

# Sonoma County

## MENTAL HEALTH SERVICES ACT

### Newsletter

SEPTEMBER 2023 | 53RD EDITION



## September is SUICIDE PREVENTION MONTH

### Suicide Prevention is Everyone's Business

Most of us have been touched by the tragedy of suicide. We may have lost someone close to us or been moved by the loss of someone we may have never met. When a suicide happens, those left behind often experience deep shock. Even if they knew the person was struggling, they may not have expected suicide would be the result. However, many people who find themselves in a suicide crisis can and do recover. We all have a role to play in suicide prevention. There are actions you can take right now to support yourself and those around you:

- **Know the Signs:** Most people who are considering suicide show some warning signs or signals of their intentions. Learn to recognize these warning signs and how to respond to them by visiting the Know the Signs web site ([www.suicideispreventable.org](http://www.suicideispreventable.org)).
- **Find the Words:** If you are concerned about someone, ask them directly if they are thinking about suicide. This can be difficult to do, but being direct provides an opportunity for them to open up and talk about their distress and will not suggest the idea to them if they aren't already thinking about it. The "Find the Words" section of the Know the Signs web site ([www.suicideispreventable.org](http://www.suicideispreventable.org)) suggests ways to start the conversation.
- **Reach Out:** You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about. Visit the Reach Out section of the Know the Signs web site ([www.suicideispreventable.org](http://www.suicideispreventable.org)) to identify where you can find help for your friend or loved one.

The Know the Signs campaign is one of several statewide initiatives funded by counties through the voter-approved Mental Health Services Act (Prop 63). These efforts are administered by the California Mental Health Services Authority (CalMHSA) and are part of the Take Action for Mental Health Campaign.

To find local services and supports, visit the Reach Out section of the Know the Signs resources page where you will find California statewide and national resources as well as links to resources in your county: [www.suicideispreventable.org](http://www.suicideispreventable.org)

**Prevention Works.** Many people who feel suicidal don't want to die. If they can get through the crisis, treatment works. There are programs and practices that have been specifically developed to support those who are in a suicide crisis. The Suicide Prevention Resource Center hosts a registry of 160 programs, practices and resources for suicide prevention. You can learn more about them by visiting <https://sprc.org/>

### Help is available

The Suicide Prevention Lifeline (1-800-273-8255- TALK) or 988 (call, text or chat) offers 24/7 free and confidential assistance from trained counselors. Callers are connected to the nearest available crisis center. The Lifeline is also available in Spanish, and for veterans or for those concerned about a veteran, by selecting a prompt to be connected to counselors specifically trained to support veterans.



# Suicide Prevention Events in September

# Sonoma County Launches New Innovative Residential Housing Program!

**DETALLES**

**DOMINGO 10 DE SEPTIEMBRE 2023**

Old Courthouse Sq. Santa Rosa, CA 95407  
10:00am - 1:00pm

**¡Acompáñanos!**

**CONEXIÓN ES PREVENCIÓN**

**LA CONEXIÓN ES PREVENCIÓN CON COMUNIDAD**

**RECURSOS DE LA COMUNIDAD**

**TALLERES INTERESANTES**

**ACTIVIDADES INTERACTIVAS**

**HABILIDADES DE AUTOCUIDADO**

Ven y sé parte de esta enriquecedora experiencia y descubre cómo fomentar las conexiones puede ser la clave para prevenir problemas de salud mental. Juntos, prosperemos y creemos una comunidad más fuerte y solidaria.

