



9.12.24

5TH ANNUAL SUICIDE PREVENTION CONFERENCE

MORGAN HILL COMMUNITY
& CULTURAL CENTER



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery



Time	Room	Session
11:00am - 12:10pm	Mira Monte	Students Uplifting Students to Prevent Suicide
	El Toro	From Risk Assessment to Systemic Change: Improving Suicide Prevention Practices for Older Adults
	Poppy Jasper	Understanding and Preventing Suicide Deaths in California
	Diana Murphy	Keeping It Real and the 988 Hope and Help Campaign: Creating Authentic Engagement for Suicide Prevention
1:10pm - 2:20pm	Mira Monte	Expanding the Circle: Re-imagining Suicide Prevention for Our Youth
	El Toro	Breaking the Silence & Talking about Suicide
	Poppy Jasper	Stigma, Help-Seeking, and Suicide in the Asian and Latinx/e Communities
	Diana Murphy	Advancements in Diversity and Culture Curriculum for Community Helper Trainings
2:35pm - 3:45pm	Hiram/Morgan Hill	The media can support suicide prevention through safe reporting practices. How well are they doing?
	El Toro	Mental Health Care-Seeking and Barriers to Accessing Care in East San Jose
	Poppy Jasper	Increasing the Accessibility of Suicide Prevention Community Trainings via Language Translation and Cultural Adaptation
	Diana Murphy	Gender-Affirming Care as Suicide Prevention
4:00pm - 5:10pm	Hiram/Morgan Hill	Gun Violence Prevention Efforts: From Courts to the Community
	El Toro	Culture Is Prevention
	Poppy Jasper	How Santa Clara County provides comprehensive crisis and suicide support through specialized 988 and mobile response programs
	Diana Murphy	How Is Harm Reduction Suicide Prevention?

Check-in and Breakfast

Time: 9:00am to 9:30am

Location: Kitchen & Hiram/Morgan Hill

Good morning and welcome! On behalf of the County of Santa Clara Suicide Prevention Program, thank you for joining us today. We have a full day prepared and hope you gain valuable knowledge and skills throughout the day.

Please make your way to the check-in area **outside of the Hiram/Morgan Hill room**. Volunteers will be on-hand to help you locate the check-in table, where you can create a name badge and receive your swag bag. After checking in, please make your way to the kitchen for breakfast, then head to the Hiram room for seating. The menu is listed below. After breakfast, please remain in the room for the welcome address and keynote speech.

Throughout the day we will have either volunteers or program staff on-hand to help participants locate the various rooms and corresponding sessions. Please do not hesitate to ask for directions or assistance. We hope this will help with any confusion.

Lastly, most sessions will be recorded. Slides and recordings will be emailed to participants when they become available after the conference. Please note: Slides will be sent to the email addresses used to register for the conference.

Breakfast Menu

Bacon breakfast burrito box: bacon, eggs, potatoes, cheese, salsa and sour cream on the side

Sausage breakfast burrito box: sausage, eggs, potatoes, cheese, salsa and sour cream on the side

Veggie burrito box: grilled veggies, eggs, potatoes, cheese, salsa and sour cream on the side

Beverages: coffee and tea service

Opening Session

Time: 9:30am to 10:00am

Location: Hiram/Morgan Hill

Welcome Address

Welcome to the 5th annual Suicide Prevention Conference! We hope you enjoy the day as we gather together to learn from mental health and suicide prevention advocates and professionals. We will begin the day with opening remarks by Access and Unplanned Services Director, Bruce Copley, and Mayor of Morgan Hill, Mark Turner. Please remain in the ballroom following the welcome address, as the opening ceremony will begin shortly afterward.



Bruce Copley

Bruce Copley has been involved in “system” design for behavioral health services for more than 39 years. His focus has been on developing integrated patient-centered, evidence-based behavioral health practice models. His passion is to develop delivery systems that are based on continuous quality improvement for the residents of Santa Clara County and in striving to develop integrated care models that address the growing number of individuals with co-occurring health issues. He is the Director for the Access and Unplanned Services System. This includes the Suicide and Substance Use

Prevention Services Division, which has been instrumental in the FASD work within Santa Clara County. He holds a master’s degree in Clinical Psychology from Antioch College.



Mark Turner

Mark Turner is the proud mayor of Morgan Hill, where he and his wife have lived for more than 30 years. As mayor, Mark sits on various committees and boards in the city and throughout the county. As Mayor, Mark has introduced three key initiatives, including a Literacy Initiative to improve third grade reading proficiency, a Workforce Development initiative designed to create vocational pathway options for the emerging workforce, and the Healthy Morgan Hill initiative designed to improve the health and well-being of community members. Mark has been the Director of South County’s efforts for

Wreaths Across America for the last 10 years, raising more than \$18,000 each year to place memorial wreaths each December on all the graves of veterans buried in Morgan Hill and Gilroy.

Opening Ceremony

As we gather, we acknowledge the Ohlone ancestors of these unceded lands, many of whose surviving descendants are organized today as the Amah Mutsun Tribal Band, Muwekma Ohlone Tribe of the San Francisco Bay Area, Tamien Nation, and others.

The opening ceremony is being held to remember those lost to suicide. It includes traditional prayer and memorial songs. This ceremony provides a meaningful opportunity for the community to honor the memory of those lost to suicide and offer mutual support in the shared journey of grief and healing.



**Sonya
Tetnowski**

Sonya Tetnowski is a Makah Tribal Member and was raised on her reservation in Neah Bay Washington. Sonya is the Chief Executive Officer of the Indian Health Center of Santa Clara Valley, serving over 22,000 patients through a team of 275 employees. She attended Concordia University in Portland, Oregon, where she received her Bachelor of Science degree in Business Management and a Master's in Business Administration and Finance. Sonya also served in the U.S. Army as a Special Operations Sargent and U. S. Paratrooper (Airborne). Sonya currently serves as the Board President of the California Consortia of Urban Indian Health. She is a commissioner for the U.S. Department of Interior's "Not Invisible Act Commission," where she sits on two subcommittees for policy and programs, as well as victim and family services. Sonya was appointed Chair to the U.S. Veterans Administration's "Tribal Advisory Commission" and serves as the Chair of the Health Sub-Committee.



**Indigenous
Unity Singers**

Indigenous Unity Singers are a community group based out of the Indian Health Center of Santa Clara Valley. This group was formed out of a need to continue traditional songs and culture in an urban setting. It is comprised of men from various tribal backgrounds and different levels of singing experience. The Unity Singers make an effort to be available for community events to provide cultural support to American Indian/Alaskan Natives.

Pictured in the photo from left to right are: Chase Duran, Michael Duran, and Vicente Moreno

Agenda Overview and Logistics

Before the keynote speech, we will begin the day with an overview of today's agenda and logistics by BHSD Prevention Services Division Director, Mego Lien. Please remain in the ballroom following the overview, as the keynote speech will begin shortly afterward.



Mego Lien

Mego Lien (she/hers), MPH, MIA is the Prevention Services Division Director at the County of Santa Clara's Behavioral Health Services Department (BHSD), where she oversees Suicide Prevention and Substance Use Prevention Services. Since 2017, Mego managed the County's Suicide Prevention Program. During this time, the program was featured by the state as an exemplary Mental Health Services Act program, and BHSD received two awards for its work in suicide prevention. Mego has ten years of previous global health experience in chronic disease and injury prevention, working at institutions that include Vital Strategies, the Earth Institute, and the United Nations Development Programme. She has served as a suicide crisis hotline volunteer in New York City, NY and as a sexual assault counselor in San Mateo County, CA. She holds dual Masters of Public Health and International Relations from Columbia University in New York and a Bachelors in Psychology and Education from Swarthmore College in Pennsylvania.

