

September 2013 Suicide Prevention Events

The attached calendar of events demonstrates the breadth and depth of the suicide prevention activities in California – we encourage you to join a local event and spread the word through your networks. Please note that this list is not inclusive of all suicide prevention activities in the state but a compilation of activities that came to our attention. Given the large volume of events, and in order to make the calendar more user-friendly, we organized the events by General Events, Training Opportunities, Efforts to Raise Awareness, and Information Dissemination Opportunities. We made our best attempt to present and organize the activities and events accurately. Thank you to all that are working to prevent suicide in California. – CalMHSa Staff

General Suicide Prevention Activities/Events

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|------------------------|---|-------------------------------|--|--|---|--|
| 9/4/2013 | <i>Suicide Prevention Discussion on Paz en la Comunidad</i> | Monterey County | <i>Discuss issues related to suicide prevention and intervention on California's Central Coast</i> | <i>Latino/a community, Monterey County residents</i> | None | <i>Rosalina Valdez, Suicide Prevention Service of the Central Coast rvaldezfsa@gmail.com, (831) 459-9373 x3 With Monterey County Behavioral Health</i> |
| 9/8/2013 – 9/14/2013 | <i>National Suicide Prevention Week Event</i> | UCSF | <i>Viewing of AFSP film Out of the Silence: Medical Student Depression and Suicide. Followed by facilitated discussion and info session.</i> | <i>Graduate & Professional students in Health Sciences</i> | None | <i>James Lyda, Ph.D. (415) 514-4730 James.lyda@ucsf.edu Chris Galloway, Ph.D., (415) 221-4810 x.6491, Ryan Ayres, American Foundation for Suicide Prevention, RAyers@afsp.org (707) 968-7563</i> |
| 9/8 – 9/14 | <i>"The Truth About Suicide": Video showing, facilitated discussion and role play</i> | CSU San Marcos | <i>Provide facts about suicide and suicidal behavior; present effective suicide intervention; and improve help-seeking skills.</i> | <i>Students</i> | None | <i>Student Health & Counseling Services Cheryl Berry cberry@csusm.edu 760-750-4946</i> |
| 9/9/2013 | <i>Survivor Support</i> | Butte County Library, Chico | <i>Remember loved ones, plant a potted plant and take it home</i> | <i>Open to everyone</i> | None | |
| 9/9/2013 and 9/10/2013 | <i>Don't Sit in Silence</i> | Butte-Glenn Community College | <i>Reduce stigma and help reduce college student suicide</i> | <i>Open to everyone</i> | None | <i>Stephanie Jimenez, Program Coordinator Safe Place & Wellness Program, Butte-Glenn Community College jimenezSt@butte.edu, 530-879-6184</i> |

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| 9/9/2013- 9/14/2013 | <i>Before I Die</i> | CSU Chico, Butte-Glenn Community College, Glenn County: Transition Age Youth Center and Harmony House Drop- In Center, Chico Downtown Plaza | Offer students and community members an opportunity to list and embrace reasons for living | Open to everyone | None | Juni Banerjee-Stevens, CSU Chico Counseling and Wellness Center dbanerjee-stevens@csuchico.edu 530-898-6345 Stephanie Jimenez, Butte-Glenn Community College jimenezSt@butte.edu 530-879-6184 Roxann Baillergeon, Glenn County rbaillergeon@glenncountyhealth.net 530-934-6582 |
| 9/10/2013 | <i>A Light in the Darkness</i> | CSU San Marcos | AM event: Educational outreach for suicide prevention. PM event: Speakers Panel – Hear Our Story | Students, Faculty & Staff | None | Student Health & Counseling Services Cheryl Berry, cberry@csusm.edu 760-750-4946 Partners: American Federation for Suicide Prevention, The Trevor Project and Veterans Health Administration (VHA) San Diego Suicide Prevention Coordinator |
| 9/10/2013 | <i>Los Angeles County Suicide Prevention Network 3rd Annual Suicide Prevention Summit</i> | California Endowment 1000 N. Alameda St. Los Angeles, CA 90012 | Risk Assessment Safety Planning – Safety Plan Treatment Manual to Reduce Suicide Risk | Open to everyone | None | Los Angeles County Department of Mental Health James Cunningham jcunningham@dmh.lacounty.gov Richard Lieberman Lieberman_richard@lacoedu |
| 9/10/13 | <i>BEST Practices in Bullying Prevention and Intervention</i> | San Diego County Office of Education | Professional Development strategies to reduce bullying | Open to professionals | None | mmadrigan@sdcoe.net |
| 9/10/2013 9:00am | <i>Proclamation</i> | Board of Supervisors, Humboldt County Courthouse | Raise awareness that suicide is a preventable community health issue | All community members | None | Kris Huschle (707) 441-5554 khuschle@co.humboldt.ca.us |
| 9/11/2013 | <i>Suicide Prevention Speaker Kevin Hines, Author of "Cracked, Not Broken"</i> | Petit Salon CI Campus, CSU Channel Islands | Presentation to Campus on his attempted suicide off the Golden Gate Bridge and living with Bi-Polar. | Faculty, staff, community from 4:30-5:30 and campus wide from 6:30- 8:00 | Community members must RSVP | Kathleen J. Roach, MPH, MBA Kathleen.roach@csuci.edu |

