

LAC Suicide Prevention Network



**Friday, September 28, 2018
9:30 am – 12:00 pm**

Department of Mental Health, Headquarters
10th Floor Conference Room
550 S. Vermont Avenue, Los Angeles, CA 90020

Notes and Action Items

Suicide Prevention Summit:

Cheryl and Tracie provided an overview of the 2018 Suicide Prevention Summit Evaluation and facilitated a group discussion around what worked and what could be improved.

Suggestions included:

- Saferoom was well received. For next year consider calling it a self-care room.
- Have registration list organized by last name, not first name.
- Allow for more time in the morning to have breakfast and network in the morning, but begin program on time.
- Very few people stayed for networking portion of the event. Next year consider a short closing ceremony instead with a meaningful give-away (e.g. raffle for a self-care package or table centerpiece). Possibly focus the closing session around self-care and/or bringing everyone together and talk about action items beyond the conference.
- Consider networking during lunch.
- Having specific individuals identified as “safe” people to talk to if someone is in distress or need of support (e.g. through a flower) worked well and should be continued next year.
- CEU process worked well. For next year, begin earlier and ask if people are interested in CEUs as part of registration process.
- For next year recruit and select speakers that visually reflect diversity of LA County.
- There were a lot of sound problems. Jana shared that the Endowment had lost their IT person and did not have someone dedicated to manage sound and technical problems.
- Give-aways (conference bag, notebook, lanyards) were appreciated.

The evaluation report, video recordings, slides, and hand-outs will be posted to www.LASuicidePreventionNetwork.org by end of this week.

Advocacy Update

Traute Winters (AFSP) provided an update on several proposition.

The following bills were signed by the Governor in September 2018:

- **SB 1113 Mental Health in Workplace: Voluntary Standards** Authorizes Mental Health Services Oversight and Accountability Commission to establish a framework and develop voluntary standards for mental health in the workplace that serves to reduce mental health stigma, increase public, employee, and employer awareness of the recovery goals of the Mental Health Services Act, and provide guidance to California's employer community to put in place strategies and programs, determined by the commission, to support the mental health and wellness of employees. The bill would require the commission to consult with the Labor and Workforce Development Agency or its designee to develop the standard.
- **SB 972 Pupil and Student Health** Requires a public school, including a charter school, or a private school, that serves pupils in any of grades 7 to 12, inclusive, and that issues pupil identification cards to have printed on either side of the pupil identification cards the telephone number for the National Suicide Prevention Lifeline, and would authorize those schools to have printed on either side of the pupil identification cards the Crisis Text Line and a local suicide prevention hotline telephone number.

The bill would require a public or private institution of higher education that issues student identification cards to have printed on either side of the student identification cards the telephone number for the National Suicide Prevention Lifeline, and would authorize the institution to have printed on either side of the student identification cards the Crisis Text Line, the campus police or security telephone number, or the local nonemergency telephone number, as provided, and a local suicide prevention hotline telephone number. The bill would require schools and public or private institutions of higher education subject to these requirements that have a supply of unissued, noncompliant identification cards as of January 1, 2019, to issue the noncompliant identification cards until that supply is depleted.

- **AB 2639 Student Suicide Prevention Policies: Reviews and Updates** Existing law requires the governing board or body of a local educational agency that serves pupils in grades 7 to 12, inclusive, to, before the beginning of the 2017–18 school year, adopt a policy on pupil suicide prevention, as specified, that specifically addresses the needs of high-risk groups. This bill requires the governing board or body of a local educational agency that serves pupils in grades 7 to 12, inclusive, to review, at minimum every 5th year, its policy on pupil suicide prevention and, if necessary, update its policy. By imposing additional duties on local educational agencies, the bill would impose a state-mandated local program. The California Constitution requires the state to reimburse local agencies and school districts for certain costs mandated by the state. Statutory provisions establish procedures for making that reimbursement. This bill would provide that, if the

Commission on State Mandates determines that the bill contains costs mandated by the state, reimbursement for those costs shall be made pursuant to the statutory provisions noted above.

- **AB 1868 Pupil Instruction: Sexual Health Education.** Existing law, the California Healthy Youth Act, requires school districts to ensure that all pupils in grades 7 to 12, inclusive, receive comprehensive sexual health education and human immunodeficiency virus (HIV) prevention education, as specified. Under the act, this instruction includes, among other things, information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence, and human trafficking. This bill would explicitly authorize a school district to provide optional instruction, as part of comprehensive sexual health education and HIV prevention education, regarding the potential risks and consequences of creating and sharing sexually suggestive or sexually explicit materials through cellular telephones, social networking Internet Web sites, computer networks, or other digital media.

Presentation by Nicolle Perras (New Public Health Initiative Updates)

- National Violent Death Reporting System (NVDRS) through Centers for Disease Control and Prevention (CDC) now includes all 50 states!
<https://www.cdc.gov/media/releases/2018/p0905-national-violent-reporting-system.html>
- DPH Injury and Violence Prevention Program has two suicide related data briefs available on their website; <http://publichealth.lacounty.gov/ivpp/index.htm> Youth Suicide Prevention In Los Angeles County Data Brief and The Public Health Impact of Suicide in Los Angeles County
http://publichealth.lacounty.gov/ivpp/docs/Impact_of_Suicide_Brief_2018.pdf
- Network members interested in reaching out regarding the development of the LA County Office of Violence Prevention can reach out directly to Andrea Welsing, Director of the Injury and Violence Prevention Program at awelsing@ph.lacounty.gov

Nicole also shared that she accepted a position with the Office of Women's Health, but will continue to stay involved in the SPN. Congratulations Nicolle!