Keynote Speech: Culture, Older Adults, and Preventing Depression and Suicide

10:00am - 10:45am
Hiram/Morgan Hill

This keynote will explore the critical role of cultural considerations in providing holistic behavioral health treatment to older adults, emphasizing strategies to enhance emotional well-being, address loss, and prevent isolation, depression, and suicide.

Dr. Valencia, co-founder of what is now the Behavioral Health Services Division of Gardner Health Services, has led the organization from its roots, serving a handful of Spanish-speaking and bicultural farm and cannery workers in the 1970s to a robust nonprofit with over 200 staff serving more than 3,000 children, adults, and older adults annually. A deeply-held commitment to cultural competency remains at the core of Gardner's behavioral health care.

As the older adult population in Santa Clara County grows rapidly and becomes more diverse, it is crucial to address the higher rates of suicide, isolation, and depression within this group. This keynote will emphasize the significance of incorporating clients' cultural perspectives, norms, religious beliefs, and degrees of acculturation into both traditional and non-traditional treatment approaches. Behavioral health professionals, advocates, and community leaders play a vital role in promoting culturally-sensitive care and supporting the emotional well-being of our diverse population.



Miguel Valencia

Dr. Miguel Valencia, a Licensed Clinical Psychologist, has worked in community-based behavioral healthcare in Santa Clara County for over 40 years. In 1977, he was part of a cadre of volunteer psychology graduate students and social workers who founded the Centro de Bienestar (later named Gardner Health Services' Specialty Behavioral Health Services) to meet the need for culturally- and linguistically-appropriate mental health services for Mexican Americans and other immigrant populations. Dr. Valencia became its Behavioral Health Director nine years later. Until his retirement in 2024, he led the fledgling organization as it grew into one of the largest behavioral health agencies in Santa Clara County, now serving more than 4,000 of Santa Clara

County's most vulnerable, ethnically-diverse residents annually. Dr. Valencia is a county leader, having served on boards and committees to provide guidance and to advocate for culturally-appropriate behavioral health services. He is the past president and treasurer of the Behavioral Health Contractors' Association of Santa Clara County.

Students Uplifting Students to Prevent Suicide

11:00am - 12:10pm
Mira Monte

In this session, attendees will learn from a teacher and students who have implemented student-led initiatives to increase mental health awareness and educated their school community to prevent suicide together. This group of student leaders will share how they create events and lessons for their peers to destigmatize mental health challenges, open the discussion about mental health, and help the school community to see that suicide prevention is a community effort. In this session, you will learn about preventative wellness events, mental health awareness events and lessons, and our annual Unity Walk for Suicide Prevention. You will also learn how to increase community engagement and build partnerships with nonprofit organizations to support your goals. The session will be conducted in both large group and small group, catered to what you are most interested in around suicide prevention. All materials will be shared in a folder that can be adapted to your school site or organization.



**Lauren
Camarillo**

Lauren Camarillo (she/her) is a teacher and Ambassadors Advisor at Mountain View High School. She supported her students in developing MVHS' first ever Mental Health Awareness Week and Unity Walk for Suicide Prevention, and is an advocate for creating educational communities that promote belonging, inclusion, wellness, and mental health awareness. She is proud that the Ambassadors Program received the Santa Clara County Hoffman Award for Program Excellence, and she received the honor of 2023 California Teacher of the Year.



**Aria Rani
Sindledecker**

Aria Rani Sindledecker (she/her) is an 11th grader, the Mental Health Lead of MVHS Ambassadors, and has been a mental health advocate for five years. She is also the student creator of the new MVHS Peer Counseling organization. Rani is a mental health advocate, having done public speaking for and worked with various organizations and institutions. She is also a documentarian having created four award-winning short films about mental health. Check out her website to learn more: <https://www.ariarani.com/>.



Natalie Lien

Natalie Lien (she/her) is a 12th grader at MVHS and the President of MVHS Ambassadors.



**Kyle
Hernández**

Kyle Hernández (they/she) is a 12th grader at MVHS and in the Multilingual Learner Committee of MVHS Ambassadors.

From Risk Assessment to Systemic Change: Improving Suicide Prevention Practices for Older Adults

11:00am - 12:10pm
El Toro

Older adults are at heightened risk for suicide yet risk factors for suicide among older adults often go undetected by providers due to the unique presentation of depression and suicidality in this age group. The session will start with a comprehensive review of the prevalence, risk factors, and assessment of depression and suicidality among older adults. The main focus will be on how depression and suicidality present differently among older adults compared to other age groups, as well as an overview of evidence-based assessment options appropriate for older adults.

In FY24, Suicide Prevention Oversight Committee downstream consultation efforts turned explicit focus to Adult and Older Adult Outpatient Services in the County. The guiding principles of the consultation work are to employ community-based participatory approaches to help shoulder existing organizational needs and barriers around managing suicide risk among the diverse older adults in the county. Effective downstream work must be flexible incorporate current system assets to integrate practice with leading culture and suicide prevention science, all while addressing realistic staffing challenges and workload expectations to assure that changes are implementable and sustainable. Discussion will overview both consultant and provider perspectives as an example of how to foster change in organizations.



**Erin
Woodhead**

Erin L. Woodhead, PhD, is Professor of Psychology at San José State University. She is a licensed psychologist who has published research in the areas of substance use, mental health, and aging, as well as books on the Psychology of Aging and Unhealthy Alcohol Use Among Older Adults. She teaches courses in clinical psychology, adult psychopathology, psychology of aging, addictions, and lifespan development.



Chris Weaver

Christopher Weaver, Ph.D. is a licensed Clinical Psychologist whose expertise lie in the areas of forensics, suicide prevention, assessment, substance use, violence, and trauma. Dr. Weaver is currently a Professor at Palo Alto University where he directs the Forensic Psychology Program, and is a Director at Community Connections Psychological Associates, a private firm dedicated to enhancing the connection between mental health science and practice. He has published research in the areas of suicide risk assessment, crisis response de-escalation, substance abuse and psychological trauma, as well as criminal offending, psychopathy and violence. His publications also include books on mental health law and psychopathology.

Presenter bios continued...



Duy Le

Duy Le, LCSW, MPA is a Senior Program Manager for the Clinical and Wellness Division with the County of Santa Clara Behavioral Health Department. His role includes overseeing a number of County Clinics that provide Specialty Mental Health Services to Adult and Older Adult beneficiaries within the County. He helps conduct needs assessment and develop and implement new processes in County Clinics operations to improve KPIs and general service delivery. Duy holds a Masters in Public Administration and a Masters in Social Work. He started his career in behavioral health in nonprofit but transitioned to the County almost 4 years ago.



Elania Reis

Elania Reis, LMFT, is a Licensed Marriage and Family Therapist and oversees County Clinic Outpatient Services at Santa Clara County (SCC) as a Division Director in the Behavioral Health Services Department (BHSD). She provides on-going leadership, oversight and program development for behavioral services focused programming and initiatives around adults and older adults. Elania has dedicated 22 years of her professional career working with children, youth and families, and adult and older adults that have been connected to Child Welfare, Juvenile Justice, Behavioral Health, and Adult Protective Services. She has developed long term relationships with system partners and is a collaborative problem solver.

Elania has been employed with Santa Clara County Behavioral Health Department since 2012 and has been promoted into several roles taking on increasing responsibility of programs and initiatives over the years. She has assisted SCC BHSD with developing and implementing new programs, multiple policies and procedures, and system initiatives which support our adult and adult older continuum.

