

Suicide Prevention: Education and Resources

Promote Hope. Let's Talk.



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Who Is Your **Support?**

Family?

Friends?

Partner?

Other?

No one?



Content Warning



This presentation will discuss the sensitive topic of suicide. Some may find the information presented distressing.



If you need assistance, please let the meeting host know in the chat or call 988

PROMOTE HOPE

LET'S TALK

“It is paramount that our community equips themselves with information on how to talk about suicide and know the resources available. If you or someone you know is struggling or in crisis, help is available.”



**Dr. Georgina Yoshioka,
DSW, MBA, LCSW**



Director of Behavioral
Health

More than
48,000

people died by
suicide in 2021

1 death every
11 minutes

12.3 million
Adults considered suicide

3.5 million
Adults made a plan for suicide

1.7 million
Adults attempted suicide

PROMOTE HOPE

LET'S TALK

Stats

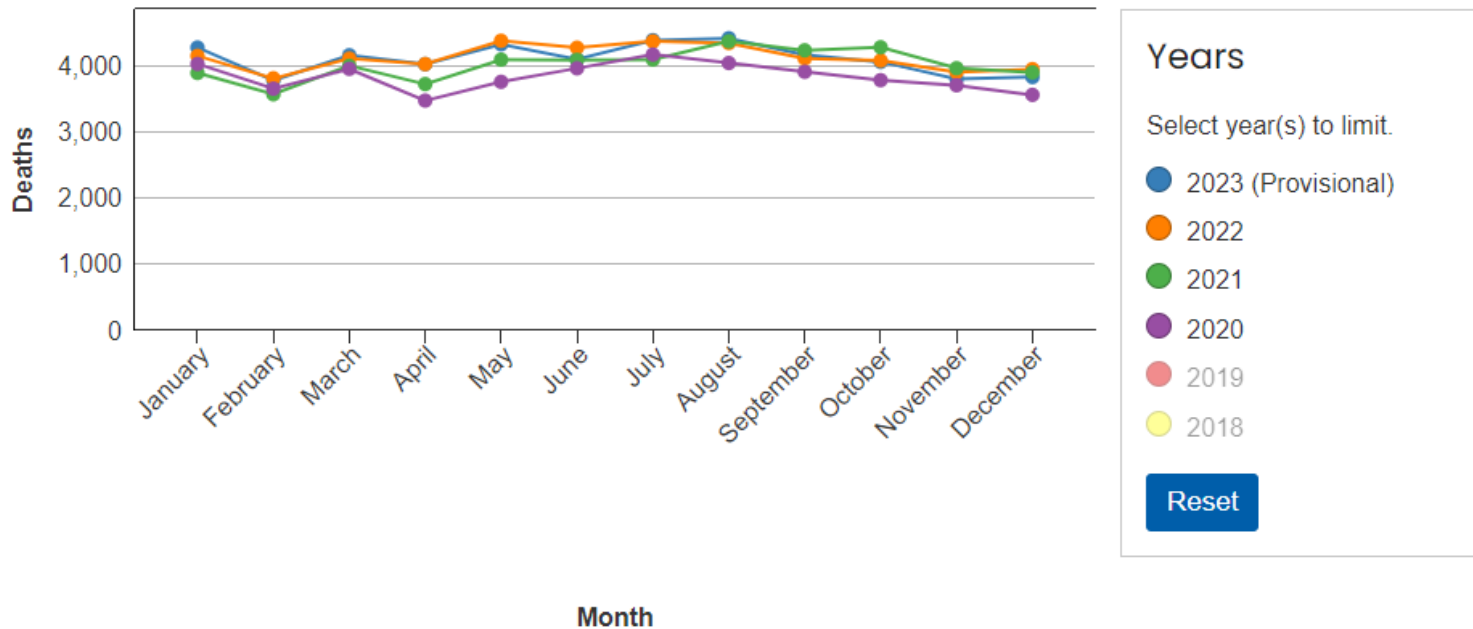


Data were accessed on CDC
WONDER on August 10, 2023 and
represent data received as of
August 6, 2023.

Provisional and Final Fatal Injury Data by Month, United States

Select Injury Type

Suicide



- Suicide is one of the leading causes of death in the United States.
- Suicide is a serious public health problem.
- Resources are available to prevent suicide.

PROMOTE HOPE

LET'S TALK

Stats



Data were accessed on CDC WONDER on August 10, 2023 and represent data received as of August 6, 2023.

