



**3RD ANNUAL SUICIDE
PREVENTION SYMPOSIUM**
Virtual Resource Fair
Saturday, September 18, 2021

3rd Annual Suicide Prevention Symposium, September 18, 2021



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together





San Diego County Suicide Prevention Council

Convened by Community Health Improvement Partners

www.spcsandiego.org

Mission: To prevent suicides and its devastating consequences in San Diego County

Vision: Zero Suicides in San Diego County

Programs/Services



SPC Mailing List

- Receive daily updates on suicide prevention meetings, activities, trainings and events.

SPC Monthly Meetings

- Updates on suicide prevention work in San Diego; over 60 individuals in attendance at each meeting
- Fourth Tuesday of the month from 10:00am-11:30am
- Meeting virtually via Zoom

For More Information

- Contact Brett Hall at bhall@sdchip.org

Programs/Services Continued



Question Persuade Refer (QPR) Suicide Prevention Trainings

- 90-minute training on the basic signs of suicide and how to use three steps to help save a life: **Question, Persuade, and Refer**
- Free to attend and host for your congregation, group, organization
- All trainings are now **VIRTUAL**

To Schedule or Attend a Training

- Contact Lora Cayanan at lcayanan@sdchip.org for more information

San Diego Access & Crisis Line



CRISIS LINE
(888) 724 - 7240
7 Days a Week 24 Hours a Day

(888) 724-7240



LIVE CHAT
Available Mon-Fri (4pm -10pm)

<https://omnidigital.uhc.com/SDChat/>

It's Up to Us

www.up2sd.org

The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to local resources, we aim to inspire wellness, reduce stigma and prevent suicide. Recovery is possible and help is available. It's Up to Us to make a difference in the lives of San Diegans experiencing mental health challenges by offering support and providing opportunities.

This campaign is developed through the County of San Diego Health and Human Services Agency, and supports the County's *Live Well San Diego* vision to promote a community that is healthy, safe and thriving.



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Additional Numbers



211 San Diego
Dial 2-1-1

www.211sandiego.org

2-1-1 San Diego is a resource and information hub that connects people with community, health and disaster services through a free, 24/7 stigma-free confidential phone service and searchable online database



**National Suicide
Prevention Line**
1-800-274-TALK (8255)



National Crisis Text Line
Text HOME to 741741

to connect with a Crisis
Counselor.

Rady Children's Hospital – San Diego



<http://www.rchsd.org>

SERVICES/PROGRAMS/ACTIVITIES

Outpatient

Emergency Department and Copley Psychiatric Emergency Department

- 3020 Children's Way, 1st floor
San Diego, CA 92123
- Phone: 858-966-8005
- 24 hours a day/7 days a week

Behavioral Health Urgent Care

- 4305 University Avenue, Suite 150
San Diego, CA 92105
- Phone: 858-966-5484
- Walk-in Clinic: Monday-Friday: 4 p.m. to 8 p.m.
- By Appointment Only: Monday-Friday: 9 a.m. to 4 p.m.

Outpatient Psychiatry Clinic and School-Based Services

San Diego

- 3665 Kearny Villa Road
Suite 101
San Diego, CA 92123
- Phone: 858-966-5832
- Hours: Monday-Friday,
8 a.m.-5 p.m.

Escondido

- Palomar Health Outpatient
Center
2125 Citracado Parkway
Suite 200
Escondido, CA 92029
- Phone: 760-294-9270
- Hours: Monday-Friday,
8 a.m.-5 p.m.

Oceanside

- 3605 Vista Way
Suite 258
Oceanside, CA 92056
- Phone: 760-758-1480
- Hours: Monday-Friday,
8 a.m.-5 p.m.

Inpatient

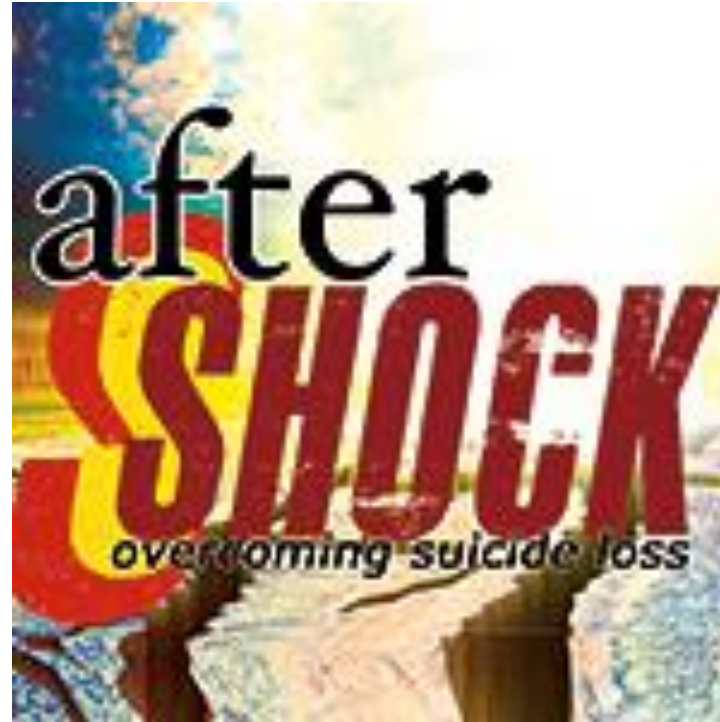
Child and Adolescent Psychiatry Services (CAPS)

- Nelson Family Pavilion, 3rd floor
8010 Frost St.
San Diego, CA 92123
- Phone: 858-966-1700

Eating Disorders/ Medical Behavioral Unit

- Acute Care Pavilion, 4th Floor
3010 Children's Way
San Diego, CA 92123
- Phone for general program info:
858-966-1700, ext. 225368
- For providers seeking info about
medical admissions:
858-966-1700 and ask for
Adolescent Medicine Specialist
on call
- 24 hours a day/7 days a week

Faith Based Suicide Loss Support Group



Email- aftershock@sdrock.com

www.sdrock.com/ministries/suicideloss

Some of the emotions people experienced after a suicide.

shame

blame

guilt

anger

shock

sadness

shunned

In a support group

You are not alone and have a safe place to share. You will be accepted, loved, understood and comforted. You are allowed to be honest about your feelings. Learn how to have hope again with others who have lost loved ones to suicide.

