

Marin County Suicide Prevention Collaborative: Postvention Team

Agenda and Summary: October 21 at 2 pm

In attendance: Stan Collins, Kara Connors, Sophia Balestreri, Kate Ruehle, Megan Talbott, and Brandy Lidbeck (presenter)

Topic/led by	Discussion	Next Steps/Who
The Development of a LOSS Team. Presented by Brandy Lidbeck, LMFT. She has helped develop and currently oversees the LOSS Team in the Central Valley of California	This meeting centered around a presentation by Brandy Lidbeck on the development of a LOSS Team. Throughout the presentation, participants shared their own experiences and called for action on better supports, communication and compassion for loss survivors. Kate indicated her interest in sharing her experience to help schools and the community so that “others do not have to experience additional trauma.”	
Postvention as Prevention	Strong evidence indicating that those who are exposed to suicide are at greater risk of suicide. Makes for a compelling case to use postvention as an opportunity for prevention. Survivors are at a higher probability of attempting than those bereaved by deaths due to natural causes.	
Why start a LOSS Team?	Survivors who receive Active Postvention Model asked for assistance from the agency, on average, within 39 days as compared to those using the passive model, who seek assistance on average 4.5 years.	
First things first	You need 3 things to have a LOSS Team: 1. Resources 2. Volunteers 3. First responder buy in Everything else will fall into place	
Necessary resources	<ul style="list-style-type: none"> • Safe Harbor point people toward support • Resources can be support groups, therapy, clinicians, events, etc. • Can be internally or externally provided within the community • Without the above you don't have a LOSS Team 	
Volunteers	<ul style="list-style-type: none"> • Loss survivors have and are living this experience and can be a credible source • Should not be too recent to their loss, recommended 2 yrs out • Have done their own work and healing necessary • We would need 12-15 volunteers to prevent burnout 	

First responder buy in	We need buy in from key first responders (police, sherrif, coroner, hospitals, etc.). Will need several meetings and introductions. They do not want the LOSS Team to disrupt their work, but overtime the PD become appreciative and more trusting of the LT	
Active vs. delayed visits	We discussed the difference of both	
Funding needs	<ul style="list-style-type: none"> • Staff • Supplies to hand out to families, books, handouts, copies, etc. • Phone/Answering service • Uniforms, name tags • Marketing materials • Other: blankets, flashlights, etc. 	
Foster relationships	<ul style="list-style-type: none"> • First responders • Coroner • Hospitals • Schools • Local therapists 	
Next Steps	<ul style="list-style-type: none"> • Kara, Stan and Brandy scheduling a follow up meeting week of October 26 • Kara to determine pre-planning workflow • Kara to present to Police Chief meeting in November and will raise this topic. • Kara will create stakeholder list for buy in • Brandy to present to SP Collaborative at January 6 meeting • Stan and Kara to follow up with Kate. We will discuss how Kate and others who may be interested in sharing their stories to inform postvention efforts in our community with key stakeholders/influencers 	November-January