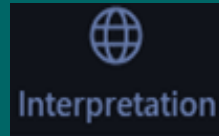


# Zoom Interpretation Instructions



If you are connecting via Smartphone/Computer/Tablet, please connect via "Internet Audio"

- Locate the Interpretation icon at the bottom of your Zoom screen and click the icon.

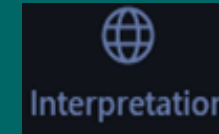


- To listen to the presentation with Spanish interpretation, select the "Spanish" option.
- To hear translation from Spanish to English, select the "English" option.
- Use the "Rename" function to add SPN in your name if you prefer a Spanish speaking partner for our pair share activity.

# Instrucciones de Interpretación del Zoom

Si se está conectando a través de Smartphone /Computer/Tablet, conéctese a través de "Internet Audio"

- Localice el icono Interpretación en la parte inferior de su Zoom pantalla y haga clic en el icono.



- Para escuchar la presentación con interpretación en español, seleccione la opción "Español" para dejarla en
- Para escuchar la traducción del español al inglés, seleccione la opción "Inglés"
- Use la función "Renombrar" para agregar SPN en su nombre si prefiere un socio que hable español para nuestra actividad de compartir en pareja

---

**PLEASE USE THE CHAT FEATURE FOR TECHNICAL SUPPORT  
UTILICE LA FUNCIÓN DE CHAT PARA OBTENER ASISTENCIA TÉCNICA**

**M**ONTEREY **C**OUNTY **H**ELPING **O**NE ANOTHER **P**REVENT AND **E**LIMINATE **S**UICIDE



**Welcome!**  
**¡Bienvenidos!**

**MC HOPES**

**Wednesday, January 25th Miércoles 25 del Enero**

**[www.mtyhd.org/MCHOPES](http://www.mtyhd.org/MCHOPES)**

# Welcome! / ¡Bienvenido!

- Thank you for joining us.
- Take care of yourselves today! Warm up your coffee/tea, get some water, get comfortable, stretch, or take some deep breaths...
- We encourage participation by unmuting and speaking to group or through the Chat.

- Gracias por acompañarnos.
- ¡Cuídense hoy! Caliente su café/té, tome un poco de agua, pónganse cómodos, e stírense o respire profundamente...
- Te animamos a participar al hablar en el grupo o a través del chat.



# Participant Introductions / Introducciones de Participantes

**We are glad you are here:  
Please introduce yourself  
in the chat with:**

- Your name**
- Your role in the  
community**
- Agency/organization**

**Nos alegramos de que esté aquí  
Por favor, preséntese en el  
chat:**

- Su nombre**
- Su función en la comunidad**
- Agencia/Organización**



## **During and after today...**

### **For ourselves:**

- **Notice how you feel**
- **Honor your needs**
- **Seek support if needed**
- **Take a break if needed**
- **Plan for self-care**

### **For each other:**

- **Be open to different ideas**
- **Hear one another's perspectives**
- **Compassionate language**

## **Durante y después de hoy ...**

### **Para nosotros mismos:**

- **Observe cómo se siente**
- **Honra sus necesidades**
- **Busque apoyo si es necesario**
- **Tómese un descanso si es necesario**
- **Plan para el cuidado personal**

### **El uno para el otro:**

- **Estar abierto a diferentes ideas**
- **Escuchar las perspectivas de los demás**
- **Lenguaje compasivo**



HEARTSSPEAK.ORG



**PAY ATTENTION**  
*and attend to*  
**YOUR BODY**





Our words **importan**  
 sanan ayudan inspiran  
 conectan empatizan

**In Crisis?**  
**Text HELLO to 741741**

CRISIS TEXT LINE | Free, 24/7, Confidential



**Suicide Prevention Service** of the  
 CENTRAL COAST

**988** **LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS**

**988** **SUICIDE & CRISIS LIFELINE**

**THE TREVOR** lifeline  
 866.488.7386

**YOU ARE NEVER ALONE**

TheTrevorProject.org

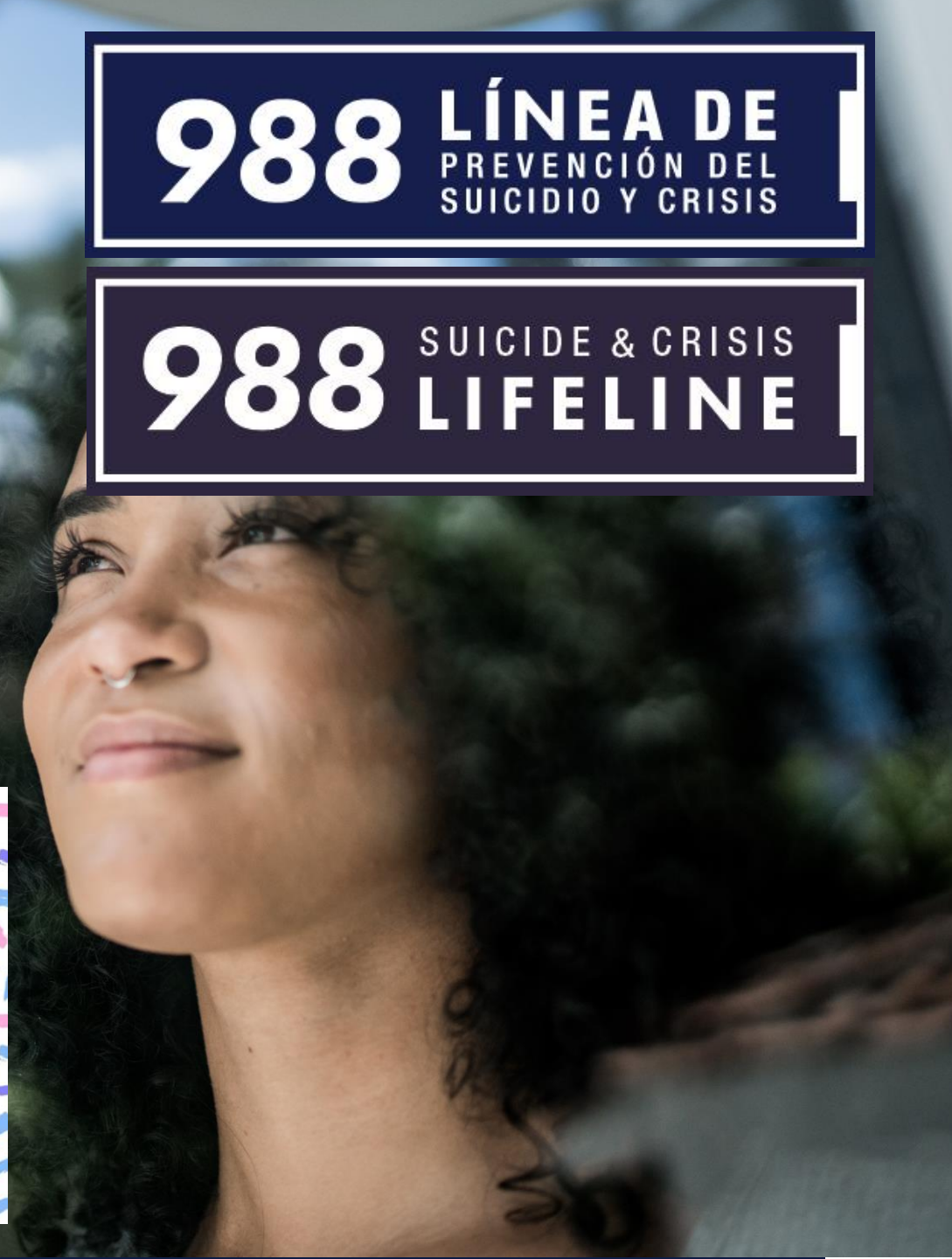
**THE TREVOR PROJECT**  
 Saving Young LGBTQ Lives