A safe place to grieve

Families are thrown into a whirlpool of emotions. Many families are shunned by friends and co-workers when they hear that they have lost someone to suicide. We want them to know that there are others out there whom will encourage them through their grief; teach them to lean on God; help them turn to God's Word so they know that God never lets go of them; teach them God can use their pain and loss to help others.

Aftershock currently meets 1st and 3rd Tuesdays via zoom.

You don't need to walk this journey alone

**The LORD is close to the brokenhearted and
saves those who are crushed in spirit.**

Ps.34:18

Our Mission

To help families and friends who have lost someone they loved to suicide. To show them the light of Jesus continues to shine through their grief; To be able to share their grief openly and to use God's Word to guide them through their grief.

Suicide Prevention

Aftershock is dedicated to helping families and the community to know how to prevent future suicides. If you would like to schedule a training on Suicide Prevention contact Michele at Aftershock@sdrock.com

Together we can save lives

County of San Diego Health and Human Services Agency Aging & Independence Services



LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities.

For more information, call: **800-339-4661**

Or visit aging.sandiegocounty.gov

COVID-19 Resources

UC San Diego Health Services Research Center



<http://hsrc.ucsd.edu>

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ABOUT US

UC San Diego Health Services Research Center (UCSD HSRC) provides a comprehensive variety of research services to academia, health services organizations, corporations, and individuals worldwide. We are a non-profit research organization within the UCSD Herbert Wertheim School of Public Health and Human Longevity Science



Our Missions

- ▶ Conduct and Support Research
- ▶ Support and Enhance Clinical Services
- ▶ Provide Research Training
- ▶ Develop and Analyze Health Outcomes



UNIVERSITY OF CALIFORNIA SAN DIEGO



UCSD HSRC is a research driven team focusing on understanding how clinical and treatment services affect health outcomes

Contact Information

The Research Team

Our research team specializes in the measurement, collection, and analysis of health outcomes data to help improve health care delivery systems and, ultimately, to improve patient quality of life. HSRC has done important work over the years in developing validated measures for studying patient quality of life.



858-622-1771



University of California, San Diego
9500 Gilman Drive #0994
La Jolla, CA 92093



hsrcoffice@health.ucsd.edu

RESEARCH SERVICES
IS OUR PRIORITY

hsrc.ucsd.edu

OUR SERVICES

Our services support research focused on understanding how clinical and treatment services affect health outcomes. The center provides the infrastructure for clinical and academic research and program and performance evaluation studies.



"Alone we can do so little;
together we can do so much."

-Helen Keller

Since its beginnings...

HSRC has been on the cutting edge of new technologies for gathering and analyzing research data, from developing Computer Aided Telephone Interviewing (CATI) systems for large scale, real-time telephone interview data capture, to our most recent work on the Health Outcomes Management System (HOMS).

Current Projects

- San Diego County Behavioral Health Services
- Development of a Translational Tool to Study Yoga Therapy
- Diabetes Prevention Program Outcomes Study (DPPOS)
- Los Angeles County MHSIA Innovations Mental Health Integration Programs (INN-2)
- Program Evaluation of SAMHSA-Funded Drug Abuse Treatment Programs at San Diego County's La Maestra Family Clinic
- Evaluation of San Diego County Suicide Prevention Action Plan
- California American Indian Tobacco Initiative Evaluation (CAITIE)
- Next Steps Project

1

Research Study Design & Project Planning

Comprehensive study design including: project management, literature and instrument review, measurement design and validation, tracking and management of data, and participant recruitment.

2

Data Management

The HSRC team has the experience and technical expertise to act as your data coordination center for multi-center studies. This includes experienced personnel such as programmers, data analysts, and project managers.

3

Health Economics and Medical Decision Making

- Effectiveness Assessment
- Cost Assessment
- Cost-Effectiveness Analysis
- Modeling the Impact of Attitudes and Decisions on Health Behaviors and Clinical Outcomes

4

Health Assessment and Instrumentation

Several validated measurement instruments developed by HSRC researchers are widely used to study physical and mental health outcomes.

5

Health Outcomes Management Software

The Health Outcomes Management System (HOMS) is a secure, integrated web-based system for managing and tracking a wide range of health outcomes. Developed and maintained by a team of clinicians and health outcomes researchers at UCSD HSRC, HOMS can be used in a variety of settings, from single office environments to large, multi-site health systems engaged in medical practice.

hsrc.ucsd.edu

Directing Change Program & Film Contest

Youth and young adults submit short films and art projects about suicide prevention, and mental health promotion & explore these topics through the lens of diverse cultures.

- ❑ Educators are supported with educational resources, lesson plans, and free classroom presentations and support from the Directing Change team.
- ❑ **There is no cost to participate in the program.** Youth must be associated with a school or organization in California to be eligible to participate.
- ❑ Youth can win between \$100 and \$1,000 and recognized with certificates, trophies and a red-carpet award ceremony. In addition, participation often results in media exposure, recognition by Board of Supervisors, films being played on TV or in movie theaters, and more.
- ❑ And finally, a library of Public Service Announcements is available at no cost to people and organizations to raise awareness about these topics. Films are used in schools and communities to raise awareness and start conversations about these topics.



Open to students in grades 6-12, and youth ages 12 to 25

MANY WAYS TO PARTICIPATE



HOPE

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times.

- What helps you get through tough times? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

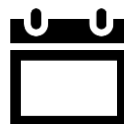
- Create a project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

VS



- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, **ANYTHING**
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards

Deadline



Formats



Prizes

- March 1 every year
- 30-second and 60-second films
- Prizes ranging from \$250 to \$1,000

In addition, all 60-second film entries received prior to March 1 will also compete against all 60-second films entered in the Hope and Justice category for a chance at a statewide prize.

