

From: Wesley Mukoyama [mailto:]
Sent: Wednesday, September 27, 2017 8:34 AM
To: Taber, Toni <toni.taber@sanjoseca.gov>
Subject: Suicide Prevention Policy for the City of San Jose

Dear Mayor Liccardo,

As a clinical social worker years ago, I had a client who committed suicide and a friend who committed suicide. The client I had, drowned himself in Vasona Lake with chains and a weight around his legs.

This was 2 years after I left the agency. His suicide has never left my thoughts. He craved relationships. Suicide affects so many after it occurs, not just the victim himself/herself and in many ways it can be prevented. Pls do whatever you can to establish a suicide prevention policy for San Jose.

In deep gratitude

Wesley Mukoyama

From: The Ojakian [mailto:]

Sent: Friday, September 29, 2017 2:01 PM

To: The Office of Mayor Sam Liccardo <TheOfficeofMayorSamLiccardo@sanjoseca.gov>; Taber, Toni <toni.taber@sanjoseca.gov>

Cc: District3 <district3@sanjoseca.gov>

Subject: Rules and Open Government Committee on October 4

I hope the City of San Jose City Council will adopt a suicide prevention policy. Because of a family emergency I will not be able to attend the Rules and Open Government Committee on October 4, so I am sending this writing.

In December 2004, I had a son take his life. Like some who will be reading this writing, I was serving as a Council Member (City of Palo Alto) at the time. I came to understand that suicide is a complex behavioral and that no one is exempt. If suicide goes unaddressed, individuals will lose their lives.

Frequently I give talks/presentations and I indicate that ignoring or not acting on suicide will not prevent it. The statement I use is "denial is not a solution". A city suicide prevention policy is one solution and it is meant to provide some practical actions, but it is equally needed to raise community awareness and send a message of hope and support.

Though San Jose does not have a high suicide rate, because of its population size, there are a significant number of suicide deaths. I am attaching several materials:

- San Jose suicide death data
- Palo Alto's suicide prevention policy and here is the link to Mt. View's <http://laserfiche.mountainview.gov/WebLink/DocView.aspx?dbid=0&id=61595&page=1&cr=1>
- The Santa Clara County Suicide Prevention Strategic Plan summary. One action of Strategy Four is to encourage cities adopts a suicide prevention policy.
- A 2011 memorandum having the city of San Jose support the adoption of the Santa Clara County Suicide Prevention Strategic Plan.

Through recent county suicide prevention work, most Santa Clara County school districts and three Santa Clara County cities have approved suicide prevention policies. (Because of a law approved in 2016, soon all school districts in California will have a suicide prevention policy). A suicide prevention policy tells residents that help is available.

Again, I am requesting the City of San Jose adopt a suicide prevention policy.

Sincerely,

Victor Ojakian

Co-Chair, Santa Clara County, Suicide Prevention Oversight Committee

Co-President, NAMI Santa Clara County

Table 1: Number of Total Suicides for the City of San Jose, 2011-2015

Year	Number of Suicide Deaths
2011	74
2012	58
2013	65
2014	73
2015	66
Total	336

Source: Santa Clara County Medical Examiner Coroner Data 2011-2015

Table 2: Suicides by Gender and Year for Residents of the City of San Jose

	Female		Male		
	Number	Percentage of Deaths	Number	Percentage of Deaths	Total Number
2011	18	24%	56	76%	74
2012	10	17%	48	83%	58
2013	26	40%	39	60%	65
2014	20	27%	53	73%	73
2015	14	21%	52	79%	66
Total	88	26%	248	74%	336