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| 9/11/2013 | <i>Medications and Mental Illness</i> | <i>Hmong Cultural Center of Butte County</i> | <i>Discuss the use of medication in the treatment of mental illness and suicide prevention</i> | <i>Open to everyone</i> | <i>None</i> | <i>Seng S. Yang Hmong Cultural Center of Butte County ssyang@hmongculturalcenter.net 530-534-7474</i> |
| 9/11/2013 | <i>How can I help? Building a suicide prevention community</i> | <i>Pleasant Valley High School Auditorium Chico, CA</i> | <i>Encourage school and community engagement in suicide prevention. A talk by Anara Guard, consultant to the CalMHSA "Know the Signs" campaign</i> | <i>Open to everyone</i> | <i>None</i> | <i>Keith Slaughter, slaughtk@pacbell.net 530-521-6445 Scott Lindstrom, Elementary Student Support Coordinator, Chico Unified School District, slindstr@chicousd.org 530-891-3000 ext. 162</i> |
| 9/12/2013 | <i>Workshop on lethal means restriction</i> | <i>Humboldt County, Humboldt Area Foundation</i> | <i>Discuss how lethal means restriction fits in a comprehensive suicide prevention strategy</i> | <i>General public, service providers, behavioral health and health providers</i> | <i>None</i> | <i>Anara Guard aguard@edc.org</i> |
| 9/12/13 | <i>Online suicide prevention activity</i> | <i>TBD</i> | <i>Provide information and resources to staff</i> | <i>SHCS Staff</i> | <i>None</i> | <i>Kristen Mar kmar@csupomona.edu</i> |
| 9/12/2013 | <i>Don't Sit in Silence</i> | <i>CSU Chico</i> | <i>Reduce stigma and help reduce college student suicide</i> | <i>Open to everyone</i> | <i>None</i> | <i>Juni Banerjee-Stevens CSU Chico Counseling and Wellness Center dbanerjee-stevens@csuchico.edu 530-898-6345</i> |
| 9/12/2013 10:30am-1:30pm | <i>Survivor Story and Panel Discussion</i> | <i>Library, Room 2206</i> | <i>To shed light on the experience of someone who has lost a loved one to suicide.</i> | <i>Fresno State Students, Staff & Faculty</i> | <i>None</i> | <i>Melissa Watkins melissaw@csufresno.edu (559) 278-1023</i> |
| 9/12/2013 1:00 to 4:00pm | <i>Social marketing & media strategic planning for suicide prevention</i> | <i>DHHS Pro Building, F Street, Eureka</i> | <i>Anara Guard, Suicide Prevention Advisor, Know the Signs, CalMHSA Suicide Prevention Social Marketing Campaign</i> | <i>DHHS staff-- For DHHS to outline a media plan for suicide prevention throughout the community.</i> | <i>This is by invitation only for DHHS staff</i> | <i>Kris Huschle (707) 441-5554 khuschle@co.humboldt.ca.us</i> |
| 9/12/2013 | <i>Suicide Prevention Speaker Lisa Firestone, PhD</i> | <i>Petit Salon, CI Campus</i> | <i>Presentation by expert from the Glendon Association.</i> | <i>Pre-registration needed for community members. Students, faculty, staff and community members 2:30-4:30 p.m.</i> | <i>Requires Pre-registration by community members</i> | <i>Kathleen J. Roach, MPH, MBA Kathleen.roach@csuci.edu</i> |

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| 9/13/2013 | <i>Suicide Prevention Speaker Program</i> | <i>Community Room, Simi Valley Public Library</i> | <i>Guest speakers from suicide prevention groups speaking out</i> | <i>Open to young adults and their families</i> | <i>None</i> | <i>For additional information, please contact: Llyr Heller, Young Adult Services Librarian (805) 526-1735 x.5016</i> |
| 9/13/2013 12:00 – 1:30 pm | <i>Safe A Life Luncheon</i> | <i>Fresno City College Reedley & Willow International Community College Center</i> | <i>Anti-stigma efforts to reduce suicide and increase help seeking behavior</i> | <i>Open to everyone</i> | <i>None</i> | <i>Brian Olowude Brian.Olowude@fresnocitycollege.edu Donna Cook Donna.cook@fresnocitycollege.edu</i> |
| 9/13/2013 10-11:30am OR 1:30-3pm | <i>Suicide Prevention Week - NAMI "In Our Own Voice"</i> | <i>Pasadena City College Room TBD</i> | <i>Speakers share compelling personal stories about living with mental illness and achieving recovery.</i> | <i>Pasadena City College students</i> | <i>None</i> | <i>PCC Journey to Wellness wellness@pasadena.edu (626) 585-7123 x.5050</i> |
| 9/13/2013 9:00am to noon | <i>Creating Safety Where we Live, Work, & Play: Strategies to Reduce Access to Lethal Means</i> | <i>Humboldt Area Foundation, Indianola Rd. Bayside</i> | <i>Inform & involve community about ways we can help prevent suicide. Anara Guard, from Know the Signs CalMHSA Suicide Prevention Social Marketing Campaign</i> | <i>Community members: first responders, medical & school personnel, parents, Family Resource Center staff, Alcohol & other drug program staff.</i> | <i>Free workshop. Open to all. Registration is required. CEU's available for MFT's, LCSW's, and BTN's.</i> | <i>Kris Huschle (707) 441-5554 khuschle@co.humboldt.ca.us</i> |
| 9/16/2013 5:00pm to 7:30pm | <i>Viewing of Documentary "A New State of Mind" and panel discussion</i> | <i>Humboldt State University – Native American Forum</i> | <i>Show the film "A New State of Mind" followed by a panel discussion with local people with lived experience from the Speakers Collective</i> | <i>Humboldt State Students</i> | <i>None. Free event. Open to all.</i> | <i>Michael Weiss (707) 441-5074 mweiss@co.humboldt.ca.us Karen Diers 441-5553 or kdiers@co.humboldt.ca.us</i> |
| 9/17/2013 | <i>Media Forum</i> | <i>Nevada County Lake region</i> | <i>Share information about reporting and messaging on suicide</i> | <i>Spokespeople for suicide prevention and local media outlets</i> | <i>None</i> | <i>Theresa Ly tly@edc.org</i> |
| 9/17/13 | <i>Nurse Resource Meeting</i> | <i>Orange County Department of Education</i> | <i>On-going prevention resource sharing</i> | <i>School Nurses</i> | <i>Licensed Professionals</i> | <i>pkahn@ocde.us</i> |