Understanding and Preventing Suicide Deaths in California

11:00am - 12:10pm
Poppy Jasper

This session will highlight recent data on suicide and self-harm emergency department (ED) visits among Californians in various demographic groups (e.g., older adults, youth, veterans). Attendees will learn about groups in California who are disproportionately impacted by suicide and self-harm, as well as how they can access data on suicide and self-harm within their jurisdictions. Common mechanisms of suicide (e.g., use of firearms), as well as circumstances surrounding suicide deaths, will be discussed. The presenters will speak to use of data to guide prevention efforts. In addition, members of the County of Santa Clara Suicide Prevention Data Workgroup will share recent suicide data for the county and discuss various data sources available locally on suicide deaths, attempts, and ideation.



**Renay
Bradley**

Renay Bradley, Ph.D., currently serves as Chief of the Epidemiology, Surveillance, and Evaluation Section within the Injury and Violence Prevention Branch at the CA Department of Public Health. Dr. Bradley is a psychologist and epidemiologist who has focused her career on using data, research, and evaluation coupled with implementation of strategies that bridge the “research to practice” gap to promote health and wellness in children, families, and communities. Dr. Bradley is the PI for CDPH’s Comprehensive Suicide Prevention Program, and contributes to other CDPH injury and violence prevention programs, including the Office of Suicide Prevention, Essentials for Childhood Initiative, All Children Thrive—California, Crash Medical Outcomes Data Project, and the California Violent Death Reporting System.



Jonah Cox

Jonah Cox, PhD., is a Research Scientist at the Office of Suicide Prevention at the California Department of Public Health. Dr. Cox has a background in the fields of psychology and human development, with a research focus on adolescent psychopathology and resilience to adverse life stressors.



Paul Muller

Paul Muller is currently president of the Bridge Rail Foundation, an advocacy organization founded to address suicide on the Golden Gate Bridge. He is a retired marketing professional with experience in multiple industries and prior professional and volunteer experience in health policy, planning, and cost containment.

Presenter bios continued...



Ellen Do

Ellen Do has been working for the Santa Clara County Public Health Department as an epidemiologist since the COVID pandemic. After working on COVID, Ellen has used their technical programming skills to transition to working on vital records such as deaths and births data. In their free time, Ellen enjoys reading books and talking walks.

Keeping It Real and the 988 Hope and Help Campaign: Creating Authentic Engagement for Suicide Prevention

11:00am - 12:10pm
Diana Murphy

Meaningful community engagement is critical for addressing community-identified concerns that can often result in long-lasting health promoting partnerships and impactful change. The Community Engagement Continuum is a useful tool to support community partners in the engagement process, regardless of their stage. In Marin County, the recent launch of the 988 three-digit number created an opportunity to reflect upon our collective engagement and expand awareness of this life-saving resource for those disproportionately impacted by suicide in our community, particularly among men and youth. Since there was limited community awareness about 988, the Marin County Suicide Prevention Collaborative Youth and Men and Boys Action Teams were highly motivated to create an integrated and coordinated grassroots strategy to increase connection and safety among these populations. Their progress as Teams can be demonstrated by the use of the Community Engagement Continuum.



**Kara
Connors**

Kara Connors, MPH, is the Marin County Senior Program Coordinator for Suicide Prevention. In this role, Kara addresses the County's suicide prevention strategic plan addressing prevention, intervention and postvention strategies, as well as manages the Suicide Prevention Collaborative and Community Action Teams, including the Men and Boys Team. Kara works closely with key stakeholders, including the County Office of Education, OD Free Marin, and the Gun Safety Collaborative, among others, while also providing training and technical assistance to County PEI programs in their mental health and suicide prevention efforts. Kara believes in the power of meaningful community partnerships and engagement to create change and improve the health and safety of our community.



**Nancy
Vernon**

Nancy Vernon is a senior manager with over 20 years of leadership experience in business, government and nonprofits. She has managed dozens of complex projects from early concept through planning, launch and implementation. She currently directs Marin 9 to 25, a collective impact of community, county, agencies and other stakeholders towards realizing equitable outcomes for all Marin County youth. She works closely with young people and adult allies across the county to build engagement addressing equity, mental health and wellness, overdose prevention, social justice and education.

Presenter bios continued...



**ADonis
Prince**

ADonis attended and completed his bachelor's degree at Sacramento State University, where he received his degree in Criminal Justice. ADonis traveled the country playing basketball while working in finance as a clerk and eventually a payroll specialist for a few elite companies and at the Hilltop YMCA as a youth mentor. After some time, ADonis settled back home and accepted a position as a manager in retail sales, where he remained until he began his journey here, with Marin County as a Deputy Probation Officer. Although ADonis is young in years, he has had the opportunity to wear many hats that have afforded him the opportunity to mentor young people to help them get and stay on the right track. ADonis was always taught never to hesitate to share knowledge that would benefit others.

Ultimately, ADonis plans to continue his education and obtain his master's degree to be better equipped with the knowledge and education to enable him to implement changes in the population he works with. Since becoming a Deputy Probation Officer for Marin County, ADonis has partnered with the Marin County Cooperation Team (MCCT) as a mentor, and he is also a co-facilitator for 988's Men & Boys Team. ADonis' mission is to establish genuine relationships throughout Marin County and beyond and work hard to effectively serve to rehabilitate and lower recidivism.

Lunch & Networking

Time: 12:10pm to 1:00pm

Location: Kitchen & Hiram/Morgan Hill

Afternoon Break

Please make your way to the kitchen for lunch, then head into the Hiram/Morgan Hill room for seating. The lunch break is also an opportunity to network! We invite you to grab a lunch box and join someone to chat. Our session presenters will also be in the room for lunch. We hope you enjoy lunch and get a chance to create new relationships and foster existing ones. Also, please browse the resource tables at the back of the room. A list of programs can be found on the next page.

Lunch Menu

Sandwich box with fruit, chips, and cookie:

- Turkey
- Roast Beef
- Ham
- Tuna
- Grilled Vegetables

Salad with cookie:

- **Chicken Caesar** (romaine, Caesar dressing, tomatoes, herb croutons, and parmesan)
- **Cobb** (mixed greens, turkey, egg, bacon, tomato, cucumber, avocado, cheese, and ranch dressing)
- **Fresh & Natural** (romaine and spinach blend, chicken breast, cranberries, walnuts, almonds, strawberries, grapes, feta, and raspberry vinaigrette dressing)
- **Vegan Power** (mixed greens, blended beans, avocado, bell peppers, cucumber, olives, tomatoes, vinaigrette dressing)

Beverages: water or lemonade

Resource Tables: Hiram/Morgan Hill Room

Suicide Prevention Program

The Suicide Prevention Program is part of the Behavioral Health Services Department's Prevention Services Division. The Program aims to reduce and prevent suicides in the County.

Substance Use Prevention Services

Substance Use Prevention Services is also part of the Prevention Services Division. This program's goal is to prevent the onset of substance misuse among County residents.

QCorner

The QCorner is a peer-driven, Behavioral Health Services Department program dedicated to supporting the LGBTQ+ community and their friends, families, and allies.

Show Up & Love

Show Up & Love is dedicated to encourage, support, empower and be a guiding light for people challenged with depression and trauma to understand self-love and find happiness.

Soluna

Soluna provides youth and young adults (ages 13 – 25) with immediate access to a comprehensive mental health toolkit, community support, resources, journaling, and personal coaching at no cost.

National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Community Solutions

Community Solutions provides services and support to help children, families, and individuals overcome the challenges posed by mental health issues, substance abuse, trauma, severe family dysfunction, sexual and domestic violence, and human trafficking.

VA Palo Alto

At VA Palo Alto health care, our health care teams are deeply experienced and guided by the needs of Veterans, their families, and caregivers.

REACH

REACH is committed to providing prevention and early intervention services for individuals (ages 10-25) who are at risk for or experiencing early psychosis throughout Santa Clara County.

Department of Family Children Services

The Department of Family Children Services provides prevention, resources, and services to families and communities in Santa Clara County.

