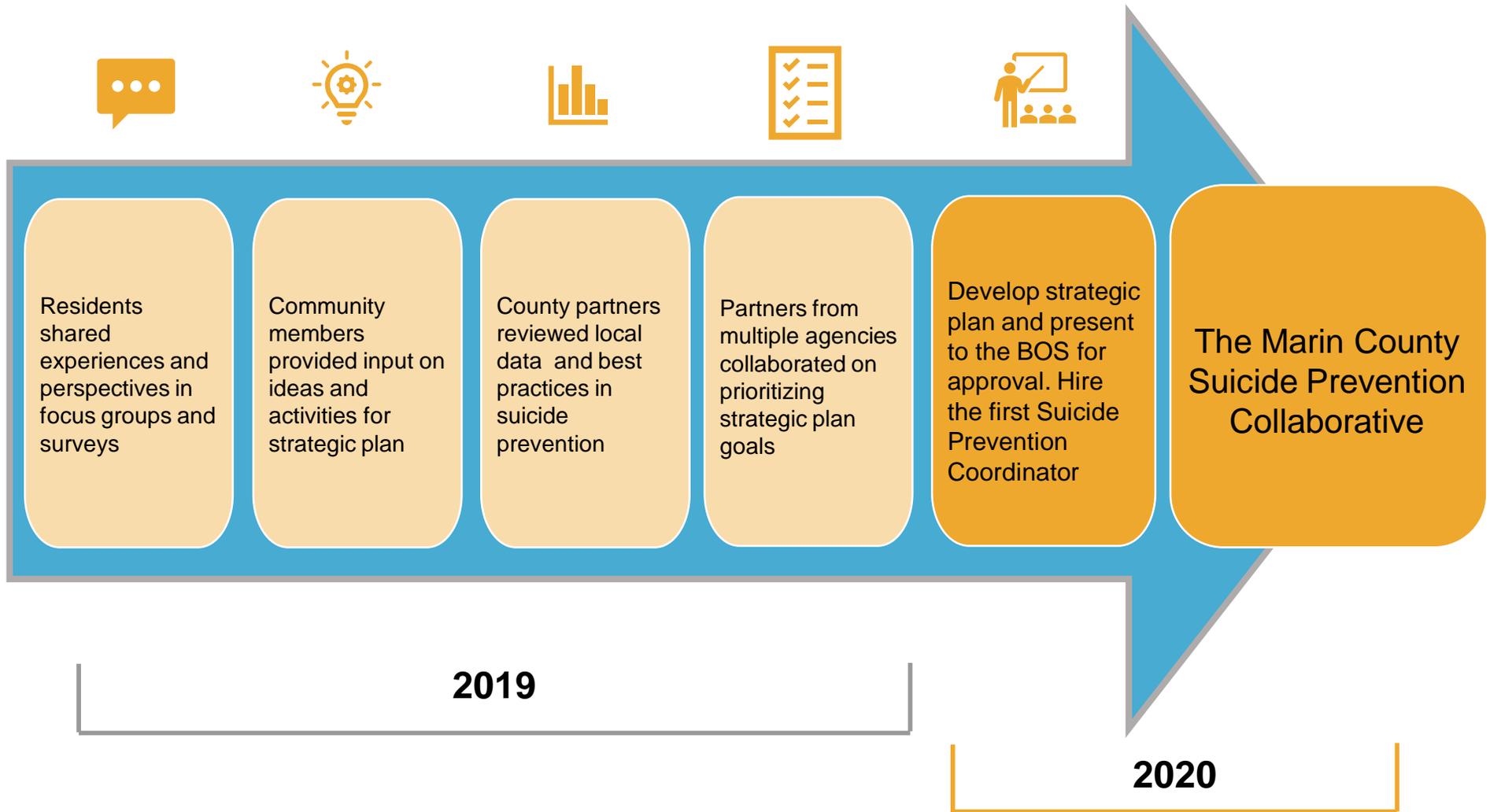
Accessing Resources

- Marin County has several existing resources
 - Many residents face barriers to accessing supportive services
 - May not know how to help others who are thinking of suicide
-

