

## SUICIDE IS PREVENTABLE

*"To bring community awareness to the issue of suicide and to engage the community effort to stop it."*

## Take STEPS to Reduce Suicides, Counter Stigma, and Save Lives!

### Upcoming October Community Events

Creating a 1000 Lights  
October 21, 2014  
6:00pm to 9:00pm  
San Jose State University  
1 Washington Street  
San Jose, CA 95192

\*\* \*\* \*

safeTALK  
October 24, 2014  
9:00am-1:00pm  
Valley Specialty Center  
Room BQ100 to register  
contact  
[evelyn.tirumalai@hhs.sccgov.org](mailto:evelyn.tirumalai@hhs.sccgov.org)

\*\* \*\* \*

Out of the Darkness Walk  
October 26, 2014  
9:00 am to 1:00pm  
De Anza College  
21250 Stevens Creek Blvd  
Cupertino, CA 95014

\*\* \*\* \*

CalTrain launches a special  
page on its website  
dedicated to suicide  
prevention information and  
outreach: [www.caltrain.com](http://www.caltrain.com)

*\*Press the Safety & Security Tab*

### JOIN the **OUT OF THE DARKNESS COMMUNITY WALKS!**

The 3<sup>rd</sup> annual South Bay Out of the Darkness community Walk for Suicide prevention will take place on October 26, 2014 at De Anza Community College. Walk to save lives, walk to honor loved ones and walk to raise funds.

Every Fall, families and friends, walk together across the nation to prevent suicide, raise awareness and end stigma associated with depression and other mental illnesses. With each step, families and friends, honor their loved ones lost to suicide and support AFSP's mission.

The American Foundation for Suicide Prevention (AFSP) a national organization devoted to understanding and preventing suicide through education, research, advocacy and reaching out to people with a mental illness and people impacted by suicide.

The walk will take place throughout the De Anza Community College's campus and along Stevenson Blvd. The route will consist of mostly paved and graded paths with very little elevation and will loop back to the staging area. The route is wheelchair friendly throughout most of the walk.

### Event Details

Where: De Anza College, Cupertino, CA  
Time: 10/26/2014, 10:00am—1:00pm  
Check-in Time: 9:00am-10:00am  
Register by: 10/24/2014 at 3:00pm

**TO JOIN THE  
"SCC SUICIDE PREVENTION" TEAM!  
VISIT**

**[www.afsp.org/walk](http://www.afsp.org/walk)**

**Use Community Walks tab to find  
our team!**





## Creating a 1000 Lights

Creating 1000 Lights is a Statewide Event that will be held at San Jose State University. The event will be on October 21, 2014 from 6:00pm-9:00pm at 7<sup>th</sup> Street and San Carlos. At the event, you can light a candle to show your care and support for people who have been impacted by suicide, trauma, and mental health problems. Tell them, "you matter to me."

***We must. We will. We are.***

## Intervention Workgroup

The Intervention Workgroup is a network of county agencies, community-based organizations and mental health consumers addressing issues in suicide prevention. Together, we implement and coordinate suicide prevention programs and services for priority high risk populations.

Next Meeting:

**October 15, 2014, 10:00 am—Noon.**

The Learning Partnership

Guest Speaker: Patricia Carrillo, LCSW

Topic: The new EMQ Crisis Center (receiving unit) for youth up to 18 years old requiring psychiatric emergency services.

## ***Suicide Prevention Speakers Bureau in Action!***

The Speakers Bureau is a panel of individuals with lived experience, who share their personal stories at community events. They recently had a panel at the Army Reserve in Moffett Field in observance of Suicide Prevention Month. Speakers were introduced to the crowd by an Army General before sharing their stories of help, hope, and strength to over 50 soldiers and civilians who attended. At the end of panel, one audience member said "This was the best suicide prevention training ever!"



# Workshops!

## SUICIDE PREVENTION FOR SCHOOLS

The SCC County Office of Education launches a 2-day seminar for school staff, teachers, administrators and counselors:

Day 1. Friday, October 3, 2014

Day 2: Tuesday, October 14, 2014

Register at <http://santaclara.k12oms.org/1549-81572>

For more information, contact Myrna Zendejas at 408-453-6762 or [myrna\\_zendejas@sccoe.org](mailto:myrna_zendejas@sccoe.org)

## safeTALK!

Need CEUs? Consider attending **FREE** safeTALK: Suicide Alertness for Everyone workshop on **Friday October 24, 2014** and move beyond the tendencies to MISS, DISMISS or AVOID talking about suicide.. For further information or to find out what you can do to prevent suicides in your community, please email: [evelyn.tirumalai@hhs.sccgov.org](mailto:evelyn.tirumalai@hhs.sccgov.org) to register.



## Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals:

A one-day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client.

Monday December 1, 2014 8:00am to 5:00pm.  
If interested in attending please email:

[Evelyn.Tirumalai@hhs.sccgov.org](mailto:Evelyn.Tirumalai@hhs.sccgov.org)

*Sponsored by Santa Clara County Suicide Prevention Program, the American Association of Suicidology, and the Suicide Prevention Resource Center.*



## Please be Informed

### AB 2198:

“On Thursday, September 18, Governor Jerry Brown veto AB 2198, which would have required suicide assessment, treatment, and management training of certain mental health professionals. Since this governor had vetoed past legislation requiring mental health professional training, some felt this was not unexpected. In this instance regulation requirements take precedents over personal Californians safety...These boards and mental health professional associations have shown they will protect their self interest, not necessarily the safety of Californians. With rising suicides these entities need to change their approaches or stand culpable for their actions.”

-Vic Ojakian, Co-Chair of the Santa Clara County Suicide Prevention Oversight Committee

## Resources

**Toll-Free Suicide & Crisis Hotline:**  
**1-855-278-4204**  
**National Suicide Prevention Lifeline**  
**1-800-273-TALK (8255)**  
**Emergency Psychiatric Services**  
**(EPS):(408) 885-6100**  
**Mental Health Urgent Care:**  
**(408) 885-7855 \*Walk-ins okay.**



Coming Up In November

Stay tuned for our November newsletter to learn more about the following event!

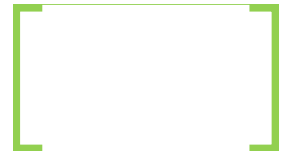
**Mental Health First Aid in Spanish**

November 21 and 22, 2014

Valley Specialty Center



Mental Health Department  
Division of Integrated Behavioral Health  
**Suicide Prevention Program**  
871 Enborg Court  
San Jose, CA 95128



[www.sccmhd.org/sp](http://www.sccmhd.org/sp)