Expanding the Circle: Re-imagining Suicide Prevention for Our Youth

1:10pm - 2:20pm
Mira Monte

We're in this together! All are welcome. During this collaborative time, we will rethink school-based suicide prevention and explore the many paths and connections that lead us toward our shared goal of strengthening mental health and protective factors. With curiosity, capacity-building, and shared commitment, we will engage in expanding a community-focused approach for our youth communities.



**Jennifer
Del Bono**

An educational leader with extensive experience in school safety, restorative practices, and prevention efforts. Currently serving as a Restorative Practices Consultant for the Del Bono Group, Jennifer is contracted by the County of Santa Clara Behavioral Health Services to enhance protective factors for youth by building district capacity in Restorative Practices for Educators. As a Subject Matter Expert for the REMS TA Center, she provides training on Resilience Strategies for Educators as an essential component of readiness and emergency management for schools.



Diana Wilson

Diana Wilson (she/her), is a Licensed Clinical Social Worker in Santa Clara County with over 25 years of experience in various roles, including private practice, consulting, non-profit leadership, school-based services, and acute mental health. Diana is the Crisis Response Consultant for the HEARD Alliance at Stanford Medicine's Psychiatry and Behavioral Sciences Department. She is known for her high energy, creative problem-solving, inclusivity, and affirming approach. Her work revolves around enhancing suicide prevention and mental health supports, strategies, and responses. Diana prioritizes partnering with school communities, behavioral health agencies, and community organizations to improve mental health outcomes and to identify and address the needs of the K-12 youth communities.



Becky Beacom

Becky Beacom is a lifelong community health educator and prevention specialist currently serving as a Consultant for the HEARD Alliance within Stanford Medicine's Psychiatry and Behavioral Sciences Department. She supports Stanford's school-based mental health promotion and suicide prevention efforts, including HEARD's new initiative to update and revitalize its K-12 Toolkit for Mental Health Promotion & Suicide Prevention. Becky is a founding member of Project Safety Net and the HEARD Alliance, has served on School District Wellness and advisory committees, PTA leadership, and 2016's Santa Clara County/CDC Epi-Aid Suicide Investigation.

Breaking the Silence & Talking about Suicide

1:10pm - 2:20pm
El Toro

Come join us just after lunch and listen to 3 persons talk openly about suicide. Each one of the panelists and moderator have different lived experiences with suicide. What we all have in common is, we wish we could have talked about it sooner. We know stigma exists, along with cultural taboos that are preventing the conversation from happening. Talking about suicide does not promote more suicide. Not talking about suicide does not prevent it. Listen and learn ways to talk openly in the safety of your own home, how to ask the difficult questions, and break the silence around suicide.



Art Hall

Art Hall, MA, is a grief counselor and supervisor at Bill Wilson Center, Centre for Living with Dying, Critical Incident Stress Management & Response Team. This team responds in the community after a critical incident has occurred, providing grief services and psychological first aide. Art holds a master's degree in Applied Psychology from Santa Clara University and bachelor's degree in Rehabilitation Studies from the University of North Texas.



Rita Girman

Rita Girman and her husband Don lost their 19-year-old daughter Kyra to mental illness and suicide in 2014. Rita was retired after 30+ years working in Behavioral Health and Information Technology for Santa Clara County, but she was moved to transform her personal losses by working to support others facing similar challenges. Rita has been a grief support volunteer at the Bill Wilson Center, and a Court Appointed Child Advocate for CASA Santa Clara County. In recent years, Rita has found a home on the NAMI (National Alliance on Mental Illness) Santa Clara County Helpline.



Lorrine Patterson

Her first book, *Freeing Your Heart For Love* is a memoir where Lorrine shares some of her greatest challenges in life with hopes to encourage and inspire you. When she wrote her book and released it, she asked herself this question, "What is beyond the book?" Lorrine knew that she wanted to reach more people all over the world with her powerful story of overcoming, but also wanted to take it further and be a Philanthropist. This is when she decided to start a nonprofit called Show Up & Love.



Robert Mize

Robert Mize is a Bay Area native, community leader, and local pastor who serves on staff at Cathedral of Faith church. He leads multiple programs every year for youth, the homeless, the hungry, missions, and the local community. Robert persevered in overcoming a traumatic and abusive childhood. Today he has a M.T.S. degree in Christian Education and is a part of HOPE, the Milpitas Suicide Prevention Taskforce. Before pastoring, he was a schoolteacher and a missionary.

Stigma, Help-Seeking, and Suicide in the Asian and Latinx/e Communities

1:10pm - 2:20pm
Poppy Jasper

For three consecutive years (2020-2022), the number of suicides among the local Latinx/e and Asian populations increased. This increase prompted the County of Santa Clara's Suicide Prevention Oversight Committee to establish an ad hoc research subgroup to review data and research on suicides and mental health in the Latinx/e and Asian populations. A small portion of that work will be presented today, including (1) a literature review on stigma around mental health in the Latinx/e and Asian communities, and (2) preliminary findings from an ongoing research study analyzing suicide decedent notes data from the county's Medical Examiner-Coroners' Office. Participants interested in learning more about mental health stigma within Latinx/e and Asian communities and reflecting on possible areas of intervention for those at risk of suicide should attend this session.



Crystal Garcia

Crystal Garcia is a Management Analyst with the County of Santa Clara's Prevention Services Division. She supports the division's data and evaluation work and has been supporting the coordination of the Suicide Prevention Oversight Committee's ad hoc research subgroup focusing on the county's Latinx/e and Asian communities. Crystal holds a master's degree in social work and has experience working at several Bay Area non-profit and research organizations that focus on the well-being of children, youth, and families.



Mona Midani

Mona Midani is a third-year clinical psychology doctoral student specializing in Adult Trauma at Palo Alto University. Her research focuses on the long-term negative impacts of childhood trauma, including suicidality and substance use. She has over five years of experience in community non-profit work, focusing on bringing care to marginalized and underrepresented communities. She is currently on placement with the City of Berkeley, where she works with clients who are experiencing homelessness and other serious mental illnesses, including substance use.



Brenda Hammond

Brenda Hammond is a third-year PhD student in clinical psychology at Palo Alto University. Her research interests include mood disorders, psychopharmacology, and suicide, among adults in the general population. Brenda holds an M.S. in Applied Psychology from the University of Southern California and a B.A. in Psychology from San Jose State University.

Presenter bios continued...



Chi Lao

Chi is currently a student at Palo Alto University's PhD clinical program. Her research interest includes ethnic minority mental health, cultural influences on various psychological factors, and suicide. In the community, she works at a community health agency as a crisis call handler and facilitator for a support group for survivors of suicide attempts.



**Elida Vargas
De León**

Elida Vargas De León (she/her/ella) is a 3rd year Clinical Psychology PhD student at Palo Alto University. She has a clinical and research interest in serving underserved and disenfranchised communities experiencing trauma, mood and anxiety disorders, and serious mental illness in community mental health settings. Elida has experience working with Spanish-speaking, ethnic minority, and low-income communities in clinical and non-clinical settings. She is currently part of Dr. Joyce Chu's Multicultural Suicide Research Center lab, where she is expanding knowledge through research on suicide in ethnic minority communities like the Latine/Hispanic community.

Advancements in Diversity and Culture Curriculum for Community Helper Trainings

1:10pm - 2:20pm
Diana Murphy

Suicide prevention and mental health community trainings have long been a standard approach to increasing mental health literacy and awareness, decreasing stigma, and connecting community members with resources and help. However, many of these efforts lack comprehensive attention to the needs of culturally diverse communities, and no evidence-guided standard for the infusion of diversity and culture into community trainings currently exists. This session will describe the creation of the Culturally Infused Curricular Framework (CICF) (1) for Suicide Prevention and (2) for Mental Health Community Helper Trainings. These frameworks establish core cultural curricular components for suicide prevention and mental health community trainings through qualitative synthesis of data from existing community trainings, and can guide future efforts at community education and training.



