

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, November 27, 2018

Marin General Hospital

250 Bon Air Road, Larkspur Room

Greenbrae, CA 94904

Members Present: Barbara Wientjes (President), Allan Blau, Connie Barker, Bridget Gleason, Sandy Ross, Claudia Schimmer

Members Absent: Kevin Hogan, Jennifer Rienks, Derice Seid Tao

Guests: Sarah Chapman, MS, MFT (Buckelew Counseling Services), Kathy Koblick (HHS), Loretta Rogers (Secretary)

Handouts: *Agenda; Buckelew Suicide Prevention 2018 History; Graft – Evidence-based care should treat suicide directly and within the least restrictive setting; Article – “A Simple Emergency Room Intervention Can Help Cut Suicide Risk” by Rhitu Chatterjee; Safety Planning Guide; Sample Safety Plan; Article – “Out of the Blue: Tackling Suicide” by Melanie Haiken; Graft – Age-Adjusted Death Rate due to Suicide; Article by Stephanie Weldy in Marin Independent Journal, dated Dec. 22, 2017; “Know the Signs” cards; Suicide Prevention business cards*

1. **Call to Order:** President Barbara Wientjes called the meeting to order at 7:14 pm.
2. **Welcome and Introductions:** President Barbara Wientjes welcomed all attendees and all attendees introduced themselves.
3. **Public Comment Time:** None.
4. **Approval of an Amendment to the Agenda:** Allan Blau moved to approve the agenda. The motion was seconded by Claudia Schimmer. The motion passed unanimously.
5. **Approval of the minutes of the October 23, 2018, meeting:** Connie Barker requested that the October 23, 2018, minutes reflect that she was indeed present at that meeting. With the requested change, Sandy Ross moved that the minutes be approved. Connie Barker seconded the motion. The motion passed unanimously.
6. **Presentation by Sarah Chapman, MS, MFT – Program Director of Outpatient Services at Buckelew Counseling Services, Suicide Prevention and Community Counseling (formerly Family Services Agency Marin):** Sarah Chapman stated that she has been a Marriage and Family Therapist (MFT) in California since 1982 and has worked as a clinician ever since. She worked as the supervisor and director for adult and youth services at Family Service Agency (FSA) Marin since 2003.

Marin Suicide Prevention Center (MSP) was founded in 1971 by Coroner Keith Craig. The Grief Counseling Program was started in 1977. It included a hotline and face-to-face free grief counseling using trained community volunteers. MSP became Suicide Prevention and Community Counseling, merging with FSA in 1996. In 2003, they joined the National Suicide Prevention Lifeline network, taking calls from the Marin 415 area code.

In 2012, the North Bay Suicide Prevention hotline was initiated, a regional toll-free hotline started with a grant from Proposition 63 funds. This hotline serves Marin, Sonoma, Lake and Mendocino counties, taking calls from 415 and 707 area codes. They used to do Napa County as well, but Napa has now set up its own separate program.

The hotline became a Buckelew program in 2014. It has 35 volunteers, 1 full-time staff person and 7 part-time staff people. Their facility has five phone stations. Each shift has two volunteers. The hotline is operated 24/7/365. Each volunteer takes 10 weeks of training, comprising 40 hours in all. The training includes a lot of role-playing. Once the training is complete, the new volunteer is “shadowed” by an experienced volunteer before he/she is allowed to handle calls alone.

In 2012, FSA merged legally with Buckelew Counseling Services, but the actual merge has not taken place until the last few years. The merge has taken a lot of work and they are still working on a strategic plan.

The Suicide Program is a two-pronged program, consisting of the hotline and outreach. Outreach includes 20 events per year, education / training in the schools. She works in tandem with the Wellness Coordinators at each school. The Marin County Office of Education (MCOE) is mandated to provide suicide prevention education. Part of that is the “Know the Signs” program. She recommended a locally produced film called, “Not Alone.” It can be viewed on Netflix. It was produced by Kiki Goshay.

Sarah Chapman went over some statistics for California and Marin County. She stated that suicide is frequently an impulsive act. Counselors working with suicidal clients try to assess their lethality first (how likely are they to commit suicide now) and then work with them to create a “safety plan.” She said the 15 – 20% of all calls are third-party calls, i.e. calls from friends or family members of the client.

Finally, Buckelew offers post-vention services to clients, family and community.

7. **Presentations Scheduled for the rest of the year:** This item was not addressed due to the fact that the meeting was abruptly adjourned in response to a fire drill.
8. **Updates – SG and Others:** None.
9. **President’s Report:** None.
10. **HCM member reports and announcements:** None.
11. **Adjournment:** The meeting was abruptly adjourned at 8:20 pm, due to a fire drill at Marin General Hospital. The next meeting will be on Tuesday, January 22, 2018, from 7:00 to 9:00 pm at Marin General Hospital in the Larkspur Room. There will be no meeting in December 2018.