Goals

Reduce and prevent suicide deaths and suicide attempts in Santa Clara County

Outcome Objectives

- Increase early identification and support for people thinking about suicide
- Increase use of mental health services
- Strengthen community suicide prevention and response systems
- Reduce access to lethal means
- Improve messaging in media about suicide
Suicide Prevention Oversight Committee

Santa Clara County Suicide Prevention Program

Policy advocacy

Policy implementation
REACTING TO POLICY

• Federal policy and rhetoric about immigration
• Received reports of increased suicidal thinking/behavior in response to DACA program rollback
• Led to partnership with Office of Immigrant Relations

Photo source: LA Times, 2018
• Partnership with Stanford and HEARD Alliance, County Office of Education, and School-Linked Services

• Needs assessment survey on policy implementation
SURVEY RESPONSE OVERVIEW

- **Total:** 28 (25 usable)
- 16 school districts
- Approx. 58,271 students represented

- 11 high schools
- 15 middle schools
- 2 elementary

- **Respondents:** Principals, Student Services Coordinators, Associate Superintendents, School Counselors
MENTAL HEALTH CLIMATE

• Staffing (averages)
  • Psychologists: 1.6 per 1,000 students
  • LMFTs: 2.0 per 1,000
  • Licensed Social Workers: 0.5 per 1,000
  • Others: guidance counselors, behaviorists, interns

• Mental health clubs/support groups: 17 of 25 (68%)
DOES YOUR SCHOOL CURRENTLY HAVE A SUICIDE PREVENTION AND INTERVENTION POLICY IN PLACE?

- YES
- YES, and we are in the process of updating it
- NO, we are in the process of developing it
- NO
## Intervention and Postvention

<table>
<thead>
<tr>
<th></th>
<th>Low risk</th>
<th>Moderate risk</th>
<th>Attempts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Support for low-risk students</td>
<td>Support for students with moderate risk</td>
<td>In-school suicide attempts</td>
</tr>
<tr>
<td><strong>Yes</strong></td>
<td>74%</td>
<td>74%</td>
<td>13%</td>
</tr>
<tr>
<td><strong>In Progress</strong></td>
<td>13%</td>
<td>26%</td>
<td>43%</td>
</tr>
<tr>
<td><strong>No</strong></td>
<td>13%</td>
<td>0%</td>
<td>43%</td>
</tr>
</tbody>
</table>
• Awareness of administration and staff about safe messaging best practices: **6.6 out of 10**

### Trainings Received in Past School Year

<table>
<thead>
<tr>
<th></th>
<th>School mental health professionals (1)</th>
<th>Teachers (2)</th>
<th>Other school staff (3)</th>
<th>Students (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yes</strong></td>
<td>61%</td>
<td>35%</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td><strong>No</strong></td>
<td>39%</td>
<td>65%</td>
<td>70%</td>
<td>70%</td>
</tr>
</tbody>
</table>

(1) QPR, YMHFA, SafeTALK, ASIST, Kognito, AMSR, Suicide to Hope, on-site
(2) QPR, SafeTALK, ASIST, Kognito, Keenan Safe Schools online module, on-site
(3) QPR, other training by school counselors
(4) More than Sad, Kognito, Sources of Strength, Other (Second Step/Step Up to Thrive, Life Skills, ACT)
Suicide Prevention Adult Training Programs

**Basic**

- **QPR: Question, Persuade, Refer**
  - Recognize the warning signs of a suicide crisis. Learn how to question, persuade, and refer someone to help.
  - **Audience:** General-adult
  - **Format:** In-class, online
  - **Duration:** 1-2 hrs

- **safeTALK**
  - Learn to move beyond the common tendency to miss, dismiss, and avoid suicide.
  - Apply the TALK steps: Tell, Ask, Listen, and KeepSafe.
  - **Audience:** General-adult
  - **Format:** In-class
  - **Duration:** 3 hrs

- **Mental Health First Aid (+ youth version)**
  - Understand risk factors and warning signs for common mental health challenges and 5-step mental health action plan to help both youth and adults in crisis.
  - **Audience:** General-adult
  - **Format:** In-class
  - **Duration:** 8 hrs

**Advanced**

- **ASIST**
  - Learn to provide suicide first aid to a person at risk.
  - Identify key elements of a suicide safety plan and the actions required to implement it.
  - **Audience:** Mental health professionals, caregivers
  - **Format:** In-class
  - **Duration:** 2 days

- **Suicide to Hope**
  - Understand a framework for finding and exploring recovery and growth opportunities for clients with suicide experiences.
  - Apply a Pathway to Hope (PaTH) model for setting recovery goals.
  - **Audience:** Mental health professionals
  - **Format:** In-class
  - **Duration:** 8 hrs

---

To arrange a training and for information about youth trainings, please contact zinat.mohamed@hhs.sccgov.org, (408) 885-6421

*All trainings are free and funded by the voter-approved Mental Health Services Act (Prop. 63).*
• Policy enforcement, e.g. San Jose safe storage, Gun Violence Restraining Order
• Outreach to gun shops/ranges, gun shows
• Engage gun owners
• County Gun Safety and Violence Prevention Coordination Team
CITY SUICIDE PREVENTION POLICIES

- Palo Alto, Mountain View, Los Gatos: Existing policies
- Morgan Hill: Passed unanimously by City Council on February 7th
- San Jose: Under second round of review; cleared City Council Rules Committee and will move next to full Council vote
- Gilroy, Milpitas, Sunnyvale: Under review
Comments & Questions