Joyce Chu

Joyce Chu, Ph.D., is a licensed Clinical Psychologist whose expertise lie in the areas of suicide prevention, diversity and culture, and community mental health. Dr. Chu is currently a Professor of Psychology at Palo Alto University where she directs/co-directs the Diversity and Community Mental Health (DCMH) emphasis and Multicultural Suicide Research Center. She is also a director at Community Connections Psychological Associates. Her work is focused around advancing the assessment and prevention of suicide for ethnic minority and LGBTQ+ populations, particularly in Asian Americans. Dr. Chu has published numerous works including a cultural theory and model of suicide and a tool that assists in accounting for cultural influences on suicide risk. Her work is community-collaborative and aims to address the need for culturally congruent outreach and service options for underserved communities. She also does work in program evaluation, suicide prevention organizational consultation, and training.



Helmina Bong

Helmina Bong, M.S., is a doctoral candidate in Clinical Psychology at Palo Alto University. Her research interests lie in the social determinants of mental health and providing equal access to mental health education and services for underserved populations. Clinically, she is passionate about providing culturally and linguistically attuned mental health services to patients across the lifespan. She has clinical experience working with patients in integrated healthcare and community mental health settings, including Kaiser Permanente South San Francisco Adult Outpatient Clinic, Rams, Inc., and the Gronowski Centre.

Presenter bios continued...



Lorna Chiu

Lorna Chiu, Ph.D., is a licensed Clinical Psychologist with specialties in cultural identity and diversity, health psychology, suicidology, trauma, and perinatal mental health. Dr. Chiu is currently an embedded psychologist at an Obstetrics and Gynecology (OB/GYN) clinic to support patients with reproductive health behavioral health needs and a project manager with Community Connections Psychological Associates. She has managed multiple community-based participatory research studies and teams and has published research focused on strengthening emotional resilience and preventing suicide within ethnic minority populations. Dr. Chiu has also supported the Santa Clara Suicide Prevention Oversight Committee (SPOC) with Dr. Joyce Chu in the evaluation and expansion of their culturally infused and culturally responsive programming. Her ongoing work in clinical practice, research, program evaluation, and community training is driven by values of equity and social justice.

The media can support suicide prevention through safe reporting practices. How well are they doing?

2:35pm - 3:45pm
Hiram/Morgan Hill

In this session, presenters will share results of a recent analysis of local and national media coverage on suicide. The presentation will provide background on the link between media reporting on suicide and suicidal behavior, safe reporting guidelines, and the instrument used to measure reports' adherence to those guidelines. Presenters will include data and learnings from the analysis and address next steps to translate the results into action.



**Corinne Davis
Rodrigues**

Corinne Davis Rodrigues is an Associate Professor in the Department of Sociology and director of the Center for Urban Studies (CEURB) at the Federal University of Minas Gerais since 2006. Her main areas of research are urban crime and perceptions of safety in Brazil, with publications in Latin American Politics and Society, The Annals of the American Academy of Political and Social Science, and Estudos Sociológicos. Her current academic research is focused on understanding the spatial and social configurations of racial and ethnic diversity and its effects on crime and perceptions of safety in Belo Horizonte and Houston. She has extensive experience in design and execution of research in both in academic and consulting settings, with emphasis on survey design and focus groups. She earned her B.S. in Foreign Service from Georgetown University, her M.S. in Criminal Justice from American University, and her Ph.D. in Sociology from the University of Texas at Austin.



**Kristie
Glatze**

Ms. Glatze is Chief of Evaluation at HTA consulting. She has over 20 years of evaluation and consulting experience and has led numerous local evaluations of behavioral health, K-16 education, early childhood, nutrition, criminal justice, workforce, and social service programs. She has designed, conducted, and supervised evaluation activities to collect and analyze quantitative and qualitative data, such as key informant interviews, focus groups, program observations, survey design and administration, and workshop design and facilitation. Ms. Glatze received her B.A. in Liberal Studies from California State University East Bay and has completed multiple subject preliminary teaching credential and counseling courses at Saint Mary's College in Moraga, CA.

Presenter bios continued...



**John
Donoghue**

Jay Donoghue is a Communications Manager for the County of Santa Clara Behavioral Health Services Department. In his role, Jay leads planning and implementation of public awareness campaigns addressing suicide prevention and substance use prevention. Jay also facilitates Prevention Services Division messaging as well as interactions with media, communications professionals, and the public. Jay holds a Master of Public Health from the UCLA Department of Epidemiology and a Bachelor of Science in Biology from Saint Vincent College. He served as a Health Policy Intern for the U.S. Senate Committee on Health, Education, Labor, and Pensions, and he previously worked as a Health and Safety associate for a small industrial hygiene company in. Jay's experiences have provided him with a unique understanding of the link between impactful communication and direct health impacts for individuals. He hopes to continue to engage with communities through pioneering substance use prevention and suicide prevention efforts and to help reduce stigma around suicide.

Mental Health Care-Seeking and Barriers to Accessing Care in East San Jose

2:35pm - 3:45pm
El Toro

The Latinx community faces an increasing number of mental health challenges and disparities in care. To learn more about the barriers related to connecting with mental health support and accessing care, Stanford University partnered with local organizations and promotoras de salud to conduct a cross-sectional survey of the Latinx community in East San Jose. The first half of our session will include a presentation on the findings related to our 2023 survey. Following the presentation, we will have a moderated panel discussion led by Stanford team members with the promotoras de salud who assisted in the design of the survey and data collection efforts. Questions for the promotoras de salud will cover what specific research activities they were involved with, the significance of the promotora role in this project, and lessons learned from the field.



Olimar Bueso

Olimar Bueso is a Clinical Research Coordinator Assistant in the Department of Emergency Medicine at Stanford University. She collaborates on research projects focusing on mental health challenges in the Latino community and the role of social networks and support for accessing mental health resources. As a clinical psychologist from Venezuela, her interest is in the amelioration of barriers to mental health care as a Latina mental health provider in her community.



Heidy Beltran

Heidy Beltran is an Assistant Clinical Research Coordinator at Stanford University School of Medicine. Born and raised in the vibrant city of San Jose, California, she has remained a dedicated resident of the community throughout her life. Her focus at Stanford includes investigating the barriers, social networks, and culturally relevant services that highlight the available mental health services in Santa Clara County.



Katherine Najarro

Katherine Najarro is a Clinical Research Coordinator Assistant at Stanford University School of Medicine's Emergency Medicine Department. As part of a community-engaged research team, she collaborates with local organizations and promotoras in East San José to learn more about the barriers and experiences of accessing services for mental health care in the Latinx community. She is interested in public health research and medicine and aspires to reduce health disparities and enhance outcomes within her community.

Presenter bios continued...



Carol Moncada

Carol Moncada serves as a Promotora at Amigos de Guadalupe where she plays a vital role in connecting community members with various resources available in the East San José area. Her responsibilities include gathering and disseminating essential information to ensure that the community stays informed and supported. Carol also contributed significantly to the data collection efforts of the MHE3 research study at Stanford University, showcasing her commitment to impactful work. With a background in psychology from Colombia, she brings valuable expertise to the ongoing initiatives in mental health. Her involvement in this project is not only a testament to her dedication but also an opportunity for her to continue making a positive difference in the lives of those she serves.



**Gabriela
Gaytan**

Gabriela Gaytan is a dedicated Promotora at Amigos de Guadalupe and an experienced QA Supervisor at Santé Nuts. With over four years at Amigos de Guadalupe, she has worked tirelessly on various projects to support the East San José community as a promotora. As a Hispanic/Latino, Gabriela is passionate about connecting her community with essential resources. Her interests in food science and nutrition are driven by her commitment to promoting healthy lifestyles and longevity for her community and schools.