HOW CAN I PARTICIPATE OR LEARN MORE?

Visit: www.DirectingChangeCA.org

Follow @DirectingChange on Instagram

Follow @DirectingChangeCA on Facebook



Contact Us:

Eddie Santacruz

Program Coordinator

Eddie@directingchange.org

Shanti Bond-Martinez, MPH

Senior Program Manager

Shanti@directingchange.org

4.6 MILLION AMERICAN CHILDREN LIVE IN HOMES WHERE GUNS ARE UNLOCKED AND LOADED

BE
SMART

Be SMART is a program developed by
Moms Demand Action for Gun Sense in America
to bring together parents and all adults concerned
about kids, guns and safety.

BeSMARTforKids.org

**MOMS
DEMAND
ACTION**
FOR GUN SENSE IN AMERICA

EVERYTOWN
FOR GUN SAFETY | SUPPORT FUND

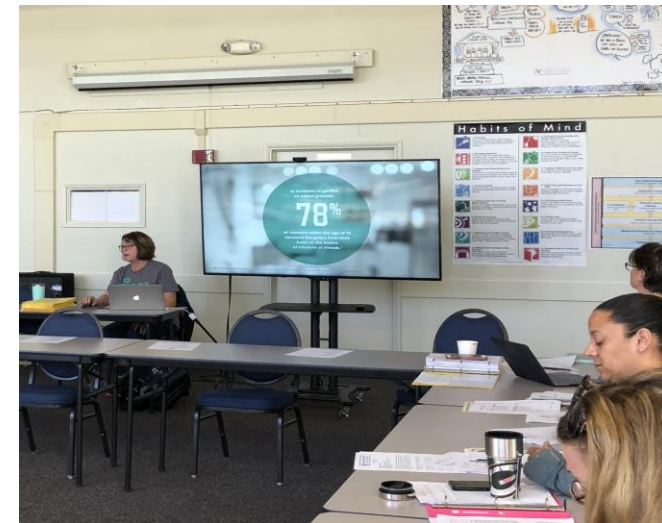
Be SMART for Kids is a FREE national outreach program designed to educate adults about the importance of safe storage of firearms, and about asking about the presence of guns in the home to prevent accidental shootings or death by suicide.

Be SMART for Kids is **non-political** in nature and **has been endorsed by the PTA at the National level.**

The **SMART** in **Be SMART** stands for:

- S- Secure guns in homes and vehicles
- M- Model responsible behavior around guns
- A- Ask about the presence of guns in others' homes
- R- Recognize the role of guns in suicide
- T- Tell others to be SMART

Find out more at <https://besmartforkids.org/>.



In San Diego, you can schedule an in-person 20 minute program (when we can get together again) or a video presentation for your group in English or in Spanish, or both. Contact Lori Van Orden at BeSMARTSD1@gmail.com or call (858) 217-6505.

BE SMART

BE
S M A R T

SECURE

**all guns in
your homes
and vehicles**

MODEL

**responsible
behavior**

ASK

**about
unsecured
guns in
other homes**

RECOGNIZE

**the role
of guns
in suicide**

TELL

**your peers
to Be SMART**

American Foundation for Suicide Prevention

San Diego Chapter



As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

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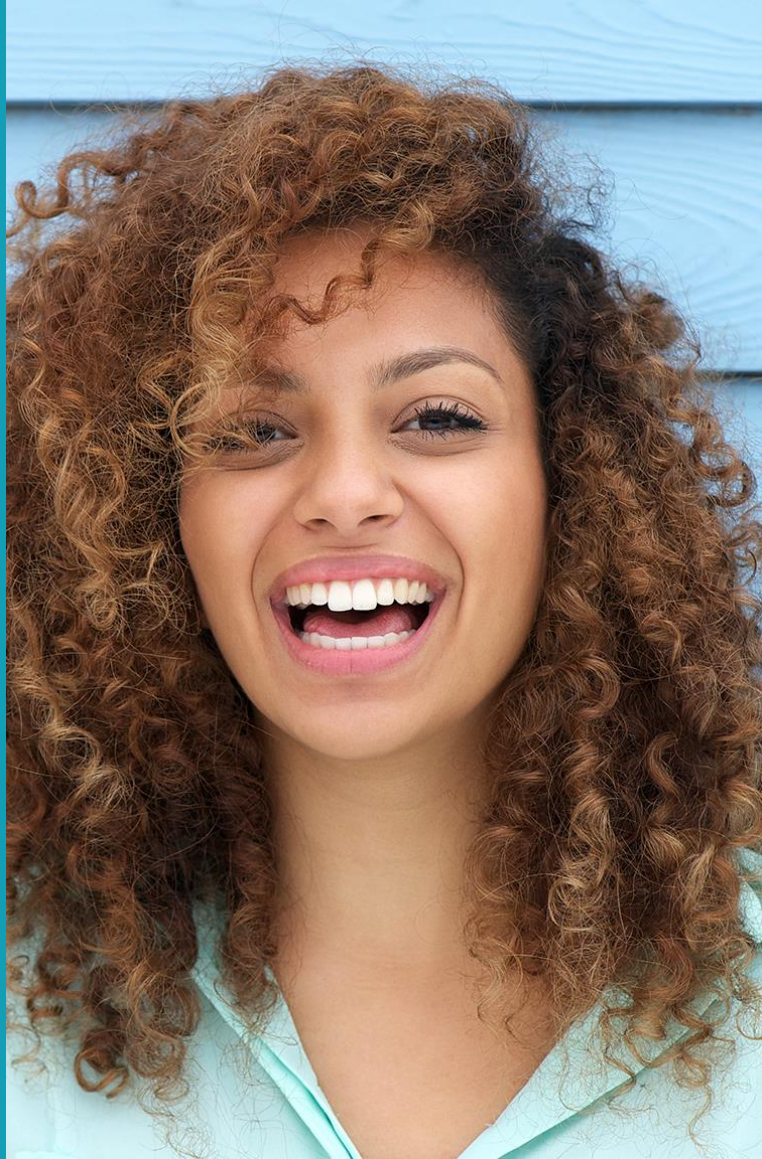


**American
Foundation
for Suicide
Prevention**



COMMUNITY HEALTH
IMPROVEMENT PARTNERS





API ALVARADO
PARKWAY
INSTITUTE
BEHAVIORAL HEALTH SYSTEM

because you matter!

