

Feb 1, 2022 | 📅 CHA Membership Mtg

Attendees: Christina Martinek Dana Murgia Jamie Jensen Kimberly Perris Rachel Westlake Rob England (Tribal PH Director, UIHS), Julie Simpson Liz Lara- O'Rourke (ED, UIHS), Zack Burton, Dr. Caroline Connor (Pre-Medical Educ Task Force), Jeff Lamoree (MH/SUD Advocate), Erin McCann (RCRC), Sharon Wolf, Michelle Radcliff Garcia (California Phones), Kristin Smith (DHHS), Laura Olson (Smullin Foundation), Barbara LaHaie (Redwood Coast PACE), Maggie Kraft (A1AA), Dr. Michael Fratkin (Resolution Care), Paul Mangum (Arcata House Partnership). Penny Figas (Humboldt- Del Norte Medical Society).

Announcements:

- Dr. Connor shared about a new grant to help 2 year students get into 4 year programs! The goal is to take students from the area, educate them and bring them back.
- NA club at McKinleyville High School is fundraising for a conference next year to bring awareness to suicide in Native Community. Contact Maggie Kraft (mkraft@a1aa.org) for more information on how to support.

Presentations:

- Julie Simpson, LCSW - Eureka City Schools. Discussed a grant that is in partnership with Cal Poly Humboldt to train school social workers.
 - Eureka High School- Wellness Center. There is a core group of people working on this project. Taffy Stockton is providing consultation.
 - Partnering with Open Door, to provide on campus counseling.
 - There are several workgroups working on this project - Grant Seeking, Local Collaborations, Student Advisory Group,
 - Did a survey to students to see what they wanted
 - Sharone Blanck (HCOE) & Two Feathers NAFS is involved.
 - Goal : Provide a qualified workforce, increase qualified clinicians in this community who understand school-based mental health. The program trains MSW students, provides a stipend for them.
 - Contact: simpsonj@eurekacityschools or 707-502-9359
- Rob England, UIHS- Suicide Prevention Grant
 - UIHS has been funded 3x through SAMHSA for this programming
 - Ko'l ha koom'mo - Means "Working Together" in Yurok
 - QPR - Question, Persuade, Refer. This training is provided to every new employee at UIHS
 - Zero Suicide- a quality improvement approach. Makes sure patients who come to UIHS do not fall through the cracks
 - Culture is essential in suicide prevention in Native Communities. Need to instill a positive sense of identity, pride in who they are, where they are from.

- There is not a one size fits all approach. We use stories to help make these connections and build a sense of belonging.
- Focus on strengths and resilience is IMPORTANT!
- **Kristen Smith, Senior Health Education Specialist, DHHS & Dana Murguia, Suicide Fatality Review, DHHS**
- Death Retrospective (2013- 2018) - SFRs will help all counties offer good care
 - 45% of people who died by suicide saw their PCP in the last month (National)
 - Humboldt County's rate is 2-3x that of California
 - We implemented the first SFR in CA
 - 77.5% of individuals had experienced a documented crisis in the two week prior to dying by suicide.
 - Risk Factor Analysis
 - 38.9% of suicide deaths reviewed (for people <49 yo) substances were involved
 - Family stress, physical health (42.4%), eviction or home loss (21.2%)
 - Mission: Identify gaps in the existing system of suicide care and improve services for people at risk of suicide in Humboldt County
 - The data we review is very community specific, different from national data
 - This allows us to make practical recommendations for our community
 - Since 2019
 - 6 SFRs held, 18 cases reviewed, 274 recommendations collected from experts in the field.
 - In Crisis? Text HELLO to 741741
 - Suicide Hotline 1-800-273- TALK
 - Trainings Available: Suicide 201: Advancing Suicide Prevention & Mgmt for diverse clientele
- "Keep it Safe Lockbox Program"- Over 2300 lock boxes for firearms have been distributed since Nov 2021
 - 9% by LEO
 - 14 % by Direct Service Providers
 - 69% by Firearms retailers or Instructors
 - 8% by community
 - What are lethal means?
 - Cutting, Jumping/falling, Inhalation, Poisoning/OD, Suffocation/Hanging, Firearms
 - If a high proportion of attempts by a method are successful, this makes it a "lethal means"
 - 2005- 2020
 - 46% firearms, 27% hanging
 - 3 of 4 are male identified

- There were 285 firearm deaths in Humboldt between 2005-2019. 75% of these were suicides
 - Having a firearm does not make a person more at risk, however having easy access to a firearm when in crisis does increase risk
 - Increasing efforts to post crisis line info at firearm retailer locations
 - As trust has been built through this project, stories are starting to surface and it is helping our country to respond.
 - Contact info: Kristen Smith - ksmith2@co.humboldt.ca.us
 - Use this contact to access lockboxes
- Zach Barton, creator of Manic Monologues
 - We need to make this conversation OKAY. Talking about suicide does not increase risk, it prevents it!
 - The play highlights a diversity of perspectives on suicide, mental health, ACES, cultural context for MH
 - Since 2019- there have been several live productions
 - There is a film for screening available that allows local schools to reproduce their version of the play
 - <https://www.themanicmonologues.org/>
 - My email: zbarton@stanford.edu -- always happy to discuss further
 - The Manic Monologues website: <https://www.themanicmonologues.org/>
 - Prince George's Community College (MD, by students, staff, and faculty) production: <https://youtu.be/ZcgwX5laf9E>
 - McCarter Theatre/Princeton University (NJ, with Broadway/film actors) production: <https://www.mccarter.org/manicmonologues>