

Efficiency and Effectiveness Collaborative
Meeting Notes from Wednesday, October 10, 2018
MCOE | 7:30 a.m. - 8:30 a.m.

Present: Nancy Lynch, Marilyn Nemzer, Shelly Wangenheim, Debbie Butler, Heather McPhail-Sridharan, Jim Hogeboom, Linda Jackson, Mary Jane Burke, Ken Lippi and Sally Chacon

Guests: Jonathan Lenz, MCOE, SELPA Director/Assistant Superintendent
Matthew Willis, Public Health Officer, Marin County Health & Human Services

Mental Health Wellness & Best Practices

◆ Crisis Response Suicide Prevention and Postvention Protocols

Guest speakers, Jon Lenz and Matthew Willis, presented on the Crisis Response Suicide Prevention and Postvention Protocols. Protocols were developed in collaboration with the Marin County Health and Human Services, Kaiser Permanente, Marin County Office of Education, Marin County School Districts, and concerned community organizations.

Protocols were designed to be used by school officials and serves as a resource to guide schools by promoting thoughtful discussion about prevention, careful planning, and preparation to minimize stress and create conditions to keep people safe in the case of crisis. The guide consists of the following main areas:

- Prevention
- Intervention
- Postvention
- Long-Term Response Protocol

[Click here to visit the Student Mental Health/Suicide Prevention website and download a copy of the protocols](#)

◆ Safe Schools and Prevention Services

The Marin County Office of Education Safe Schools and Prevention Programs website is designed to support safe learning and offers resources for schools, students, staff, and parents. In addition to the Crisis Response Suicide Prevention and Postvention Protocols, you may also find the following resources related to Crisis Response Suicide Prevention and Postvention:

- Presentation Resources
- Crisis Toolkit
- Student Resources
- School Staff Resources
- Parent Resources

[Click here to visit the Safe Schools and Prevention Services Website](#)

E2 Collaborative-Additional Participation

- ◆ Additional outreach will be made to Joint Legislative Advisory Committee (JLAC)

Announcements

- ◆ AB 2246 Suicide Prevention, Intervention, and Postvention Workshop (Free)
Friday, November 9 | Marin County Office of Education | 8:30 a.m. – 4:00 p.m.

A workshop designed to familiarize attendees with the requirements for suicide prevention policies established by AB 2246, and introduce key principles of comprehensive school-based suicide prevention, intervention, and postvention.

[Click here to register for this event](#)

- ◆ Reaching Out Can Change Your Life (Free)
Saturday, November 17 | Marin County Office of Education | 8:30 a.m. – 4:00 p.m.

Hosted by the American Foundation for Suicide Prevention (AFSP). Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope.

Please see attached flyer for more information

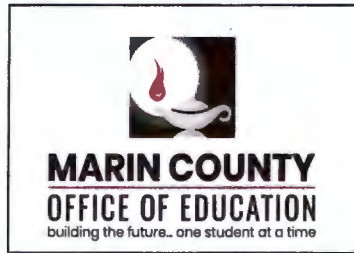
- ◆ Mental Health First Aid Training: Teaching Adults How to Help Adolescents (Free)
Monday, December 17 | Marin County Office of Education | 9:00 a.m. – 5:00 p.m.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

[Click here to register for this event](#)

Next Meeting Items

- ◆ Next Meeting: Wednesday, November 14 | Meeting Topic: Housing



WELLNESS · RECOVERY · RESILIENCE

Mental Health First Aid Training: Teaching Adults How to Help Adolescents FREE one-day training available

December 17, 2018
9:00 am to 5:00 pm
Marin County Office of Education
1111 Las Gallinas Avenue
San Rafael, CA 94903

***This course is brought to you by: Marin County Behavioral Health and Recovery Services
Mental Health Services Act – Prevention and Early Intervention Funds***

TRAINING REGISTRATION REQUIRED: Participants must attend the full day.
Lunch will be provided

Please register at: <https://www.marinhhs.org/form/mhfa-youth>

We will email confirmation of your registration approximately three (3) weeks before the course date.