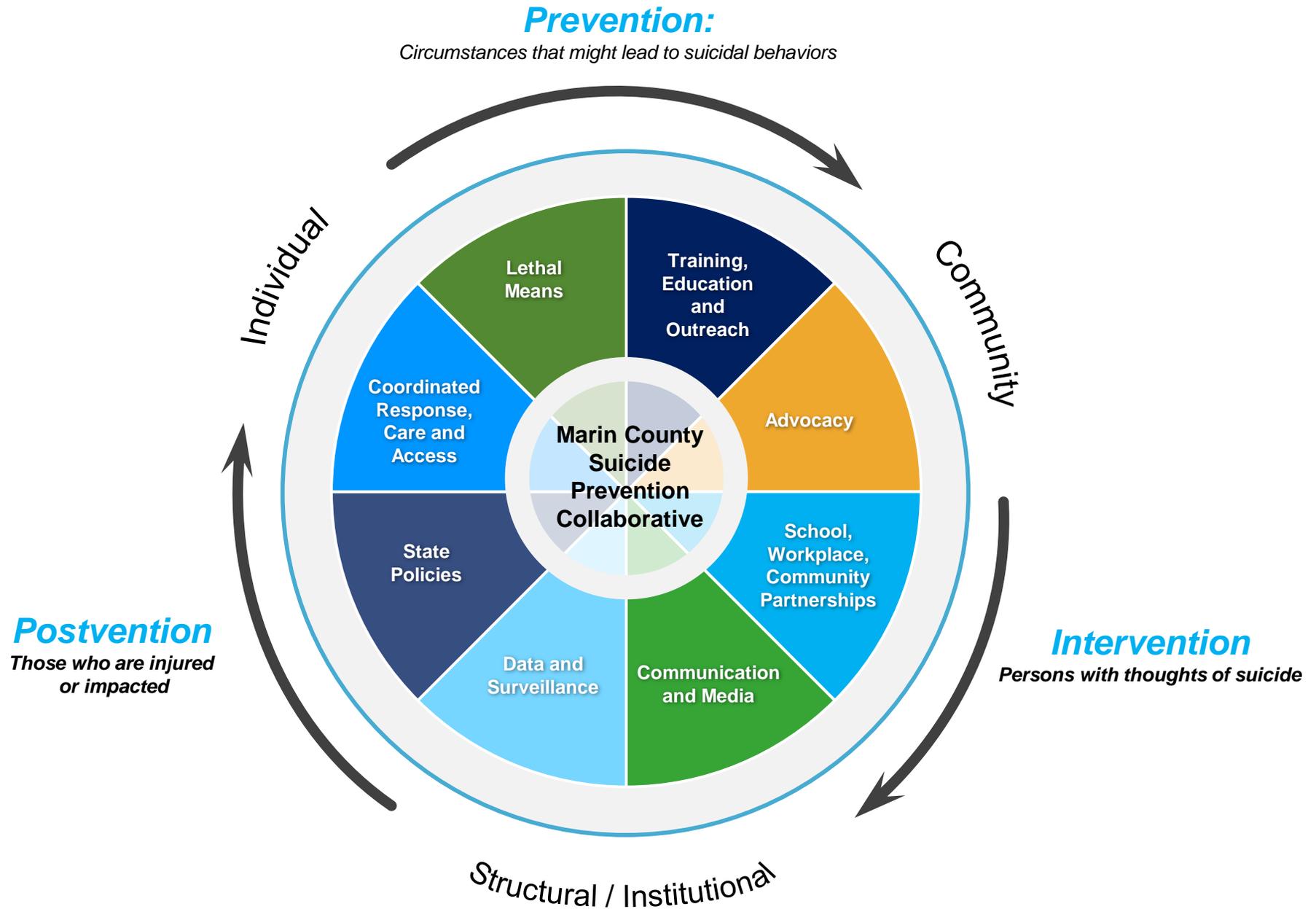
Building Resiliency

- Community well being and social cohesion can limit suicide risk
- There is culture of stigma, difficulty engaging with the issue

COMMUNITY NEEDS ASSESSMENT AND PLANNING TIMELINE: 2020



A Public Health Framework: Suicide Prevention Across the Life Span



Principles of Suicide Prevention and Partnerships

ACCOMPLISHMENTS TO DATE: SOME EXAMPLES



You are not alone. We are here to help.
 Behavioral Health & Recovery Services **1-888-818-1115**

MARIN HEALTH & HUMAN SERVICES
 Health, Well-being & Safety

MARINHHS.ORG/BHRS

Suicide prevention trainings (hosted by Buckelew Programs, NAMI and North Marin Community Services).

WE HAVE A STORY TO TELL

NAMI MARIN IS HOSTING A STORYTELLING SERIES FEATURING PEOPLE WITH LIVED EXPERIENCE WITH MENTAL ILLNESS, SUICIDE, AND SUBSTANCE ABUSE IN AN ENVIRONMENT OF COMPASSION, RESPECT, NON-JUDGMENT, AND SUPPORT.

JOIN US

“...this is not to suggest that Marin County officials and partners will be starting from scratch. The County hosts a sizeable array of existing suicide prevention resources that can serve as a foundation for the expansion of suicide prevention efforts.”