“Improving mental health and quality of life by helping people maximize their potential in San Diego and beyond”

24-HOUR INQUIRIES & SUPPORT
619-832-0737
www.apibhs.com

Our Continuum of Care

- **INPATIENT SERVICES-** Our 66-bed acute care hospital provides a 24-hour medically supervised environment which emphasizes safety and stabilization. We provide evidence-based individual and group therapies including chemical dependency detoxification and aftercare planning
- **OUTPATIENT SERVICES-** Our outpatient programs provide an intermediate, comprehensive level of care; a step between intensive treatment and full integration into the community. Treatment promotes recovery and long-term stabilization. A variety of evidence based treatment modalities support people on their journey to recovery.
NOW OFFERING VIRTUAL OPTIONS
- **RESIDENTIAL TREATMENT (JACKSON HOUSE)-** Short-term residential treatment facilities for those needing around-the-clock monitoring and supervision while recovering from mental illness, co-occurring disorders, and substance abuse.
- **HOME HEALTH CARE (PROMONTORY HOME HEALTH)-**home health that is licensed to treat behavioral health needs for those that need to recover in the comfort of their home.
- **COUNSELING SERVICES-** The API Counseling group provides individual, couples, and family therapy with a qualified behavioral health professional. Evening appointments are available to meet the needs of working adults.
NOW OFFERING VIRTUAL OPTIONS
- **4-FRONT PHARMACY-**full-service pharmacy providing programs to assist with specialized behavioral health medications



Program Highlight

Mood & Dual Group Therapy

- Offered at La Mesa Outpatient or via GroupConnect, API's virtual therapy services; our mood and dual group therapy provides treatment for those struggling with depression, anxiety, and substance abuse. The Mood Program is specific to those grappling with depression and anxiety. The Dual Program focuses on depression and anxiety, as well as substance abuse. Clients are assigned a treatment coordinator in addition to on-site nursing and monthly psychiatry visits. Other therapies offered for participants of this group include:
 - DBT, ACT, CBT, grief and loss, mindfulness, anger management, seeking safety
- **Dual Program (in-person)**
 - Monday-Friday 9AM-12PM
 - Monday, Wednesday, Friday from 1PM-3:45PM
- **Mood Program (in-person)**
 - Monday- Friday 9AM-12PM
- **Dual Program (virtual)**
 - Monday, Wednesday, Friday from 1PM-4PM



24-HOUR INQUIRIES & SUPPORT

619-832-0737

www.apibhs.com



Community Research Foundation

Community Research Foundation serves adults with serious mental illness, many with a co-occurring substance use problem, as well as seriously and emotionally disturbed youth and children.

We work with clients, their families, significant others and community resources to assist clients to reach their individualized goals which may include:

CRF began providing outpatient mental health care for children and adults in the 1980s and hasn't stopped growing since, adding programs such as the Psychiatric Emergency Response Team (PERT) in collaboration with NAMI San Diego, vocational clubhouses, ACT teams, transitional residential, school-based counseling, an urgent care walk-in center, as well as mental health and substance abuse treatment for CalWORKs recipients.

Reduce or eliminate the effects of mental illness.

Promote wellness, stability, and quality of life.

Prevent or minimize psychiatric episodes resulting in hospitalization.

Assist clients with community integration and self-sufficiency.

Improve functioning in social, volunteer, and employment activities.

<http://www.comresearch.org/>



Outpatient Services

Short Term Acute Residential Treatment (START) programs (alternative to hospitalization for adults)

Transitional Living Residential Program for Adults

Walk-In Urgent Care Clinic for Adults

School-Based Counseling Programs

Assertive Community Treatment (ACT)

Client-Directed Psychosocial and Vocational Clubhouses

CalWorks Specialized Mental Health, Substance Abuse, and Domestic Violence Program

Mental Health Evaluations

Medication Management

Case Management

Crisis Intervention

Service Coordination and Linkage

Life Skills Development

Outreach and Education

Limited Group, Individual, and Family Counseling

Integrated Services for Mental Health & Substance Use Problems

Enhanced services for Transitional Aged Youth, 18- 24 years old

Culturally-Enhanced services for local community adults, 18 and older

Enhanced Services for Older-Adults and Home-Bound Seniors ages 60+

<http://www.comresearch.org/>



Outpatient Recovery Centers are primarily funded through contracts with the San Diego County Health and Human Services Agency, Behavioral Health Services Department. The program accepts Medi-Cal. For individuals with no insurance, fees are based on a sliding scale determined by one's income. No one is denied services based on inability to pay.

CRF COVID-19 Update

All our programs are open for essential behavioral health services during the COVID-19 Pandemic. Our staff are screened daily for symptoms of COVID-19 and sent home if they are ill.

We are providing services by phone and video whenever possible. Clients who do come to the clinic for services will be screened for the symptoms of COVID-19 illness prior to entry into the program.

Once in the program, for safety, we require that everyone wear a mask and maintain a distance of 6 feet from one another. We are limiting the number of individuals in the waiting room at any one time.

Group services have resumed with a combination of in-person and video attendance. We are currently limited to six in-person attendees at Douglas Young Groups.