**WE'RE HERE FOR YOU**

**USA: (877) 565.8860**  
**CAN: (877) 330.6366**

**TRANS LIFELINE**

[www.thetrevorproject.org](http://www.thetrevorproject.org)





# Overview of today's meeting

## Información sobre la reunión de hoy





# Pair Share/Compartir en Pareja:

- Please share / Por favor comparte:
- Your name / Tu nombre
- Your role in the community / Tu papel en la comunidad
- As we move into 2023, what's something in your personal or work life that you are looking forward to or excited about?

*A medida que avanzamos en 2023, ¿qué es algo en su vida personal o laboral que espera o le emociona?*



**Please share in the chat...**

**Por favor comparte en el  
chat...**





**Guest Presentation  
Presentación Invitada:**

**Elizabeth Birruete  
Heal Together**



a community-wide initiative

HEAL *Together*   
responding to our grief

una amplia iniciativa comunitaria

SANANDO *Juntos*   
respondiendo a nuestro duelo

*Heal Together Hub at Coastal Kids Home Care*  
*Una fuente central de recursos dirigida por Coastal Kids Home Care*

[www.heal-together.org](http://www.heal-together.org)  
831-320-0947

*A Program Established by Hospice Giving Foundation*  
*Un programa establecido por Hospice Giving Foundation*

# *About Heal Together*

During the COVID-19 pandemic, the leadership at **Hospice Giving Foundation** observed that the entire community was reeling from grief and loss.

Through a dynamic process of listening sessions with providers and community members in early 2021, HGF identified key challenges around bereavement care in Monterey County:

- Lack of resources for new programs; inability to expand existing services
- Limited or no services in Spanish
- Grief is everywhere—at home, in schools, on the job—yet it goes unseen
- People are fearful or ashamed to talk of grief\*

HGF convened their Board of Directors, and they responded through committing \$500,000 to the Heal Together initiative and developing a case for support from other funders in the community.

# *El comienzo de Sanando Juntos*

Para responder al aumento de duelo causado por la pandemia, la fundación Hospice Giving Foundation tomo la decisión de establecer una subvención para este programa en función de lo que escucharon de proveedores locales y expertos nacionales.

La fundación exploró los tipos de servicios disponibles para apoyar la comunidad en duelo, encontraron cuidados que estaban fragmentados, y la comunidad no sabía como acceder a ellos.

También algunos programas estaban limitados en lo que podían ofrecer debido a limitaciones financieras.

Establecido por Hospice Giving Foundation en el año 2021, en coordinación con donantes adicionales de la comunidad



## *Heal Together at Coastal Kids Home Care*

In December 2021 Coastal Kids Home Care was awarded \$1.18M to launch Heal Together, a new model of bereavement care for Monterey County.

Heal Together becomes a natural extension to the actual services provided by CKCH and gives us the opportunity to connect and build partnerships with agencies and mental health providers who offer this type of support for our community.

## *Coastal Kids Home Care dirige la iniciativa*

En diciembre 2021 Coastal Kids Home Care fue premiado \$1.18M para lanzar Sanando Juntos, un modelo nuevo de cuidado de duelo para la comunidad de el condado de Monterey.

**Sanando Juntos** se convierte en una extensión natural de los servicios actuales y una oportunidad para conectar con agencias y proveedores que ofrecen este tipo de atención para la comunidad.



---

The Heal Together team  
El equipo de Sanando Juntos



# *Heal Together Contributors*

## *Los contribuyentes de Sanando Juntos*

- Hospice Giving Foundation
- Sally Hughes Church Foundation
- Yellow Brick Road Benefit Shop
- Rotary Club of Carmel-by-the-Sea
- Monterey Peninsula Foundation
- Harden Foundation



# *Partners of Heal Together*

## *Socios de Sanando Juntos*

**Heal Together** uses the talents and expertise of organizations already serving our community and provide additional resources to expand these services to reach a greater number of individuals.

**Sanando Juntos** utiliza los talentos y experiencia de profesionales, agencias y organizaciones que ya ofrecen apoyo a nuestra comunidad.



# Objectives/Objetivos

## Education & Community trainings

### Educación y Entrenamientos

- We provide community trainings about grief, and free tools that individuals can use to cope with a loss.
- Proporcionamos entrenamientos comunitarios sobre el duelo, actividades, y herramientas gratuitas que pueden ayudar a superar el dolor causado por una pérdida.



## Community Outreach

### Alcance Comunitario

- Our focus is to reach individuals in all parts of the county with grief groups, to make sure there are no barriers for individuals seeking support.
- Enfoque de alcanzar a TODOS en el condado de Monterey con asociaciones de grupos de confianza, para asegurarnos de que no haya barreras para que la gente acceda al apoyo por duelo.





# *Objectives continued*

## *Continuación de objetivos*



### **Sevices/Servicios**

Expand the services for grief & loss in the entire county of Monterey, especially in the hardest hit regions in South Monterey County.

Expandir los servicios de apoyo al duelo en todo el condado de Monterey, especialmente las regiones más afectadas.

