

Creating a Safe School Community for Those in Distress: The Marin County Suicide Prevention Collaborative Schools Team

April 27 at 9 am

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EXCELLENCE

Agenda

- Check in
- National data update
- Teen Mental Health meeting update
- MCOE event with San Rafael
- Reporting out to the Collaborative
- Update on the Schools Risk Assessment Team
- Next steps

Suicide Deaths Declined in 2020: Experts Cautiously Optimistic

Suicide has reportedly decreased from the tenth to the eleventh leading cause of death as COVID-19 became the third leading cause of death.

Protective mental health measures are having a positive impact amid a time of collective distress.

- **COVID-19 and associated mitigation efforts such as physical distancing do not alone cause suicide.**
- **This decrease in the total number of suicide deaths may not be a decrease in suicide deaths for all groups-**as the pandemic has had a disproportionate effect on particular populations. We do not yet have the data to consider suicide in specific populations based on demographic factors such as age, gender and racial/ethnic background or social determinants such as income, access to health care and stressors that minoritized communities may experience.
- **We may not understand the entire impact of COVID-19 on suicide deaths for another year or longer** as the impact of COVID-19 may last beyond the pandemic and suicide mortality data take time to collect and analyze in a meaningful way..

Event Updates

MARIN COUNTY COMMUNITY WEBINAR: SUICIDE PREVENTION



Presenters:

Kara M. Connors, MPH, Marin County Behavioral Health and Recovery Services
Stan Collins, Suicide Prevention Specialist, Each Mind Matters, Directing Change
Cecelia Luna, Bereavement Training Coordinator & Grief Counselor, By the Bay Health (formerly Hospice by the Bay)
Tim Lea, Community Outreach Coordinator for Suicide Prevention, Buckelew Programs
Talia Harter, Student Moderator, San Rafael High School

~ APRIL 13, 2021 | 6:00 PM - 7:15 PM ~

virtual community event for parents/guardians of students in elementary through high school, educators, and students in grades 6-12

Access the event using the following link: <http://bit.ly/MarinSP>

Dial In: +1-669-900-6833 | Webinar ID: 849 5098 6883 | Passcode: 152505



Submit questions in advance: <http://bit.ly/April13CommunityEvent>

Session Presented in English with Simultaneous Spanish Translation

If you or someone you know is in distress, please contact the 24/7 BHRS Access Line: (888) 818-1115 or the Marin Suicide Prevention Hotline: (415) 499-1100.

Community Health Webinar Series Teen Mental Health in the Time of COVID

Schools Team: Goals & Updates

Team Leaders: Jessica Colvin, MSW, MPH, and Rachel Farac

- **Goal:** Launch risk assessment tool and training
 - Convened School Risk Assessment Team to develop
- **Goal:** Offer Tier 1 Interventions
 - SEL: [Project Wayfinder](#), two 3-week long professional development workshops will cover the concepts of [belonging](#) (designed for grades 6-9) and [purpose](#) (designed for grades 10-12) via research, curricula, and practices.
- **Goal:** School Mental Health Provider Training
 - Offered 2 trainings in Spring 2021 and will launch online program in September
- **Goal:** Launch Signs of Suicide (SOS) in schools for student, staff and parent/caregiver training
 - Supported middle and high schools with SOS programming between 2020-21

Schools Risk Assessment Team

- Have met twice. Meeting again this week.
- Aligns with work at state level with Stan Collins
- Reviewed several tools within and outside district
- See value in build up to suicidality questions
- Plan, intent, frequency, follow-up
- See Columbia questions as a core piece of the draft
- September launch with training/support

MEN AND BOY'S MENTAL HEALTH: A FOCUS GROUP INVITATION!

During this focus group, we will discuss your attitudes, knowledge and beliefs around mental health. Your experiences will help inform how we create mental health awareness for men and boys throughout our community.

Join us and receive a \$25 gift card (available to community member participants only).