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| 9/24/2013 1:00pm-3:00pm | <i>Every Life Matters: Implementing Effective Suicide Prevention Strategies in California</i> | <i>San Francisco State, Milton Marks Auditorium 455 Golden Gate Avenue, San Francisco CA 94102</i> | <i>Senate Select Committee Meeting to discuss the future of suicide prevention in California. Guest speaker, Kevin Hines</i> | <i>Open to Everyone</i> | <i>None</i> | <i>Diana Traub at 916-651-4015 Diana.Traub@sen.ca.gov</i> |
| 9/27/2013 10:00am to 2:30pm Lunch provided | <i>Superior California Suicide Prevention Network meeting</i> | <i>HCOE, Annex Eureka</i> | <i>In partnership with CSPN, Humboldt County is hosting the quarterly regional meeting.</i> | <i>Regional partners, community.</i> | <i>Registration is required. CEU's available for MFT's, LCSW's, and BTN's.</i> | <i>DHHS_TES@co.humboldt.ca.us or call (707) 441-5520 to reserve a spot</i> |
| 9/27/13 | <i>"Strengthen Your Role in Suicide Prevention"</i> <i>Suicide Prevention Network Meeting</i> | <i>Willow Creek Center 1026 Mohr Lane, Concord, CA</i> | <i>Present current best practices in Suicide Prevention</i> <i>Increase understanding of challenges and build skills in suicide prevention</i> | <i>Gatekeepers: volunteers and staff in schools, work places, youth, ethnic and LGBT community groups, religious organizations, service providers in primary care and Mental Health, VA, military, etc</i> | <i>Register at www.bascia.org</i> | <i>Gerold Loenicker Gerold.Loenicker@hsd.cccounty.us (925) 957-5118 Hosted by BASCIA Cosponsored by Contra Costa Crisis Center and Contra Costa Behavioral Health</i> |
| 9/30/2013 | <i>The Truth about Suicide with Kevin Hines</i> | <i>Marin County</i> | <i>Lecture and Booksigning</i> | <i>High School and College Age Students, LGBTQ, Veterans, Law Enforcement</i> | <i>none</i> | <i>Family Service Agency of Marin Amy Faulstich afaulstich@fsamarin.org 415-499-1193, ext. 3004</i> |
| 10/18/2013 | <i>We All Matter: Creating a Community of Caring – Suicide Prevention Regional Conference</i> | <i>San Francisco State University</i> | <i>Share best practices for suicide prevention and mental health awareness. Education on suicide prevention, reducing stigma, and connecting students to resources and referrals.</i> | <i>Students, Faculty and Staff</i> | <i>Registration: http://sfsu.us7.list-manage.com/subs/subscribe?u=942bf3d8f06ddbde4cf4c1c4e&id=7e69f4137d</i> | <i>Gary Lamm Graduate Student Assistant Suicide Prevention Program San Francisco State University Counseling and Psychological Services Center lamm@mail.sfsu.edu</i> |
| TBD | <i>Postvention Planning and Discussion</i> | <i>Tuolumne County Office of Education</i> | <i>To develop a plan for our schools with regard to postvention services</i> | <i>School Administrators, teachers, staff</i> | <i>None</i> | <i>Martha Golay mgolay@ataca.org (209) 533-1397 x. 274</i> |

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| TBD | <i>Tuolumne County Firearms Safety Coalition</i> | TBA | <i>Kick off meeting for means reduction campaign (patterned after New Hampshire efforts)</i> | <i>Members of the Oversight Committee for our Suicide Prevention Task Force and community members involved with the sale and training of firearms.</i> | <i>Interest in building bridges with suicide prevention effort and gun safety.</i> | <i>Martha Golay mgolay@atcaa.org (209) 533-1397 x. 274</i> |
| TBD | <i>Suicide Prevention Week</i> | <i>Siskiyou County BOS Meeting</i> | <i>Notify Board of Suicide prevention Week and request adoption of Proclamation naming</i> | <i>Public Meeting of the BOS – open to entire County</i> | <i>None</i> | <i>Siskiyou County Behavioral Health Camy Rightmier crightmier@co.siskiyou.ca.us (530) 841-4281</i> |
| TBD | <i>Annual Faith Community Breakfast</i> | <i>East Sonora Conference Center</i> | <i>Provide education on suicide prevention and the work plan for our community.</i> | <i>A special invitation to ministers, chaplains, parish nurses, and other faith community workers to become involved.</i> | <i>None</i> | <i>Martha Golay mgolay@atcaa.org (209) 533-1397 x. 274</i> |
| TBD | <i>DORA Program</i> | TBD | <i>Increase the health and well-being of college students</i> | <i>University Housing & Village RAs</i> | <i>None</i> | <i>Kristen Mar kmar@csupomona.edu</i> |
| TBD | <i>M.H. Practitioner CADRE</i> | <i>Orange County Department of Education</i> | <i>SAMSHA Suicide Prevention Toolkit</i> | <i>CADRE Members</i> | <i>None</i> | <i>Ivezzuto@ocde.us</i> |
| TBD | <i>Stress Management and Self Care</i> | <i>Week of Welcome, Cal Poly</i> | <i>A personal-care workshop that also addresses stigma-reduction as part of our Week of Welcome.</i> | <i>First-year students attending Week of Welcome.</i> | <i>None</i> | <i>Hannah Roberts, Psy.D., Cal Poly Counseling Services 805.756.2511 hrober02@calpoly.edu</i> |