The San Diego Independent Living Association

Mission: To support Independent Living operators, tenants, and the community by promoting high quality Independent Livings.

www.ilacalifornia.org

Contact us at (858) 609-7963



COMMUNITY HEALTH
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**Independent
Living Association**

by Community Health Improvement Partners

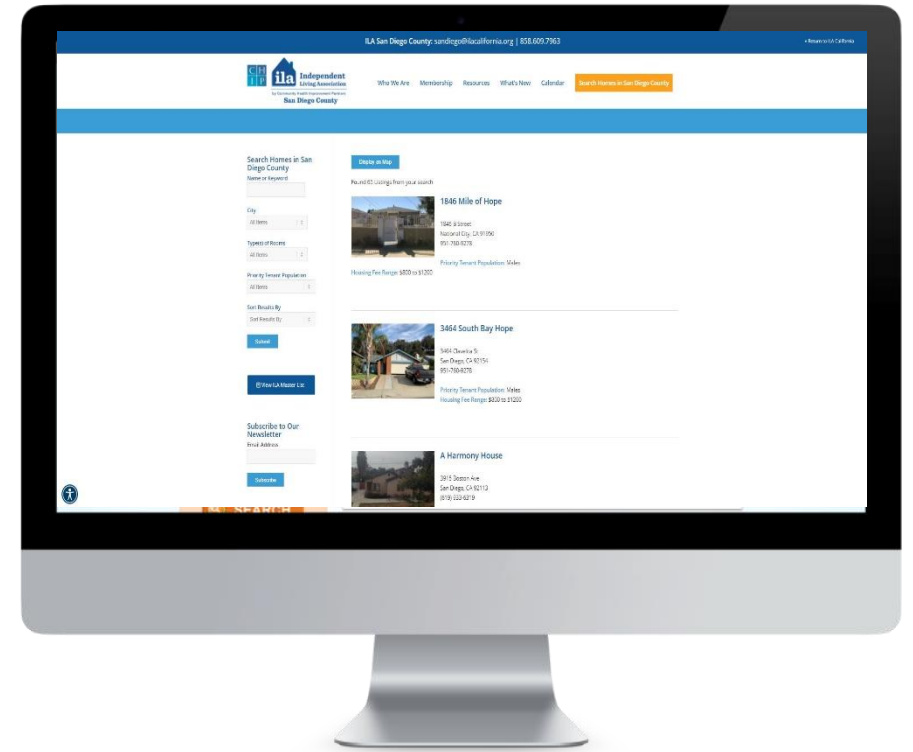


**LIVE WELL
SAN DIEGO**
LIVEWELLSD.ORG

WHAT IS AN INDEPENDENT LIVING?

- A privately owned home or complex that provides housing for adults with mental illness or those who may benefit from a welcoming, shared housing environment
- Navigate our SD ILA Online Directory to find a trusted housing option
- As of April 2021:
 - 90 Member Homes
 - 861 Beds

www.ilacalifornia.org



ILA Member Homes generally...

- Charge \$800 – 900 for a shared room (including all utilities, usually meals & on-site laundry)
- May offer single or shared rooms
- Specialize in providing housing for adults with mental illness
- Can offer same day housing
- Operators are educated and trained on a variety of topics, related to housing and COVID-19 updates

ILA Member Homes generally do not...

- Require a security deposit
- Conduct criminal background checks
- Conduct credit checks
- Request extensive or verifiable rental history information

Visit us at www.ilacalifornia.org



3rd Annual Suicide Prevention Symposium, September 18, 2021



COMMUNITY HEALTH
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MISSION STATEMENT

Southern Indian Health Council is a Native American organization committed to protecting and improving the physical, mental, and spiritual health of our American Indian community. We provide a comprehensive range of wellness, professional health care, dental, and social services.

4058 Willows Road

Alpine, CA 91901

www.sihc.org

619-445-1188





WELLNESS SERVICES

- Accreditation Association for Ambulatory Health Care, Inc. (AAAHC) Accredited
- Tribal health program serving Natives and non-Natives.
- Committed to protecting and improving the healthcare of patients by providing quality integrated services which include a comprehensive wellness program, acute and chronic healthcare, dental, and social services.
- Proud to provide direct services through offering medical, dental, pharmacy, community services, and Kumeyaay Family Services.
- Each of these programs are designed to provide individualized care.
- Protect and improve the physical, mental, and spiritual health of the community.

Vision

An innovative leader continually evolving to meet the comprehensive health care needs and desires of the communities we serve.

The miracle is not that we do this work, but that we are happy to do it.

- Mother Teresa



Values

- Quality Integrated Health Care
- Customer Service
- American Indian Values and Traditions
- Infinitely Striving

wELLNESS of the BODY

PROTECTING THE HEALTH OF OUR
NATIVE AMERICAN COMMUNITIES



Faith-Based Mental Health Academy



www.interfaithservices.org

San Diego County sponsored training on Faith and Mental Health for faith leaders and mental health professionals.



Mental Health Program includes:

- Mental Illness Stigma Reduction
- Faith and Spiritual Principles and Values
- **Using Faith and Spirituality as a Part of Recovery**
- **Trauma Informed Care**
- Mental Health Conditions and Wellness
- Common Mental Health Disorders & Behavioral Health
- **Depression and Faith Communities**
- **Suicide and Prevention**
- Dealing with Resistance to Mental Health Treatment
- Cultural Considerations: Focus on Latino and African American Populations

ADDITIONAL INFORMATION

- This training fulfills the Behavioral Services Cultural Competence hours.
- All graduates from the training will receive a 250 page Mental Health Resource Guide.
- Trainings in English and Spanish SINCE COVID-19 via Zoom, but usually on your campus or elsewhere in North County SD.
- Next training in Spanish will be:
May 17-28, 2021. (See flyer)
- We offer 30 – 60 minutes Wellness Communities Education Presentations. SINCE COVID-19 via Zoom

For more information, please contact:

Martha Garzon. Phone (760)294-2025 ext. 123.

mgarzon@interfaithservices.org

Maria Halbert. Phone (760)294-2025 ext. 124.

mhalbert@interfaithservices.org

3rd Annual Suicide Prevention Symposium, September 18, 2021

Ninth District
PTA
everychild.onevoice.

