September Suicide Prevention Awareness Month Community Meeting

Year-In-Review & HEARD Alliance’s K-12 Toolkit on Mental Health Promotion and Suicide Prevention

Project Safety Net
Community Meeting
Sept 25, 2019, 3:30-5:30 PM
Cubberley Community Center, Building H: Room H-1
PSN Mission Statement

Project Safety Net mobilizes community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy.
PSN Vision Statement

Young people are empowered, in partnership with the whole community, to advocate for themselves and their peers. Youth suicide is ended. Stigma is non-existent, and high-quality mental health services are culturally-relevant, accessible, and well-utilized. We envision a community where youth and young adults feel safe, supported, and accepted.
You don’t need a cape to be a hero.
You just need to care.
- Kid President
AGENDA

- 3:15   Doors Open
- 3:30   Welcome and Agenda Review
- 3:40   PSN’s Year-in-Review
- 3:55   PSN’s September Suicide Prevention Awareness and Action Month
- 4:10   K-12 Toolkit on Mental Health Promotion and Suicide Prevention Presentation
- 4:45   K-12 Toolkit Small Groups Discussion
- 5:05   Large Group Debrief
- 5:25   Closing, Next Meeting, & Thank You!
- 5:30   Meeting Adjourns & Network
PSN YEAR-IN-REVIEW
(July 2018 - June 2019)
Goal 1: Collaboration Development, Coordination, and Continuous Communication

- Convened 10 community meetings with 250 attendees
  - Developing a Community of Care
  - LGBTQ+ Youth Voice in Advocacy and Policy
  - Youth-In-Action & Partner-In-Action: Sources of Strength, Adolescent Counseling Services, County of Santa Clara Public Health and Behavioral Health Services
  - Mission and Vision Update

- Youth Voice
  - “Last Summer” Film Premiere
  - Paly and Gunn High School Students
  - Allcove, LGBTQ Youth Space, LGBTQ+ youth leaders, Project Oyster, YMCA/YCS’s L.E.A.D
  - Advanced Authentic Research project on Culturally Responsive Therapy

- May Mental Health & September Suicide Prevention Awareness

- Sponsor partner community activities: supporting children during grief; youth mental health peer meetings; youth connectedness; developmental assets

- 2020 Stanford Adolescent Mental Wellness Conference Steering Committee

- Over 50 Community Partners Actively Engaged
2018-2019 Roadmap Highlights: Goals 2 & 3

Goal 2: Community Education, Outreach, and Training
• **Gatekeeper trainings**: 30 individuals trained in person and online (e.g. QPR, ASIST, Youth Mental Health First Aid)
• **Internship placement**: PAUSD Advanced Authentic Research; Undergraduate; and Public Health Graduate
• **Community identified topics**: parent engagement; integrated behavioral health; youth serving populations; school-based initiatives
• **Community outreach events**: Martin Luther King Jr. Service Day; Santa Clara County Suicide Prevention Conference; PAUSD Wellness Team Retreat

Goal 3: Youth Mental Health Care Services
• County MHSA Leadership Stakeholder Committee
• Engage Kaiser Permanente in coalition activities and conversations
• Support investment in youth behavioral health services
2018-2019 Roadmap Highlights: Goals 4 & 5

Goal 4: Policy and Advocacy
- Support City Suicide Prevention Policy Efforts (San Jose, Milpitas, Sunnyvale)
- Youth inpatient beds for County
- PAUSD Board & Palo Alto City Council Candidate Forums
- Lethal Means of Harm Restriction Advisory Workgroup

Goal 5: Evaluation and Shared Measurement
- Fall community forums dedicated to data/evaluation
- City of Palo Alto Police Department 5150 Reporting
- Inaugural Annual/10-Year Retrospective Report
- Institutionalizing coalition evaluation activities
- Search Institute Youth Developmental Relationship Survey Pilot
Goal 6: Strengthen Backbone Support and Sustainability

• Implement PSN governance structure: Executive Advisory Board & Leadership Team

• Fiscal agency transition: pro bono legal support for 501c3 application; resource development plan; business plan

• New mission and vision statements
WHAT’S IN STORE FOR FY2019-2020

- Leadership Team narrowing strategic priorities (Goal 1)

- Inaugural New School-Year Kick-Off Forum every August convening (Goals 1 & 2)

- Positioning PSN to support youth substance use prevention efforts in North County (Goals 2 & 3)

- Partner, engage, mobilize, and educate community on regional youth mental health and suicide prevention advocacy efforts (Goal 4)

- Selected and partnering with PAU to participate in Collective Impact Data Accelerator Program (Goal 5)

- Apply for independent incorporation and 501c3 status with pro bono support from Hopkins and Carley (Goal 6)
PSN’s September Suicide Prevention Awareness & Action Month

**SEPTEMBER 2019**

**Suicide Prevention Awareness and Action Month**

**ENTIRE month**

Submit your response

What words and/or actions from others helped you during your youth?

Submit here: https://bit.ly/2Z8cEby

**WEEK 1**

**September 1-7**

**step 1:** Learn the signs & know how to help

Sept. 5
FREE Youth Mental Health First Aid Training 8:30 AM - 6:00 PM at Mitchell Park Library, Palo Alto
Register here: https://bit.ly/2Z8cEby

**WEEK 2**

**September 8-14**

**step 3:** Practice self-care

Sept. 9
Santa Clara County Mental Health Services Act Planning - North County Stakeholder Meeting
Event has been rescheduled - stay updated via psnpaloalto.org or our FB

Sept. 9-15
National Suicide Prevention Awareness Week

Sept. 10
World Suicide Prevention Day

**WEEK 3**

**September 15-21**

**step 4:** Reach out

Sept. 21
NAMIWalks - Silicon Valley 5k 8:30 AM check-in and 10:30 AM start at Guadalupe River Park, San Jose
Register here: https://www.namimovement.org/team/ProjectSafetyNet

**WEEK 4**

**September 22-28**

**step 5:** Spread the word

Sept. 25
PSN Community Meeting 3:30-5:30 PM at Collierly Community Center, Rm. H-1, Palo Alto
Dive into PSN’s Year-in-review presentation and learn from HEARDB Alliance leaders about a toolkit on mental health promotion and suicide prevention in the K-12 school setting

SEPTEMBER 2019
Suicide Prevention Awareness and Action Month

What words and/or actions from others helped you during your youth?

'It's not about learning how to calm the sea, it's about learning how to safely land your anchor and make it through the storm.'

Abby Sullivan
ROCK President, Gunn High School
What helped you during your youth?

The difference maker in my life as I was growing up was that I found adults in the local church that saw me, heard me, loved me, and affirmed who I was.

Paco Lopez
High School Pastor in Palo Alto
PSN Leadership Team
9/5 Youth Mental Health First Aid Training

- An addition of 9 certified Youth Mental Health First Aiders

- “I feel like I have the language to have conversations with youth about mental health and getting help.”

- “I have a more general view of suicide prevention that although isn’t specific to culture, can be used in a positive way.”
9/21 NAMIWalks- Silicon Valley
NAMIWalks- Silicon Valley
We Met Our Goal!

- Raised $1550 (103% of Goal)
- Up to 6 weeks to donate
- Huge thank you to Roxanne Reeves
  - “Advocating for mental health. Working to end stigma of mental illness”
K-12 Toolkit on Mental Health Promotion and Suicide Prevention
Closing, Next Meeting, and Thank you!

- Next PSN Community Meeting:
- 3:30-5:30 PM
- Cubberley Community Center - H1
  - **October 23, 2019:** Shared Measurement and Evaluation