

# MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

## COMMUNICATION AND OUTREACH TEAM MEETING

March 25, 2021

### Co-Leaders:

**Nancy Vernon**

Aide to Supervisor Katie Rice

**Kara Connors, MPH**

Senior Program Coordinator for Suicide Prevention

BHRS



SUPPORT



UNITY



TRUST



EXCELLENCE

# Agenda

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- Icebreaker
- Updates and upcoming
  - Focus groups for men and boys
  - Gun safety campaign
  - May Mental Health Month
  - Crisis Text Line
- Partnership list activity
- Next steps

I HAVE

I NEVER

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

Men and boys are disproportionately impacted by suicide in our community.

During this focus group, we will discuss your attitudes, knowledge and beliefs around mental health and suicide prevention. Your experiences will inform how we communicate awareness campaigns.

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 it's many forms (racial/ethnic, sexual orientation, education, etc.)

## DATES AND ZOOM REGISTRATION:

Tuesday March 30 at 3:00 pm  
Boys (ages 13-17)

Tuesday March 30 at 6:00 pm.  
Transition age men (18-25 year olds) and Middle age men (ages 45-60 year olds)

Tuesday March 30 at 11:00 am  
Older adult men (age 65+)

Questions?

[kconnors@marincounty.org](mailto:kconnors@marincounty.org)



# May Mental Health Month

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## ***What Helps Me Art Campaign: Youth***

- Starting on April 1st, the BOS Intern Team will be hosting the ***What Helps Me Art Campaign*** for youth in Marin – we’re inviting you to tell your story of emotions and mental health through art. You can create a drawing, painting, poem, dance, sculpture, music, video, or any other art form that helps you express your message and feelings. Pick one (or more) of the following prompts to inspire your art.
- What helps me with \_\_\_ (ex: anxiety, stress, anger, etc.)
- What gives me \_\_\_ (ex: joy, strength, hope, inspiration, etc.)
- What works for me?
- What am I thankful for?
- How does it feel/look like when you are struggling?
- What keeps me grounded during stressful times?

**Submit your art here (will link to online portal) from April 1 to April 28 to be showcased during May Mental Health Month on social media as well as County websites.**

# Gun Safety Campaign

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## LAUNCH OF CAMPAIGN

NAME OF CAMPAIGN?: Safe Gun  
Storage Saves Lives

1. PRESS RELEASE: SIGNED BY ALL
  2. "FACEBOOK LIVE "PANEL  
DISCUSSION
  3. ONLINE SOCIAL MEDIA & WEB  
POSTINGS ACROSS COUNTY AND  
AGENCIES; PSAs in NEWSPAPERS
  4. PUBLIC AWARENESS CAMPAIGN  
RE: GUN LOCKS
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# Activity

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- Partnership List
  - Faith groups
  - Rec/sports clubs
  - Gym
  - Barber shops
  - Schools/Wellness Collaborative
  - Parent groups
  - Higher Ed (Dominican, COM)
  - Police, fire, EMS

# Next Steps

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- Collaborative meeting April 7 at 2:00-3:15 pm
- Communication Team meeting April 28 at Noon