Rac
Chil
Hospital
San Diego

Faith-Based Mental Health Academy Training

ENTRENAMIENTO PARA LIDERES DE FE
ACADEMIA DE SALUD MENTAL BASADA EN LA FE
Área Norte del Condado de San Diego

Únase a este curso gratuito de 10-días de lunes a viernes a través de ZOOM



DE: 17 – 28 DE MAYO, 2021
06:30 PM – 8:00 PM PT

Temas Incluidos:

Reconociendo y Respondiendo a las condiciones de Salud Mental. Trastornos comunes de la salud mental y del comportamiento.
Depresión, suicidio y su prevención. Abuso de sustancias y otras adicciones.
Reducción del estigma de la enfermedad mental. Comunidad Latina. Lidiando con la resistencia de aceptar tratamiento de salud mental. **Bienestar, Fe y Espiritualidad en la salud mental.** Integración de la Espiritualidad como apoyo en la recuperación y ayuda a las Familias. **Trauma y Espiritualidad.**



Al finalizar el curso recibirá:

Directorio de Servicios, Manual de Entrenamiento y Certificado de Asistencia.

REGISTRARSE antes del viernes 14 de Mayo, 2021 siguiendo este link:

<https://us02web.zoom.us/join/register/tZEkcuaupiMsHtYUCGTiK4iKNNssUvFDHouz>

Para más información, por favor contacte a:

Maria Halbert. mhalbert@interfaithservices.org

Martha Garzon. mgarzon@interfaithservices.org

Breaking Down Barriers

Raise your voice.

End the Stigma.

FOLLOW US @BDB.SD
NOSTIGMA@JFSSD.ORG
858.637.3301



ICIAE Prevention Symposium, September 18, 2021



LIVE WELL
SAN DIEGO



Program Overview

Through in person or online educational presentations and events, we discuss the stigma of mental health and connect participants to helpful resources.

We want to normalize conversations about mental wellness so everyone can thrive.

The populations we serve include those who identify as African American/ Black, LGBTQ+, Latinx, Middle Eastern, Asian Pacific Islander, African / Refugee and Native American





Workshops

Increase your knowledge and reduce stigma around mental health by highlighting cultural resilience! We do this through discussion, art, poetry or mindfulness.



Trainings

We can help you expand your knowledge around cultural humility, or take a deeper dive on specific mental health topics!



Mental Health America of San Diego County “MHASD”

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Since the COVID-19 pandemic, we continue to offer free therapeutic and educational services via phone and the online Zoom platform.

We are San Diego's First Wellness Advocacy Organization

(Source: mhasd.org)



To register for an upcoming in person or online Mental Health First Aid training, please visit:



<http://mhasd.org/first-aid-programs>

NAMI San Diego Mission



SUPPORT

People with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.



EDUCATE

People who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma.



ADVOCATE

For more research and an improved system of mental health services across the nation.

Tools for Mental Health



Co-Occurring Disorders



Criminal Justice Family Support Group



Family-to-Family



Helpline
1-800-523-5933



SIBLINGS Family Support Group



PEP Parents Empowering Parents



RESOURCES

Services and Support are on web based platforms

OscER <http://oscer.namisandiego.org/>

OscER jr <http://oscerjr.namisandiego.org/>

AlfrEDU <http://alfredu.namisandiego.org/>



NAMI San Diego Helpline 1-800-523-5933

www.NAMISanDiego.org

ONLINE SUPPORT



17701 San Pasqual Valley Road, Bldg 700, Suite 2
Escondido, CA 92025
(760) 839-8254
License #374603503



New Alternatives, Inc. Foster Family Agency

In search of loving parents
to provide children and youth with
a healing family experience

A private non-profit
Foster Family agency serving
San Diego County

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COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together



SERVICES/PROGRAMS/ACTIVITIES

- Orientations and Q & A sessions online or via phone
- New Alternatives offers our Resource (Foster) Parents:
 - Placement of children and youth age 0-21
 - No-cost pre-certification including
 - First Aid/CPR
 - Health Screening
 - Fingerprinting
 - Free online training
 - Additional training
 - Agency Social Worker support 24-hours a day 7-days a week
 - Opportunities to just provide respite care
- Community outreach and support

ADDITIONAL INFORMATION

**Q: I want to help, but cannot be a Resource Parent.
Is there another way to contribute or help?**

***A: Yes. There are many ways you can help
change the life of a child!***

- Be a respite care provider
- Sponsor a specialized event
- Send a child to summer camp
- Make a tax-deductible donation
- Donate good or services from your business
- Donate coupons for special discounts
- Host an esteem-boosting event

parenting@newalternatives.org

888-599-HOME (4663)

Mission Statement

Courage to Call

A PROGRAM OF  MENTAL HEALTH SYSTEMS

Courage to Call (C2C) is dedicated to improving the wellness of current and former Military Service Members (Active, Veterans, Reserve, and National Guard Members) and their Families in San Diego County.

Courage To Call



What is Courage to Call?

“A Resource for the Resources”

- *FREE* Food Distributions (bi-monthly)
- Clothing Closet (professional attire)
- 24/7 Peer Helpline (for resource information)
- Peer Support & Resource Navigation
- Counseling & Case Management
- Peer Case Management (Veterans Treatment Court)
- Operation Dress Code



Collaborative Partnership



Contact Us



Follow Us

Contacting the Peer line
(24/7 by Phone)

1-877-698-7838

Online Text Chat at www.courage2call.org (7am-11pm)

Courage to Call

A PROGRAM OF **mhs** MENTAL HEALTH SYSTEMS



Providing information and referrals that can help with, but not limited to:

- ✓ Employment services
- ✓ Food and housing/shelter resources
- ✓ Rent and utility resources
- ✓ Counseling/Mental health services for: PTSD, Depression, Anxiety, TBI
- ✓ Family & Legal Services
- ✓ VA and other benefit information/services
- ✓ Veteran transition services
- ✓ Low-cost/No-cost recreation activities



The Recovery Method

Stress Reduction From The Comfort of Home

Lisa Garcia, Project Manager (San Diego Area)

(619)-383-2084

lisa@recoveryinternational.org | www.recoveryinternational.org



© Recovery International

Proven Method



- Experience our Peer-to-Peer program successfully makes it possible for you to lead a peaceful, calm and productive life!
- 80+ years and a million plus attendees learning self leadership.
- Recommended by professionals – evidence based.
- Convenient and confidential meetings – online, telephone, or chat.