Course Description

Through a day of presentation and interactive exercises this course will teach how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Who should attend? Anyone can take the 8-hour Mental Health First Aid course – including first responders, students and teachers, leaders of faith communities, service providers, parents, and caring citizens. ***This course is not intended for trained mental health providers.***

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone – friend, family member, co-worker, neighbor, or member of the community – in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

www.MentalHealthFirstAid.org

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-4381 (Voice)/(415) 473-3232 (TTY) or by emailing at disabilityaccess@marincounty.org at least **four work days** in advance of the event. Copies of documents are available in alternative formats, upon written request.



Reaching Out Can Change Your Life

Saturday, November 17

**International
Survivors of
Suicide Loss Day**



**American
Foundation
for Suicide
Prevention**

120 Wall St., 29th Floor
New York, NY 10005

You are not alone. Join with a community of suicide loss survivors as we share stories of hope and healing.

Location

Terra Linda High School- Library
320 Nova Albion Way
San Rafael, CA 94903

Contact

Mike Gardner, San Rafael City
Schools
(415) 492-3223

afsp.org/SurvivorDay

Please sign up by visiting:

afsp.org/SurvivorDay and click on
"Find the Survivor Day Nearest You"

Survivor Day Schedule

8:30-9:30- Snacks & Refreshments

9:30-10:15- Welcome

10:15-11:00- View AFSP Film

11:00-11:15- Break

11:15-12:15- Facilitated Discussion

12:15-12:30- Closing

AB2246: SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION WORKSHOP

A workshop designed to familiarize attendees with the requirements for suicide prevention policies established by AB 2246, and introduce key principles of comprehensive school-based suicide prevention, intervention, and postvention. This is a hands-on workshop and we recommend 2-4 people attend from each district.

Instructor: Stan Collins, Suicide Prevention Specialist
Each Mind Matters, Know the Signs

Audience: District & School Staff, but not limited to:
Administrators, Teachers, Counselors, and School
Psychologists

**FRIDAY, NOVEMBER 9, 2018
8:30 AM TO 4:00 PM
MARIN COUNTY OFFICE OF EDUCATION
FREE TO ATTEND & LUNCH PROVIDED**

Register here: <https://www.eventbrite.com/e/ab-2246-suicide-prevention-intervention-and-postvention-workshop-tickets-51218158892>



A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

Date

September 18th - For Educators

September 25th - For Community Members

Time

September 18th: 8:30 am - 9:30 am

September 25th: 5:30 pm - 6:30 pm

Location

Marin County Office of Education

1111 Las Gallinas Avenue

San Rafael, CA 94903

RSVP

<https://www.eventbrite.com/e/talk-saves-lives>



American
Foundation
for Suicide
Prevention

Suicide Prevention/Postvention Activities 2018-2019 Offerings

Safe Talk

SafeTALK is a half-day alertness training that prepares anyone fifteen (15) or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide do not truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST. Since its development in 2006, safeTALK has been used in over twenty (20) countries around the world, and more than two hundred (200) selectable video vignettes have been produced to tailor the program's audio-visual component for diverse audiences. SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Learning Goals and Objectives

Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present;
- Recognize that invitations for help are often overlooked;
- Move beyond the common tendency to miss, dismiss, and avoid suicide;
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe; and
- Know community resources and how to connect someone with thoughts of suicide to them for further help.

Training Feature

- Presentations and guidance from a LivingWorks registered trainer;
- Access to support from a local community resource person;
- Powerful audiovisual learning aids;
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe; and
- Hands-on skills practice and development.

Length

Four (4) hours

Intended Audience

SafeTALK offers valuable skills to everyone fifteen (15) and older and requires no formal training or prior experience in suicide prevention. Because it only takes half a day to learn, safeTALK is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. Although formal caregivers such as social workers and counselors employ safeTALK skills, the program is also used by students, teachers, community volunteers, first responders, military personnel, police, public and private employees, and professional athletes - among many others. By providing a universal model with adaptable components, safeTALK offers useful skills to every audience.

Potential Dates

October 2018 and February 2019. MCOE will host.