

Marin County Suicide Prevention Collaborative

Strategy 1. Establish infrastructure to provide leadership, oversight, and accountability to the strategic plan

Strategy 2. Develop a coordinated system of care and support to promote suicide prevention and wellness

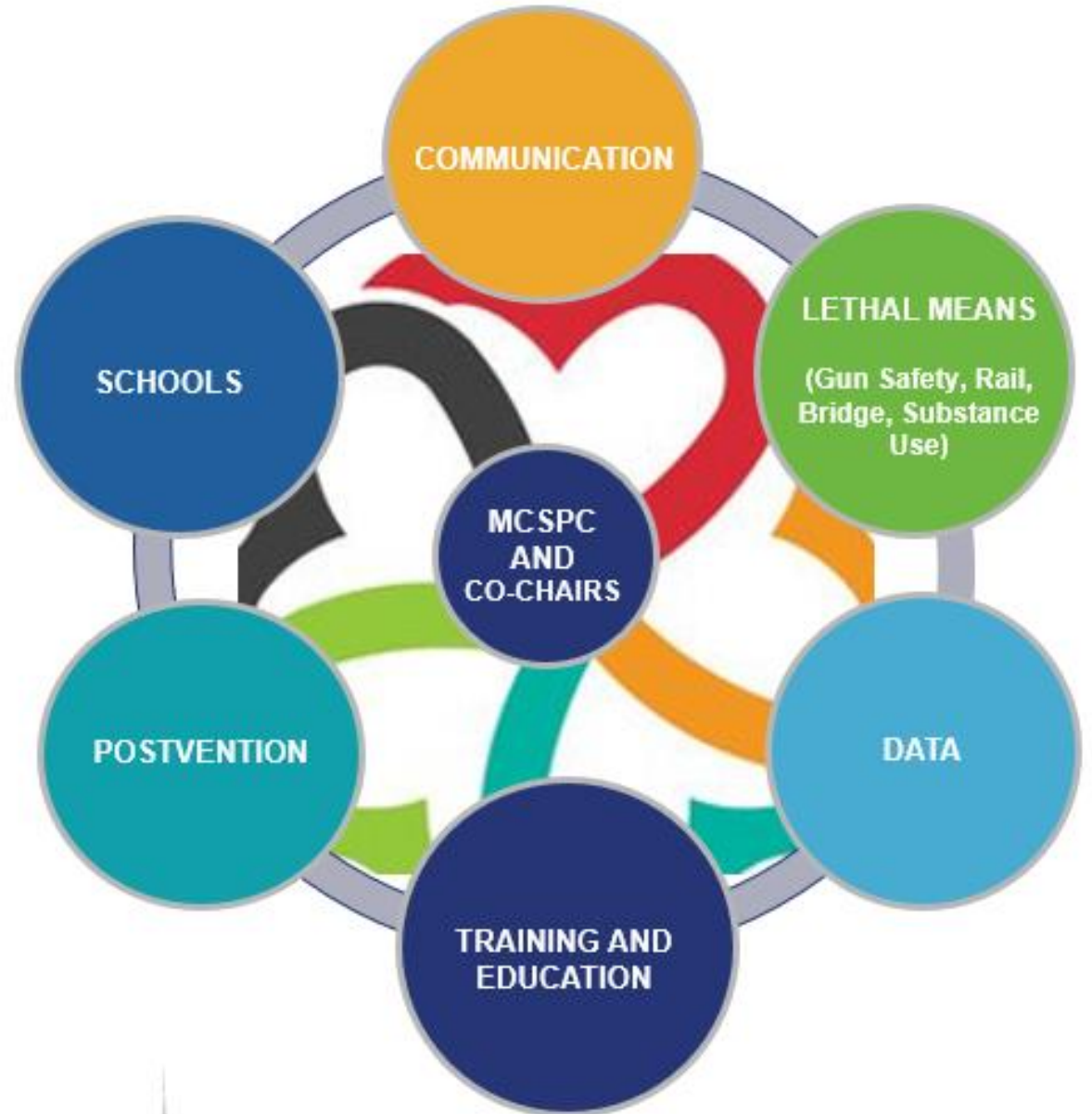
Strategy 3. Implement public campaigns to raise awareness about warning signs, promote available resources, and increase help seeking

Strategy 4. Provide evidence-based suicide prevention trainings and education to Marin County residents

Strategy 5. Provide outreach, engagement, and support to all residents with targeted efforts to groups disproportionately affected by suicide

Strategy 6. Foster safe and healthy environments on all school campuses

Strategy 7. Reduce access to lethal means for those at risk of suicide



Marin County Suicide Prevention Collaborative

1. **Postvention LOSS Team Coordinator RFP.** Deadline **Friday April 30, 2021 at 3 pm PST to begin June 1, 2021.** This RFP supports the development and implementation of a LOSS Team for suicide loss survivors and witnesses. **Result:** Increase access to support services immediately and reduce suicide attempts and deaths.
2. **Training and Education.** Provide a series of gatekeeper training and safety planning events. **Result:** Increase suicide prevention competency and care among community members. To date, over 1300 people have received suicide prevention education.
3. **School Risk Assessment Team.** Review tools to create a uniformed and standardized suicide risk assessment tool that will be implemented in September in the district. **Result:** Increased identification of students at risk and reduce suicide ideation and attempt.