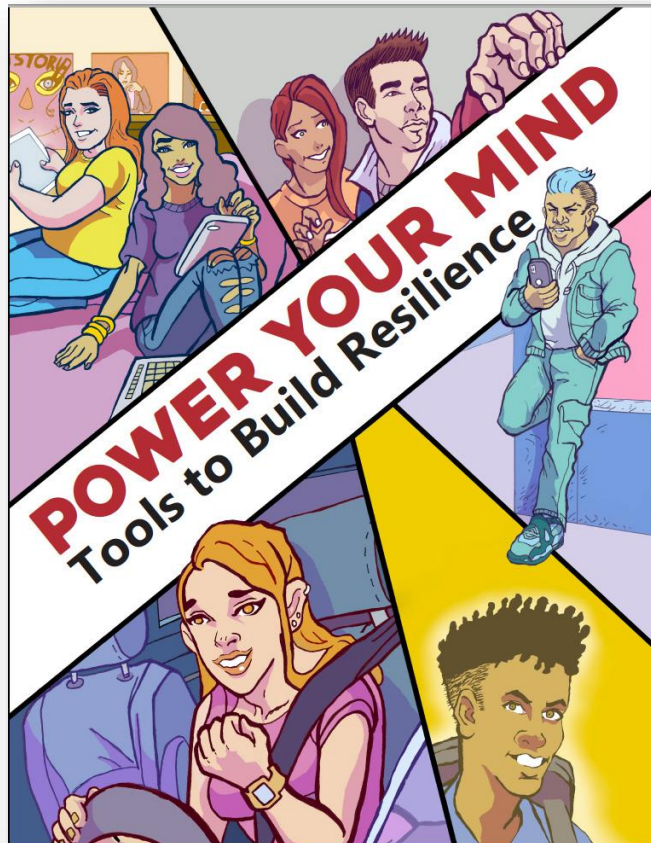


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© Recovery International

Simplified Program for Youth



- Ages 13-24, graphic novel storytelling
- The program offers life skills to:
 - control anger,
 - alleviate anxiety,
 - develop and maintain peaceful relationships in the home, school, or work,
 - establish realistic expectations and beliefs.



www.poweryourmind.org

Safe Families for Children of Olive Crest



Safe Families
for Children

OLIVE CREST®

Strong Families, Safe Kids

[Safe-families.org/get-help](https://safe-families.org/get-help)

24 hour hotline 714-543-5437 ext.1234

Safe Families for Children Offers...

- Safe Short-Term housing for children birth-18 years old with screened, trained, homestudied, and approved volunteer host families.
 - Parents voluntarily reach out for this help
 - Parents retain full custody of their children
 - Parents meet host families prior to the start of hosting
 - Parents can see their children and maintain contact with their children by phone or by meeting in public to transfer.
- Goals: Early Intervention, Child Abuse Prevention, Family Support and Stabilization
 - Keeping families together. Supporting Isolated Families in a time of need. Expanding support systems.

Safe Families is Essential

- We continue to do intakes and hostings during COVID-19.
 - We have implemented 5 additional questions in our intake process to assess for risk and are following health guidelines as our staff go out in the community.
 - Host families are screened in the same way for health risks and are continuing to host at their discretion.
- We are offering zoom presentations to organizations. Please e-mail Alyssa-smith@olivecrest.org if you would like to participate or arrange an informational meeting for your staff.

Trauma Informed,
Credentialed Staff
Assigned Mentor Teacher
Community Partnerships
Cap & Gown Ceremony

SAN DIEGO
MISSION ACADEMY

7th-12th grade HS DIPLOMA
11-24 years of age
San Diego, Riverside, &
Imperial Counties
8am-8pm M-F and 8-4pm Sat

100% FREE & ONLINE!



- A blended online program utilizing industry-leading online curriculum
- Online courses with option to meet with a teacher in person every month
- A flexible program to fit your schedule
- Free tutoring

Easy Enrollment

<https://sdmissionacademy.org/>

For more information contact:



Linda Ketterer

COMMUNITY LIAISON/STUDENT SUPPORT

619-510-8439 Event Sign Up <http://bit.ly/onlineevents>

Lketterer@sdmissionacademy.org

FOLLOW US ON SOCIAL MEDIA

@sdmissionacademy
San Diego Mission Academy

National Suicide Prevention Hotline (24/7) 1-800-273-8255
Crisis Text Line: Text 9888 to 734743
National Domestic Violence Hotline (24/7) 800-799-7233

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COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together





“Caring for those who care for others”

www.caregivercenter.org

(800) 827-1008 | (858) 268-4432

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making a difference together



Southern Caregiver Resource Center

Caring for those who care for others

WE OFFER FREE
SUPPORT SERVICES
FOR FAMILY CAREGIVERS

(800) 827-1008 | caregivercenter.org



Respite



Short-Term
Counseling



Support
Groups



Specialized
Information



Education
&
Training



REACH₂
Caregivers/
CALMA



Case
Management



Employer
Resources



Legal &
Financial
Consultation



Together Care
Respite

Tax ID 33-0402867

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iCare Portal

Visit www.caregivercenter.org
to explore SCRC's online resources



CAREGIVER CORNER

Watch quick tip videos on various aspects of being a caregiver.



PODCAST



Tune in to SCRC's "Let's Talk Caregiving" podcast for candid discussions on various caregiving topics.

FAMILY CAREGIVER CLASSES

Visit recorded live streamed classes and learn ways to manage your caregiving journey.



DIGITAL NEWSLETTER



SCRC's Wavelengths Newsletter is full of news updates, articles, and useful resources.

