Prevention and Early Intervention Activities for September 2018

Suicide Prevention Activities:

15 Toolkits will be distributed to Monterey County Behavioral Health Clinics and community based locations, such as the OMNI wellness center and the Epicenter. Toolkits have information and resources to promote the “Know the Signs” campaign which promotes increased community understanding of suicide along with tools for individuals to act if they have knowledge that someone is at risk of suicide.

Presentations/Trainings on Suicide Awareness

- **9-10-18**: Soledad Unified School District – Suicide Prevention Services will be providing a bilingual workshop to parents and caregivers on suicide awareness and prevention.
- **9-11-18**: NAMI has organized a bilingual panel to present on suicide awareness and will facilitate a community dialogue on the topic at the Greenfield library. A bilingual MCBH therapist will be on the panel and will share information regarding MCBH.
- **9-27-18**: OMNI is hosting a workshop for the community with Suicide Prevention Services on suicide awareness and prevention.

Workshop for Students

- **9-12-18**: MCBH will provide a workshop for students at Pinnacles High school on suicide awareness and prevention.

In partnership with Sun Street Centers, MCBH is preparing a Resolution for the Board of Supervisors to recognize September as National Recovery Month. We will include recognizing Suicide Prevention Week of September 9-15 along with positive efforts that are occurring in our county to address mental health, substance use and suicide.

Outreach events for September

- **Labor of Love**: MCBH will have a resource table at this event focusing on Maternal Mental Health.
- **Sunstreet**: MCBH will have a resource table at the grand opening of the new out-patient facility on September 7th.
- **Ciclovia**: MCBH will have a resource table at this event in Gonzales on September 9th.
- **Trail Walk**: MCBH will support the annual walk sponsored by the Suicide Prevention Services of the Central Coast.

Mental Health 101 Presentation

- **9-24-18**: MCBH will present in partnership with Beacon to the Commission on Disabilities.

Youth Mental Health First Aid

- **9-19-18**: This evidence based workshop will be offered at the Monterey County Office of Education as part of a series to provide crucial information on youth mental health to community.