Suicide Prevention Strategic Plan

Buckelew Suicide Prevention Program

Survivors of Suicide: Allies For Hope
 A Suicide Bereavement Support Group
 Second Wednesday of each month
 Online 7:00-8:30 pm
 SOSinfo@buckelew.org
 415-492-0614

#SuicidePreventionWeek2019
 Finding Purpose: Caring for Ourselves and Others

suicideispreventable.org



MARIN HEALTH & HUMAN SERVICES
 Health, Well-being & Safety

Resources Events RFPs Government Health How Do I? Select Language

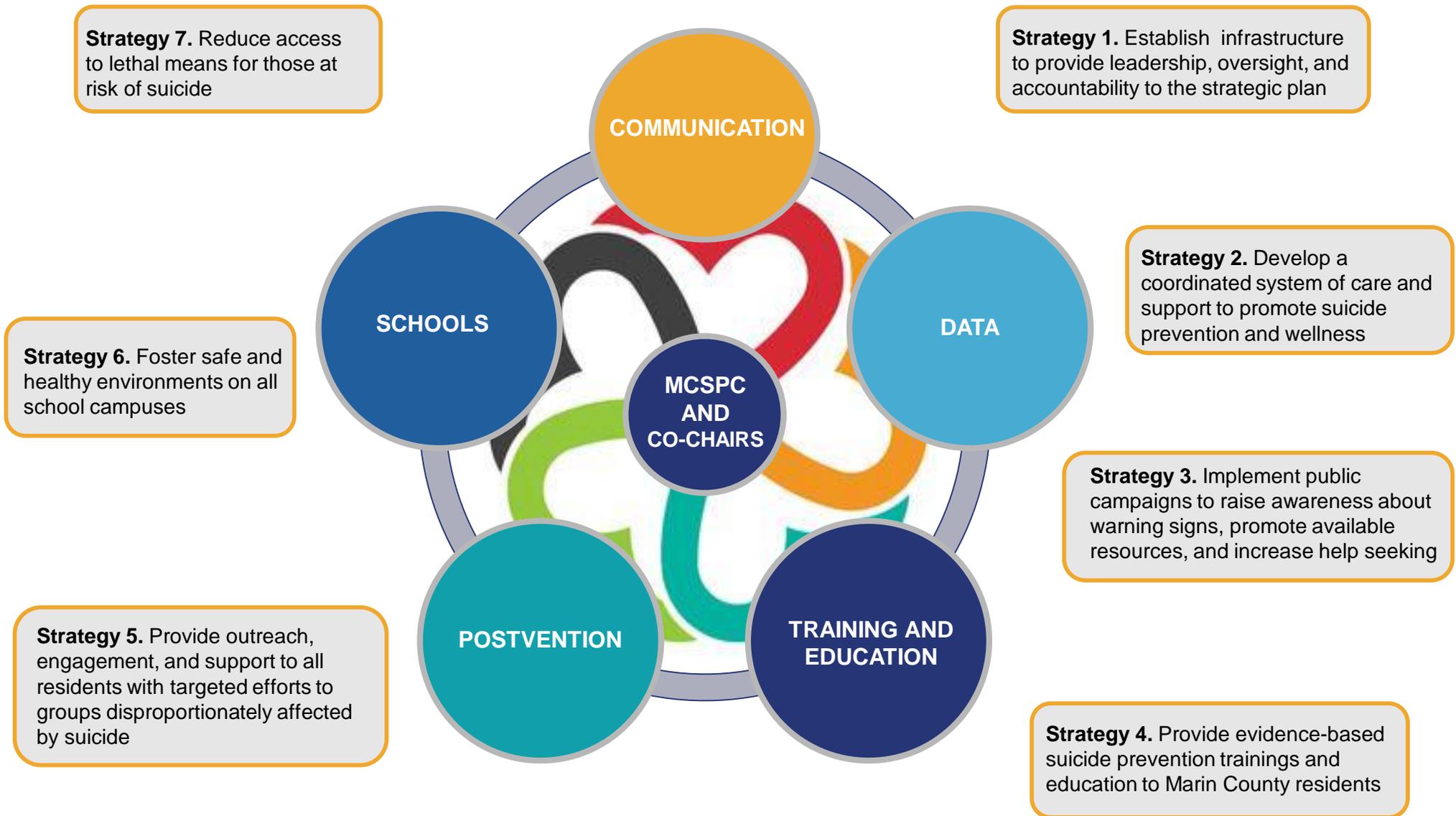
BHRS Community Events

Home » Behavioral Health Recovery and Support Services » BHRS Community Events

If you are a person with a disability and require this document in an alternate format



