



**Canyon Country
Advisory Committee
March 21, 2018**

**The SCV Suicide Prevention, Postvention and
Wellness Committee**

Collaboration, it's the relationship

i.e. trust, responsiveness, expertise, support, mutual benefit, authenticity, giving time

- College Partners
- Community Partners and Experts
- Community Linkage
- Capacity Building
- Additional Resources

Community Collaborative
The SCV Prevention, Postvention and
Wellness Committee
3rd Thursday at 3:00 pm

Committee Members

- Child & Family Center (DMH Contracted Agency)
- Santa Clarita Mental Health Center (DMH Directly Operated Agency)
- DMH, DCFS, Regional Center (Developmental Disabilities)
- Faith Based Counselors: Grace Baptist, Real Life Church
- NAMI
- School Districts (Wm. S. Hart, Acton Aqua Dulce, etc.)
- Sheriff (Local, MET Team)
- Henry Mayo Hospital and Behavioral Health Unit
- Senior Center

Committee Members (Con't)

- Comfort Keepers
- Sunrise
- Media (The Signal and KHTS, SCV TV, COC Cougar News)
- American Foundation for Suicide Prevention (AFSP)
- City of Santa Clarita
- Olive View Hospital and Olive View Urgent *Mental Health Care*
- Probation
- SCV Youth Project
- Strengths United (Sexual Assault Response)

Committee Members (Con't)

- Santa Clarita Valley Salvation Army Corps and Community Center
- SCV Domestic Violence Center
- Private Providers
 - Kaiser, Providence/Facey, UCLA, etc.
- Santa Clarita Library
- Homeless Coalitions
- Guests: e.g. Teen Line, Canyon Country Advisory Committee

Suicide Prevention, Postvention and Wellness Committee Results

- Clergy Breakfast and Faith Based Organizations
 - Going where the people are and collaborating with community leaders
 - Pastors, Rabbis, church personnel, etc.
- School District Training
 - Debrief, Consultation and Postvention Response
- Sheriff
 - Roll Call Training, Statistics, 5150 cooperation, MET Team
- SCV Ad Hoc Committee on Human Trafficking
- Mental Health Summits and Seminars
- Media Awareness (KHTS)
- Resource List

Results (Con't)

- Improved Transition from high school planning
- Coping strategies for 6th grade elementary school parents
 - Developed by local agency with city
- RISE Foster and Former Foster Youth Committee (DCFS, Financial Aide, Counseling, SH&WC)
- Senior Mental Health/Elementary School Suicide Prevention
- Statistics (helps to monitor outcomes and target areas of concern)

**“I really don’t
want to go on
without him”**



Subcommittees

- Means Reduction: Meets at Oak Tree Gun Club
 - Firearms
 - Pharmaceuticals
 - Bridges, Railways
- Video Committee: Limm Studios
 - Warning Signs
 - Resources
 - Target Populations



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN NH
far outnumber homicides

FIREARMS ARE THE
LEADING METHOD

ATTEMPTS WITH A GUN
ARE MORE DEADLY
than attempts with other methods

HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)



Means Results

- Posters at gun ranges and shops
- Voluntary Firearms Relinquishment Program
- Suicide prevention information with every sale
- Add suicide prevention information to all Gun Safety Training
- Training for Gun Club staff
- Postvention response to Gun Club incidents
- Liaison with NRA and AFSP
- Bring other shops into the conversation
- Connect with state and national publications



SPIRT

Suicide Prevention Intervention & Response Training

What's Going On

- Trauma
 - Including sexual abuse/assault, MST, PTSD, death or near death experience), Human Trafficking
- Major Mental Illness
 - Psychosis, Bipolar Disorder, Major Depression
- Anxiety
- Depression
- Life Events
 - Family, stress, economic distress, school, relationships
- Eating Disorders

What's Going On

- Autism Spectrum Disorder
- Substance Abuse
- Reentry (Military Service, Older Students)
- Holiday Blues
- *Any combination of the above*

Safe Zones

- When schools adopt SAFE Zones and non discrimination policies for LGBTQ, the risk of suicide for LGBTQ students drop by 20%
- Straight male student suicide drops by 50%
- All student suicides drops by 9%

Suicide Risk Assessment

- Gender
- Age
- Chronic physical illness
- Mental illness
- Use of alcohol or other substances
- Less social support
- Previous attempt
- **Organized plan**
- History of attempts, family history of attempts

“No one really appreciates all I do and what I’ve been through”



