

# MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

## TRAINING AND EDUCATION TEAM MEETING

April 20, 2021

### Co-Leaders:

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Spahr Center

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# Agenda

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- Check in (Kara)
- Marketing (Tim Lea)
- Buckelew Programs scenarios (Dana)
- Brief update on Train the Trainer (Kara)
- Gatekeeper trainings and May Mental Health Month update (Vanessa)
- Reporting out for next Collaborative meeting (Vanessa)
- Team role moving forward (Vanessa)

What is one new thing that you  
have recently learned?

# Marketing

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# Case Scenario Examples

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## **Scenario 1**

Your father has become increasingly agitated since his last fall. He is now a widow and living in a new residence and does not know many people. His back pain means he is less mobile and with more time in a wheelchair and he has been taking more oxycodone. While he likes his visits with you, you hear him say “there’s nothing left to live for.”

## **Scenario 2**

You enjoy your new job working with older adults doing home visits. It’s not always easy seeing your clients age and today you’re tired. One of your clients has difficulty managing her diabetes. You notice that the house hasn’t been cleaned in a while and you worry about the smell from the refrigerator. You want to talk to her about her goals for the week, but she says to you, “what’s the use?”

# Case Scenarios Examples

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Brenda is an African American female age 36, single, no children. Brenda recently left her job of 8 years after she felt she was looked over for a promotion, which has happened before. Brenda has been drinking more than usual and has refused to get together with close friends in recent weeks. Her sister, Alice, is concerned about Brenda after a phone call in which Brenda was drunk, crying, and stated she wishes some mornings that she “didn’t wake up.”

Raymond is a 55 year old Mexican American male. He has struggled with drugs and alcohol throughout his life. He is divorced and estranged from his two adult children. He recently was arrested for his fourth DUI and is in danger of losing his license permanently. Raymond recently called his son and left a message saying he could have Raymond’s beloved dogs.

# The Marin County Suicide Prevention Collaborative:

## FREE Suicide Prevention Gatekeeper Training Events and Support Groups. Join Us!

### American Foundation for Suicide Prevention Presentation: Talk Saves Lives

**Dates:** March 24 (3:00-4:00 pm), April 28 (3:00-4:00 pm), May 25 (11:00 am-Noon) and June 10 (1:00-2:00 pm). **Format:** Virtual. [Register Here](#) and [Webinar details](#) or Dial in: +1 408 638 0968 | Webinar ID: 863 6866 4523 | Passcode: 570497

Play a life saving role by learning about the facts of suicide, warning signs, and how you can support someone in distress. Hosted by Marin County Office of Education. Presented in English with live Spanish translation.

### Mental Health First Aid

**Time/Date:** April 7 for adults (9:00 am-4:00 pm), April 10 for adults working with youth (9:00 am 4:00 pm), **Format:** Virtual. [Register for April 7](#). [Register for April 10](#). Must complete the 2-hour self-paced course one week prior to the date of the training. Questions? **Contact:** [mrea@marincounty.org](mailto:mrea@marincounty.org)

MHFA is a skills-based training course that teaches participants about mental health, substance-use issues and suicide. If you work with adults or youth.

### Question, Persuade, Refer (QPR)

**Format:** Self-directed, online. **Date:** Anytime!  
**Contact:** [kconnors@marincounty.org](mailto:kconnors@marincounty.org)

Take this self directed, online training anytime/anyplace. Learn how to get help for yourself or others through QPR.

### Buckelew Hotline Counselor Training

**Times/Dates:** Rolling basis. Must sign up to have interview.  
**Register:** [HR@Buckelew.org](mailto:HR@Buckelew.org)

Become a phone hotline counselor to help others reaching for a new day. This is a 40 hour training to build your life skills. 18+ over.

### Buckelew Programs Suicide Prevention Trainings

**Times/Dates:** Held monthly 3rd Wednesday at 11 am. **Format:** Virtual.  
**Register:** Tim Lea, email: [timl@buckelew.org](mailto:timl@buckelew.org).

This interactive training includes useful phrases to support someone in distress. Can be customized to address LGBTQ, older adults, Hispanic/Latinx communities and others.

### Buckelew Programs SOS Allies of Hope Support Group

**Times/dates:** Held 2nd and 4th Wednesday monthly. **Format:** Virtual.  
**Register:** Call 415-492-0614 to get a zoom link or email [SOSinfo@Buckelew.org](mailto:SOSinfo@Buckelew.org)

Offers a community for families and loved ones of people who have died by suicide to safely share their experience with others who are similarly affected.



# Question. Persuade. Refer.



Three steps anyone can learn  
to help prevent suicide.



## Help Play a Role in Suicide Prevention!

Sign up for this 1-hour FREE online  
self-directed Suicide Prevention and  
Awareness Training.

Limited to 200 users.

### KEY COMPONENTS COVERED IN TRAINING:

- How to **Question, Persuade and Refer** someone who may be in distress
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in distress

### FOLLOW THESE INSTRUCTIONS:

1. Navigate to: [qprtraining.com/setup](http://qprtraining.com/setup)
2. Enter the organization code MCDHHS
3. Select **Create Account**
4. Complete and submit **student registration form**
5. QPR will display and email the newly created **Username and Password**.
6. Login to begin using the provided username and password at [qprtraining.com](http://qprtraining.com)



Questions?

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



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
BEHAVIORAL HEALTH AND RECOVERY SERVICES  
Planning and promoting health, well-being, self-efficacy, and safety of all in Marin County.





# May Mental Health Month

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## Examples:

- Men and boys panel
- Safety planning training
- BOS presentation
- Mental Health First Aid
- First responders
- Equity, Race and Mental Health
- Story Telling event for Latinx/Spanish speaking community

# Other Trainings: Upcoming

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- Clinical Assessment for the Management of Suicidality (CAMS)
- Counseling on Access to Lethal Means (CALM)

# Collaborative Meeting: Goals

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- Universal trainings: AFSP, Buckelew, and QPR
- Review after the first 6 months. Goal in year one: 2800
- Tracking trainings/events with partners: Attendance, numbers, audience, reach
- Build skills of trainers in other types of trainings where opportunities emerge
- Key trainings/events during key months (May, September)
- Health professionals:
  - Collaborative Assessment for the Management of Suicidality
  - Zero Suicide
- Conduct media training

# Next meeting

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- July or August (?)
- September Suicide Prevention and Recovery Month