

MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

TRAINING AND EDUCATION TEAM MEETING

March 16 at 10 am

Co-Leaders:

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Executive Director

Spahr Center

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WELLNESS - RECOVERY - RESILIENCE



SUPPORT



UNITY



TRUST



EXCELLENCE

Agenda

- Check in
- Updates
- Brief update on Train the Trainer
- New gatekeeper trainings update
- Highlights and reporting our for next Collaborative meeting
- Team role moving forward

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

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

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

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.

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

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
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



Questions?

BHRSPreventionandOutreach@marincounty.org



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



May Mental Health Month

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

Train the Trainer

- Speaking with Andy on Thursday
- Follow up with Team

Collaborative Meeting: Goals

- 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

Wednesday April 7 at 2 pm (Collaborative)

Tuesday April 20 at 10 am