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September 2013 Suicide Prevention Events

Events and Campaigns to Raise Awareness of Suicide Prevention:

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|----------------------|---|--|--|---|--|---|
| 9/1/2013 - 9/30/2013 | <i>Silence Hurts Us All Social Media Awareness Campaign</i> | CSUSM | <i>Utilize e-publication and social media to share information about suicide prevention and compassion for those affected by suicide</i> | Students | None | Student Health & Counseling Services Cheryl Berry, cberry@csusm.edu 760-750-4946 implemented by CSUSM Active Minds chapter |
| 9/5/2013 | <i>Presentation of Know the Signs Campaign</i> | Dominican University | <i>Present Know the Signs Campaign and brainstorm ways to market locally</i> | Dominican University students | None | Theresa Ly, tly@edc.org in partnership with Family Services Agency of Marin |
| 9/6/2013 | <i>Suicide Prevention Awareness Panel Presentation</i> | DCFS Torrance, 2325 Crenshaw Blvd, Torrance 90501 | <i>Increasing awareness about suicide and suicide prevention</i> | DCFS Employees | <i>Closed to the public and is for invited DCFS employees only</i> | Ann Lee Los Angeles County Department of Mental Health 100 Oceangate, Suite 550 Long Beach, CA 90802 |
| Week of 9/8/2013 | <i>Mendocino County Mobile Story Board presentation</i> | Communities in Mendocino County TBD | <i>Suicide prevention education and awareness project</i> | Mendocino County community members | None | |
| 9/8/2013 – 9/14/2013 | <i>“Not On My Watch” Suicide Prevention Campaign</i> | Higher Education Campuses in San Diego County | <i>Bring awareness of the resources available to students and how to recognize the signs of suicide risk</i> | Students on various colleges throughout the state, including the Community Colleges, CSU, and UC campuses | None | Elizabeth Vaughan evaughan@sdchip.org |
| 9/8/2013 – 9/14/2013 | <i>Media Awareness in Tuolumne County</i> | Print, radio, youtube | <i>Educational announcements using multiple media sources</i> | General community | None | Martha Golay, mgolay@atcaa.org (209) 533-1397 x274 provided by the YES Partnership Media Committee |
| 9/9/13 – 9/13/13 | <i>Develop suicide prevention campaigns on campus</i> | Riverside County middle and high schools | <i>Riverside County Public Health collaboration with schools to increase awareness around mental health topics</i> | Students, staff and faculty | None | Janine Moore JAMoore@rcmhd.org |
| 9/9/2013 | <i>Behind Happy Faces: Talking about Mental Health-- Ross Szabo's story</i> | CSU Sonoma, Cooperage | <i>Behind Happy Faces raises awareness of the mental health needs of college students all across the nation</i> | Students, Faculty and Staff | None | Counseling and Psychological Services (707) 664-2382 www.sonoma.edu/as/asp |

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| 9/9/2013, 2:30 – 3:30 pm | National Suicide Prevention Week Event | CSU Stanislaus Campus MSR 130 | View short films about suicide awareness and messages of hope. Panel of campus and community members to dialogue about suicide prevention and achieving wellness. | Open to all students, faculty and staff | None | Jennifer Johnson – Coordinator - PEER Project jljohnson@csustan.edu |
| 9/9/2013 | UCB Counseling and Psychological Services launch “Look for the Signs Campaign” | UCB Campus Berkeley | Awareness Campaign | Students, Faculty and Staff | None | Aaron S. Cohen, PhD acohen@berkeley.edu |
| 9/9/2013 – 9/10/2013 | Suicide Awareness Lawn Campaign | CSU, Dominguez Hills North Lawn | Increase awareness of facts and myths about suicide | Open to everyone | None | Student Health & Psychological Services Cal State University Dominguez Hills Tiffany Herbert therbert@csudh.edu (310) 243-3818 |
| 9/9/2013 – 9/12/2013 | Field of Memories Memorial | South Quad CI, CSU Channel Islands | Create awareness of the 1100 suicide deaths that occur each year on college campuses. Tabling by Student Health Center, Veterans Program and Multicultural Center. | Students, faculty, staff | None | Kathleen J. Roach, MPH, MBA Kathleen.roach@csuci.edu |
| 9/9/2013 – 9/13/2013 | Suicide Awareness Activities: Out of Darkness walk & Before I die project | Butte College & CSU Chico | Suicide Prevention Awareness Event | Open to everyone | None | Stephanie Jimenez jimenezSt@Butte.edu |
| 9/9/2013 – 9/13/2013 | Suicide Prevention Week | Cuesta Community College- San Luis Obispo & North County Campus location | To increase awareness and reduce the stigma around suicide. To give resources and support to the student body. | Cuesta College students | None | Kelsey Kehoe Kelsey_kehoe@cuesta.edu (805) 546-3100 x. 2213 |