10:00am - 10:15am Ceremonia de apertura  
10:15am - 10:30am Palabras de apertura  
10:30am - 10:50am Taller de Habilidades Mente-Cuerpo  
10:50am - 11:00am Hablar de la vida: masculino abierto  
11:00am - 11:05am Comentarios del mediador  
11:05am - 11:45am Taller de planes de atención anticipada  
11:45am - 12:00pm Hablar de la vida: masculino abierto  
12:00pm - 12:15pm Presentación comunitaria\*  
12:15pm - 12:30pm Taller de Habilidades Mente-Cuerpo\*  
12:30pm - 1:00pm Palabras de Cierzo / Ceremonia "En Español"

PARA MÁS INFORMACIÓN CONTACTA: [PREVENCIÓN@SONOMA-COUNTY.ORG](mailto:PREVENCIÓN@SONOMA-COUNTY.ORG)

Check out the community events, trainings, support groups and more happening this September in Sonoma County for suicide prevention awareness month!

We've put together a list of the events [HERE](#).

**EVENT DETAILS**

**SUNDAY 10 SEPTEMBER 2023**

Old Courthouse Sq. Santa Rosa, CA 95407  
10:00am - 1:00pm

**FREE & OPEN TO ALL!**

**Join Us!**

**CONEXIÓN IS PREVENCIÓN**

**CONNECTION IS PREVENTION WITH COMMUNITY**

**THE POWER OF CONNECTION:**

10:00am - 10:15am Opening Ceremony  
10:15am - 10:30am Opening Remarks  
10:30am - 10:50am Mind-Body Skill Workshop  
10:50am - 11:00am Speak Life: Open Mic  
11:00am - 11:35am Mid-Day Remarks  
11:35am - 11:45am Advance Care Plan Workshop  
11:45am - 12:00pm Speak Life: Open Mic  
12:00pm - 12:15pm Community Presentation\*  
12:15pm - 12:30pm Mind-Body Skills Workshop\*  
12:30pm - 1:00pm Closing Remarks / Ceremony \*En Español

**COMMUNITY RESOURCES**

**INTERACTIVE ACTIVITIES**

**ENGAGING WORKSHOPS**

**SELF-CARE SKILLS**

Come be a part of this enriching experience and discover how fostering connections can be the key to preventing mental health challenges. Together, lets thrive and create a stronger, more supportive community.

SONOMA COUNTY DEPARTMENT OF PUBLIC HEALTH

DHS-BHD is excited to announce the launch of MHSAs Innovation Project: Crossroads to Hope (C2H)! C2H will help individuals with justice involved backgrounds and a mental health illness to build a supportive network, gain healthy life skills, get connected to community resources, and establish long-term stable housing.



C2H's transitional housing program opened its doors in July 2023. This peer-led and client centered program will provide 24/7 support. Felton Institute works collaboratively with DHS-BHD as the contracted peer service provider offering onsite case management services and programming for up to six months.

Click [HERE](#) to read Crossroads to Hope's Innovation Proposal.

## A Life Worth Living – Sonoma County's New Suicide Prevention Alliance

A group of dedicated mental health leaders and community representatives in Sonoma County have formed a new alliance with a mission to work collaboratively to create a community where anyone impacted by suicide is supported when and where they need it. According to the California Department of Public Health report, Sonoma County's three-year average age-adjusted suicide death rate for 2020 through 2022 was 38% higher than the average rate in California. The Alliance's vision to co-create a life worth living, helping one another safely navigate crises, and find support when needed, hopes to reduce Sonoma County's suicide rate.

The goals of this new alliance are to:

- Connect, collaborate, and build relationships
- Draft and circulate Sonoma County's Suicide Prevention Strategic Plan
- Identify needs and available resources in our community
- Implement strategic plan goals, objectives, and activities, in partnership with community and service providers
- Engage community members, stakeholders, and partners in planning and taking action