Source: Santa Clara County Medical Examiner Coroner Data 2011-2015

Table 3: Suicides by Age Group for Residents of the City of San Jose

Age	2011 Number	2012 Number	2013 Number	2014 Number	2015 Number	Total Number	Percentage of Deaths
0-14	0	0	0	0	0	0	0%
15-19	5	1	6	2	0	14	4%
20-24	6	6	4	8	4	28	8%
25-29	2	4	6	4	8	24	7%
30-34	6	4	7	4	9	30	9%
35-44	11	12	12	8	8	51	15%
45-54	19	9	12	22	12	74	22%
55-64	15	9	11	13	12	60	18%
65+	10	13	7	12	13	55	16%
Total	74	58	65	73	66	336	100%

Source: Santa Clara County Medical Examiner Coroner Data 2011-2015

Table 4: *Suicides by Race or Ethnicity for Residents of the City of San Jose*

	2011 Number	2012 Number	2013 Number	2014 Number	2015 Number	Total Number	Percentage of Deaths
Asian	14	11	10	11	12	58	17%
Black	1	2	1	1	2	7	2%
Caucasian	40	30	41	44	37	192	57%
East Indian	0	3	0	3	2	8	2%
Hispanic	15	11	10	13	10	59	18%
Middle Eastern	3	1	0	0	2	6	2%
Pacific Islander	1	0	3	1	1	6	2%
Total	74	58	65	73	66	336	100%

Source: Santa Clara County Medical Examiner Coroner Data 2011-2015

Suicide Prevention Policy and Mental Health Promotion
September 22, 2010

Background

The Palo Alto City Council and City Administration understand the concern that suicide poses to its residents and employees/employers. Within that framework, the City shall adopt suicide prevention strategies and intervention procedures. These policy and procedures will be compatible with the Santa Clara County Suicide Prevention Strategic Plan that was adopted by the Santa Clara County Board of Supervisors on August 24, 2010. To meet these goals, mental health care shall be promoted and there shall be support for community members in need.

Suicide Prevention Policy

This policy shall advance current strategies and best practices as designated by the Suicide Prevention Resource Center, a national agency promoting the national suicide prevention plan, and the California Suicide Prevention Plan.

This policy promotes planning, implementing, and evaluating strategies for suicide prevention and intervention and encouraging mental health care.

This will be accomplished by City staff and residents gaining a better understanding about the causes of suicide and learning appropriate methods for identifying and preventing loss of life. The policy and procedures will include training in identifying those at risk (gatekeeper training) and how to report suicide threats to the appropriate parental and professional authorities.

This policy shall provide for active collaboration on similar work by the Palo Alto Unified School district and other local and regional authorities, including Santa Clara County government. This policy shall advance current strategies, including but not limited to, parent education, youth outreach, mental health support of students, means reduction, youth mental health screenings, and grief support amongst other actions.

The implementation of this policy (and related procedures), supports initiatives and actions taken by the community task force, Project Safety Net, or any future similar committee. Their activities will be agreed upon, implemented and evaluated.

A strong and effective educational program promote the healthy mental, emotional, and social development of residents and employees/employers including, but not limited to, understanding of problem-solving skills, coping skills,

and resilience. Additionally, an easily accessible list of mental health and suicide prevention resources shall be maintained.

The City Manager or his/her designee shall establish a crisis intervention plan and procedures to ensure public safety and appropriate communications in the event that a suicide occurs or an attempt is made by an individual in the City of Palo Alto. The City Manager will explore how this policy relates to the City's Emergency Crisis Plan.

The City of Palo Alto Administration shall ensure that all staff members have been issued a copy of this suicide prevention policy and related procedures. All staff are responsible for knowing and acting upon them.

Funds to implement this policy shall be provided, when available, and shall be sought through private donations, grant applications and other sources of outside funding. Additional funding will also be sought through partnership with the Palo Alto Unified School District and other agencies with expertise in this area.

This policy shall be reviewed annually to confirm compliance and to make any necessary revisions.