Rosario Ruiz

Born in Mexico and a California resident for 24 years, Rosario Ruiz has made a significant impact as a Promotora in her community. Over the past three years, she has collaborated with various local community organizations like SOMOS Mayfair and Amigos de Guadalupe, where she currently works, to provide support, resources, and outreach to those in need. Becoming a promotora during the pandemic, she found her calling in helping others navigate challenging times. With a natural inclination for lending a helping hand, Rosario has been an invaluable resource for her community, neighbors, and family as a source of guidance, support, and translation.

Increasing the Accessibility of Suicide Prevention Community Trainings via Language Translation and Cultural Adaptation

2:35pm - 3:45pm
Poppy Jasper

This presentation demonstrates three critical components needed to make suicide prevention and mental health community trainings more accessible for non-English-speaking, culturally diverse, marginalized communities: 1) the infusion of culture and diversity content throughout training curricula; 2) leadership of prevention initiatives from key stakeholders within a community; and 3) translation and adaptation of trainings into non-English languages. The representation of presenters in this session demonstrates the stakeholder collaboration needed for such translation/adaptation initiatives: three Vietnamese and Tongan community leaders, a training curriculum developer with clinical and academic expertise, and county government leaders who funded and supported these community-partnered efforts. Presenters will share their experiences and lessons learned from the translation of the “Be Sensitive, Be Brave” suicide prevention and mental health community helper trainings for the Vietnamese- and Tongan-speaking communities in San Mateo and Santa Clara counties. These translated/adapted trainings are now available for use in public health suicide prevention efforts.



Joyce Chu

Joyce Chu, Ph.D., is a licensed Clinical Psychologist whose expertise lie in the areas of suicide prevention, diversity and culture, and community mental health. Dr. Chu is currently a Professor of Psychology at Palo Alto University, where she directs/co-directs the Diversity and Community Mental Health (DCMH) emphasis and Multicultural Suicide Research Center. She is also a director at Community Connections Psychological Associates. Her work is focused around advancing the assessment and prevention of suicide for ethnic minority and LGBTQ+ populations, particularly in Asian Americans. Dr. Chu has published numerous works, including a cultural theory and model of suicide and a tool that assists in accounting for cultural influences on suicide risk. She also does work in program evaluation, suicide prevention organizational consultation, and training.



Sylvia Tang

Committed to advancing health equity, Sylvia focuses on building coalitions that cultivate self-love, community empowerment, and liberation. Sylvia is currently a Community Health Planner for the San Mateo County Behavioral Health & Recovery Services Office of Diversity and Equity. Her main areas of work are suicide prevention and stigma discrimination reduction (of mental health and substance use conditions). She co-chairs the San Mateo County Suicide Prevention Committee and Mental Health Month Planning Committee. She has a Bachelor of Arts (BA) in Public Health from UC Berkeley and Master in Public Policy (MPP) from Harvard Kennedy School of Government.

Presenter bios continued...



**Martha
Misinale**

Martha Misinale works for BHRS, San Mateo County at the East Palo Alto Clinic and for a Community-Based Organization, Taulama for Tongans in San Mateo as a Health Navigator. She has been a Health Navigator for over 20 years. For the past four years, Taulama was contracted by PIWI, Pacific Island Wellness Initiative under RAMS, Inc to do mental health Psycho Ed, Talanoa 4 Wellness, and other mental health programs to increase mental health awareness for the Tongan community in Alameda County. She has also provided the same line of work for San Mateo's Tongan community.



**Leafa Tuita
Taumoepeau**

Leafa Tuita Taumoepeau was born and raised in the Kingdom of Tonga until 1970 when she migrated to Los Angeles. She later moved to San Mateo in 1990 and began working for San Mateo County Health, Behavioral Health and Recovery Services. Witnessing the health inequities and disparities firsthand within her own Tongan community and the dire need for culturally-specific and linguistically-appropriate services, Leafa, along with other key and influential members within the local Tongan community, created Taulama for Tongans in 2000 to serve the health needs of the Tongan population in the Bay Area. She witnessed improvements in accessing preventative care, increased awareness and decreased stigma around mental and chronic health diseases. She is a core member of the Regional Pacific Islander Taskforce, partnering with the Public Health Departments for San Francisco, Alameda and San Mateo Counties to develop partnerships in health and improve the overall health of our Pacific Islander communities.



**Kathlyn
Clementelli**

Dr. Clementelli is a bilingual licensed clinical psychologist in California with over 15 years of experience working with a variety of populations as a professional coach and psychologist. She obtained her Bachelor of Arts in Psychology from the University of California, Santa Cruz, and her Masters and Doctorate at the Pacific Graduate School of Psychology in Palo Alto, CA. She completed her predoc at Marin County Health and Human Services, an American Psychological Association (APA) Accredited Pre-Doctoral Program, and accumulated postdoc hours at Salinas Valley State Prison. Dr. Clementelli's areas of expertise include mood and anxiety disorders, trauma, codependency, substance misuse, work and relationship issues. Dr. Clementelli is also specialized in forensic and she takes complicated court-ordered cases related to immigration, anger management, and parenting. She is also the founder and chief psychologist at Reflection Health and Wellness Center based in San Jose.

End of session description.

Gender-Affirming Care as Suicide Prevention

2:35pm - 3:45pm
Diana Murphy

Trans and gender-diverse (TGD) individuals face staggering amounts of discrimination and oppression, which directly contribute to increased levels of high acuity crisis symptoms like suicidal ideation. Scholars have identified that suicide is the second leading cause of death among young people ages 10-24 years old, and that LGBTQ youth are more than four times as likely to attempt suicide than their peers (Johns et al., 2019; Johns et al., 2020). Alarming, TGD youth are an additional 2.5 times more likely to seriously consider suicide than their cisgender LGBQ peers. According to the 2015 National Transgender Discrimination Survey, 40% of respondents had attempted suicide at least once in their lifetime and 82% of respondents had considered suicide (NTDS, 2016). The Trevor Project reported that as many as 1 in 3 TGD youth had attempted suicide in the last 12 months (The Trevor Project, 2021). Many suicide prevention and response resources are not equipped to support TGD individuals. This is a public health crisis. This session will provide an overview of discrimination and how it compounds into crisis symptoms; will discuss the core elements of gender-affirming clinical care; will offer ways to adapt suicide prevention resources to be gender-affirming and gender-aware; and will highlight protective factors and suicide prevention resources specifically for TGD communities.



Ben Geilhufe

Ben Geilhufe (he/him) is a queer, transmasculine therapist, trainer and consultant. He has contributed to policy reform for higher education institutions and school districts, county systems of care, non-profit organizations and larger corporations around gender identity, awareness, and inclusivity. Currently, Ben is the founding Program Manager of the Gender-Affirming Care Clinic for Santa Clara County Behavioral Health, which supports trans and gender-diverse clients ages five and older. Before this position, Ben was the Director of Community-based Clinical Programs for the UCSF Child and Adolescent Gender Center, where he provided clinical training and consultation on gender diversity for professionals throughout San Francisco County. Ben also developed and taught the inaugural, full-credit course on Psychotherapy with Transgender and Gender-Diverse clients for Santa Clara University's Counseling Psychology Masters Program.



Blake Blaza

I am Blake Blaza (he/him) and I am the Founding Mental Health Peer Support Worker for County of Santa Clara's Gender-Affirming Care Clinic. I have been with the clinic since its infancy, developing programs and organizing gender-affirming resources for our clients and others. I currently am a lead trainer for the Court-Appointed Special Advocates LGBTQ+ workshop in Silicon Valley and have been a mentor for over nine years. I have been the lead facilitator for a transmasculine/nonbinary/questioning support group for six years while providing resources and a platform to connect to others in community. I graduated from California State University – East Bay with a bachelor's degree in Sociology.