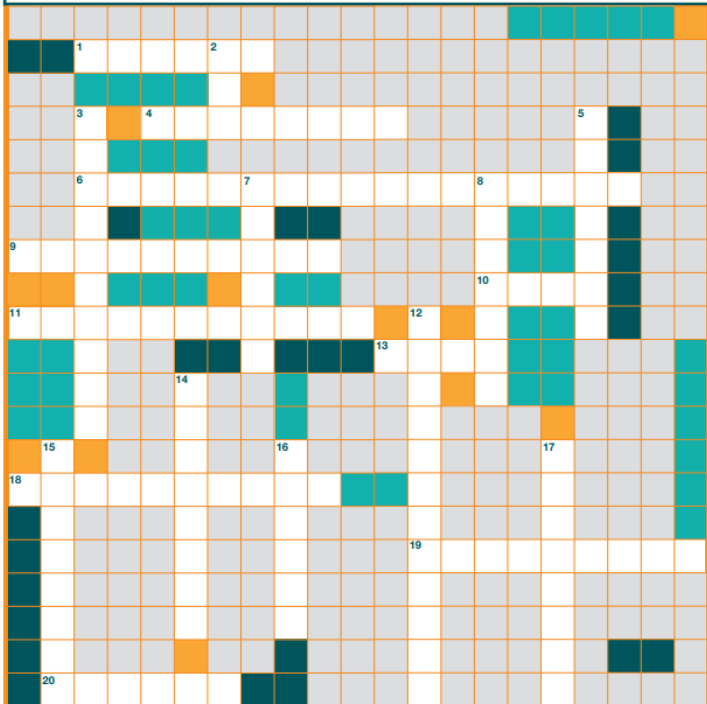
To learn more about A Life Worth Living: Suicide Prevention Alliance or to get involved email [Melissa.Ladrech@sonoma-county.org](mailto:Melissa.Ladrech@sonoma-county.org).

## MHSA Community Program Planning: Listening Sessions Report

Sonoma County's MHSA Community Program Planning Workgroup helped organize listening sessions with diverse communities experiencing mental health inequities. The listening sessions were co-facilitated by our consultant, Dory Escobar and trained community leaders to engage communities in important conversations. The findings and summary report will be presented on September 12, 2023 from 2pm to 4pm via Zoom and you are invited to attend! Email [MHSA@sonoma-county.org](mailto:MHSA@sonoma-county.org) for Zoom link.

## Know the Signs. Find the Words. Reach Out.

### Crossword Puzzle



#### Across

- The skills and strategies that children and youth gain through \_\_\_ emotional learning can increase protective factors and decrease risk factors associated with suicide
- Conscious act one takes in order to promote their own physical, mental, and emotional health
- Personal or environmental characteristics that help protect people from suicide
- Promoting connectedness and teaching coping and problem-solving skills are \_\_\_ strategies
- \_\_\_ isn't always obvious
- If you are concerned about someone, giving away \_\_\_ is a warning sign to look for
- Securely storing prescription medications and firearms can help keep a person \_\_\_
- Warning sign characterized by the act of not wanting to communicate or be around other people
- Suicide Prevention Week is in this month
- Changes in \_\_\_ and sleeping patterns are warning signs for suicide

#### Down

- We can \_\_\_ prevent suicide
- \_\_\_ is not a necessary part of aging
- Talking about feeling hopeless or having no reason to live is a \_\_\_ sign
- Before starting a conversation with someone you are concerned about have a list of \_\_\_ resources
- The causes of suicide are \_\_\_
- Indications that someone may be in danger of suicide, either immediately or in the near future
- Asking someone about suicide does not \_\_\_ the likelihood of suicide
- The national suicide prevention \_\_\_ is a 24/7 toll-free, confidential hotline available to anyone in suicidal crisis or emotional distress
- Being connected to \_\_\_ and community support can decrease suicidal thoughts and behaviors
- If you are concerned about someone, always ask \_\_\_ about suicide

Find the Answer Key at [suicidalspreventable.org](http://suicidalspreventable.org)

Join us on Sunday, September 10th for suicide prevention awareness day at Santa Rosa's Old Courthouse Square. Connect with others through art, mindfulness activities, words of affirmation and local community resources. Click [HERE](#) for flyer in English. Click [HERE](#) for flyer in Spanish.



Sonoma County's MHSAs Three-Year Plan for FY 2023-2026 has been updated and is available on the DHS-BHD website [HERE](#).