



**September 26, 2018**

**Meeting Agenda**

**County of SLO Behavioral Health**

**Prevention and Outreach Division**

- Introductions
  
- Sergeant Jay Wells & SLO County Statistics
  - Update on 2016-2018 Suicide Data
  - Broken down by age, biological sex, Veterans status
  - Please email [ahendry@co.slo.ca.us](mailto:ahendry@co.slo.ca.us) if you'd like to see specific data. Please note that this raw data is highly sensitive and is not meant for the general public.
  
- Suicide Prevention Awareness Month
  - Promoting self-help strategies
  - Veteran's support
  - Farmer's Market
  - QPR train-the-trainer for SLO County employees
    - Schools, FNL Staff, Transitions-Mental Health Staff, Family advocates
  
- Social Media Page
  - Suicide Prevention Council gmail account to be created
    - Next meeting will discuss who will have access and what content to share
  - Facebook & Instagram
  - Council Media Chair conversation: who is interested in joining a media team for the council
  
- Out of the Darkness Walk
  - October 13
  - Resource booths/fair
  - Individual walkers welcome, "Virtual Walker" is an option to participate by raising funds if not able to attend the walk.
  - County of SLO Behavioral Health has space on its team if you would like to walk with us!
  
- Suicide Prevention Forum
  - Oct. 17 4-5:30, resource fair from 3:30-4 & 5:30-6pm

- Resource Booths still available if you'd like to participate in the resource fair, please email [ccerussi@t-mha.org](mailto:ccerussi@t-mha.org) to sign up
  - Spread the word!
  - Local speaker, Matthew Green
  - Keynote speaker, Nate Cannon
- Older Adult Sub-Committee
    - Second meeting on October 22 from 12-1pm at Sydney Creek in their conference room, light snack will be provided, please feel free to bring your lunch
- ED Sub-Committee
    - Sub-committee focusing on suicide prevention for people who are experiencing an eating disorder
    - First meeting Oct. 10 from 2-3pm at County of SLO Behavioral Health, Prevention & Outreach Division: 277 South St. Suite T
- Others?
    - International Survivors of Suicide Day Nov. 17
- Newsletter
    - To save on resources, rather than a newsletter, talk about creating a media strategy with the council.
    - Monthly emails? Social media?
    - Will discuss more on next meeting
- Bi-annual event
    - Working to create another event, partnering with other organizations, i.e. Veterans outreach
    - Want to have more than one event per year
- Next Meeting
    - December 5 from 3:00-4:30pm @ 277 South Street Suite T
    - Sergeant Wells with update on suicide statistics
    - Create a "mental health workout" for people to use during winter months/holiday season
    - Strategic Plan for Suicide Prevention
      - Will present rough draft
      - Build ideas and specific community needs
      - Who should be involved in the finalization of the plan