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**SAN DIEGO COUNTY SUICIDE PREVENTION  
COUNCIL (SPC)**

**Higher Education Committee**

**Meeting Minutes**

**Friday, February 14, 2025**

**11:00am-12:00pm**

**Zoom**

**Purpose Statement:**

The Higher Education Subcommittee aims to create a network of San Diego County colleges and universities to collaborate on efforts related to suicide prevention and mental health programs, education, and awareness.

**Goals:**

1. Establish strong partnerships between higher education institutions and the community.
2. Share best practices, resources, and opportunities.
3. Create suicide prevention and mental health resources and provide trainings for college and university students, faculty, and staff.
4. Participate in and support various suicide prevention and mental health efforts and events.

**1. Welcome/Introductions**

**11:00am**

**A.Burd**

- a. In the chat, please type your name, organization, position, and contact information.
- b. Icebreaker: Where do you plan on traveling to in 2025?

**2. Purpose of Meeting**

**11:05am**

**A.Burd**

- a. Discuss: SPC Updates
- b. Discuss: Youth Pilot Suicide Prevention Program
- c. Discuss: Mental Health Forum
- d. Updates: Campus Activities

**3. Discuss: SPC Updates**

**11:10am**

**L. Puebla-Flores**

- a. Higher Ed Chair
  - i. Thank you John Edwards for your support as the Higher Education Co-Chair for the last several months. Congratulations to John for entering the final year of his PhD program! Things are getting more hectic so John will be stepping down as co-chair.
  - ii. Position is open, if you are interested or would like to learn more about what the requirements are to be a Co-Chair reach out to [Lpuebla@sdchip.org](mailto:Lpuebla@sdchip.org)
- b. Press Conference
  - i. SPC had their press conference on 01/13/2025 for the formal release of the Suicide Prevention Action Plan Update and Report to the Community
  - ii. Several news station in attendance including Fox 5, San Diego Union Tribune, CBS 8, and more.
- c. SPAP 2024 Update



- i. <https://shorturl.at/YU39J>
    - ii. Suicide Prevention Action Plan Update is now available on our website or at the link above.
  - d. Report to the Community
    - i. <https://tinyurl.com/SDSPC2025>
    - ii. SPC Report to the Community is now available on our website or at the link above.
  - e. PPC Resource Guides
    - i. <https://tinyurl.com/SDSPC2025>
    - ii. SPC has 12 new resources guides that have been approved for distribution. Find them on our website or at the link above. On the website they are under reports and resources
    - iii. We are in the process of getting guides translated but for now all the guides are in English
  - f. SPC Resource Request Form
    - i. <https://forms.office.com/r/dZdBBnshV9>
    - ii. If you are interested in picking up any of the materials in physical copy, fill out the form link above. Bri will reach out and schedule a time for you to come to our office (5095 Murphy Canyon Rd Suite 105 San Diego CA 92123) to pick up your requested material.
  - g. ASIST
    - i. <https://ASISTFEB2025.eventbrite.com>
    - ii. Upcoming ASIST Workshop. We only have 25 – 30 seats available and ASIST only happens four times a year. This is a 2 day 16 hour training. This is valued at \$350 but the SPC asks for \$20 deposit plus \$3.50 service fee. You receive a refund of \$20 after you attend both days of the training.
  - h. New (Approved) SPC Flyer
    - i. <https://linktr.ee/spcsandiego>
    - ii. You will start to see this new SPC flyer circulating in the community. It has links to our website and the materials discussed above.
- 4. Presentation: CDPH Youth Pilot** **11:20am** **V. Bernardo**
  - a. What happens next when a youth attempts suicide in regard to short term or immediate short-term response?
- 5. Discuss: Mental Health Forum** **11:50am** **L. Puebla**
  - a. Mental Health Forum Update
    - i. Tuesday, 09/11 – Palomar College
  - b. We are starting to reach out to different colleges in San Diego County to discuss hosting a mental health forum where the SPC shows “Living Through It Film” by Daniel Kennedy.
  - c. UCSD said they would be interested in 2025 but we still need to follow up
  - d. MiraCosta was not interested but Abby Burd (Therapist at MiraCosta) said she will talk to her leaders and see if they can host this year.
- 6. Updates: Campus Activities** **11:55am** **A.Burd**



7. Adjourn

12:00pm

A.Burd

**Next SPC Meeting:**

Tuesday, February 25, 2025 from 10:00am-11:30am

Via Zoom

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZlodOihqDwoHNWPpVBZ4w9SHBU6h0wriAot>

**Next Higher Education Meeting**

Monday, March 17, 2025 from 11:00am – 12:00pm

Via Zoom

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZAkd-qsqD0pHN15hVMYVyxdnYAyVtNh2yEI>

