



AUGUST 2021 | 47TH EDITION

September is **SUICIDE PREVENTION MONTH**

Join the Suicide Prevention Week Activity Challenge!



All of us can play a role in suicide prevention.

Know the Signs. Find the Words. Reach Out.

Suicide Prevention Week (September 5-11, 2021) and World Suicide Prevention Day (September 10, 2021) is a time when individuals and

organizations around the country and the world join their voices to broadcast the message that everyone can play a role in suicide prevention and to remember loved ones lost to suicide. We hope you will join us by participating in the Suicide Prevention Week Challenge beginning on Monday, September 6, 2021.



Visit: www.suicideispreventable.org/prevention-kit.php to download the challenge card

This is how it works!

1. Download the challenge card and or take a picture and save it to your phone.
2. Review and complete the challenges. Check them off on the challenge card!
3. Post a picture to your social media accounts with the hashtag #Reconnect #SuicidePrevention. Not on social media? Email the card to info@suicideispreventable.org.
4. The first 25 posts or emails received before September 30, 2021 will receive a Mental Health Thrival Kit!

CHALLENGE #1: RECONNECT AND CREATE A SAFE SPACE

Feeling connected to friends, family, and our community can be a protective factor for suicide. As we reenter and rebuild the fabrics of our daily life that were disrupted, reconnecting with supportive relationships and practicing positive coping skills is essential for our emotional well-being. Use this time to each out to someone in your life and let them know that you are comfortable to talk about anything they need, including suicide, and should they ever come to a point where they are questioning their reasons for living, you will be there to listen and support them. Creating this safe space at a time when there is no crisis is one way we can play a role in suicide prevention.



CHALLENGE #2: FIND THE (CROSS) WORDS



Download the "Know the Signs - Find the Words - Reach Out" Crossword Puzzle and try to solve all of the clues. Take a picture of the solved puzzle and post it to your social media with these hashtags: #SuicidePrevention #Crossword. Interested in other activities? Check out Trivia and Bingo.

CHALLENGE #3: LIKE & LEARN ABOUT A SUICIDE PREVENTION RESOURCE

Familiarize yourself with a suicide prevention resource. Visit their website or their social media page and like, share or comment to show your support for the work they do. Find a list of resources here, or visit the website or social media page of your local county behavioral health agency. Many list local resources, training opportunities and events!



CHALLENGE #4: PAUSE AND TAKE A BREATH



Schedule a 10-minute 'Breathe Break' into your calendar and use this time to remove distractions and partake in a breathing exercise of your choice. This can be done individually, during a zoom meeting, or even as a family. Find information on different breathing techniques here.

CHALLENGE #5: LIGHT A CANDLE ON SEPTEMBER 10TH

On this special day, take some time to show your support for suicide prevention and to remember loved ones lost to suicide by lighting a candle near a window at 8 p.m. Don't forget to share on social media. To learn more about World Suicide Prevention Day, visit <https://www.iasp.info/wspd2021/>.



24 HOUR HOTLINE
NORTH BAY SUICIDE PREVENTION
HOTLINE OF SONOMA COUNTY
1 855 587 6373

For more information visit:
Suicideispreventable.org

Suicide Prevention in Sonoma County

Bringing Diversity, Equity, and Inclusion to MHSA Sonoma

Join Sonoma County's Suicide Prevention & Awareness Efforts!

