

MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

TRAINING AND EDUCATION TEAM MEETING

February 16 at 10 am

Co-Leaders:

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SUPPORT



UNITY



TRUST



EXCELLENCE

Agenda

- Check in
- Update
- Training goals for next 6 months
- Trainings for health professionals
- Review draft recommendations
- Next steps



Would you rather be able to see 10 minutes into your own future or 10 minutes into the future of anyone but yourself?

Would you rather know the history of every object you touched or be able to talk to animals?

10 minutes late or always be 20 minutes early?

Updates

August-February: 1200+

Safety Planning:

- January
- March/April (LGBTQ youth and adults)
- May

Train the Trainer: February 24

Suicide Prevention for Law Enforcement: February 24

QPR: February/March

AFSP: More scheduled with schools, community March/April

May Mental Health Month: TBA

A Suicide Prevention Conversation in our Law Enforcement Community: Let's Break the Silence

Hosted by:

The Novato Police Department and The Marin County Suicide Prevention Collaborative

Suicide impacts all of us. Working in law enforcement, you likely have known someone in the community or close to you who has died by suicide. Suicide is a painful topic but staying silent further stigmatizes seeking help or talking openly about suicide with someone who is struggling.

We can begin the conversation by learning the facts of suicide (like, talking about suicide will not give someone the idea to take their life), ways to talk about it in an empathetic and non judgmental way, and steps to refer someone to safety.

During this one hour training, you will learn about:

- Facts of suicide, including risk and protective factors
- Mental health stigma
- Warning signs you can recognize in others
- Ways to talk directly and openly with useful phrases
- Local resources

Presenters:

- Stan Collins, Suicide Prevention Specialist
- Kara Connors, MPH, Senior Program Coordinator for Suicide Prevention, Marin County-BHRS

Time/Date:

February 24 at 8:00 am

Zoom Meeting Details:

<https://us02web.zoom.us/j/6972607097>

Meeting ID: 697 260 7097



Train the Trainer

- What are the best ways to support the trainers?
- What are examples for helping in their outreach?
- What should we do for the Collaborative?

Min. Training Goals: 6-8 Months SP Gatekeeper Events (with Schools)

Training	Dates	Goals	Total
AFSP Train the Trainer. Limited to 15.	February 24	15 people host 3 events with 15 people average	675
Bucklew Suicide Prevention Program	Third Wednesday monthly	Min. 6 events (months) with 10 people: 90	90
QPR	Online, self directed	200 people	200
AFSP/MCOE	January-May	8 events with 15 people (not including districts separate events)	120
BHRS/Partners	May and September alone	8 events total (4/month) each with 30 people	240+
Mental Health First Aid	March-April	Min. 3 events with 20 people	60
TOTAL			1400 2800 (Year One)

Indicated Trainings: Acute Suicidality

1. Collaborative Assessment and Management of Suicidality

(CAMS): <https://cams-care.com/about-cams/> (see next slide)

2. The Columbia-Suicide Severity Rating Scale (C-SSRS)

- Free online training: <https://cssrs.columbia.edu/training/training-options/>
- Local trainer (Elizabeth Horevitz, PhD, LCSW)

3. Assessing and Managing Suicide Risk (AMSR) training with Zero Suicide Institute

4. Safety Planning

Draft Recommendations

- Universal trainings
- Review after the first 6 months. Goal in year one: 2800
- Tracking form: Attendance, numbers, audience, reach
- Build skills of trainers in other types of trainings where opportunities emerge
- Stipends for trainers, \$25/training for up to 6 trainings
- Offer trainings/events during key months (May, September)
- Columbia, CAMS, Zero Suicide for acute suicidality

Next Steps

- Review recommendations with Team leadership
- Conduct Train the Trainer and launch the Training Team
- Share recommendations and 6 month goals
- Meeting frequency