Expand the bilingual programs and build a HUB of resources, coordinated by CKCH, to respond to grief, loss and anxiety in the community.

Expandir los programas bilingües y construir un centro de recursos, coordinada por CKHC, para responder al duelo, la perdida y la ansiedad.



# *Grief and Bereavement Care*

**Individual Bereavement Support** – one-on-one grief counseling including in-person or telehealth.

**Bereavement Groups** – Groups are available in English and Spanish and are tailored to age or area of need.

**Community Activities** – activities honor an individual's experience of loss and offer opportunities to express complex emotions:

- Dance and cooking classes
- Art and Music Workshops
- Zumba and Yoga classes
- Alternative therapies like meditation

**Grief Rapid Response** – responding to sudden loss at schools, community centers or workplaces.



# *Servicios disponibles*

- **Apoyo de duelo individual**– consejería de duelo individual que incluye en persona o Telehealth, y también opciones de arte, música, masajes o visitas de mascotas de terapia.
- **Grupos de duelo**– conectarse con otras personas que experimentan una pérdida puede ofrecer consuelo. Los grupos están disponibles en inglés y español, y también se adaptan a edades específicas o áreas de necesidad.
- **Respuesta Rápida al Duelo**– respondiendo a pérdidas repentinas en escuelas, centros comunitarios o lugares de trabajo.
- **Actividades de la comunidad**– estas actividades honran la experiencia de pérdida de cada individuo y ofrecen oportunidades para expresar emociones complejas.



*"Todavía a veces es triste hablar de mi abuela, pero también con el tiempo se me ha hecho más fácil hablar de ella. Siento que mi mamá y yo podemos extrañarla juntas y hablar de ella y no me siento sola en mi tristeza de extrañar a mi abuela." – Navaeh, 8 años*

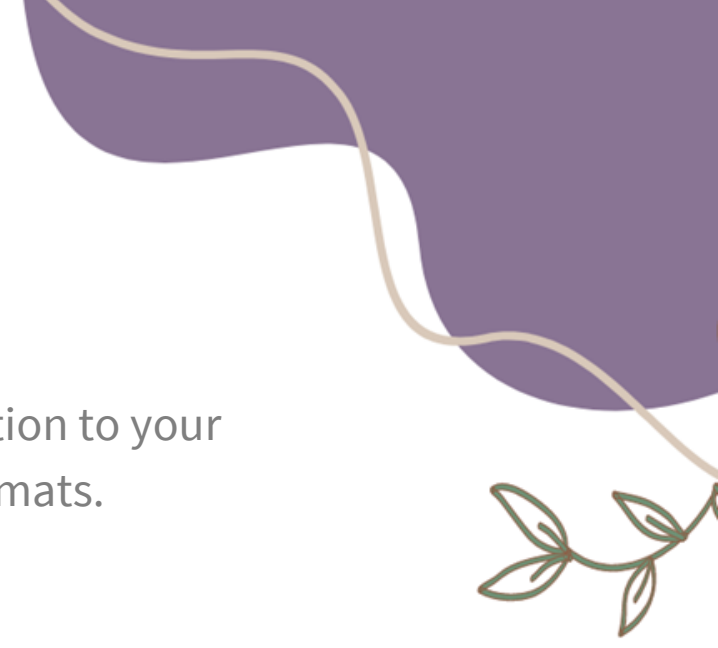




## *How you can help...* **¿Cómo puedes ayudar?**

**Share information with your constituents.** Heal Together can tailor information to your needs in English and Spanish or through print media, social media or other formats.

**Comparte nuestra informacion.**



**Identify partner agencies or individuals for Heal Together.** We endeavor to build the capacity of our whole community to respond to grief and welcome new partnerships.



**Ayudenos a identificar agencias o indivudales para colaborar.**



# Reach out today!

831-320-0947

*Bilingual intake coordinators available Monday through Friday from 8:00 – 5:00pm:*

*Coordinadoras bilingües disponible lunes a viernes de 8:00 – 5:00pm:*

Outreach and Fundraising inquiries: Kelli Mullen Brown,  
[kbrown@coastalkidshomecare.org](mailto:kbrown@coastalkidshomecare.org)

Program and Spanish language inquiries: Elizabeth Birruete,  
[ebirruete@coastalkidshomecare.org](mailto:ebirruete@coastalkidshomecare.org)



COMMUNITY RESOURCES  
TO RESPOND TO GRIEF,  
LOSS, AND ANXIETY.

a community-wide initiative  
**HEAL Together**  
responding to our grief

**Our community is grieving.  
Heal Together is here to help.**

HG FOUNDATION  
Caring. Giving. Together.

coastal  
KIDS  
HOME CARE

A close-up photograph of a single white rose with green leaves, positioned on the right side of the flyer.

## Contáctanos

TELÉFONO  
831-320-0947

CORREO ELECTRÓNICO  
info@heal-together.org

MEDIOS SOCIALES  
heal-together.org  
@healtogether831





# A year of healing, hope and renewal for a community in need



In its first year, Heal Together  
unleashed a broad public  
awareness campaign that reached  
an estimated

**237,000 PEOPLE**

Early on the program brought  
in expert trainers to train

**24** mental health  
providers in

**80** community  
members

in the language of grief and  
healing.

Since then, an additional

**247** community  
members

including police officers,  
teachers, school  
counselors, healthcare  
workers and others have  
received training.

Heal Together has also prioritized  
reaching low-income, South County  
communities most hard hit by the  
pandemic, to date more than

**1,200** individuals

have participated in Spanish and  
indigenous language training and  
outreach events



# THE HEAL TOGETHER TEAM



licensed mental  
health providers



expressive therapists  
offering art, music, massage  
cranial sacral therapy and  
more,



providers  
of related disciplines such as  
yoga, tai chi cooking and  
Zumba.



347

Inquiries into the  
Heal Together Hub

407

Intakes Completed

1492

counseling sessions



2,819

Monterey County residents directly accessed counseling,  
bereavement groups, or community activities.

a community-wide initiative

HEAL *Together*   
responding to our grief

una amplia iniciativa comunitaria

SANANDO *Juntos*   
respondiendo a nuestro duelo



831-320-0947

[www.heal-together.org](http://www.heal-together.org)



: [info@heal-together.org](mailto:info@heal-together.org)



*A Program Established by Hospice Giving Foundation*

**Questions?/¿Preguntas?**

**Comments?/¿Comentarios?**

**M**ONTEREY **C**OUNTY **H**ELPING **O**NE ANOTHER **P**REVENT AND **E**LIMINATE **S**UICIDE



**Descanso**

**Break**

[www.mtyhd.org/MCHOPES](http://www.mtyhd.org/MCHOPES)



**Guest Presentation  
Presentación Invitada:**

**Andrea Tolaio  
Suicide Prevention Service  
of the Central Coast**

**Servicio de Prevención de  
Suicidio de la Costa Central**



## FAMILY SERVICE AGENCY OF THE CENTRAL COAST Suicide Prevention Services

AGENCIA DE SERVICIOS FAMILIARES DE LA COSTA CENTRAL  
Servicios de prevención al suicidio



Operate/Manage Suicide Prevention and Crisis Lifeline for the Central Coast.