- **September 7th** 3:00pm - 4:30pm
 - **Buckelew's Virtual Community Resource Clinic** Resource clinic via Zoom to help with understanding or assistance in accessing services for themselves or their loved one. Email MichaelE@buckelew.org to participate.
- **September 8th** 7:00 pm - 8:00 pm
 - **SOS: Allies For Hope by Buckelew** Survivors of Suicide Bereavement Support Group (Virtual) is a non-clinical peer-to-peer group to share strategies and skills for coping with loss of a loved one to suicide and transitioning to a place of greater understanding and compassion for ourselves, for those with similar experiences, and those we have lost. Email SOSinfo@Buckelew.org for more information.
- **September - 9th, 14th, 21st, 23rd & 28th** 4:00pm - 5:30pm
 - **Path to Hope Live** - Virtual educational series on suicide prevention that strengthens our community bonds and supports with the grief, loss, and mental health challenges of our times. The format of varied presenters and topics packs in heart, lived experience and personal connection. The focus for Path to Hope Live in 2021 is on our youth and their experience in this unprecedented time in our collective history. For more information, please contact Erika Klohe at Erika.klohe@stjoe.org
- **September 10th**
 - **Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training.** Space is limited, please email: BH-Training@sonoma-county.org for details.
 - **Candle Vigil** 8:00pm
Light a candle to show support for suicide prevention & to remember loved ones lost to suicide on World Suicide Prevention Day. Visit <https://www.iasp.info/wspd2021/> to learn more.
- **September 15th** 8:00am - 5:00pm
 - **Assessing and Managing Suicide Risk (AMSR)** for mental health professionals. Email: BH-Training@sonoma-county.org for more information.



Department of Health Services, Behavioral Health Division is excited to share that we are working on ways to promote more diversity, ensure equity and be more inclusive when it comes to Sonoma County's mental health care system. One recent change was the addition of the Diversity, Equity, and Inclusion (DEI) Development Manager position.

Please welcome Susan Castillo as the new DEI Development Manager! Susan has been certified since 1989 by the Equity Institute in anti-bias training and worked as a consultant for the Centers for Disease Control and Prevention, focusing on equity and social justice issues. She also served as Assistant Director for a non-profit in San Francisco and Director of Programs for an organization that was centered on social, economic, and environmental justice issues before joining the County of Sonoma.

Susan has had a number of positions with the Behavioral Health Division including Section Manager and MHSA Coordinator and she used a health equity approach of embracing whole person and person-centered care to re-design existing programs and innovate new programs.

Susan is excited to apply the collective impact framework along with other approaches to improve our mental health care system.

Some of Susan's tasks include:

- **Policy Development:** ensuring division policies are nondiscriminatory and inclusive;
- **Workforce, Education, and Training:** developing a workforce pipeline to diversify the incoming behavioral health workforce that includes participation in the development of strategies related to recruitment, hiring, on-boarding, training, support, and retention practices and ensuring the current BH workforce is appropriately attending to the needs of our diverse clientele;
- **Program Design and Development:** participation in program design and development to control for bias and ensure equity and cultural relevance in service provision;
- **Leadership Development:** Strengthening management and administrative performance



➔ Get Involved!

Attend our next virtual MHSA Stakeholder Committee meeting! This meeting is open to anyone with an interest in Sonoma's Behavioral Health System of care. Please contact MHSA@sonoma-county.org for more details.

Attend a Sonoma County Mental Health Board meeting! The Board acts as a community focal point for mental health issues and develops a community network to promote: Coalition building that will create a unified voice to impact public policy and awareness; a wider understanding and knowledge of mental health issues; the integrity of mental health services; and involvement of clients and families in mental health planning.

The next Mental Health Board meeting is on Tuesday, September 21st at 5pm. The Board agenda and Zoom link will be posted no later than three days prior to the meeting. Click [HERE](#) for more information.

Sonoma County MHSA's Annual Update is Posted!



Check out MHSA's Annual Plan Update for FY 21-22, Expenditure Plan for FY 21-22 and Annual Program Report for FY 19-20, now on our website!

This publication is brought to you by the County of Sonoma Department of Health Services Behavioral Health Division (DHS-BHD) and will be posted for at least 30 days prior to a public hearing at the Sonoma County Mental Health

Board meeting on September 21, 2021 at 5pm. Click [HERE](#) to access the publication released on August 6th. Click [HERE](#) to learn more about the Mental Health Board Meeting.