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| 9/10/2013 | Art with Impact | UHUB, CSU Chico campus | Facilitate suicide awareness and mental illness stigma reduction through discussion of short films | Open to everyone | None | Juni Banerjee-Stevens CSU Chico Counseling and Wellness Center dbanerjee-stevens@csuchico.edu 530-898-6345 |
| 9/10/13 | Stomping out stigma video | TBD | Show campus support for reducing stigma surrounding mental illnesses | Students, faculty, staff, visitors | None | Kristen Mar kmar@csupomona.edu |
| 9/10/2013 | Active Minds Inc. - Send Silence Packing awareness campaign | Riverside Community College 4800 Magnolia Ave. Riverside | Each backpack has information about college student mental health. | Open to the public | None | Riverside County Department of Mental Health, Janine Moore, Prevention and Early Intervention Coordinator Jamoore@rcmhd.org Angela Boland, Angela.boland@rcc.edu (951) 222-8000 x.4025 |
| September 2013 onwards (Monitors); 9/9/13-9/13/13 (Marquee) | Suicide Prevention Signage | Monitors in common areas and the marquee at the entrance to the CPP campus | Inform students, faculty, staff, and visitors to suicide prevention messages | Students, faculty, staff, visitors | none | Kristen Mar kmar@csupomona.edu |
| 9/11/2013 | Candlelight Vigil | CSU, Dominguez Hills Palm Court | Increase awareness of facts and myths about suicide | Open to everyone | None | Student Health & Psychological Services Cal State University Dominguez Hills Tiffany Herbert therbert@csudh.edu (310)243-3818 |
| 9/12/2013 | Adult Suicide Prevention Presentation | Mt. San Antonio College (Mt. Sac) | Increasing awareness about suicide and suicide prevention | College Aged Adults | Closed to the public and is for invited Mt. San Antonio College students only | Melissa Egan Mt. San Antonio College 1100 North Grand Avenue Walnut, CA 91789 megan@mtsac.edu |
| 9/12/2013 | "Bully" | First Baptist Church of Chico | Raise awareness of the dimensions of bullying as well as the relationship of bullying and suicide through viewing and discussing the film "Bully" | Open to everyone | None | Keith Slaughter, slaughtk@pacbell.net 530-521-6445 Tom Kelem, Board Chair, Stonewall Alliance Center, tkelem@stonewallchico.org 530-893-3336 |

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| 9/14/2103 | AFSP Suicide Prevention Walk in Chico | Chico Downtown Plaza | Raise awareness about suicide and reduce mental illness stigma; offer suicide survivors an opportunity to grieve and honor loved ones | Open to everyone | None | Mike Gonzales suzyslaw@gmail.com 530-520-6696 |
| 9/17/2013 | Send Silence Packing | Santiago Canyon College | Enhance mental health awareness; help reduce college student suicide by starting a dialogue about suicide and encouraging peers to reach out | Students, campus staff and community | None | Active Minds Candace Daniels Candace@activeminds.org |
| 9/21/2013 | Coastal Trail Walk | Window on the Bay Park, Monterey | Remember those we have lost and raise awareness about and support for Suicide Prevention Service of the Central Coast | General community, families, survivors of suicide loss, suicide attempt survivors, service providers, etc. | None | Evan Marsh, Suicide Prevention Service of the Central Coast evanmfsa@gmail.com , (831) 459-9373 x5 www.coastaltrailwalk.org (877) 311-9255 |
| 9/22/2013 | 15th Annual Alive and Running 5K walk/run for suicide prevention | North of LAX West 88th St. & La Tijera Blvd., Los Angeles, CA 90045 | A walk/run to raise funds and awareness for DHMHS's Suicide Prevention Center | Open to everyone | Register online or at the day of the event | Didi Hirsch Mental Health Services Register online at: www.aliveandrunning.org Or register same day in person from 6:30-7:45am |
| 9/27/2013 | Send Silence Packing | UU Plaza, Cal Poly | Raise awareness through a program that brings 1,100 backpacks to campus, representing the college students lost annually to suicide | Cal Poly students, faculty and staff | None | Hannah Roberts, Psy.D. Campus Program Coordinator, Cal Poly Counseling Services San Luis Obispo, CA 93407 805.756.2511, hrober02@calpoly.edu |
| 9/28/2013 Time TBD | Walking Toward Awareness | Carson Park, Eureka | Raise awareness suicide is preventable, provide hope, support for families, friends and community | Whole community | None | Kris Huschle (707) 441-5554 khuschle@co.humboldt.ca.us |
| 10/18/2013 | Send Silence Packing | San Francisco State University, Quad | To bring to life the personal stories of students who have completed suicide | Students, faculty, staff, providers, community partners | None | Yolanda Gamboa ygamboa@sfsu.edu |

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September 2013 Suicide Prevention Events

Suicide Prevention Training Opportunities

Applied Suicide Intervention Skills Training (ASIST) Workshop (2 days): Interactive, experiential workshop that prepares caregivers to provide suicide first aid interventions.