Gun Violence Prevention Efforts: From Courts to the Community

4:00pm - 5:10pm
Hiram/Morgan Hill

This session will outline gun violence prevention efforts led by the District Attorney's Office. The session will explore Gun Violence Prevention Orders (GVROs) as well as safe-storage efforts. It will also highlight resources available from the Mariposas Resiliency Center, a trauma recovery program for victims of violent crime. This session will highlight community outreach efforts on gun violence prevention.



Adam Flores

Adam Flores is the Supervising Deputy District Attorney of the Community Prosecution Unit in the Santa Clara County District Attorney's Office. He joined the District Attorney's Office in 2012 and has worked in multiple trial assignments. In 2019, he began working as the Community Prosecutor, assigned to the southern portion of Santa Clara County and in January 2024, he was promoted to Supervisor of the Unit. As a Community Prosecutor he spearheaded two gun buybacks that took in a combined 777 unwanted firearms. He also responded to both the 2019 mass shooting at the Gilroy Garlic Festival and the 2021 mass shooting at the VTA railyard by leading operations in Family Assistance Centers that were established in the immediate aftermath of both shootings. Supervising DDA Flores obtained his undergraduate education from the University of California, Berkeley, where he double-majored in English and Political Science. He then pursued and completed the JD/MBA program at Santa Clara University School of Law and Leavey School of Business.



Sylvia Mata

Sylvia Mata Amaral is a Program Manager for the Santa Clara County District Attorney's Office, Victim Services Unit. Sylvia has spent her career working for victims of crime. For more than 15 years, Sylvia has provided direct service to victims in both non-profit and government settings and held several administrative positions supervising and mentoring the next generation of victim advocates. Currently, Sylvia manages the Mariposas Resiliency Center, a trauma recovery center for victims of violent crime in Santa Clara County. Sylvia is a graduate of the University of California, Santa Barbara where she earned a B.A. in Sociology. In 2023, Sylvia was awarded the Harold Boscovich Victim Advocate of the Year Award by the California District Attorneys Association for her work with victims of crime.

Presenter bios continued...



**Candace
Wilson**

Candace Wilson, a Licensed Professional Clinical Counselor with Community Solutions, brings a wealth of experience to her role as Clinical Program Manager at Mariposas Resilience Center, Solutions to Violence Therapy Program, and San Benito County Prevention and Early Intervention. In addition to her clinical and administrative roles, Candace is a passionate educator, teaching the Gavilan College GED program at San Benito County Jail. With a diverse background spanning the military, law enforcement, education, and intensive therapeutic services, Candace has dedicated her career to serving others and making a positive impact. Her previous roles include serving in the U.S. Army, working for the National Security Agency, conducting forensic investigations, and serving as a Detention Services Officer and Crime Scene Investigator for the Gilroy Police Department. She has also worked as a school counselor, a Lead Clinician at a residential facility for foster youth, and a Transitional Age Youth therapist.

Culture Is Prevention

4:00pm - 5:10pm
El Toro

Learning outcomes:

- A. Participants will be able to articulate the historical and cultural contexts of AI/AN communities and explain its significance in shaping effective prevention and intervention strategies.
- B. Participants will be able to recognize and address the diversity within AI/AN cultures, including variations in traditions, practices, and community needs.
- C. Participants will be able to emphasize the importance of collaborating with community members, elders, and tribal leaders in designing and implementing culturally relevant programs.
- D. Participants will be able to identify and discuss key considerations for integrating cultural practices into prevention and intervention programming.



**Katora Yellow
Horse-Ruiz**

Katora, a proud Cheyenne River Lakota, is a dedicated Licensed Clinical Social Worker (LCSW) at the Indian Health Center of Santa Clara Valley. She specializes in substance use treatment and embraces a holistic approach to care. She is committed to utilizing evidence-based practices and culturally adapted interventions tailored to address the unique needs of Indian Health Center clients. Informed by her undergraduate studies in Cultural Anthropology, Katora understands the far-reaching impact of the Indian boarding school system on cultural identity and the effects of intergenerational trauma in Native communities. Driven by this insight, she strives to be a catalyst for healing and resilience, steadfastly believing in the transformative power of culture as a healing force.



**Michael
Andrews**

Michael Andrews is an enrolled member of the Pyramid Lake Paiute Tribe of Nevada and also comes from strong families belonging to the Kickapoo, Sac&fox, & Ojibwe. Michael is a father of two children who often accompany him on his travels to Powwows nation-wide. Along with powwow singing, Michael also sings traditional songs for his home community in Oakland, California. Michael is the Prevention Services Supervisor of the Indian Health Center of Santa Clara Valley Family Resource Center. He also facilitates various programs that empower our Urban Native Youth, including Work Force Development, Educational Support, Parental Support and a Youth Group. Michael designs to reconnect Indigenous Roots to our Urban community via the younger generation.

Presenter bios continued...



Tiffany Smith

Tiffany Smith, MS, is a Project Director at C.A.R.E. Consulting Group where she manages projects for various tribal organizations in Northern CA. Before she served as a technical assistance specialist at a public health policy research firm where she contributes to qualitative research, technical assistance, evaluation, for HIV/AIDS, Hepatitis C, and health and development disabilities services projects. She lived in Zambia for three years she served as a Monitoring and Evaluation site visit manager for the United States Agency for International Development responsible for conducting qualitative and quantitative analysis, conducted data quality audits, managed electronic health records, and ensured compliance with reporting requirements. She also served as a Peace Corps Zambia from 2015-2017 where provided ongoing malaria prevention strategies, taught English, and trained community health workers. Ms. Smith holds a master's degree in Measurement and Evaluation from American University and bachelor's degree from UCLA.

How Santa Clara County provides comprehensive crisis and suicide support through specialized 988 and mobile response programs

4:00pm - 5:10pm
Poppy Jasper

This presentation will provide an overview of crisis response services available in Santa Clara County. Programs covered will include the County 988 Crisis and Suicide Prevention Lifeline and mobile response programs including the County Mobile Crisis Response Team (MCRT), Psychiatric Emergency Response Team (PERT), Mobile Response and Stabilization Services (MRSS), and Trusted Response Urgent Support Team (TRUST). The overview will address how to access services, populations served, and general program information.



Sandra Hernandez

Sandra Hernandez, LCSW is the Behavioral Health Division Director of the Adult Older Adult Mobile Crisis Response Services at the Santa Clara County Behavioral Health Services Department (BHSD). She is a LCSW with 30+ years' experience managing and developing public, community mental health outpatient care programs. She currently oversees the Continuum of Care Mobile Crisis Services. Sandra has a Pupil Personnel Service Credential and has worked with all age groups as a School Social Worker with school aged children, pregnant teens, young adults, adults, and older adults. (LEL) staff.



Lan Nguyen

Lan Nguyen is the Program Manager of Santa Clara County's 988 Crisis and Suicide Prevention Lifeline, Behavioral Health Services Department. In this capacity, Lan manages 24/7 suicide and crisis hotline, Emergency Department Patient Outreach Program, Survivor of Suicide Support services, and grief support. He has been in this position since 2012. Lan earned a B.A. degree in Business Administration and Psychology from San Jose State University and an M.A. degree in Counseling Psychology from John F. Kennedy University.



Ian Bohannon

Ian Bohannon, LCSW has over 10 years of experience working in crisis services. While growing up in Saratoga, CA, he moved to Los Angeles complete both his undergraduate and Master's in Social Welfare at the University of California. After graduation, he spent the next decade specializing in crisis intervention and threat assessment while working for LA County's Department of Mental Health as a member of their School Threat Assessment Team (START) and Psychiatric Mobile Response Team (PMRT). Having returned home, he now helps manage Santa Clara County's Mobile Crisis Response Team.

