



Milpitas HOPE
Suicide Prevention Task Force – Agenda
Tuesday, April 13, 2021, 4 p.m.
Via Teleconference (Virtual Meeting)

Meeting shall be live streamed. Go to:

Facebook: <https://www.facebook.com/CityofMilpitas/>

YouTube: <https://www.ci.milpitas.ca.gov/youtube>

Web Streaming: <https://www.ci.milpitas.ca.gov/webstreaming>

Public Comments may be provided live during the meeting by first registering for the Zoom meeting in advance, providing an email address (not disclosed) and name. Register in advance for this webinar:

https://ci-milpitas-ca-gov.zoom.us/webinar/register/WN_Le_8sb-ITbuQRynxFdY_A

*A link will be sent to you to join the meeting in order to give comments. All registered meeting attendees who wish to speak must click on the “raise hand” icon when the Staff Liaison calls for public comments. If participating by calling in, dial *9 to use the “raise hand” feature, and when you are called upon, hit *6 to unmute your phone. Your phone number will be displayed in the live meeting. Staff will call the speakers to begin.*

All comments provided shall be limited to three minutes or less as determined by the Staff Liaison. All members of the public will be limited to one comment per agenda item, and one comment for non-agenda items. The online written comment form previously used is no longer be available for public comment.

i. Welcome/Introductions/Updates – All

ii. Public Forum

Those interested are invited to address the HOPE Suicide Prevention Task Force on any subject not on today's agenda, orally via zoom webinar (instructions above). Speakers may provide their name and city of residence for the record, and comments may be limited to three minutes, or less, at the discretion of the meeting coordinator. As an item not listed on the agenda, no response is required from City staff or the HOPE Suicide Task Force and no action can be taken.

iii. County Suicide Prevention Updates – Jay Donaghue (Santa Clara County' Behavioral Health Services Department)

a. General update



- iv. **Milpitas Town Halls on Mental Health Needs/Resources** – Charu Aggarwal (Social Service Program Coordinator- Recreation and Community Services, City of Milpitas)
 - a. Upcoming Town Halls:
 - i. Teens- April 21 – facilitated by Counseling and Support Service for Youth (CASSY)
- v. **Discussion Item – 2021-22 Priorities** – All
- vi. **Workgroup Updates**
 - a. Diversity
Dawn Brown, Jay Donoghue, Tegan McLane and Tom Valore
 - b. Postvention
Dawn Brown, Marsha Grilli, Lieutenant Tyler Jamison, Renee Lorentzen, Tegan McLane, Pastor Robert Mize, Bob Nuñez and Nicole Steward
 - c. Teens/Transitional Youth
Dawn Brown, Marsha Grilli, John Macon, Lisa Miller, Pastor Robert Mize, Nicole Steward and Anthony Teschera
- vii. **Other Items/Next Meeting Date** – Charu Aggarwal
 - a. Future Agenda items
 - b. Next meeting scheduled for Tuesday, May 11, 2021 (4:00 p.m. on Zoom)

KNOW YOUR RIGHTS UNDER THE OPEN GOVERNMENT ORDINANCE

Government's duty is to serve the public, reaching its decisions in full view of the public. Commissions and other agencies of the City exist to conduct the people's business. This ordinance assures that deliberations are conducted before the people and the City operations are open to the people's review. For more information on your rights under the Open Government Ordinance or to report a violation, contact the City Attorney's office at Milpitas City Hall, 455 E. Calaveras Blvd., Milpitas, CA 95035
e-mail: cdiaz@ci.milpitas.ca.gov / Phone: 408-586-3040

The Open Government Ordinance is codified in the Milpitas Municipal Code as Title I Chapter 310 and is available online at the City's website www.ci.milpitas.ca.gov by selecting "I Want to . . . View" link.

Materials related to an item on this agenda submitted to the Commission after initial distribution of the agenda packet are available for public inspection at the Recreation and Community Services office at the Milpitas Community Center, 457 E. Calaveras Blvd., Milpitas and on the City website. Task Force agendas and related materials can be viewed online:

If you need assistance, per the Americans with Disabilities Act, for a City of Milpitas public meeting, please call Recreation and Community Services Community Engagement and Inclusion Administrator Tegan McLane at (408) 586-3212, or send an e-mail to tmclane@ci.milpitas.ca.gov prior to the meeting. You may request a larger font agenda or arrange for mobility assistance for in-person meetings. Hearing assistance can also be arranged for in-person meetings.

Agenda Item- V.

2020-21 Initiatives For Consideration

Diversity Work Group: Added reps from Seniors, Veterans, Youth (still need LGBTQ and cultural diversity)

Postvention Work Group: Condolence Letter, Survivor Resource Guide, Media training (tentatively 5/14)

Youth Work Group: ?