Offer free suicide Prevention Awareness Educational Classes and Presentations. Evidenced-Based Trainings (safeTALK, ASIST).

Coordinate/Collaborate with community partners (211, 911, Behavioral Health, etc.)

Support Suicide Loss Survivors (grief support groups, LOSS packets, answering calls).

*Operar/gestionar la prevención del suicidio y la línea de vida en crisis para la Costa Central.*

*Ofrecer clases y presentaciones educativas gratuitas de concienciación sobre la prevención del suicidio. Formación basada en pruebas (safeTALK, ASIST).*

*Coordinar/colaborar con socios de la comunidad (211, 911, salud conductual, etc.)*

*Apoyar a los supervivientes de pérdidas por suicidio (grupos de apoyo al duelo, paquetes LOSS, atención de llamadas).*

**988** SUICIDE & CRISIS  
**LIFELINE**

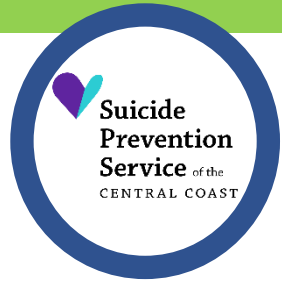
You are not alone.  
988 is here for  
you!



**Suicide  
Prevention  
Service** of the  
CENTRAL COAST

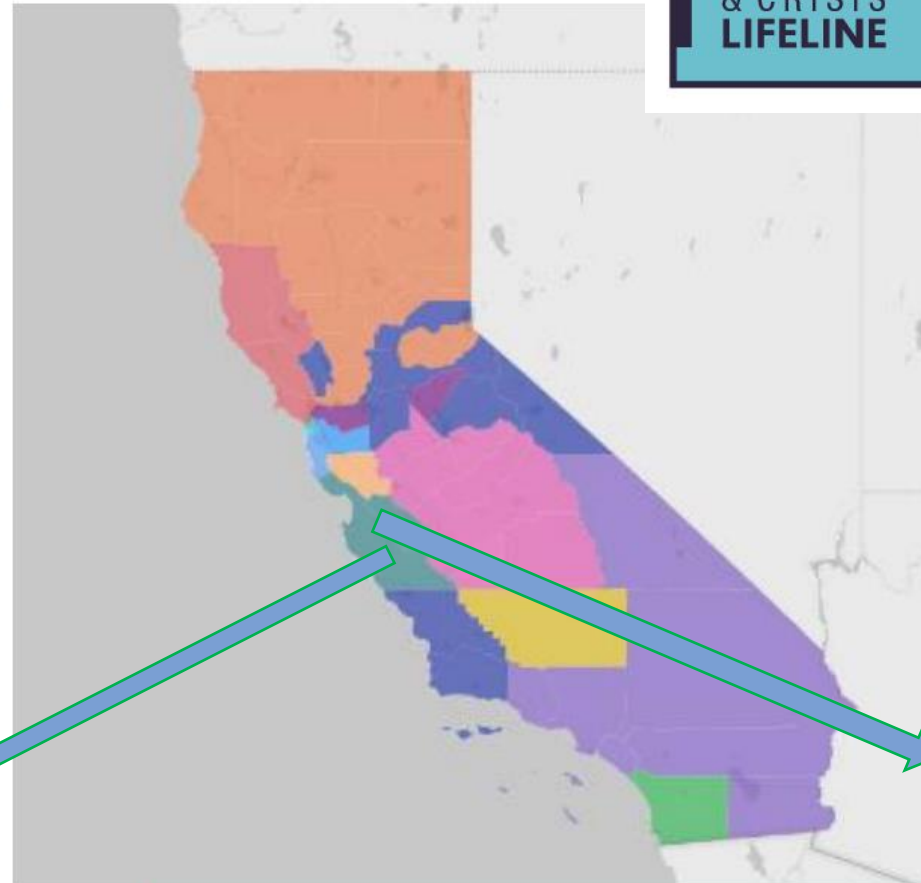


# California Lifeline Crisis Centers/ Centros de Crisis Lifeline de California



## CA 988 CRISIS CENTERS

- 1 Buckelew Suicide Prevention Program
- 2 Central Valley Suicide Prevention Hotline – Kings View
- 3 Contra Costa Crisis Center
- 4 Crisis Support Services of Alameda County
- 5 Kern Behavioral Health & Recovery Services Hotline
- 6 Optum
- 7 San Francisco Suicide Prevention Felton Institute
- 8 Santa Clara County Suicide and Crisis Services
- 9 StarVista
- 10 Didi Hirsch Mental Health Services
- 11 Suicide Prevention of Yolo County
- 12 Suicide Prevention Service of the Central Coast
- 13 WellSpace Health



- 1 Programa de prevención del suicidio de Buckelew
- 2 Línea directa de prevención de suicidios del Valle Central – Kings View
- 3 Centro de Crisis de Contra Costa
- 4 Servicios de apoyo a la crisis del condado de Alameda
- 5 Línea directa de los servicios de salud mental y de recuperación de Kern
- 6 Optum
- 7 Instituto felton de San Francisco para la prevención del suicidio
- 8 Servicios de crisis y suicidio del condado de Santa Clara
- 9 StarVista
- 10 Servicios de salud mental Didi Hirsch
- 11 Prevención del suicidio del condado de Yolo
- 12 Servicios de prevención del suicidio de la costa central
- 13 Salud WellSpace



# Suicide Prevention Service of the Central Coast Suicide Prevention and Crisis Lifeline



*Servicio de Prevención del Suicidio de la Costa Central/Línea de prevención de suicidios y crisis*