Presenter bios continued...



**Lauren
DeRosa**

Representing South County as a Community Development Specialist for TRUST, Lauren has been with the team since November of 2023. Born and raised in South Bay, Lauren is honored to support the neighbors that helped shape her passion for public service. With several years of experience in community engagement and advocacy, her focus on crisis response has been inspired by the need for more services within South County. In meeting community members where they are and providing services that won't remove them from their support system, TRUST delivers a mission that aligns with her hopes for better mental health support in Gilroy, San Martin, and Morgan Hill.



**Paula
Giannoni**

Paula Giannoni is the Community Collaborator for North County. She attended Gunn High School in Palo Alto in '09 and holds Mental Health Awareness to heart. She has joined the Momentum for health team over a year ago and one of her main priorities is to bridge the connection with the community and the TRUST Program offerings.



Ayla Steed

Ayla Steed, LMFT is a Clinical Program Manager for the Pacific Clinics Mobile Response Stabilization Service which is a crisis response and prevention team that supports youth ages 4-20. She has worked in crisis for the last 13 years supporting both children and adults in Santa Cruz and now Santa Clara County. She had her start with crisis support on a suicide hotline before then getting her undergraduate and Master's in Counseling from Palo Alto University and has stayed in crisis work ever since. She has worked in both inpatient and community-based crisis services and provides presentations and training about working supporting those in crisis to schools, police, and other mental health professionals.

How Is Harm Reduction Suicide Prevention?

4:00pm - 5:10pm
Diana Murphy

This training will provide education on affirming, trauma-centered support for folks who use substances. The training itself explains the history behind naloxone, the war on drug users, education about drug classifications, what harm reduction encompasses, and what to do in the event of an opioid poisoning. We provide flyers walking you through the steps of how to administer Narcan, the importance of having Narcan at your workplace and on your person, and locations to get free Narcan in Santa Clara County.

You will learn what harm reduction is, and how to apply it to the work you're already doing in your work. You will learn how to identify symptoms of an overdose/poisoning, how to respond to an overdose/poisoning, and the steps to administering Narcan. You will learn the history of harm reduction, as well as steps moving forward.

All providers should attend because you can reduce harm at every step of your practice.



**Tessa
Reynolds**

Tessa Reynolds (she/they) works for the County of Santa Clara as a Rehabilitation Counselor where they lead the Harm ReduQion Project, which focuses trauma-centered harm reduction support and services for people who use substances in the 2SLGBTQIA+ community. Tessa is a certified substance use counselor, and brings a client-centered, trauma-sensitive, and harm reduction approach to their work. They have worked for over 10 years with individuals involved in the criminal justice system, the 2SLGBTQIA+ community, and those who are unhoused, with a focus on substance use care. Tessa is an active member of DUHAC, the Drug User Health Advisory Committee, of Santa Clara County and is passionate about making sure marginalized communities have a say in the care they receive.



Kiin Chadha

Kiin Chadha (they/them) works for the County of Santa Clara's Behavioral Health Services Department as a Community Outreach Specialist within colleQTive's Harm ReduQion Project. colleQTive's Harm ReduQion Project focuses on offering trauma-centered services for the 2SLGBTQIA+ population. Kiin is passionate about community, equity, and education.

Spotlight on Recent Advancements

Recently, the Suicide Prevention Program adopted a 6th strategy to their strategic plan. In alignment with strategy 6 and recent data analysis, the program is launching a mini-grant opportunity to help expand mental health promotion and suicide prevention efforts among the Latinx/e, Vietnamese, Chinese, and Korean communities. See below to learn more about the new strategy and the mini-grant opportunity. Please note, all links are case-sensitive.

Suicide Prevention Mini-Grant Opportunity

The County of Santa Clara's Suicide Prevention Program is allocating **mini-grants of up to \$5,000 per organization** to support mental health promotion and suicide prevention efforts for the **Latinx/e, Vietnamese, Chinese, and Korean communities** in the County.

Sample projects include, but are not limited to, the following:

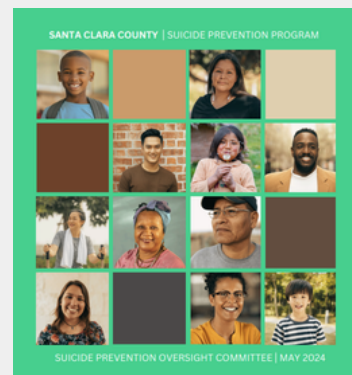
- Developing or updating mental health resources specific for these cultural communities
- Organizing community/educational events about mental health or suicide prevention
- Establishing peer support groups

Applications will be accepted on a rolling basis from October 2024 through March 2025, and funds must be expended by June 30th, 2025. **To access the Request for Proposals and mini-grant application, visit:**

bit.ly/SPminigrant

Cultural Addendum to Suicide Prevention Strategic Plan

This year, the County of Santa Clara's Suicide Prevention Oversight Committee (SPOC) completed an addendum to the County's original Suicide Prevention Strategic Plan, calling out efforts to ensure that culture is infused throughout SPOC's activities. The addendum describes a sixth strategy that covers the importance of incorporating culture throughout all suicide prevention efforts within the County. Access the strategic plan and addendum here:



bit.ly/SPStrategicPlan2024

Thank you!

Thank you for attending the 5th Annual Suicide Prevention Conference! We hope you were able to learn, network, and enjoy the day. Please help us improve next year's conference by filling out the survey provided at check-in. We hope to see you again next year!

While the list below is not comprehensive, we would like to take this opportunity to acknowledge the many partners and collaborators who helped make this conference possible.

- **Suicide Prevention Oversight Committee members and co-chairs**
- **Data Workgroup members and co-chairs**
- **Interventions Workgroup members and co-chairs**
- **Communications Workgroup members and co-chairs**
- **Prevention Services division staff**
- **Suicide Prevention Program volunteers**
- **Morgan Hill Community & Cultural Center staff**
- **Bruce Copley**
- **Mayor Mark Turner**
- **Dr. Miguel Valencia**
- **Conference presenters**
- **Conference volunteers**
- **Wellness room clinicians**
- **TSS staff**
- **Tabling staff**
- **St. Joseph's staff**



COUNTY OF SANTA CLARA

BEHAVIORAL HEALTH RESOURCES

Services are available for all ages and in other languages unless noted.

Crisis & Suicide Prevention Lifeline

Call or text **988** (for local area codes)

All others call 800-704-0900 & press 1

Free, 24/7 support for anyone experiencing mental health distress, including:

- thoughts of suicide
- mental health or substance use crisis
- just need to talk

988 connects you to a trained counselor who can work with you to understand what you need and support you. Support can be given on the phone or in-person. The lifeline is anonymous and confidential unless law enforcement or medical emergency response are needed. If needed, the counselor will ask for contact information so responders can help. A goal of 988 is to provide an alternative to law enforcement response.

Mental Health & Substance Use Services Call Center

(800) 704-0900

Free, 24/7 access to County services, including:

- specialty mental health
- substance use treatment or prevention
- support for survivors of suicide
- general information, grievances, and appeals

Trained and licensed mental health and substance use treatment services professionals will provide support. Referrals for Assisted Outpatient Treatment are also available.

Crisis Intervention Team (CIT) Officer

911

In emergency situations, ask for a C.I.T. officer trained in mental health issues.

Follow us on Facebook: @cscbehavioralhealth

Follow us on Instagram: @cscbehavioralhealth

Follow us on Youtube: @cscbehavioralhealth

Email: PreventionServices@hhs.sccgov.org



COUNTY OF SANTA CLARA
Behavioral Health Services