



San Luis Obispo County Suicide Prevention Council

County of San Luis Obispo Behavioral Health, Prevention and Outreach Division
277 South Street Suite T, San Luis Obispo, CA

Transitions Mental Health Association
784 High Street, San Luis Obispo, CA

April 24, 2019
SLO Vet Center

- I. Introduction, Laura Dimille, Transformational Abundance**
 - a. Suicide Loss Support Group
 - b. The Action Alliance *Responding to Grief, Trauma, and Distress after a Suicide*

- II. Community Need Discussion**
 - a. Suicide Ideation Support Group
 - b. Youth and/or all ages

- III. NAMI Beautiful Minds Rally and Walk**
 - a. May 4, 9-12 @ Meadow Park

- IV. Bike breakfast**
 - a. Bike to work day May 17th
 - b. County Behavioral Health event at 277 South Street
 - i. Resource fair, breakfast, activities

- V. AFSP Out of the Darkness Walk**
 - a. Saturday, October 12
 - b. Suicide Prevention Council Team?

- VI. Strategic Plan**
 - a. Example plans from other counties:
 - i. Solano County:
<http://www.solanocounty.com/civicax/filebank/blobdload.aspx?blobid=272>
[71](#).
 - ii. Santa Cruz County:
<http://santacruzhealth.org/Portals/7/Pdfs/MHSA/2019%20Santa%20Cruz%20County%20Suicide%20Prevention%20Strategic%20Plan%20Draft%20for%20Public%20Review.pdf>
 - iii. Fresno County: . <http://www.fresnocares.org/suicide-prevention-plan/>

Strengthen Your Role
In Suicide Prevention





- b. New data search
 - i. Ideation
 - ii. Attempt
- c. Work Groups
 - i. Future meetings, breaking out into work groups to identify for each topic:
 - 1. Risk factors
 - 2. Protective Factors
 - 3. Barriers to access/services
 - ii. Establish Work Groups
 - 1. Older adult
 - a. OASPC
 - 2. Veteran
 - a. Vets Health Task Force
 - 3. LGBTQ+
 - a. #out4mentalhealth Task Force
 - 4. Youth
 - 5. Access to Means Group

VII. Partner Updates/Notes

Suicide Prevention of SLO County Mission Statement: To prevent suicide and respond to the consequences in a culturally sensitive way through community collaboration between agencies, organizations, and citizens by means of public education, training, and the sharing of resources.

- To advocate for a stronger support system for those struggling with suicide and its consequences
- TO challenge misconceptions regarding mental illness and suicide through community collaboration.
- To work together to create lasting change and support for those struggling with suicide and its consequences.
- To create a community that supports and embraces those who struggle with suicide.
- To create an environment of HOPE.