2021 to 2022 = 99% increase/aumento



April 2022 to August 2022 = +68%

Jan 2022 to Dec 2022 = +19%

July 2021 to July 2022 = +100%

*Abril 2022 a Agosto 2022 = +68%*

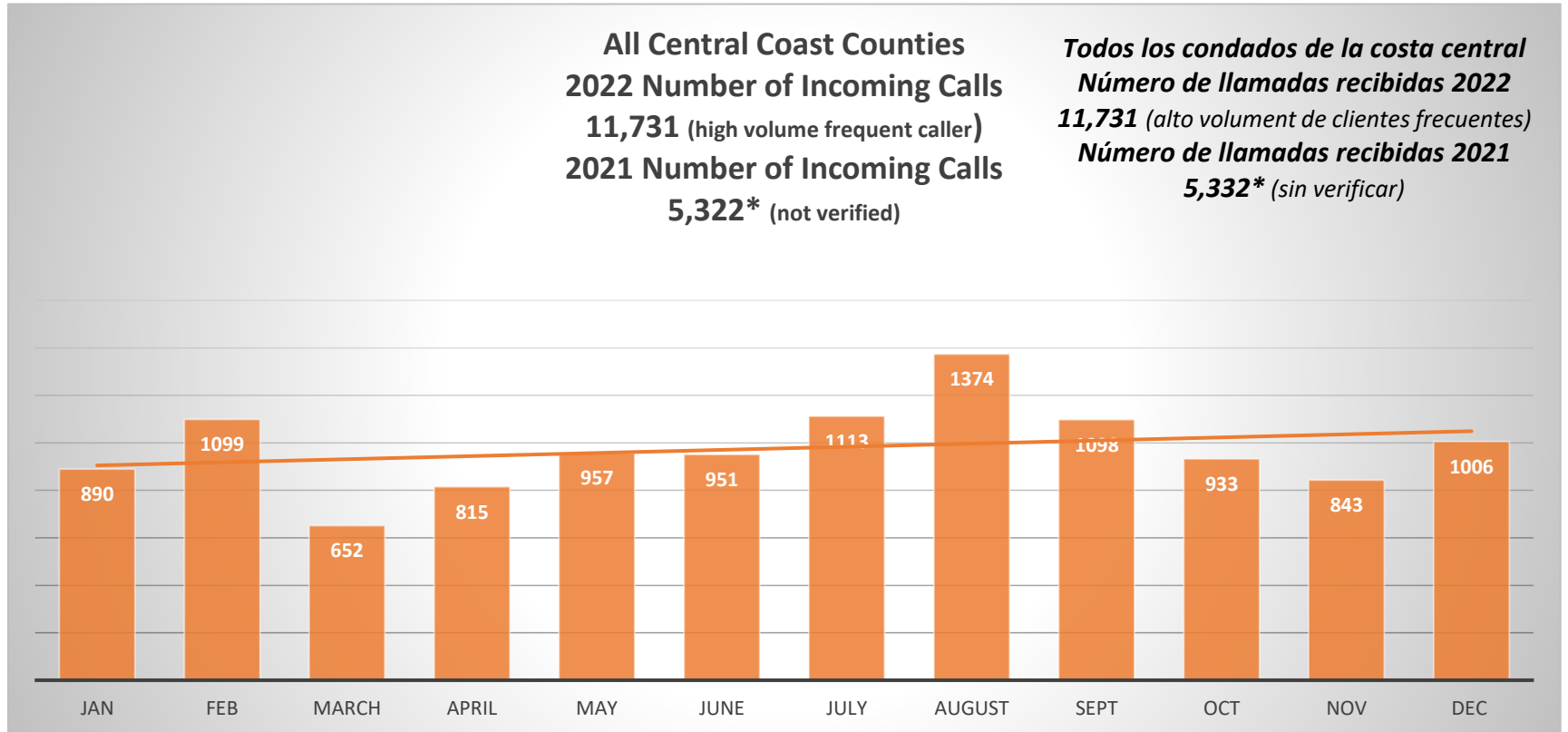
*Enero 2022 a Dic 2022 = +19%*

*Julio 2021 a Julio 2022 = +100%*



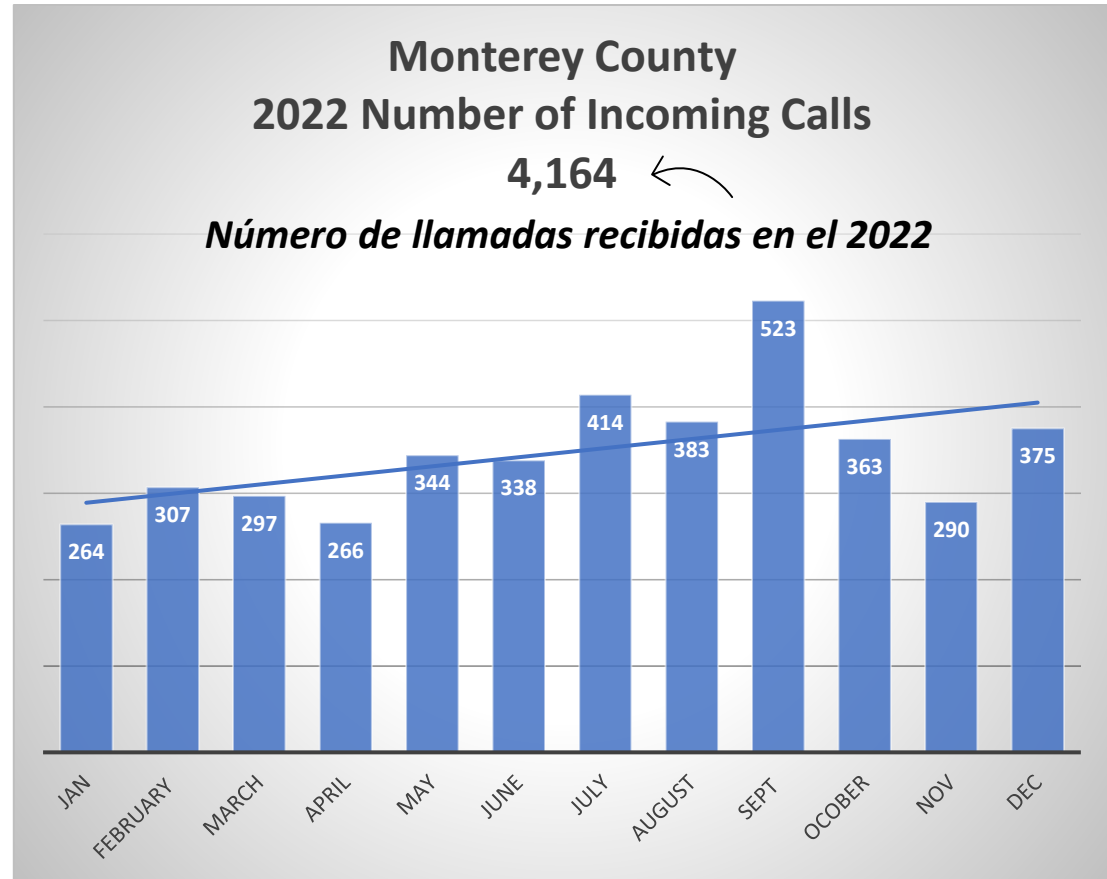
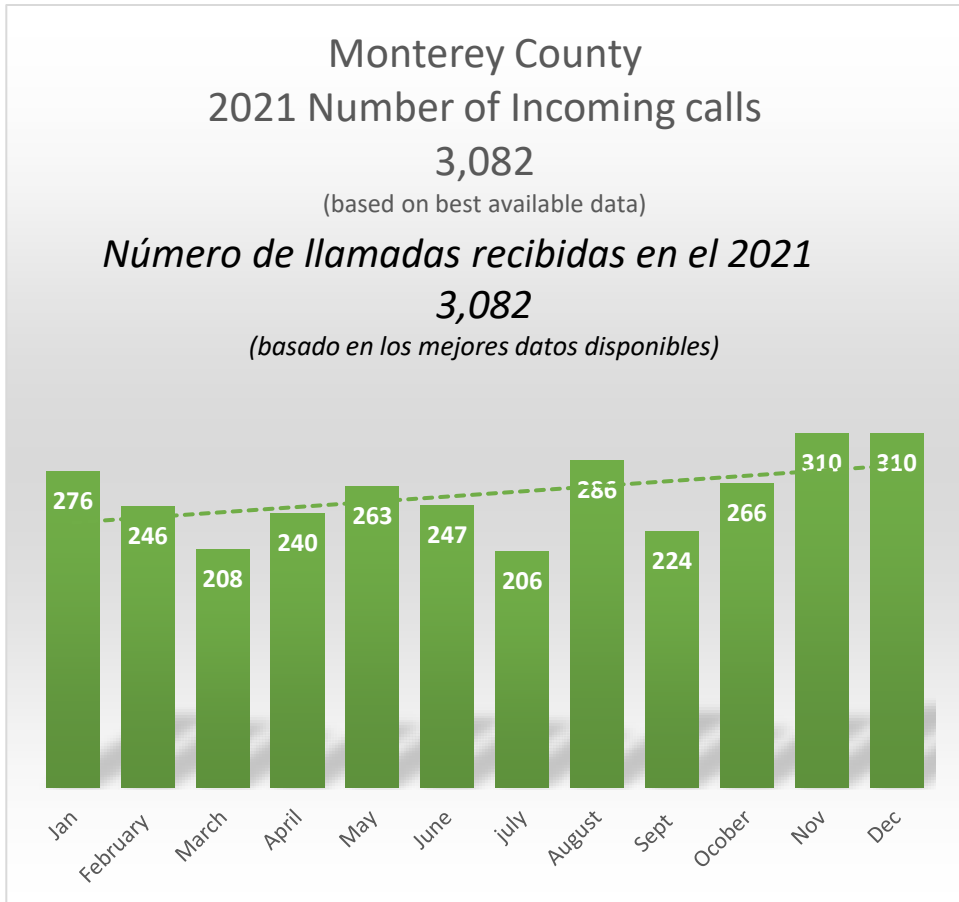
**All Central Coast Counties**  
**2022 Number of Incoming Calls**  
**11,731** (high volume frequent caller)  
**2021 Number of Incoming Calls**  
**5,322\*** (not verified)

**Todos los condados de la costa central**  
**Número de llamadas recibidas 2022**  
**11,731** (alto volumen de clientes frecuentes)  
**Número de llamadas recibidas 2021**  
**5,332\*** (sin verificar)





35% increase/aumento



# Suicide Prevention Service Central Coast

1.19.23

Responders are trained to talk comfortably and calmly, use active listening, assess risk, connect to emergency services if a person is at imminent risk.

Training: 40 hours (Zoom + self-paced videos as homework)

Onboarding Support: 2 hours

On the lines training/supervision (listening w feedback): 12 hours

## Additional Training/Education for Responders

- Imminent Risk
- SRI (Self-Rated Intent)
- Community partner education and presentations
  - 911
  - Mental Health Liaisons
- New 988 Required Training

# Servicio de Prevención del Suicidio Costa Central

1.19.23

Los equipos de respuesta están formados para hablar de forma cómoda y calmada, utilizar la escucha activa, evaluar el riesgo y conectar con los servicios de emergencia si una persona se encuentra en peligro inminente.

