

Marin County Suicide Prevention Collaborative: Communication Team

September 24, 2020



Time	Topic	Discussion/Handout	Next Steps/Who	Timeline
12 pm	Introductions <ul style="list-style-type: none"> • Name • What brings you to this work? • Name a strength of yours that you are proud of 			
12:10 pm	Review of roles/responsibilities			
12:20 pm	Update and inventory of what we have achieved and what is upcoming <ul style="list-style-type: none"> • Next Collaborative meeting: Messaging topic • Website launch 	Slide		
12:30 pm	What are we signed up to do? Internal communication <ul style="list-style-type: none"> • With the other teams • With BOS External communication <ul style="list-style-type: none"> • Broader community • Outreach to communities at heightened risk Review of the Communication implementation plan. Let's prioritize our work Partnership List. What is our goal? What do we need to develop?	Worksheet		
12:55	Wrap up, next steps, close			



Roles and Responsibilities

By participating on a Community Team, you will:

- Participate in monthly Community Team meetings
- Participate in monthly Collaborative meetings
- Stay focused on the strategic plan
- Help prioritize specific goals and activities related to the strategic plan and Community Teams
- Share emerging trends, data, and/or issues experienced in your community and those you serve
- Elevate the voices of those with lived experience and are bereaved by suicide
- Act as an ambassador of the Collaborative by sharing information, events, social media, etc.

Team Leaders will:

- Create focused goal oriented meetings that start/finish on time
- Set agenda
- Invite a volunteer to take/summarize notes
- Input progress on a Google Tracking Form
- Create a safe space for sharing and learning

ACCOMPLISHMENTS TO DATE:



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

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

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020
 World Suicide Prevention Day: September 10
 National Recovery Month: September

Behavioral Health and Recovery Services: Community Webinar Events
 Questions? Contact: kconnors@marincounty.org or visit the BHRS Website for future events

- September 3 at 12:00 pm**
 Held monthly, first Thursday at 12:00 pm.
Lean on Me: How to Ask for Help. Facilitators: Maria Rea, LMFT and Kara Connors, MPH, BHRS
- September 8 at 12:00 pm**
 Held monthly, first Tuesday at 12:00 pm.
MCOE Parent Conversation: Suicide Prevention. Facilitators: Junita Zuruga, PsyD and Kara Connors, MPH, BHRS
- September 9 at 2:00 pm**
 Held monthly, first Wednesday beginning October 7 at 2:00 pm.
Marin County Suicide Prevention Collaborative Meeting.
- September 9 at 7:00 pm**
 Held monthly, second Wednesday at 7:00 pm.
SOS Allies for Hope. Survivors of Suicide Bereavement Support Group. Contact 415-492-0614 to get a Zoom link or SOSinfo@Buckelew.org
- September 15 at 9:00 am**
 Board of Supervisor's meeting. Suicide Prevention and Recovery Resolutions presented.
- September 15 at 7:00 pm**
 Held monthly, first Tuesday at 7:00 pm.
Breaking the Silence: How to Recognize and Discuss the Signs of Suicide in your Teenager. Presenters: Tim Lea, Bucklelew Programs, Jessica Colvin, MOW, MPH, Tam Wellness, and Kara Connors, MPH, BHRS
- September 22 at 12:00 pm Noon**
Opening Up: Where Healing Begins and Stigma Fades. A Lunch and Learn Conversation with David Pincus and Richard Knapp, Authors of Sons of Suicide with Kelli Finley, NAMI, REAL at Rodef Sholom and Kara Connors, MPH, BHRS. Hosted by NAMI-Marin
- September 29 at 6:30 pm**
Hablemos sobre la Prevención del Suicidio. Presentación en español. Presentadoras: Beria Campos-Anketti, North Marin Community Services and Maria Rea, LMFT, BHRS
- September 30 at 1:00 pm**
Suicide and Substance Use Prevention: What Role Can You Play? Presenters: Jeff Devido, MD, MTS, FASAM, Marin HHS, Kara Connors, MPH, BHRS, and Linda Henn, Marin Healthy Youth Partnership

Bucklelew 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@bucklelew.org
 415-492-0614

Bucklelew Programs
 Healthier Lives. Stronger Communities.



