

## Working Together to Prevent Suicide

Suicide Prevention Week September 9 - 15, 2018 World Suicide Prevention Day September 10, 2018



Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!

### SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

The September issue of the Mental Health Services Act (MHSA) Newsletter is dedicated to the people of Sonoma County, California, and across the globe that will come together during this year's **National Suicide Prevention Week (Sept. 9-15, 2018)** to spread awareness about the warning signs of suicide and to offer support to those who have lost someone to suicide. This issue will highlight the many suicide prevention resources and tools that are available, as well as upcoming events.

### SUICIDE IS AN IMPORTANT COMMUNITY HEALTH PROBLEM

About 75 Sonoma County residents die by suicide each year. This devastating number does not represent the depth of the problem because for every person who dies, there are many more who think about, plan, or try to take their own life. Each life lost to suicide also creates a deep and lasting ripple effect within families and communities. We can prevent suicide, and everyone has a role to play to support those at risk.

### SUICIDE CONTRIBUTES TO A LOWER LIFE EXPECTANCY AND HIGHER RATES OF PREMATURE DEATH THROUGHOUT SONOMA COUNTY <sup>[1]</sup>

- Suicide is the 4th leading cause of premature death.<sup>[2]</sup>
- Suicide occurs in all Sonoma County communities.
- 3 out of 4 suicide deaths are among men.
- White, non-Hispanics have the highest suicide death rate of all racial/ethnic groups.
- The Sonoma County suicide death rate was 13.4 per 100,000 people, statistically higher than California (10.4 per 100,000).<sup>[3]</sup>

### SUICIDE IS PREVENTABLE.

Together, we can prevent suicide, and many organizations and people in Sonoma County are working on suicide prevention. For example, the **Sonoma County Department of Health Services (DHS)** supports the **North Bay Suicide Prevention Hotline** and the **Know the Signs** campaign. DHS has also trained thousands of Sonoma County high schoolers in an evidence-based approach to identify people at risk of suicide & refer them to help, and supports proper disposal of unused medications & initiatives to prevent adverse childhood experiences.

### IF YOU'RE WORRIED ABOUT SOMEONE WHO MAY BE AT RISK OF SUICIDE

DHS encourages you to reach out to any of your friends, family and co-workers who may be having difficulty coping. Visit [www.suicideispreventable.org](http://www.suicideispreventable.org) to know the signs, find the words to start a conversation with someone you are concerned about, and to find resources you can reach out to for support.

### WHAT ARE THE WARNING SIGNS FOR SUICIDE?

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.

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### NOT ALONE: FILM SCREENING & COMMUNITY DISCUSSION ON TEEN SUICIDE PREVENTION

**Tuesday, 9/18/18**

**5:30-6:45pm | Special pre-screening benefit reception**

**7-8pm | Film Screening - General Admission - \$20**

**8:15-9:15pm | Community Discussion**

**Finley Center, 2060 West College Ave, Santa Rosa**

**Benefit reception - \$50 (includes film & community forum)**

Driven by a desire to understand why her best friend killed herself at 16, local filmmaker, Jacqueline Monetta invites fellow teens who are suffering to share their emotional struggles. Through her intimate one-on-one interviews, Jacqueline and the audience learn about depression, anxiety, self-harm, suicide attempts, getting help and treating mental health issues.

The special pre-screening reception benefits Buckelew Programs' **Suicide Prevention Hotline**. Meet Kiki Goshay, producer/director of *Not Alone* and *Kali*, one of the students from the film, in an intimate setting with fine wine and local fare. Following the film, the community discussion features Kiki, Kali, and Tamara Player, CEO of Buckelew Programs.

Tickets available at: <http://bit.ly/SpreventionSR2>

### LOCAL SCREENING OF "SUICIDE: THE RIPPLE EFFECT" DOCUMENTARY

**Tuesday, 9/18/18, 7:00pm**

**Third Street Cinema,**

**620 Third St, Santa Rosa**



At age 19, Kevin Hines attempted to take his life by jumping from the Golden Gate Bridge. Seventeen years later, he still struggles with many of the same symptoms that led him to attempt to take his life, but he is on a mission to use his story to help others stay alive.

Kevin takes a journey to better understand the ripple effects his suicide attempt had on his family, friends, & the first responders who helped save him. He's also working to shine light on inspirational individuals, families, & organizations who are using personal pain to help others find the hope they need to heal. Tickets (\$11) available at: <http://bit.ly/2JUqFOs>

### PROMOTING SUICIDE PREVENTION & AWARENESS AT COPPERFIELD'S BOOKS

**Saturday, 9/29/18, 7-8:30pm**

**Copperfield's Books, 775 Village Court, Santa Rosa**

**Bucklew Programs** is proud to support a free community panel and discussion on suicide prevention and awareness. Sharing excerpts from his recent book, *Strange Contagion*, **Lee Daniel Kravetz** will also moderate a panel of professionals and experts in suicide prevention. For more information:

[www.copperfieldsbooks.com/event/lee-daniel-kravetz-0](http://www.copperfieldsbooks.com/event/lee-daniel-kravetz-0)

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- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

### ADDITIONAL SUICIDE PREVENTION RESOURCES AND TOOLS

**For anyone struggling:** trained, compassionate people are ready to listen to you.

- Call anytime: 1-800-273-8255 or text to 741741 for English or en Español: 1-888-628-9454 for the **National Suicide Prevention Lifeline**.
- Or call the **North Bay Suicide Prevention Hotline** at 1-855-587-6373.