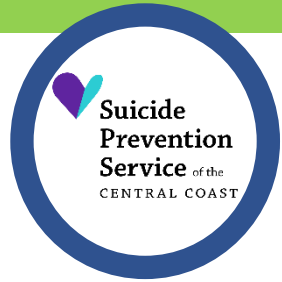
Formación: 40 horas (Zoom + vídeos de autoaprendizaje como deberes)

Apoyo a la incorporación: 2 horas

Formación/supervisión en línea ( escuchando con observaciones): 12 horas

## Formación para el personal de respuesta

- Riesgo inminente
- Autoevaluación de la intención (SRI por sus siglas en inglés)
- Presentaciones y formación de colaboradores comunitarios
  - 911
  - Coordinadores de salud mental
- Nueva formación obligatoria 988



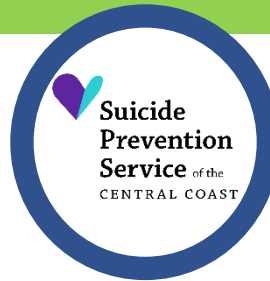
# 2023



**New Education and Training Opportunities  
Offering TEXT capabilities (July 2023)  
Expanded Crisis Call Center Functionality  
Additional Responders on the Lifeline  
New technology and Systems  
Central Coast Public Relations Suicide Prevention Campaign**

***Nuevas oportunidades de educación y formación  
Oferta de funciones de TEXTO (julio de 2023)  
Ampliación de las funciones del centro de llamadas de crisis  
Personal de respuesta adicional en la línea de vida  
Nuevas tecnologías y sistemas  
Campaña de relaciones públicas de la costa central para la prevención del suicidio***

# Resources/Recursos



**Donate** **Suicide Prevention Service**  
 [En Español]  
 If you are feeling suicidal, if you know someone who is, if you are worried about someone, or if you have lost someone to suicide... we want you to know that you are not alone—support is available.  
 You don't have to wait until a suicidal crisis occurs. These feelings do not have to last forever, and no one has to experience this alone.

