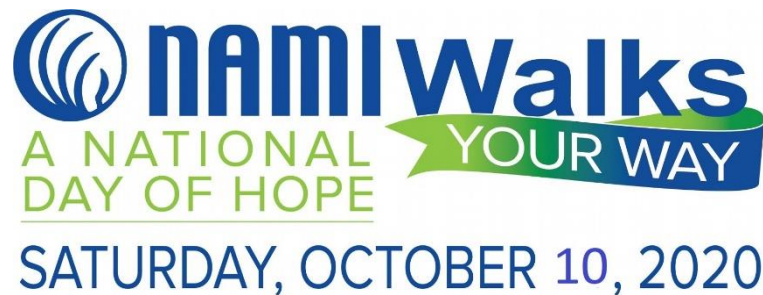




WELCOME

The Marin County Suicide Prevention Collaborative



Wednesday October 7 at 2 pm



WELLNESS • RECOVERY • RESILIENCE



SUPPORT



UNITY



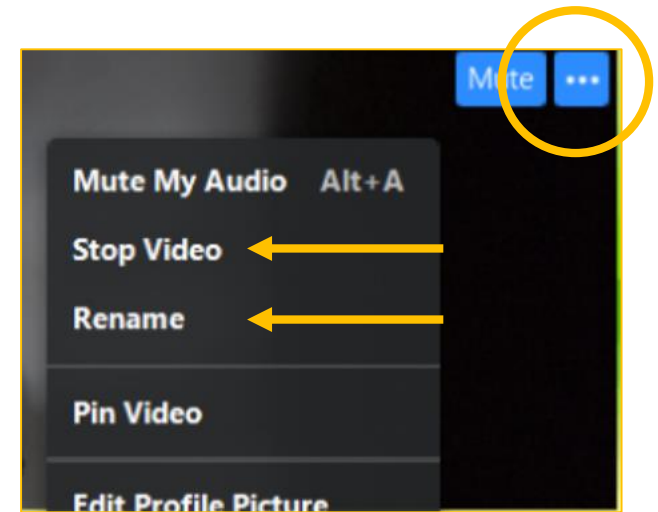
TRUST



EXCELLENCE

ZOOM PRACTICES

- Turn on your video. We want to see you!
- Be present and avoid multi-tasking
- Mute microphone and minimize distractions
- The presentation will be recorded and 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”
- If possible, please hold your questions until the end of the presentation. If you have a question, please use the chat feature



If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format by calling: (415) 473-4167 (Voice), (415) 473-3232 (TTY), or by e-mail at: cmai@marincounty.org

SETTING THE TONE

- October honors World Mental Health Day. We are part of a global community!
- We are each holding many different feelings. Let's acknowledge one another and ourselves on this path of hope, resiliency and recovery.
- 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 60 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.**

SPEAKERS



Amit Rajparia, MD
SP Collaborative
Co-Chair
Medical Director
BHRS, County of Marin



Kelli Finley
SP Collaborative
Co-Chair
Executive Director
National Alliance of
Mental Illness-Marine



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



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



Rich Slush
Trainer, counselor
Buckelew Programs

AGENDA

- Welcome
- World Mental Health Day
- Community Team updates and discussion
- Buckelew Suicide Prevention Hotline
- NAMI-Walk, announcements
- Adjourn

WELCOME

“Empathy is the only human superpower—it can shrink distance, cut through social and power hierarchies, transcend differences, and provoke political and social change.” ~ Elizabeth Thomas

World Mental Health Day: October 10

State updates:

- AB 2112 establishes a state office of suicide prevention
- SB 803 will certify and train Peer Support Specialists that can bill Medi-Cal
- SB 855 increases mental health parity requirements commercial health plans

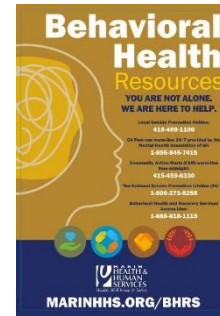
COMMUNITY TEAMS



Communication
Nancy Vernon
Aide to Supervisor
Katie Rice



Communication
Kara Connors, MPH
BHRS
Suicide Prevention



Training/Education
Vanessa Blum, PhD
Clinical Psychologist
BHRS



Training/Education
Dana Van Gorder
Executive Director
Spahr Center



Data
Galen Main, MSW
MHSA Coordinator
BHRS



Schools
Jessica Colvin, MPH, MSW
Wellness Director
Tam District



After a Suicide
Stan Collins
Consultant, Each Mind Matters,
Directing Change

BUCKELEW SUICIDE PREVENTION HOTLINE

WHO WE ARE

WHAT WE OFFER

WHAT WE DON'T OFFER



Presented By: Richard Slusher

Hotline Volunteer and Trainer Since 1996

Hotline: 415-499-1100

WHO WE ARE - HISTORY

- The Marin Hotline started in 1971 and has provided telephone Crisis Counseling, 24/7, for over 49 years.
- In 1977, an additional phone line was added to provide Grief Counseling services to the County.
- In 2012, the Marin Hotline's service area was expanded to take calls from Sonoma, Lake, and Mendocino Counties.