The **National Alliance on Mental Illness (NAMI) Sonoma County** is a grassroots family, client and community member organization, dedicated to improving the lives of people with mental health challenges and the lives of their families and friends. <https://namisonomacounty.org/>

**Each Mind Matters** has created a **Suicide Prevention Week Toolkit** to make it easy for you to get involved and raise awareness in your community. This year's theme is "Working Together to Prevent Suicide".

[www.eachmindmatters.org/spw2018](http://www.eachmindmatters.org/spw2018)

The **Directing Change Program & Film Contest** encourages young people in grades 7-12 and/or ages 14-25 to create 60-second films about suicide prevention and mental health. Encourage young people to submit a film to the contest or host a local screening. To view and download films and find several suicide prevention resources for schools and young people, visit [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org).

### SONOMA COUNTY INDIAN HEALTH PROJECT'S MEMORIAL GATHERING

**Saturday, 9/15/18, 10am-7pm**

**Ya-Ka-Ama, 7465 Steve Olsen Lane, Forestville**

Gather with community to celebrate wellness & honor your loved ones. Food will be provided! Pictures for memorial table are welcomed. Dance groups, speakers, & fun activities for the kids! For more information, call **(707) 521-4582**. Event funded by the CA Department of Public Health, Native American Reducing Disparities Project, Aunties & Uncles Program to help prevent suicide in the Native community.

### 6TH ANNUAL SANTA ROSA OUT OF THE DARKNESS COMMUNITY WALK

When you walk in the **Out of the Darkness Walks**, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the **American Foundation for Suicide Prevention (AFSP)** to invest in new research, create educational programs, advocate for public policy, & support survivors of suicide loss. This year's **Santa Rosa Community Walk** will take place on **October 6, 2018** at **Howarth Park!** Registration/check-in begins at 8am & the walk program will begin at 10am. For more information, to register, or to donate, go to: [www.afsp.org/santarosa](http://www.afsp.org/santarosa)

### SONOMA COUNTY SIGNS GOLD RESOLUTION RECOGNIZING SUICIDE PREVENTION WEEK

The **Sonoma County Board of Supervisors** will be presenting a Gold Resolution proclaiming the Week of September 9 through September 15, 2018 as **Suicide Prevention Week** on Tuesday, September 11. The Gold Resolution will be accepted by **Tamara Player**, Executive Director of Buckelew Programs; **Sarah Chapman**, Program Manager of the North Bay Suicide Prevention Hotline of Sonoma County; **Wendy Wheelwright** (DHS staff), Project Manager for the California HOPE Project; and **Mary-Frances Walsh**, Executive Director of National Alliance on Mental Illness (NAMI) Sonoma County. The event will take place at the Board of Supervisors Chambers on September 11, 2018 at 11:15 a.m.

### INTERLINK'S 3RD ANNUAL RECOVERY RESOURCE FAIR

**Friday, 9/28/18, 1-2:30pm**

**Interlink Self-Help Center, 1033 4th Street, Santa Rosa**



Please join **Interlink Self-Help Center** as they celebrate that recovery in all of its forms is possible! Meet representatives from Buckelew Programs, Project Hope, Pura Vida, Behavioral Health Coop, Wellness and Advocacy Center, National Alliance on Mental Illness (NAMI), Santa Rosa Community Health Centers, California Human

Development, Santa Rosa Treatment Program, Santa Rosa Junior College (SRJC) Students for Recovery, the new Sonoma County Office of Patients' Rights team, & more! For more information, please call **(707) 546-4481**.

### BEHAVIORAL HEALTH CAMPUS

The **Sonoma County Department of Health Services (DHS)** will relocate its Santa Rosa-based Behavioral Health programs to a single campus that allows for multiple services & increased accessibility in the most populous area of the County.

A **Behavioral Health Campus** will improve service quality, according to DHS Director Barbie Robinson. The Department will be able to provide additional support for those with complex needs improve access and ease of use for patients in recovery from mental illness or substance abuse disorders. Two integrated service centers are planned in Guerneville and Petaluma as well. To speak with a clinician, make an appointment, or secure medication, please contact your case manager directly or call the front desk at (707) 565-4900.

Behavioral Health Services Moving to 2225-2255 Challenger Way in Santa Rosa:

- Adult Mental Health Services moved to 2235 and 2245 Challenger Way July 31, 2018.
- Substance Use Disorders (SUDs) moved to 2255 Challenger Way July 31, 2018.
- Goodwill Industries of Redwood Empire (GIRE) Wellness Center moved to 2245 Challenger Way August 3, 2018.

Additional moves are scheduled in the fall for the following programs:

- Mobile Support Team (MST)
- Crisis Assessment & Prevention Education (CAPE) program
- Whole Person Care program (formerly Community Intervention Program)
- Driving Under the Influence (DUI) program
- Youth and Family program

<sup>[1]</sup> All data are from DHS's **Sonoma County Summary Measures of Health Report**. <https://sonomacounty.ca.gov/Health/Press-Releases/First-Ever-Summary-Measures-of-Health-Report/>

<sup>[2]</sup> Premature death is defined as years of potential life lost before age 75 (YPLL-75), a commonly used public health metric.

<sup>[3]</sup> 2014-2016 age-adjusted data.

For more information about MHSA programs and services, or to submit updates, events, success stories, or other content for this newsletter, please contact Amy Faulstich at [amy.faulstich@sonoma-county.org](mailto:amy.faulstich@sonoma-county.org). To sign up for this newsletter, go to: [www.sonoma-county.org/mhsa](http://www.sonoma-county.org/mhsa)

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