WHO ARE WE: COLLABORATIVE STRUCTURE AND STRATEGIES



COMMUNITY TEAM STRUCTURE AND EXAMPLES OF ACTIVITIES

DATA	Galen Main	<ul style="list-style-type: none">• Utilize and monitor data to inform trends, gaps, opportunities, factors that increase/lessen risk, shape recommendations• Expand data collection capacities
POSTVENTION	Stan Collins	<ul style="list-style-type: none">• Create community protocol after a loss• Develop peer support networks, LOSS team
TRAINING AND EDUCATION	Dana Van Gorder Vanessa Blum	<ul style="list-style-type: none">• Gatekeeper trainings and recommendations for different populations (health professionals, men, seniors, LGBTQ+ and others)• Implement culturally affirmative approaches
COMMUNICATION	Kara Connors Nancy Vernon	<ul style="list-style-type: none">• Community campaigns for awareness, help seeking, mental health• Work with PIO and local media, create system
SCHOOLS	Jessica Colvin Rachel Farac	<ul style="list-style-type: none">• Establish/strengthen peer:peer suicide prevention training, etc., for youth• Develop recommendations around the implementation of a three-tiered continuum of supports in all schools and streamlined coordination systems

IMPLEMENTATION PLAN TIMELINE

Getting Started!

(3 month):
June-September

Our Focus:

- Get to know one another.
- Identify our initial goals and objectives for our work

Teams:

Postvention, Schools, Training/
Education, Communication, Data

Our Steps:

- Establish organizational structure, principles
- Recruit for Teams
- Establish and prioritize short and long term goals: prevention, intervention & postvention at individual, community, system level
- Communication and reporting plan/materials (internally/externally)
- Launch Collaborative during September Suicide Prevention and Recovery Month

Moving Forward

(6 month):
October-December

Our Focus:

- Gain momentum towards our goals and objectives
- Reflecting upon our progress

Teams:

Postvention, Schools,
Training/Education, Communication,
Data

Our Steps:

- Finalize short and long term goals: prevention, intervention and postvention at individual, community and system level
- Launch communication and reporting plan
- Implementation

Making Progress

(12 month):
January-June

Our Focus:

- In our “flow” of making real changes
- Building towards our goals and objectives
- Reflecting upon our progress

TBD, Teams:

Examples: LGBTQ, Seniors, Lethal Means, Men, Coordinated Care, BIPOC

Our Steps:

- Implementation of goals: prevention, intervention and postvention at individual, community and system level
- Evaluation
- Year one reporting out

What We've Achieved

(18 month):
July-December

Our Focus:

- Building from our successes
- Maintaining our momentum
- Reflecting upon our progress

TBD, Teams:

Examples: Lethal Means, Seniors, Coordinated Care, LGBTQ, BIPOC

Our Steps:

- Implementation of goals
- Evaluation
- Reporting out

COMMUNITY TEAMS BREAKOUT:

1. For those that selected a team, you will move into the breakout room with the community team you selected.
2. If you did not select a community team, then you have been placed in a Team for today. Click “**Join**” when the window pops up.
3. For your time together in your breakout room, you will need to have with you:
 - **Handout 1:** Accomplishments to Date
 - **Handout 2:** Timeline
 - **Handout 3:** Community Team Worksheet
 - **Handout 4:** Overview of Community Team and Collaborative Roles
4. Report out

WHAT CAN YOU EXPECT FROM THE COLLABORATIVE:

- Monthly meetings that are goal oriented and start/end on time
- Opportunity to provide feedback and recommendations to shape the Collaborative's progress
- A report out on the progress and activities of the Community Teams
- Information regarding upcoming events and education
- Greater familiarity of local resources, services and organization's efforts to address suicide prevention
- A central "Hub" to access the Collaborative meeting notes, agendas and Team activities upcoming in Fall 2020
- Upcoming announcement of September Suicide Prevention and Recovery Month events
- ...and more as we progress

WHAT'S NEXT: CONCLUDE

Dates for next Collaborative meetings. Zoom details and dates to follow.

- September 9, 2020 at 2:00 pm
- October 7, 2020 at 2:00 pm
- November 4, 2020 at 2 pm
- December 9, 2020 at 2 pm
- January 7, 2021 at 2 pm
- February 10, 2021 at 2 pm
- March 10, 2021 at 2 pm
- April 7, 2021 at 2 pm
- May 5, 2021 at 2 pm
- June 2021, TBA

Community Teams will schedule their next meeting.



THANK YOU!

If you have questions or comments, please contact:

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