Current County Efforts



See Our Website for Current Trainings

[Office of Suicide Prevention – DBH Internet Website \(sbcounty.gov\)](https://www.sbcounty.gov)

- The San Bernardino County Board of Supervisors approved the creation of an Office of Suicide Prevention in 2023 as part of the Mental Health Services Act (MHSA) Three-Year Integrated Plan.
- The Office of Suicide Prevention (OSP) is part of the Prevention and Early Intervention component of the Mental Health Services Act.
- OSP team consists of a Program Manager, Program Specialist II, Office Assistant III, and a Mental Health Specialist.
- The OSP is drafting a local strategic plan for suicide prevention to guide prevention efforts across the county.
- Suicide Prevention Month is in September.
- Suicide Prevention Awareness Subcommittee, Third Monday of every month.



Office of Suicide **Prevention**



An expansion of the Department of Behavioral Health’s (DBH) prevention and early intervention efforts. This administrative office focuses on education about suicide prevention with a message of hope and resources. Pain isn’t always obvious, but most people show some signs when they are thinking about suicide. Warning signs may appear in conversations, through a person’s actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, reach out.

Suicide Prevention Trainings

ASIST



ASIST

Applied Suicide
Intervention Skills
Training

safeTALK



safeTALK

Tell Ask Listen
KeepSafe

Mental Health First Aid



From National
Council for Mental
Wellbeing

Mental Health First Aid



"An evidence-based, early-intervention course."

-National Council for Mental Wellbeing

For more information call (909) 386-8258 or email DBH-CITRAIN@DBH.SBCounty.gov

<https://www.mentalhealthfirstaid.org/>

"The focus on wellbeing in the workplace is growing due to societal awareness of mental health and substance use challenges. Prioritizing employee mental health is good for business. It supports employees' wellbeing and enables employers to better attract and retain talent."

Derek Devoy

SafeTALK:



“Everyday Assistance.”

-Derek Devoy, Taxi Driver, Kilkenny, Ireland

For more information call (909) 386-8258 or email DBH-CITRAIN@DBH.SBCounty.gov

<https://livingworks.net/training/livingworks-safetalk/>

“As a taxi driver, I speak to a surprising number of people who have thoughts of suicide. safeTALK has given me and other drivers in Kilkenny a way to help them stay safe.”

ASIST

Applied Suicide Intervention Skills Training



“Life-changing program.”

-ASIST Participant

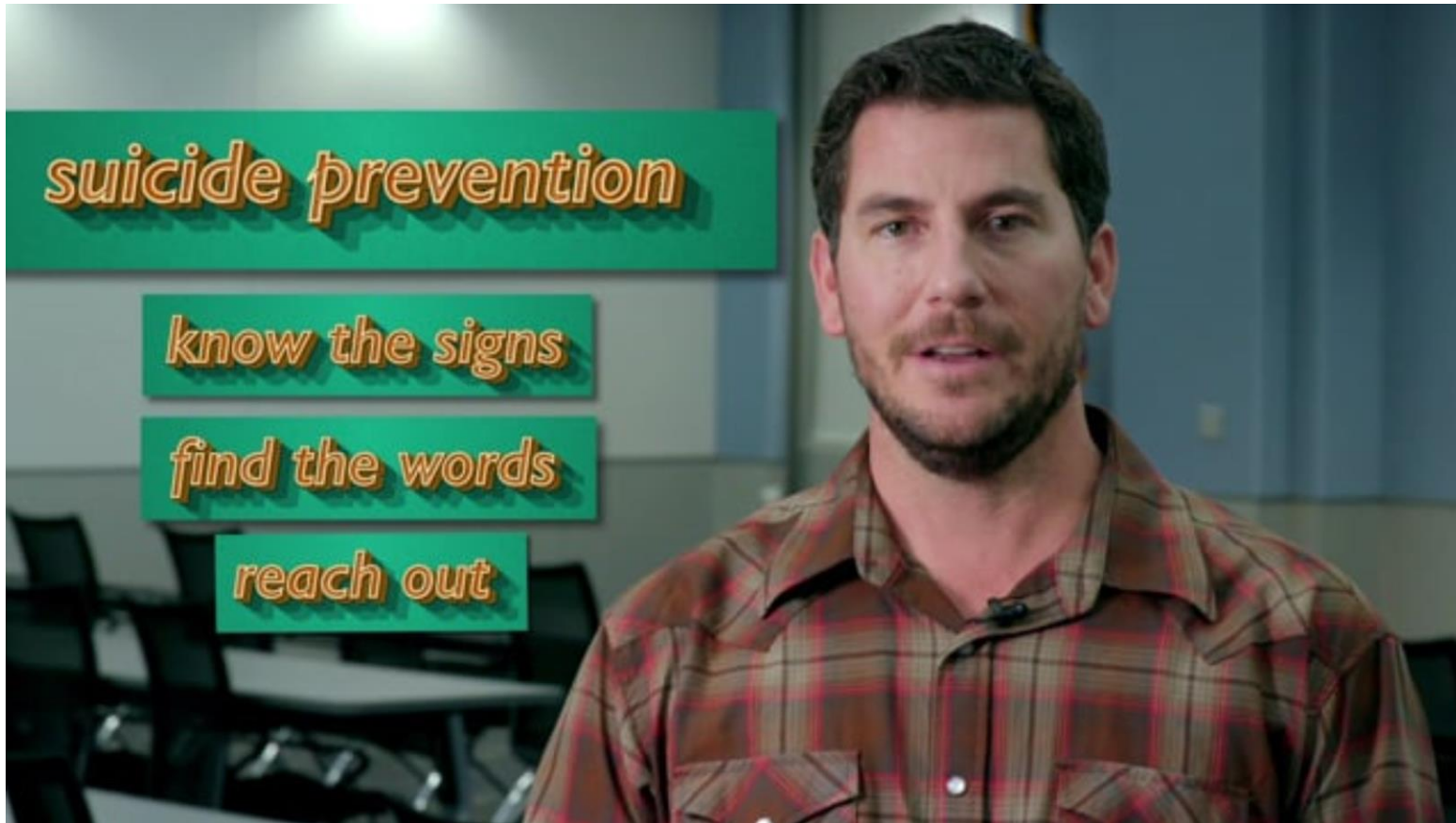
For more information call (909) 386-8258 or email DBH-CITRAIN@DBH.SBCounty.gov