Know the Signs

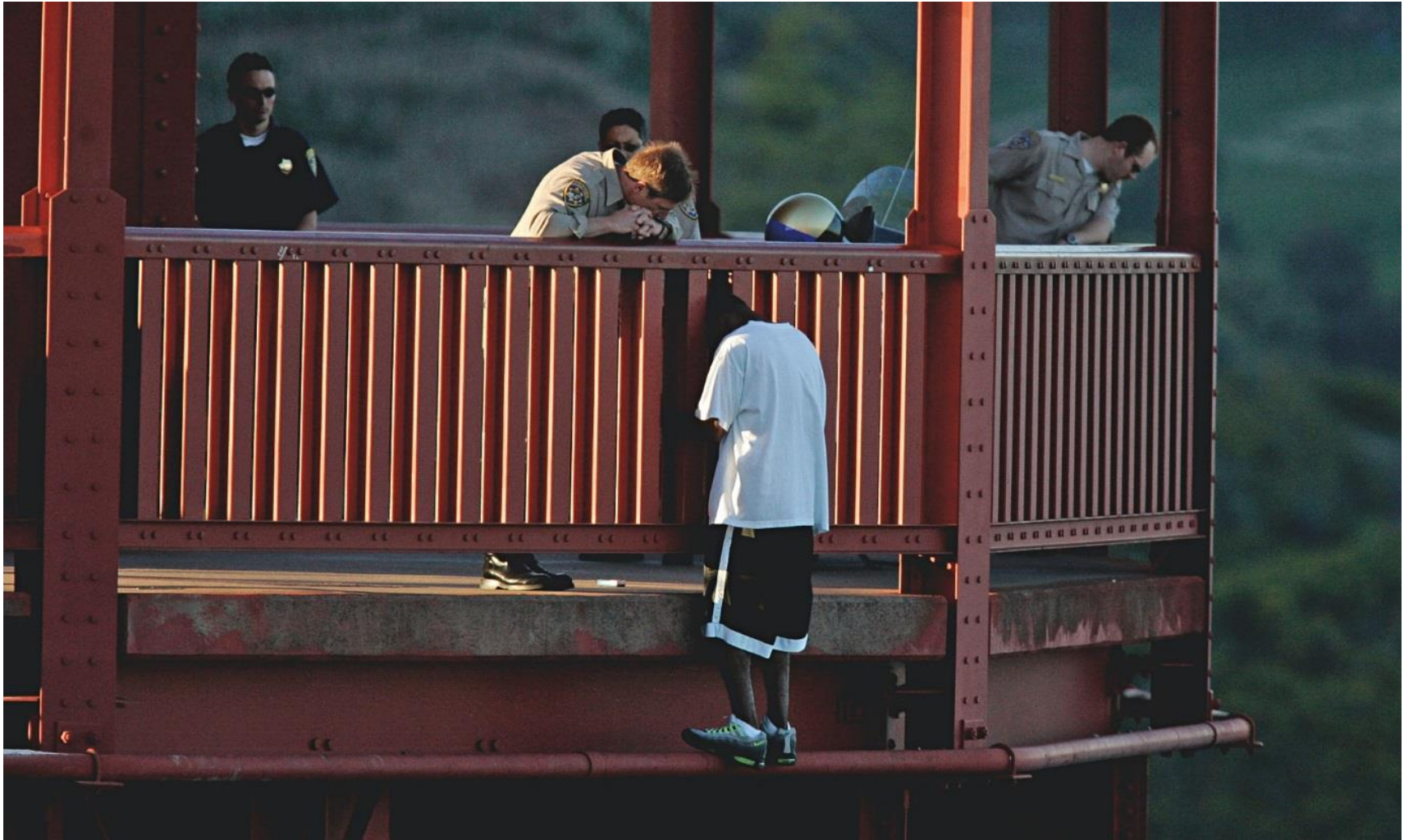
- <https://www.youtube.com/watch?v=t1PHxSku6tU>
- [Montage:
https://www.youtube.com/watch?v=EDM2FxoXpLs](https://www.youtube.com/watch?v=EDM2FxoXpLs)

Warning Signs of Suicide

- Threatening to hurt or kill oneself
- Seeking access to means
- Talking or writing about death, dying, or suicide
- Feeling hopeless
- Feeling worthless or a lack of purpose
- Acting recklessly or engaging in risky activities
- Feeling trapped
- Increasing alcohol or drug use
- Withdrawing from family, friends, or society

Warning Signs of Suicide

- Demonstrating rage and anger or seeking revenge
- Appearing agitated
- Having a dramatic change in mood
- Giving away prized possessions
- Feeling Shame, Humiliation, Embarrassment – emotional pain



Mental Health First Aid

The Action Plan - “ALGEE”

- A** Assess for risk of Suicide or harm
- L** Listen nonjudgmentally
- G** Give reassurance and information
- E** Encourage appropriate professional help
- E** Encourage self-help and other support strategies



Other Resources for SCV

- Faith Based Counselors
- Child & Family Center
- Santa Clarita Mental Health Center
- SCV Youth Project
- Strengths United
- SCV Domestic Violence Center (CFC)
- Henry Mayo Hospital and Behavioral Health Unit
- Olive View Hospital and Olive View Urgent Care
- School Counselors
- Private Providers, Kaiser, Providence/Facey, etc.

Shine a Light on Suicide



Mental Health

- Mental Health First Aid Training
 - May 11th - COC University Center 258
 - This is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis.
- Suicide Prevention Intervention and Response Training (SPIRT)
 - 12:00-1:30 PM - COC East Gym 101
 - Designed to help participants identify the risk factors and warning signs of suicide.
 - Learn about issues related to mental health, recovery and stigma, how to respond compassionately and effectively in order to prevent suicide.

Mental Health

- Ask the Psychiatrist
 - May 9th Canyons Hall 211 – 6:00-7:30 PM
- Paws for Awhile – Therapy Dogs
 - April 25th – 11:00 AM -1:00 PM

Mental Health

- COC Student Health & Wellness Center located in Student Services 122 across from bookstore
- Larry Schallert, LCSW, DCSW
Assistant Director, COC Student Health and Wellness/Mental Health Program
 - 661-362-3259
- **National Suicide Hotline**
1-800-273-8255
- **Crisis Text Line**
741741 Type “Courage”

Questions