#SuicidePreventionWeek2019
 Finding Purpose. Caring for Ourselves and Others

suicideispreventable.org

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

Resources Events RFPs Government How Do I? Select Language

BHRS Community Events

SCIENCE

Hints of life seen in clouds of Venus

By Seth Deniro
The Associated Press

Scientists have found a potential sign of life in the atmosphere of Venus, but it is not clear if it is the same as the life on Earth.

The discovery is the first of its kind, and it is a major step in understanding the atmosphere of Venus.

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GULF COAST

New hurricane threatens soaked region

By Steven Delaney
The Associated Press

WATKINS MAN, a Hurricane Sally, could strike the Gulf Coast of Florida on Wednesday.

The storm was tracked by the National Hurricane Center on Wednesday.

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Hope, Resilience & Recovery

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World Suicide Prevention Day: September 10
National Recovery Month: September

Behavioral Health and Recovery Services: Community Webinar Events

Questions? Contact: lcannon@marincounty.org or visit marinhhs.org/bhrs for future events.

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Lean on Me: How to Ask for Help. Facilitator: Maria Rea, LMFT and Kara Connors, MPH, BHRs

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Facilitators: Junita Zuniga, PsyD and Kara Connors, MPH, BHRs

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Suicide and Substance Use Prevention: What Role Can You Play?
Presenters: Jeff Devick, MD, MTS, FASAM, Marin HHS, Kara Connors, MPH, BHRs, and Linda Henn, Marin Healthy Youth Partnership



Photo credit: [unreadable]

RESOLUTION

THE BOARD OF SUPERVISORS
MARIN COUNTY

PROCLAIMING
SUICIDE PREVENTION AND RECOVERY MONTH IN MARIN COUNTY
SEPTEMBER 2020

WHEREAS, September is recognized across the United States as Suicide Prevention and Recovery Month and provides the opportunity to educate our community about warning signs and how best to help those reaching for a new day; and

WHEREAS, preventing suicide and substance use disorders are critical public health issues that requires the efforts of many, from individual friends, families, neighbors, and co-workers, to government agencies and community organizations from a wide range of public and private sectors; and

WHEREAS, Striving for Zero, California's Strategic Plan for Suicide Prevention, urges all Californians to play a role in suicide prevention and promoting health and wellness; and

WHEREAS, all community members—no matter their background or life circumstances—can play a role in suicide prevention and promoting recovery by knowing the signs, finding the words, reaching out to someone they are concerned about, referring them to help, and following up; and

WHEREAS, recovery and wellness encompass the whole individual, including mind, body, spirit, and community; and

WHEREAS, every day in Marin County people enter treatment into behavioral health services and community supports and begin the road to wellness and recovery; and

WHEREAS, the benefits of preventing and overcoming mental health challenges, suicide attempts and loss, and substance use disorders are significant and valuable to individuals, families, and our community at large; and

WHEREAS, it is essential that we educate residents about suicide, mental health and substance use disorders and the ways they affect all people in the community; and

WHEREAS, social connectedness is a primary protective factor for suicide prevention and substance use disorders. Making just one connection puts the strength of family and community behind someone in need who is experiencing suicidality, and helps to promote health, and wellness; and

WHEREAS, in these challenging times, messages of hope and healing are more needed than ever; and

WHEREAS, suicide prevention, mental health, and substance use prevention requires a comprehensive, multi-level approach; and

WHEREAS, the Covid-19 pandemic calls for the intensification of efforts to address issues of equity in health access; and

WHEREAS, to address suicide prevention and substance use issues, Marin County recognizes social determinants of health, such as socioeconomic status, education, housing, employment, social support, and pursues steps to prevent racial and socioeconomic bias and prejudice within our mental health, treatment and recovery systems, as necessary to build a safe, healthy and whole community for all; and

WHEREAS, the Marin County Suicide Prevention Collaborative, led by Marin County Behavioral Health and Recovery Services, with support from Marin County Health and Human Services, Marin County Office of Education and other partners, are implementing a comprehensive county-wide strategic plan that addresses persistent risk factors and strengthens protective factors.



What Are We Signed Up to Do?

Internal communication

- With the other teams
- With BOS

External communication

- Broader community
- Outreach to communities at heightened risk

Review of the Communication implementation plan. Let's prioritize our work:

Examples:

- Partnership List. What is our goal?

A close-up photograph of a person's legs and feet wearing bright orange and blue sneakers. The person is standing on a concrete step. The text "Next Steps" is overlaid in white, bold, sans-serif font. The background is a textured concrete surface.

Next Steps