**Volunteer**

**Pay Fees**

Service de Prevención de Suicidio  
 Suicide Prevention Service  
 Warning Signs  
 Ostrina Halc

Suicide Prevention Service Volunteer Training

Register now to join our valuable training for 988 Phone Responder and Community Outreach and Education.



Connect. Talk. Share.

<https://fsa-cc.org/suicide-prevention-service>

GET FREE ASSISTANCE  
24/7



Call 211 if you or someone you know needs health and human services. Text your zip code to 898-211.

Call 9-1-1 for emergency situations that require immediate in-person attention from first responders.

If someone is at immediate risk of hurting themselves or someone else or is in imminent danger because of a health condition or other situation, call 9-1-1 immediately.

Call, chat or text 988 if you, or someone you care about, is feeling suicidal or in any other mental health and/or substance use crisis.

[www.211centralcoast.org](http://www.211centralcoast.org)

Pain Isn't Always Obvious

**KNOW THE SIGNS**

Suicide Is Preventable

[www.suicideispreventable.com](http://www.suicideispreventable.com)

**988 LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS**  
 Si usted o alguien que conoce necesita apoyo, llame o envíe un mensaje de texto al 988 o charlar 988lifeline.org

or so you need support, call or text 988 or chat 988lifeline.org

**You are irreplaceable. Talk to someone.**  
**Eres irremplazable. Habla con alguien.**

988 SUICIDE & CRISIS LIFELINE

988lifeline.org

Flyers/Posters/Stickers  
Folletos/Posters/Calcomanias

**safeTALK**  
Suicide Alertness For Everyone

**What is safeTALK?**  
 safeTALK is a 4-hour suicide alertness program that teaches community members to recognize persons with thoughts and to connect them to suicide intervention resources.

**What is the goal?**  
 • Notice, respond and recognize situations in which suicidal thoughts may be present  
 • Move beyond the myths and stigmas that keep us silent  
 • Learn how to connect to community resources to keep safe for now

**Join Us**  
 Oct 6, 2022  
 10:00 a.m. to 2:00 p.m.  
 Suicide Prevention Services  
 104 Walnut Ave, Room 203  
 REGISTER NOW (seating is limited)  
 No cost to attend

For more information, please contact Suicide Service at 831-459-9373 ext. 31 or email [sp2@fsc.org](mailto:sp2@fsc.org)

Suicide Prevention Services is a program of the Family Service Agency of the Central Coast  
[www.fsa-cc.org](http://www.fsa-cc.org)

**ASIST**  
 Applied Suicide Intervention Skills Training

**September 24-25, 2022**  
 Saturday and Sunday  
 10:00am-6:00pm  
 Please do not eat for either day as our community members will be providing lunch.

**Family Service Agency of the Central Coast**  
 104 Walnut Avenue, Room 203  
 Santa Cruz, CA 95060

**Workshop: 10:00am-6:00pm**  
 (seating is first-come, first-served)

**Register Now!**  
 Register now to join our valuable training for 988 Phone Responder and Community Outreach and Education.

**ASIST Safety Manual:** This 4-hour manual is designed to help you recognize and respond to suicidal thoughts, feelings, and behaviors. It is a practical guide for you to use in your own life. It is also a great resource for you to share with others.

**ASIST Training:** This 2-day training program teaches participants how to assist those at risk for suicidal thoughts, behavior, and attempts. Although many years or older can use the approach, regardless of professional background.

**Program Objectives:**  
 After training, ASIST participants should be able to:  
 • Recognize that language and persons at risk are affected by personal and societal attitudes about suicide.  
 • Discuss suicide in a direct manner with someone at risk.  
 • Identify risk alerts and develop related safety plans.  
 • Demonstrate the skills required to intervene with a person at risk of suicide.  
 • List the types of interventions available to a person at risk.  
 • Make a commitment to improving community awareness.

**ASIST training involves features that make up the ASIST International protocol:**  
 • ASIST values participants' confidence and encourages their sharing of their own experiences.  
 • ASIST uses role-play and role-play to create a behavior change and to practice skills.  
 • ASIST training is designed to be a safe and effective program for the entire group.  
 • ASIST training is provided and available to the community.

ASIST training is provided and available to the community.

Classes  
Clases

**La depresión no es necesariamente parte del envejecimiento.**

[el-suicidio-es-prevenible.org](http://el-suicidio-es-prevenible.org)

Social Media  
Redes Sociales

**Suicide Prevention Service of the Central Coast**  
**2022 Suicide Loss Survivors Support Groups**

Suicide Loss Survivors - Santa Cruz County (previously known as WINGS): 1st and 3rd WEDNESDAYS

Suicide Loss Survivors - Monterey/San Benito (previously known as LOSS): THURSDAYS following the last WINGS meeting of the month.

Date	Day	Group	Time	Location
9/27	Wednesday	Suicide Loss Survivors - Santa Cruz County (WINGS)	10:00am	Virtual via Zoom
9/29	Monday	Suicide Loss Survivors - Santa Cruz County (WINGS)	10:00am	Virtual via Zoom
9/29	Thursday	Suicide Loss Survivors - Monterey/San Benito (LOSS)	10:00am	Virtual via Zoom
10/5	Monday	Suicide Loss Survivors - Santa Cruz County (WINGS)	10:00am	Virtual via Zoom
10/5	Thursday	Suicide Loss Survivors - Monterey/San Benito (LOSS)	10:00am	Virtual via Zoom
10/12	Monday	Suicide Loss Survivors - Santa Cruz County (WINGS)	10:00am	Virtual via Zoom
10/12	Thursday	Suicide Loss Survivors - Monterey/San Benito (LOSS)	10:00am	Virtual via Zoom
10/19	Monday	Suicide Loss Survivors - Santa Cruz County (WINGS)	10:00am	Virtual via Zoom
10/19	Thursday	Suicide Loss Survivors - Monterey/San Benito (LOSS)	10:00am	Virtual via Zoom

To learn how to join a group, call our offices at 831-459-9373 ext. #35 or email: [sp2@fsc.org](mailto:sp2@fsc.org). Currently our groups are for adults 18 and over; please call us to learn about resources for youth.