Town Halls: Parents, Youth, Seniors, Alone for Holidays, Vietnamese, Chinese, Spanish

Ideas for HOPE initiatives for 2021-22 – some things we have discussed previously

(Focusing on one or more **Target Groups**)

- Veterans
- Seniors (some funding available)
- Transitional Age Youth
 - Public service opportunities
 - Resiliency training
 - Previous attempters to share stories of seeking help/hope for improved life satisfaction
 - Training/promoting our teachers and staff as “trusted adults”
 - Produce informational PSA
- Youth
 - Programs to protect youth for social/geographic isolation
 - Resiliency training
 - Training teacher/staff who work with at-risk students
 - Public service opportunities
 - Educate parents/foster parents to recognize needs
- Public Safety
 - Host virtual QPR or similar
 - Gather and share resources with PD, Fire

(More **General Efforts**)

- Quarterly themes (this was what we were going to prior to COVID) with an event and social media
- Gun Safety efforts
- Messaging about Resources Available via HOPE in multiple languages

- Continue Town Halls
- Social/Support Groups (LGBTQ+, Seniors, others?) – Zoom and/or In-Person
 - o Teens
 - o Caretakers – for seniors, for young children
 - o Postpartum
 - o NAMI
 - o Substance Abuse (Al-Anon)
 - o Veterans
- Positive Messaging via Text and Social Media (personalized intros)
- Mental Health Check-in on Zoom
- Testimonials, story-sharing at public event or publicly online
- Tabling

Crisis Lines

- **Suicide and Crisis Hotline, 24/7**
 - (855) 278-4204
 - **Call Center for Mental Health Services, 24/7**
 - (800) 704-0900
 - **Mental Health Urgent Care, M-Su, 8 a.m.-10 p.m.**
 - (408) 885-7855
 - **Crisis Text Line, 24/7**
 - Text RENEW to 741741
 - **TrevorLifeline, 24/7**
 - (866) 488-7386 – LGBTQ teens and their allies
 - **TrevorText Line, 24/7**
 - Text START to 678678
 - **Uplift 24-hour mobile crisis services for youth, 24/7**
 - (408) 379-9085 or (877) 41CRISIS
 - **National Alliance on Mental Illness Santa Clara crisis resources**
 - Warmline, M-F 10 a.m.-6 p.m. (408) 453-0400
- NAMI Mental Health Emergency Resource Guide:**
namisantaclara.org/crisis-support-3/
- NAMI When a Family Member is Arrested:**
namisantaclara.org/family-member-arrested-2-2
- NAMI When Someone is Place on Involuntary Hold:**
namisantaclara.org/involuntary-treatment/



Resources for Suicide Survivors

You are not alone! Milpitas HOPE is made up of mental health professionals, social services agencies, faith leaders and community members dedicated to preventing suicide and supporting those whose lives have been forever changed by suicide. Many members are also survivors. We work together as a community to offer hope and support to survivors and those who have contemplated suicide.

www.ci.milpitas.ca.gov/HOPE



Family Training and Support

- **National Alliance on Mental Illness Santa Clara County**
 - namisantaclara.org, (408) 453-0400
- **Uplift Family Services**
 - upliftfs.org, (408) 876-4284

Funeral Financial Assistance

- **Bay Area Funeral Consumers Association**
 - ba-fca.org/FinancialAssistance.html, (650) 321-2109

LGBTQ+

- **LGBTQ Youth Space** – youthspace.org, (408) 343-7940
- **Trevor Project**
 - thetrevorproject.org, 866-488-7386 - Emergency and support service for LGBTQ teens and their allies

Survivors

- **Santa Clara County Suicide Prevention and Survivors of Suicide Support Group**, scchope.org, (408) 885-6216
- **Hospice of the Valley Suicide Loss Support Group**, hospicevalley.org, (408) 559-5600
- **Holy Spirit Church “Out of the Wilderness” Suicide Support Group**, (408) 997-5110

Social Services

- **City of Milpitas Social Services Coordinator Charu Aggarwal**, caggarwal@ci.milpitas.ca.gov, (408) 586-3405
- **2-1-1** community resources throughout the U.S. and much of Canada, 211.org, 2-1-1

Substance Abuse

- **Santa Clara County Gateway Program**,
 - sccgov.org/sites/dads, (800) 488-9919

Seniors

- **Friendship Line**
 - Institute on Aging’s 24-hour toll-free accredited crisis line for people ages 60+ and adults living with disabilities, ioaging.org/friendship-line-california, (800) 971-0016

Teens & Transitional Age Youth

- **Bill Wilson Center**, billwilsoncenter.org, 24/7 Teen Line, (888) 247-7717
- **Uplift Family Services** – upliftfs.org, (408) 876-4284
- **Raising Early Awareness and Creating Hope (REACH)** culturally conscious mental health services
 - reach4scc.org, (855) 273-2248