<https://livingworks.net/training/livingworks-asist/>

I use ASIST in virtually every crisis situation, volunteer and work... Thank you for this life-changing program

Directing Change

Mission Statement: To educate young people about critical health topics through the medium of film and promote social justice by changing conversations in schools and communities.



- Open to any young adults from 12-25 years of age.
- Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students.
- 6 Submission Categories
 - Suicide Prevention
 - Mental Health
 - Through the Lens of Culture
 - Animated Short
 - Walk in Our Shoes
 - Hope and Justice*

Directing **Change**



- **Title:** *Subtle Change*
- Fontana High School
- 2024 3rd place Regional Winner

Never a Bother 2025

Never a Bother is a campaign to prevent suicide among youth and young adults up to the age 25, in California.



- Increase awareness of suicide warning signs, crisis lines, and other suicide prevention and mental health resources and supports.
- Increase self-efficacy and beliefs that young people deserve support, can trust their instincts when concerned about a friend, and know how to support a friend.
- Promote help-seeking behavior by building trust in existing help-seeking supports (e.g., 988, Teen Line) and reinforcing that they are never a bother.

Community Crisis **Services**

DBH offers the below Crisis Services. Urgent Mental health services are offered to individuals of all ages. Services are voluntary and may include crisis intervention, crisis risk assessments, medications, and when necessary, evaluations for hospitalization, when necessary. Open 24 hours a day, 365 days a year, including holidays.

Community Crisis Response Teams (CCRT)

A community-based mobile crisis response team for children and adults experiencing a psychiatric emergency.
Call (800) 398-0018 or text (909) 420-0560

Crisis Walk-In Centers (CWIC)

Victorville: 12240 Hesperia Rd., Ste. A, Victorville
(760) 245-8837

Yucca Valley: 7293 Dumosa Ave., Ste. 2, Yucca Valley
(760) 365-2233

Crisis Stabilization Units (CSU)

Merrill Center: 14677 Merrill Ave., Fontana
(951) 643-2340

Windsor Center: 1481 N. Windsor Dr., San Bernardino
(909) 361-6470

Community Crisis **Services**

988

**SUICIDE & CRISIS
LIFELINE**

You are not alone. There are resources available 24/7 to help.

Know the Signs

KNOW THE SIGNS

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. **If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, stop in or speak up.**

Select a category → **TEENS** / **THE SIGNS** / **OLDER ADULTS**

- Putting affairs in order
- Risky Behavior
- Increased alcohol or drug use
- Changes in sleep
- Giving away possessions
- Anxiety or agitation
- Feeling hopeless, desperate, trapped
- Talking about wanting to die or suicide
- Uncontrolled anger
- Sudden mood changes
- Withdrawal
- Talking about being a burden to others
- No sense of purpose

If any of these signs are present, call the National Suicide Prevention Lifeline at 1-800-273-8255.

- Talking about death or suicide
- Seeking methods for self harm, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

SuicidalPreventable.org

CONTACT US

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