Support Groups  
Grupos de Apoyo





THANK YOU!  
¡GRACIAS!

Suicide Prevention Service Central Coast  
Andrea Tolaio, Program Director  
831-459-9373 ext.36  
tolaio.a@fsa-cc-org

*Talk with us.*



**Questions?/¿Preguntas?**

**Comments?/¿Comentarios?**



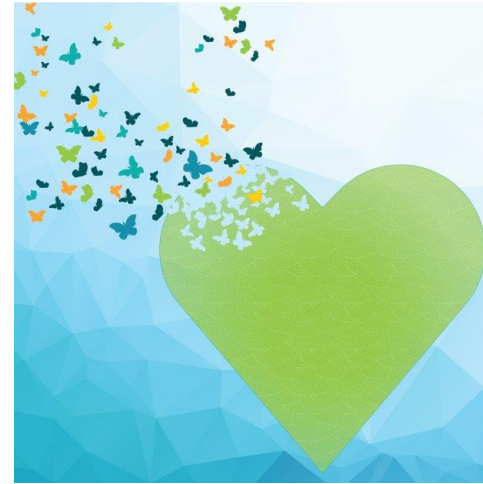
# Roadmap 2021-2025 & Workgroups: Updates and Next Steps

## Guía Para La Prevención Del Suicidio 2021-2025 Y los Grupos de Trabajo: Actualizaciones y Próximos Pasos



# Monterey County Helping One Another Prevent and Eliminate Suicide (MCHOPES)

## Suicide Prevention Roadmap 2021-2025



# ESPERANZA: Ayudando Uno Al Otro a Prevenir Y Eliminar El Suicidio En El Condado De Monterey

## Guía Para La Prevención Del Suicidio 2021-2025





**Key:**

Established

To be created at later date

# MC HOPES Workgroups:

Youth and Education

Wellness and Prevention

Interventions and Individual Supports

Means Access/Safety

Postvention After a Suicide Death





# Workgroup Updates & Next Steps: Wellness and Prevention

## Actualizaciones y Próximos Pasos de grupo de trabajo Bienestar y prevención





# **Current Status and Focus Areas** **Estado Actual y áreas de Enfoque**

**Monthly Meetings/Reuniones Mensuales:**

**1<sup>st</sup> Wednesday 1:00 p.m. - 2:30 p.m.**

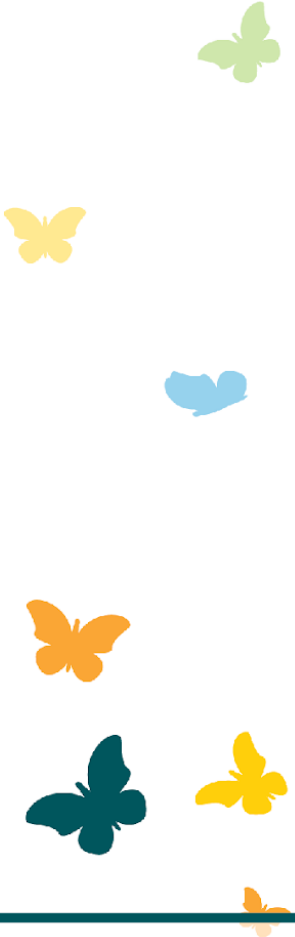
**Current Workgroup Goals/Objetivos actuales del grupo de trabajo**

**Comments from workgroup members/Comentarios de los miembros del grupo de trabajo**



# Workgroup Updates & Next Steps: Youth and Education

## Actualizaciones y Próximos Pasos de grupo de trabajo Jóvenes y Educación







# **Current Status and Focus Areas** **Estado Actual y áreas de Enfoque**

**Monthly Meetings/Reuniones Mensuales:**  
**3rd Thursday, 2:00 – 3:00 p.m.**

**Current Workgroup Goals/Objetivos actuales del grupo de trabajo**

**Comments from workgroup members/Comentarios de los miembros del grupo de trabajo**



# Workgroup Updates & Next Steps: Postvention

## Actualizaciones y Próximos Pasos de grupo de trabajo Postvención





## **Current Status and Focus Areas Estado Actual y áreas de Enfoque**

**Monthly Meetings/Reuniones Mensuales:  
2<sup>nd</sup> Monday 12:00 p.m. - 1:30 p.m.**

**Current Workgroup Goals/Objetivos actuales del grupo de trabajo**

**Comments from workgroup members/Comentarios de los miembros del grupo de trabajo**

**Questions?/¿Preguntas?**

**Comments?/¿Comentarios?**





**Announcements and  
Upcoming 2023 Activities**

**Anuncios y  
Actividades en 2023**



**Next Steps: Coalition**

**Próximos Pasos: La Coalición**

**Next Coalition Meeting:  
Wednesday 3/22/2023**

**In-person Meeting:  
Location TBD**

**Please contact us with your  
feedback and ideas!**

**Próximos reuniones de la  
coalición: Miércoles 3/22/2023**


**Reunión en Persona:  
Nosotras Anunciaremos la  
Ubicación**

**¡ Por favor contáctenos con su  
comentarios e ideas!**



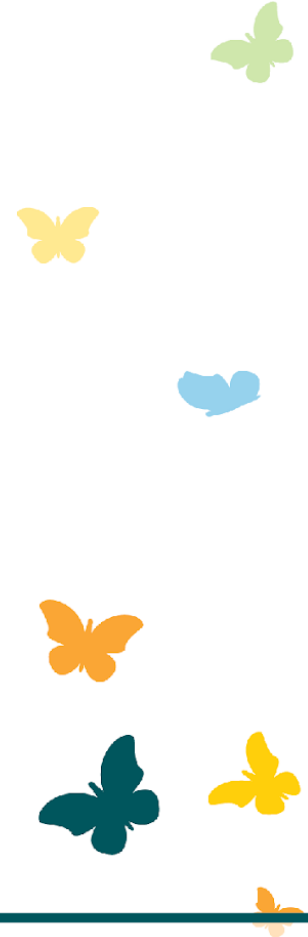
**Other  
announcements?**

**¿Otros anuncios?**



**What is one of your favorite 5-10 minute  
de-stressing or relaxation activities?  
Please share in the chat!**

**¿Cual es una de sus actividades favoritas  
de desestresamiento/relajación  
de 5 a 10 minutos?  
¡Por favor, comparte en el Chat!**







**Thank you for being  
here today!**

**¡Gracias por  
estar aquí  
hoy!**