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As we get back to “normal,” shootings have followed. We must do all we can to make sure shootings are not part of the post-pandemic “normal.”

www.sd4gvp.org
sd4gvp@gmail.com

San Diego Action Highlights

- **Join us the first Saturday of every month** from 10 a.m.- 12:00 pm for our monthly meetings (currently virtual) and learn more about our goals of raising awareness, educating, and guiding the community into action. Contact sd4gvp@gmail.com for information.
- **Our Goals**
 - **Raise community awareness** of gun violence and actions that can be taken
 - **Work with schools** to educate students, parents and staff about gun safety
 - **Educate the community** about important gun violence-related legislation and initiate calls to action to support our lobby work for this legislation
 - **Support existing violence prevention groups** in local communities experiencing the most incidents of gun violence

Safe Firearm Storage - especially critical as we move out of the pandemic

Gun sales continue to hit record highs, increasing the risks for unintentional shootings, suicide and domestic violence. SD4GVP joins with other gun-violence prevention organizations to call on school districts to follow California Supervisor Tony Thurmond's directives to inform parents of California's Child Access Prevention laws and ensure that all firearms stored locked and separate from ammunition.

HERE Now

Helping

Engaging

Reconnecting

Educating



- School based suicide prevention and early intervention program serving San Diego County schools grades 7th through 12th.
- Funded through the County of San Diego Behavioral Health Services-Mental Health Services Act (Prop 63).





Supporting Our Schools and Communities throughout San Diego County

Schools- providing mental health resources and support via telehealth & in person as appropriate

Community- Providing mental health and suicide prevention trainings via zoom



Contact Information

Amy Budd

Program Manager of HERE Now and Anti- BIAS

(619) 838- 9556

abudd@sdyouthservices.org

www.sdyouthservices.org

Survivors of Suicide Loss



www.SOSLSD.org

Few people understand suicide loss
the way a fellow-survivor can.



Support Groups

Survivors find support, comfort and hope in a judgment free environment

17 Support Groups in 11
different locations
including -

Bi-lingual group

Active military and
veteran group

SINCE COVID -19

SOSL is committed to host
a minimum of 3 meetings
a week via Zoom.

Including our first daytime
meeting.

We are **no longer limited** to San Diego and Riverside County.



Support Services

Other Support

Call in help line for survivors of suicide loss Monday –Friday

8 AM -8 PM ~ **619-482-0297**

Individual phone or email support according to loss

Over 2500 newsletters distributed quarterly

Suicide Awareness and Prevention Trainings

Volunteer Opportunities

EVENTS

Ride For Life- Suicide Prevention- Motorcycle Ride, Poker Run, After Party June 12, 2021

Walk In Remembrance With Hope- Sept. 12, 2021

Hope Springs- Nov. 20, 2021
International Survivors Day

Suicide CEU Course

Understanding the Clinical Implications of Suicide: Prevention, Intervention & Postvention

NEW DATE to be announced soon



Sustaining Grace Outreach Center Inc.

www.susgrace-outreach.org

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Program Services

- **Emergency Food Pantry** – Providing hunger relief, nutritional food to help families and our aging community.

Call for an appointment. There are no eligibility requirements

Due to Covid 19- Seniors 65 and over who are homebound in our local area of El Cajon, we can deliver groceries.

- **Community Awareness Workshops** – We are committed to Providing our community with resources and education to promote healthy and positive outcomes.
- **C.H.A.N.G.E.D** – Helping those who are struggling with the stigma of addiction and self-esteem.
- **Faith Based Counseling**
- **Anger Management**



Contact us

- Phone: (619) 401-4006 – Main office
- Email: office@susgrace-outreach.org
- Website: www.susgrace-outreach.org
- Emergency Food: (619) 792-1434



1-844 VET CONX
(1-844-838-2669)

VETS'
COMMUNITY
CONNECTIONS

<https://vetscommunityconnections.org>

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Vets' Community Connections (VCC)

In this pandemic we know military and veterans have many questions on where to go to for support and information.

VCC is here to connect all San Diego County veterans, military and their families with the wide breadth of community resources to include:

- Career opportunities
- Schools/education
- Community organizations
- Recreation
- Volunteerism
- Business donations/discounts

CONTACT VCC: 1 844 VET CONX or amy@vccsandiego.org

STRONGER TOGETHER

COMMUNITY
SERVICES

OUR MISSION

Stronger Together Community Services recognizes the need for access to quality mental health services and the stigma often faced by those in pursuit of healing, health, and wellness. We are dedicated to providing a variety of healing practices including traditional talk therapy, holistic approaches that benefit both mind and body, and adventure-based programs that provide the opportunity for exploration. We welcome all who find themselves on the journey to embrace life, overcome barriers, and face challenges together. Our philosophy is grounded in the belief that empowering others leads to growth, connection, and community.



CONTACT

(858) 434-8100
302 Washington Street STE 823,
San Diego CA 92103
strongertogethersd.org
[@strongertogether_sd](https://www.instagram.com/strongertogether_sd)

OUR SERVICES

- Individual, Couple, and Family Therapy
- Group Therapy: support groups for depression, anxiety, and general life stressors
- Recreational Activities: yoga, hiking, stand up paddle boarding and more!

COST

- Individual, Couple and Family Sessions: \$35-\$85/session
- Group therapy and recreational activities: \$5-\$25/session
- Sliding fee scale is available

SCHEDULING

- Clinical services are available Monday-Friday
- Recreational events are held on the weekends
- Telehealth and in person services available

STCS is a 501(c)3 nonprofit organization, funded primarily through donations. If you are interested in providing financial support for clinical and recreational services, wanting to schedule a session, or seeking additional information, please visit our website strongertogethersd.org or email us: Intake@strongertogethersd.org

JOIN THE MOVEMENT



**3RD ANNUAL SUICIDE
PREVENTION SYMPOSIUM**
Virtual Resource Fair
Thank you!

For more information contact Brett Hall at bhall@sdchip.org.

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