We are seeking men and boys who:

- Are over 13 years of age (completion of permission forms for those under 18 years of age are required)
- Self identify as male
- Represent diversity in its many forms (racial/ethnic, sexual orientation, education, etc.)
- Can attend for a one-hour discussion

FOCUS GROUP DATES

Teen Boys (ages 13-17):
Thursday April 29 at 4 pm

Transition age men (18-25 year olds)
Thursday April 29 at 6 pm

Middle age men (ages 45-64 year olds):
New date: Thursday May 27 at 6 pm

Older adult men (age 65+)
New date: Tuesday May 25 at 4 pm

*Groups are limited to 10 people.
Following your signing up (below), you will receive confirmation and Zoom information.*

SIGN UP BY EMAIL:
kconnors@marincounty.org



MAY IS MENTAL HEALTH AWARENESS MONTH

2021 Virtual Events and Offerings

Marin County Behavioral Health and Recovery Services

- **May 1st - 2nd - 10 am - 12 pm - Mental Health Youth Summit.** During these two interactive and youth-led sessions, participants will learn about demystifying mental health, suicide prevention, and how to support themselves and their peers with mental health struggles. Guest speaker: Kelechi Ubozo, author, poet, mental health activist.
- **May 4th - 9-11 am - Board of Supervisors Proclamation**
- **May 4th - 7 pm - Suicide Prevention Awareness for Parents and Teens.** Hosted by PEI program, Jewish Children and Family Services. Speaker Tim Lea, Outreach and Education Coordinator for Suicide Prevention, Buckelew Programs will discuss with parents what to do if your child, or their friend, is in distress. Teens welcome.
- **May 4th, 11th, 18th, 25th - 3pm - NAMI Marin Story Telling Series.** A Five-Part Series featuring people with lived experience with mental health challenges.
- **May 5th - 2 pm - Marin County Suicide Prevention Collaborative.** This monthly meeting will address mental health and progress by the Community Teams advancing the suicide prevention strategic plan.
- **May 6th - 10 am - "The Practice of Self Compassion".** Speaker: Oren Jay Sofer. Participants will learn self-compassion practices, motivate oneself from a place of kindness rather than criticism, combat caregiver fatigue, and cultivate self-appreciation and resilience. (Marin County employees only).
- **May 13th - 5 pm - "Breaking the Silence: A Conversation with Men and Boys About Mental Health".** Leaders across the life span from Marin share ways they cope with distress and thoughts they have for engaging men and boys in our community for improved well-being.
- **Now thru May 15. What Helps Me Youth Art Campaign.** Youth in Marin are invited to tell their story of emotions and mental health through art.
- **May 19th - 6pm. Healing Drum Circle.** Hosted by Multicultural Center of Marin. Special drum circle to uplift your energy, boost your immune system and shift your mind into the present moment.
- **May 20th - 12 pm - "Safety Planning for Those in Distress: Implications for LGBTQ+ Youth and Adults".** Speakers: Vanessa Blum, PhD, BHRS, and Tim Lea, Buckelew Programs Suicide Prevention Program, share how safety planning can reduce distress and foster resilience.
- **TBA - Equity, Race and Mental Health Post Covid-19. Stay tuned!**
- **May 22nd - 9am - Youth Mental Health First Aid Training.** Facilitators: Maria Rea, LMFT and Christina Fass, ABSNP. This training gives adults who work with youth the skills needed to reach out and provide initial support to youth (ages 6-18) who may be developing a mental health or substance use problem and help connect them to care.
- **May 24th - 2pm - "Building a Safe Community For Older Adults in Marin: A Suicide Prevention Training".** Presenter: Kara Connors, MPH, BHRS, will share how to care, respond and connect an older adult to support.
- **May 25th - 11 am - AFSP Talk Saves Lives.** Learn more about how to help those who are reaching for a new day.





Join Us

MENTAL HEALTH BOARD INFO SESSION

Understand how to make a
difference for the community and
learn about joining the Mental
Health Board



JUNE 1, 2021 | 6PM-7PM
REGISTER TO ATTEND

Register at link:

<https://www.eventbrite.com/e/marin-county-mental-health-board-info-session-tickets-150604545249>



Next Steps

- May 5 at 2 pm Collaborative meeting
- Follow up with Jon regarding the Wellness Collaborative and Schools Team