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|--|-----------------------------|----------------------------|--|---|---|---|
| 9/2013 TBD | ASIST | Siskiyou County | Train Crisis Line Volunteers & local schools and FRC Directors | Open to anyone involved in providing mental health services | None | Siskiyou County Behavioral Health Arden Carr, acarr@co.siskiyou.ca.us (530) 841-4100 |
| 9/9/2013-9/10/2013 and TBD (End of 9/2013) | ASIST Training | Cal Poly | Train Campus Community Members in ASIST | Open to anyone on campus | None | Patricia Ponce, California Polytechnic State University, 805-756-1380 pponce@calpoly.edu |
| 9/25/2013 – 9/26/2013 8:30am to 4:30pm | ASIST | Aquatic Center, Eureka, CA | Train community in suicide first aid. | Regional partners, community members | Registration is required. | DHHS_TES@co.humboldt.ca.us or call (707) 441-5520 to reserve a spot |
| November 2013 TBA | ASIST trainings in November | Santa Clara / South County | Gatekeeper Training | Community | None | Evelyn Tirumalai Evelyn.Tirumalai@hhs.sccgov.org |

SafeTALK: Prepares helpers to identify persons with thoughts of suicide and connect them to suicide first aid resources.

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|-------------|--------------------|-------------------------------|--------------------------------------|--|---|---|
| 9/9/2013 | SafeTalk Training | CSU Chico | Train students and community members | Open to everyone | None | Juni Banerjee-Stevens CSU Chico Counseling and Wellness Center dbanerjee-stevens@csuchico.edu 530-898-6345 |
| 9/9/2013 | SafeTalk Training | First Baptist Church of Chico | Train community members | Open to everyone | Register at http://web.bcoe.org/calendar/ . Select 9/9 and then select SafeTalk | Bruce Baldwin Butte County Office of Ed bbaldwin@bcoe.org 530-532-5842 |
| 9/13/2013 | Safe Talk Training | Butte-Glenn Community College | Train students and community members | Open to everyone | None | Juni Banerjee-Stevens CSU Chico Counseling and Wellness Center dbanerjee-stevens@csuchico.edu 530-898-6345 |

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September 2013 Suicide Prevention Events

Question, Persuade, Refer (QPR) (about 1 hour): Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|------------------------------|---|--|--|---|---|---|
| TBD | Question, Persuade, Refer (QPR) Training | TBA | Teach Question, Persuade, Refer (QPR) approach to suicide assessment | UCB Students | None | Counseling and Psychological Services Aaron S. Cohen, PhD acohen@berkeley.edu |
| 9/9/13 | QPR Gatekeeper Instructor Training | San Joaquin County Office of Education, Stockton | To train QPR Gatekeeper Instructors | Anyone interested in becoming an instructor in QPR | Participants have been selected through the sponsoring agencies | Ken Fitzgerald, Stanislaus COE kfitzgerald@stancoe.org |
| 9/10/2013 3:30pm-5:00pm | Question, Persuade & Refer Training | Library, Room 2206 | To educate the campus community | Fresno State Students, Staff & Faculty | Registration with Melissa Watkins | Melissa Watkins melissaw@csufresno.edu (559) 278-1023 |
| 9/10/2013 | QPR Training | UCLA | Train Office of Residential Life (ORL) governance representatives and Resident Advisors on QPR | ORL governance representatives ORL Resident Advisors | None | UCLA CAPS Melissa Magaro mmagaro@caps.ucla.edu (310) 825-0768 |
| 9/11/2013 | Suicide Prevention Event and QPR training | Fairfield, Solano County | Commemorate suicide prevention week, generate awareness, offer QPR training | Mental health providers, General public | None | Sandra Black, sblack@edc.org Family Service Agency of Marin, Melissa Ladrech, mladrech@fsamarin.org 415-491-5715 |
| 9/13/2013 11:00am-12:30pm | Question, Persuade & Refer Training | Library, Room 2206 | To educate the campus community | Fresno State Students, Staff & Faculty | | Register with Melissa Watkins: melissaw@csufresno.edu , (559) 278-1023 Seats are limited. |
| 9/15/2013 | Question, Persuade, Refer(QPR) Training | Gavilan College Teaching and Learning Center | Suicide prevention | Gavilan College faculty | None | Carla Velarde-Barros, MSW cvelardebarros@gavilan.edu |
| 9/19/2013 | Kinesiology Department, Cal Poly | QPR for Kinesiology Orientation | Train Kinesiology Department Faculty and Staff in QPR | Kinesiology Department Faculty & Staff | None | Hannah Roberts, Psy.D. Campus Program Coordinator, Cal Poly Counseling Services San Luis Obispo, CA 93407 805.756.2511, hrober02@calpoly.edu |

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September 2013 Suicide Prevention Events

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|-------------|--|---------------------------------------|---|--|---|---|
| 9/25/2013 | QPR Workshop | Riverside City College classroom | Suicide prevention and intervention | Students | None | Angela Boland Angela.boland@Rcc.edu (951) 222-8000 x.4025 |
| 9/30/2013 | QPR Gatekeeper Training | Stanislaus County Office of Education | To train suicide prevention "gatekeepers" | School personnel and other youth-serving agencies and community partners | None | Erikka Perry, Stanislaus COE eperry@stancoe.org , (209) 238-1367 |
| 10/28/13 | Suicide Prevention and QPR Gatekeeper Training | Santa Clara | Gatekeeper Training | Santa Clara DADS county contracted service providers | None | Evelyn Tirumalai Evelyn.Tirumalai@hhs.sccgov.org |