WHO WE ARE – HISTORY

- The Hotline is also a member of the National Suicide Prevention Lifeline. People calling their 800 number are routed to Hotlines based on the caller's area code. We are routed calls from 415 and 707 area codes.
- The Hotline is accredited by the American Association of Suicidology.
- In 2014, the Hotline became a Buckelew Program.
- Last year, the Hotline answered over 12,000 calls.

WHO WE ARE - VOLUNTEERS

- The Hotline is primarily staffed by volunteers who work one 4-hour shift each week.
- Volunteers come from all walks of life, and are not credentialed counselors.
- Prospective volunteers must first complete 40 hours of training that includes lectures, simulated phone calls, and feedback.
- Prospective volunteers are then evaluated by the Training Staff to determine if they will be invited to serve on the Hotline.

WHO WE ARE - VOLUNTEERS

Prospective Hotline counselors must demonstrate the ability to:

- Create a trusting, empathetic connection with the caller.
- Ask direct questions about a caller's suicidality and take appropriate actions based on the answers.
- Sit with a caller's pain without getting overwhelmed.
- Refrain from trying to fix a caller's problems.
- Be non-judgmental.

OUR HOTLINE CALLERS

- Ages range from pre-teens to seniors. Teen callers have steadily increased.
- Different occupations and abilities.
- Loss of hope and feelings of helplessness are common themes.
- Depression is a common issue, but many callers have no diagnosis.

OUR HOTLINE CALLERS

- We have not experienced a significant increase in call volume related to Covid-19, but it has definitely increased anxiety and stress levels.
- We have regular callers who aren't suicidal, but call us to ground themselves to prevent escalation to suicidal thoughts.
- From 3% to 5% of our calls are “emergencies” requiring immediate action.
- An increasing number of people who call us are concerned about someone they know who is acting suicidal. We refer to these as Second-Party calls.

WHAT WE OFFER

- Provide a caring, trusting, and confidential place for people to talk about their crisis.
- A crisis, by definition is a short-term event. We focus on the **current crisis**.
- Act as a **bridge** to get people currently in crisis to a point where they are safe, and enable them to seek the appropriate long-term help for their issues.

WHAT WE OFFER - PROCESS

- Above all, we LISTEN.
- We employ Active Listening techniques where we not only hear the caller's words, but also identify the underlying emotions, and address those emotions.
- We give the caller the time to express their issues in a confidential, non-judgmental environment. We allow the caller to do most of the talking.
- Assess the level of Lethality/Risk of the caller by asking certain direct questions, and determine the appropriate course of action.

WHAT WE OFFER - PROCESS

- Work WITH the caller to develop a Safety Plan that they can use to refrain from acting on their thoughts of suicide. Being able to employ a Safety Plan at the onset of suicidal thoughts is a major deterrent to acting on them.
- In certain cases, we will follow up with a caller during their crisis to see how they are doing.

WHAT WE DON'T OFFER

Attempt to fix a caller's underlying problems.

- It simply doesn't work.

Function as an ongoing therapist.

- We are trained to focus on the crisis.

Act as a Chat Line for callers.

- There are other services that do that.

Text-Based Counseling

- Our counseling is done over the phone.

- Other organizations offer text-based counseling.

WHAT WE CAN OFFER CAREGIVERS AND AGENCIES

- Provide **immediate aid** to your clients who are having thoughts of suicide.
- Be a partner, as needed, in the continuum of care for your clients.
- Provide training and education to your group.
- Provide telephone Grief Counseling.
- Provide group counseling to people who have lost someone to suicide.
- Printed materials about Hotline and suicide prevention.

HOTLINE PHONE NUMBERS

- Marin Hotline – 415-499-1100
- North Bay Hotline – 855-587-6373 (Sonoma, Lake, and Mendocino Counties)
- National Suicide Prevention Lifeline – 800-273-TALK
- Grief Counseling – 415-499-1195

For More Information:

Call Buckelew at 415-457-6964

<https://buckelew.org/>

For Training and Education contact Tim Lea: TimL@Buckelew.org 415-720-0856



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SATURDAY, OCTOBER 10, 2020

NAMI WALKS Marin County Virtual Event, October 10th @ 10 am

Featuring:

Dr, Jei Africa, Director of Behavioral Health and Recovery Services, County of Marin

Keynote Speaker: Taffy Lavie

Youth Speaker: Josh Chan, Former Marin Youth Commissioner

Original Music by Local Marinites

Join a team or create one! www.namiwalks.org/



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ANNOUNCEMENTS

- **Buckelew Programs Allies of Hope** support group dates: 2nd Wednesday of every month at 7-8:30pm (Virtual). **Call 415.492.0614** to get a zoom link or SOSinfo@Buckelew.org.
Upcoming dates: **October 14 and 28; November 11 and 25; December 9 and 23**
- **Next Collaborative Meeting:** Wednesday November 4 at 2 pm

THANK YOU!

Kara Connors, MPH

kconnors@marincounty.org

415-320-5717