The Marin County Suicide Prevention Collaborative:

FREE Suicide Prevention Gatekeeper Training Events and Support Groups. Join Us!

Recently held events:

Suicide Prevention for Law Enforcement (Novato, County) held February 2021 for two teams

Mental Health Provider Training for School-based Clinicians held in March

Safety Planning Training held in January

Train the Trainer held in February for AFSP Talk Saves Lives Marin-based presenters

Upcoming: Schools (addition)

Signs of Suicide offered no cost by BHRS for MS and HS students

SP Community Event in partnership with MCOE April 13, 2021

May Mental Health Month events

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.





MAY IS MENTAL HEALTH AWARENESS MONTH

2021 Virtual Events and Offerings

Marin County Behavioral Health and Recovery Services

- **May 1st - 2nd - 10 am - 12 pm - Mental Health Youth Summit.** During these two interactive and youth-led sessions, participants will learn about demystifying mental health, suicide prevention, and how to support themselves and their peers with mental health struggles. Guest speaker: Kelechi Ubozo, author, poet, mental health activist.
- **May 4th - 9-11 am - Board of Supervisors Proclamation**
- **May 4th - 7 pm - Suicide Prevention Awareness for Parents and Teens.** Hosted by PEI program, Jewish Children and Family Services. Speaker Tim Lea, Outreach and Education Coordinator for Suicide Prevention, Buckelew Programs will discuss with parents what to do if your child, or their friend, is in distress. Teens welcome.
- **May 4th, 11th, 18th , 25th -3pm - NAMI Marin Story Telling Series.** A Five-Part Series featuring people with lived experience with mental health challenges.
- **May 5th - 2 pm - Marin County Suicide Prevention Collaborative.** This monthly meeting will address mental health and progress by the Community Teams advancing the suicide prevention strategic plan.
- **May 6th - 10 am - "The Practice of Self Compassion."** Speaker: Oren Jay Sofer. Participants will learn self-compassion practices, motivate oneself from a place of kindness rather than criticism, combat caregiver fatigue, and cultivate self-appreciation and resilience. (Marin County employees only).

- **May 13th - 5 pm** - "Breaking the Silence: A Conversation with Men and Boys About Mental Health." Leaders across the life span from Marin share ways they cope with distress and thoughts they have for engaging men and boys in our community for improved well-being.
- **Now thru May 15.** What Helps Me Youth Art Campaign. Youth in Marin are invited to tell their story of emotions and mental health through art.
- **May 19th - 6pm.** Healing Drum Circle. Hosted by Multicultural Center of Marin. Special drum circle to uplift your energy, boost your immune system and shift your mind into the present moment.
- **May 20th - 12 pm** - "Safety Planning for Those in Distress: Implications for LGBTQ+ Youth and Adults." Speakers: Vanessa Blum, PhD, BHRS, and Tim Lea, Buckelew Programs Suicide Prevention Program, share how safety planning can reduce distress and foster resilience.
- **TBA** - Equity, Race and Mental Health Post Covid-19. Stay tuned!
- **May 22nd - 9am** - Youth Mental Health First Aid Training. Facilitators: Maria Rea, LMFT and Christina Fass, ABSNP. This training gives adults who work with youth the skills needed to reach out and provide initial support to youth (ages 6-18) who may be developing a mental health or substance use problem and help connect them to care.
- **May 24th - 2pm** - "Building a Safe Community For Older Adults in Marin: A Suicide Prevention Training". Presenter: Kara Connors, MPH, BHRS, will share how to care, respond and connect an older adult to support.
- **May 25th - 11 am** - AFSP Talk Saves Lives. Learn more about how to help those who are reaching for a new day.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND
RECOVERY SERVICES
Promoting and protecting health, wellbeing, self-sufficiency, and safety of all in Marin County.




Communication Campaigns

- Paid ads (Marin IJ, transit buses, bus shelters, etc.), geo-targeted social media, digital banners, Twitter and YouTube paid ads and non-paid outreach on the HHS NextDoor account will take place in May.
- During February-March, reached 52,846 persons through social media alone!