Mental Health First Aid Training: A basic training course that helps the public identify, understand and respond to signs of suicide, mental illnesses and substance use disorders until professional help arrives

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|---------------------|-------------------------------|--|--|---|---|--|
| 9/12/2013 | Youth Mental Health First Aid | Stanislaus County Office of Education | To train adults who work with youth to provide mental health first aid | Adults who work with youth | None | Erikka Perry, Stanislaus COE eperry@stancoe.org , (209) 238-1367 |
| 9/12/2013-9/13/2013 | Mental Health First Aid | Recovery Education Institute 401 S. Tustin St. Orange, CA 92866 | Mental Health First Aid basic training course | Open to the public, (Note: This training is not designed for clinicians and does not offer CE credits) | Register with the Center of Excellence | For more information, please contact the Center of Excellence at: 714-667-5600 or HCACenterofExcellence@ochca.com |
| 9/16/2013 | Youth Mental Health First Aid | Stanislaus County Office of Education | To train adults who work with youth to provide mental health first aid | Adults who work with youth | None | Erikka Perry, Stanislaus COE eperry@stancoe.org , (209) 238-1367 |

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September 2013 Suicide Prevention Events

Other Suicide Prevention Training Opportunities:

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|----------------------|---|--|---|---|---|--|
| 9/4/2013 | Resident Assistant Training | Cal Poly Residential Life & Education | Training Resident Assistants to recognize and respond to distress through Active Listening Workshops and Behind Closed Doors. | Residential Life and Education Staff | None | Hannah Roberts, Psy.D. Campus Program Coordinator, Cal Poly Counseling Services San Luis Obispo, CA 93407 805.756.2511, hrober02@calpoly.edu |
| 9/7/2013 | Hotline Volunteer Training Class | Culver City, CA: Didi Hirsch Mental Health Services | Training Classes for Suicide Crisis Hotline volunteers. Welcoming 3 Chaplains from the Korean Army | Pre-registration needed. Training class opportunities are available for interested volunteers | Requires Pre-registration and screening | Didi Hirsch Mental Health Services Yamile Sanchez ysanchez@didihirsch.org |
| 9/9/2013 – 9/12/2013 | Kognito At Risk-Online Training | Campus Wide, CSU Channel Islands | Have as many faculty, staff and students participate in the online training | Students, faculty, staff | None | Kathleen J. Roach, MPH, MBA Kathleen.roach@csuci.edu |
| 9/11/2013 | RA Training | Cal Poly Residential Life & Education | Training Resident Assistants to recognize and respond to distress through Active Listening Workshops and Behind Closed Doors. | Residential Life and Education Staff | None | Hannah Roberts, Psy.D. Campus Program Coordinator, Cal Poly Counseling Services San Luis Obispo, CA 93407 805.756.2511, hrober02@calpoly.edu |
| 9/11/2013 | Crisis Intervention Training Academy- Partner with Monterey County Sheriff's Department | Monterey County | Provide training and suicide prevention and intervention for first responders and law enforcement from throughout the Central Coast | Officers enrolled in the Fall 2013 CIT Academy | None | Carly Galarneau Suicide Prevention Service of the Central Coast carlygfsa@gmail.com (831) 459-9373 x.17 |
| 9/12/2013 | Kognito Training | CSU, Dominguez Hills | Increase awareness of how to deal with students/peers in distress | Open to everyone | None | Student Health & Psychological Services Cal State University Dominguez Hills Tiffany Herbert therbert@csudh.edu , (310)243-3818 |
| 9/14/2013 | Presentation/training for clinicians on suicide prevention | Hollywood Sunset Free Clinic, 3324 W. Sunset Blvd. Los Angeles, Ca 90026 | Increasing awareness about suicide and suicide prevention | Clinicians | Closed to the public and is for Clinicians of Hollywood Sunset Free Clinic only | Robbert Schalekamp (323) 660-2400 |

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September 2013 Suicide Prevention Events

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|-------------|---|--|---|--|---|--|
| 9/27/2013 | Veteran Suicide Awareness: Gatekeeper Training | Pasadena City College Crevling Lounge 8:30-10:30am | Veterans Suicide Awareness Campaign to prevent suicide among veterans | All campus staff and faculty working with veterans | None | PCC Veterans Resource Center Patricia D'Orange-Martin pddorange-martin@pasadena.edu (626) 585-7888 |
| 10/22/13 | SF Police Critical Incident Team Straining on Suicide | San Francisco | Train police officers on suicide | Police officers | Police officers | David Paisley 415/984-1900 Davidp@sfsuicide.org |
| 11/20/13 | Suicide and the Attorney | Webinar | Train legal profession on suicide | Legal Profession | Legal Profession | David Paisley 415/984-1900 Davidp@sfsuicide.org |

Information Dissemination Opportunities:

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|----------------------------|---|--|---|--|---|---|
| TBD | High School Campus Club Fair | Sonora, Summerville, and Casina High Schools | Distribute text message suicide prevention business cards to students | High School students | None. | Martha Golay mgolay@atcaa.org (209) 533-1397 x. 274 |
| 9/2013 TBD | Know the Signs/Wellspace | Siskiyou County | Suicide Awareness, share fliers, posters, outreach | Older Adults/Teens TAY | None | Siskiyou County Behavioral Health Camy Rightmier, (530) 841-4281 crightmier@co.siskiyou.ca.us |
| 9/1/2013-9/30/2013 | Suicide Prevention Signs/ Resources | CPP Campus/Social Media | Provide resources and information to the CPP community | Students, faculty, staff, visitors | None | Kristen Mar kmar@csupomona.edu |
| 9/9/2013 10:30am-1:30pm | Informational Tabling Activities focused on warning signs (behaviors & situations) | CSU, Fresno Free Speech Platform | To educate our campus community about the behaviors and situations that someone might exhibit when they are thinking about suicide. | Fresno State Students | None | Melissa Watkins melissaw@csufresno.edu (559) 278-1023 |

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September 2013 Suicide Prevention Events

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|---------------------------------|--|--|---|--|--|--|
| 9/10/2013 | <i>Kick the Stigma Tabling event</i> | <i>CSU, Dominguez Hills East Walkway</i> | <i>Tabling event to promote awareness of suicide, facts, myths, and resources</i> | <i>Open to everyone</i> | <i>None</i> | <i>Student Health & Psychological Services Cal State University Dominguez Hills Tiffany Herbert therbert@csudh.edu (310)243-3818</i> |
| 9/10/2013 1:00 – 2:00 pm | <i>Information table Survivor of Suicide Speaker</i> | <i>Willow International Community College Center</i> | <i>Awareness, anti-stigma, reduce suicide increase help seeking behavior</i> | <i>Open to everyone</i> | <i>None</i> | <i>Naomi Foray Naomi.foray@scccd.edu Michelle Scoggins Michelle.scoggins@scccd.edu</i> |
| 9/10/2013 | <i>Suicide Prevention Fair</i> | <i>San Diego City College</i> | <i>Raise awareness of signs of suicide, provide community resources to students</i> | <i>Community partners and students</i> | <i>None</i> | <i>Julie Little jlittle@scccd.edu (619) 388-3539</i> |
| 9/10/2013 10:30am- 1:30pm | <i>Informational Tabling Activities focused on warning signs</i> | <i>CSU, Fresno Free Speech Platform</i> | <i>Educate our campus community about the verbal cues that someone might exhibit when they are thinking about suicide.</i> | <i>Fresno State Students</i> | <i>None</i> | <i>Melissa Watkins melissaw@csufresno.edu (559) 278-1023</i> |
| 9/11/2013 | <i>Suicide Prevention Week Health Fair</i> | <i>Golden West College, Huntington Beach CA</i> | <i>Outreach to College students during Suicide Prevention Week regarding risk factors and warning signs of suicide and how to help</i> | <i>College Aged Adults</i> | <i>Closed to the public and is for invited Golden West College students only</i> | <i>Jacquelyn Rivera Program Coordinator Survivor Support Services (714) 547-8562 Rob Bachmann rbachmann@gwc.cccd.edu</i> |
| 9/11/2013 – 9/12/2013 | <i>Suicide Prevention Resource Fair</i> | <i>Cuesta College, North County San Luis Obispo</i> | <i>To increase awareness of the resources available for preventing suicide</i> | <i>Open to the Public</i> | <i>None</i> | <i>Kelsey A. Kehoe Wellness Arts Program Coordinator Cuesta College (805) 546-3100 x.2213</i> |
| 9/12/2013 10:30am- 1:30pm | <i>Informational Tabling & Community Resource Fair</i> | <i>Free Speech Platform</i> | <i>To educate the campus community about resources available on our campus and in our community (i.e., local hotline, Fresno SOS, etc.)</i> | <i>Fresno State Students</i> | <i>None</i> | <i>Melissa Watkins melissaw@csufresno.edu (559) 278-1023</i> |

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September 2013 Suicide Prevention Events

| Date | Name | Location | Purpose | Target Population (who should attend) | Prerequisites (for attendance) | Contact Information |
|-----------------------------------|--|-----------------------------------|---|--|---|--|
| 9/12/2013 | Information Table, Survivor of Suicide Speaker | Fresno City College Madera Center | Awareness, anti-stigma efforts, reduce suicide increase help seeking behavior | Open to everyone | None | Brian Olowude Brian.Olowude@fresnocitycollege.edu Sherri Scott-Hunter Sherri.scott-hunter@scccd.edu |
| 9/14/2013 12:00 to 5:00pm | PRIDE Festival | Halvorsen Park, Eureka | Community outreach & education. | LGBTQI & all community members | None | http://humboldtpride.org |
| 9/14/2013-9/15/2013 and 9/21/2013 | Lake County Recovery Month Activities | Lake County Locations TBD | Resource Table for Suicide Prevention Marketing materials | Lake County Community members | none | Lake County Behavioral Health Linda Aldridge Linda.Aldridge@lakecountyca.gov (707) 274-9101 |
| 9/18/2013 | Napa County AOD Resource Fair | Napa County Location TBD | Resource Table for Suicide Prevention Marketing materials | Napa County community members | none | Napa County Mental Health Martha Gomez-Cisneros martha.gomez-cisneros@countyofnapa.org (707) 259-8691 |
| 9/19/2013-9/20/2013 | Mustang Way to Success | Week of Welcome, Cal Poly | A resource fair to raise awareness and reduce stigma. | First-year students attending Week of Welcome. | None | Andrene Kaiwi-Lenting, Student Life & Leadership, California Polytechnic State University [p] 805.756.2014 http://orientation.calpoly.edu |

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