Network Update and Future Plans

Jana Sczersputowski provided an update on plans to expand the focus of the SPN. In addition to planning an annual suicide prevention conference, the collective expertise and experiences of the members of the LAPSN will be focused around creating and implementing a suicide prevention strategic plan. The following steps are proposed to lay the foundation for a new structure and focus of the SPN:

System Mapping of Existing Efforts. One key element to assist in the further development of the LASPNS is to gain a better grasp of what the entirety of activities, programs and resources already exists within Los Angeles County for Suicide Prevention. Through the Los Angeles County Department of Mental Health-Partners in Suicide Prevention, Didi Hirsch Suicide Prevention Center, and other partners such as TeenLine, and the American Foundation for Suicide Prevention, there is already a wealth of resources tied to the network's members.

However, it would be valuable to gain a better understanding about what activities are occurring to promote suicide prevention outside the network. To assist in gaining this information, stakeholder interviews could contribute to a system mapping effort that looks at suicide prevention efforts on a county-wide basis.

Expand Membership. Concurrent with the system mapping effort, as new stakeholders are identified, they can be asked to join the SPN and relevant subcommittees. As a first step, a list of current and active members and the groups they represent will be developed to identify potential gaps in representation.

Create Website. We are in the process of creating a stand-alone website for the SPN with information about the SPN, tangible tips to get involved in suicide prevention, data and resources. This website will house relevant documents for the media and also act as a central point for all SPN communication matters such as meeting notes and subcommittee reports. URL: www.LASuicidePreventionNetwork.org

Begin Strategic Planning Efforts and Create Workgroups. One key element to assist in the further development of the SPN is to develop a data informed strategic plan with defined goals and objectives. **To build the foundation for the strategic plan it is suggested to form the following *SP Workgroups* beginning in October 2018. Additional workgroups will be added.**

- Additional interest groups that were identified were: Men, Means Restriction, Suicide Prevention in the Workplace and Faith.
- It was recommended to include individuals with lived experience and survivors of suicide loss and attempt survivors in all workgroups.

If you are interested in serving as part of any of these workgroups or acting as co-chair, please email: jana@yoursocialmarketer.com

Suicide Prevention Summit Planning Workgroup

Chair 1: Jana Sczersputowski or Cheryl Eskin

Chair 2: NYD

About: The primary purpose of the planning committee will be to organize the annual summit. This will shift the focus of the network as a whole from a summit planning committee and allow a smaller subset of the network members to focus on this activity.

Goals/Deliverables for FY 2018/19: Plan and implement annual Suicide Prevention Summit

Data Workgroup

Chair 1: Nicole Perras

Chair 2: NYD

About: Data is a vital part of any effort to address major public health issues. At this point, the data surrounding suicide, attempts, and behaviors related to help-seeking and support are fragmented. A key goal of this workgroup is to collect information regarding suicide, suicide attempts, and programs and efforts that promote help-seeking. This workgroup will be tasked with looking into multiple data sources available throughout LA County and across multiple sectors (e.g. Coroner, Healthy Kids Survey, etc). Relevant data may include but is not limited to: Suicide death data: region, means/method, ages,

gender, marital status, veteran status, occupation; Suicide attempt data (hospital admissions); 5150 data (suicide related); Help-seeking: crisis resources, visits to websites, etc. This data will help inform the strategic plan as well as highlight successful local efforts and initiatives focused on suicide prevention.

Goals/Deliverables:

- Develop an annual report on suicide related behavior

Media and Communications Workgroup

Chair 1: Stan Collins

Chair 2: NYD

About: The Media and Communications Workgroup will promote effective messaging about suicide prevention in a variety of settings including news media, public information officers for various organizations, and other areas.

Goals/Deliverables for FY 2018/19

- Customize media reporting guidelines for LA County
- Host a messaging training for key spokes people on suicide prevention, including public information officers from various entities.
- Form “speakers bureau” of individuals that have been trained to respond to interview requests from media on suicide prevention
- Host annual press conference to release report to the community (see data workgroup)
- Develop media outreach plan to inform media and journalism students about best practices for reporting on suicide

Schools and Youth Workgroup

Chair 1: Tracie Andrews

Chair 2: NYD

About: There is a lot of momentum and need for youth and school-based suicide prevention efforts. This purpose of this workgroup is proposed to be focused around mapping existing efforts related to youth suicide prevention in school, primary care and community settings. What is happening? What is working? What is needed?

Goals/Deliverables for FY 2018/19

- Report outlining school, healthcare, and community-based efforts and programs to support suicide prevention, intervention and postvention with emphasis on what is working and what is needed to inform strategic planning efforts. This workgroup will coordinate with the data workgroup.

Suicide Prevention Week Updates

Participants went around the room and shared activities that they participated in during Suicide Prevention Week.

Announcements

AFSP has two upcoming Out of the Darkness Walks. There is no charge for Non Profits to have a resource table.

Oct 20, Santa Monica Pier:

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=5376>

Nov 3, Pasadena:

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=5453>

Next Meeting: Friday, December 7, 2018

**Location Not Yet Determined. If you have suggestions please email
info@LASuicidepreventionnetwork.org**