Marin Health and Human Services
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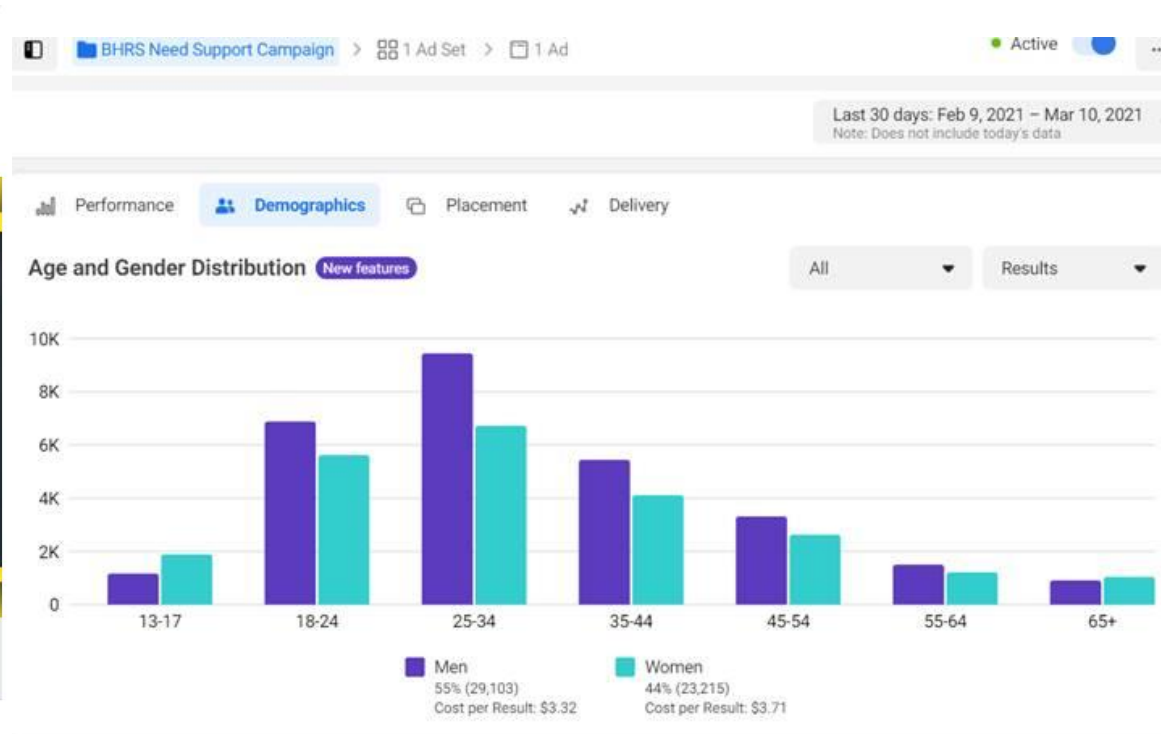
Need Support? Call the Marin BHRS Access Line at (888) 818-1115 or text SHARE to 741741.



Behavioral Health Resources
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COUNTY OF MARIN
MARIN HEALTH & HUMAN SERVICES

Recursos de Salud Mental
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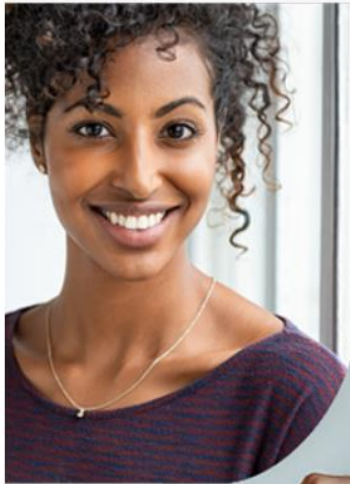
¿NECESITA AYUDA?
Llame a la línea de Acceso de Marin BHRS (888) 818-1115
O llame a la línea de Acción Comunitaria de Marin (Lunes a Sábado de 9am a 6pm) (415) 457-4026

COUNTY OF MARIN
MARIN HEALTH & HUMAN SERVICES

Community Health Advocates/ Promotoras

- We have three contracts for CHA/Promotoras programs:
 - MAAP- emphasis on Vietnamese Community
 - Increasing number of CHA and creating a training curricula
 - North Marin Community Services- Latinx Community in Novato, San Rafael and West Marin
 - Providing trainings on Motivational Interviewing and attending monthly meetings to provide clinical support
 - First Missionary Baptist Church- Marin City Residents – new contract
 - Creating training curricula and guiding the CHA work
- Currently we are...
 - Creating a model to be used by all CHA and Promotoras programs – This model will be completed by 4/30/21
 - Create a general training curricula –Completed on 4/30/21
 - To develop model and training curricula, Maria has been reviewing literature and meeting with all contactors to ask for their input and gather information
 - Working on increasing the number of Promotoras in West Marin.

New Prevention and Outreach Website



*Building Resilience,
Connections & Hope*

**Behavioral Health
Prevention &
Outreach in
Marin**