City of San Jose

Suicide Death Data

2011-2015

Prepared by Santa Clara County Suicide Prevention Program

Source: Santa Clara County Medical Examiner



SANTA CLARA COUNTY

Behavioral Health Services

Figure 1: Number of Suicides for Residents of the City of San Jose

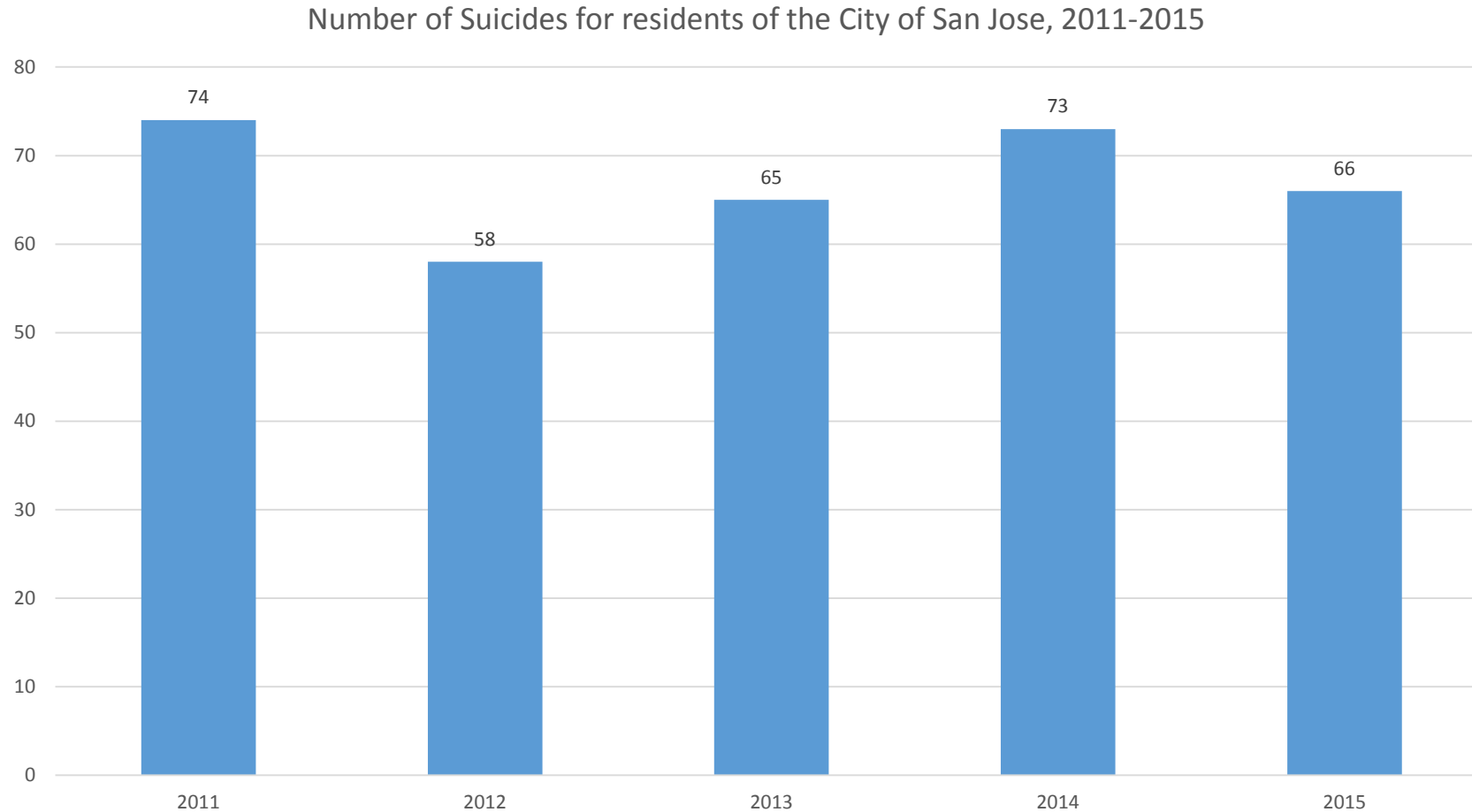


Figure 2: Suicides by Gender and Year

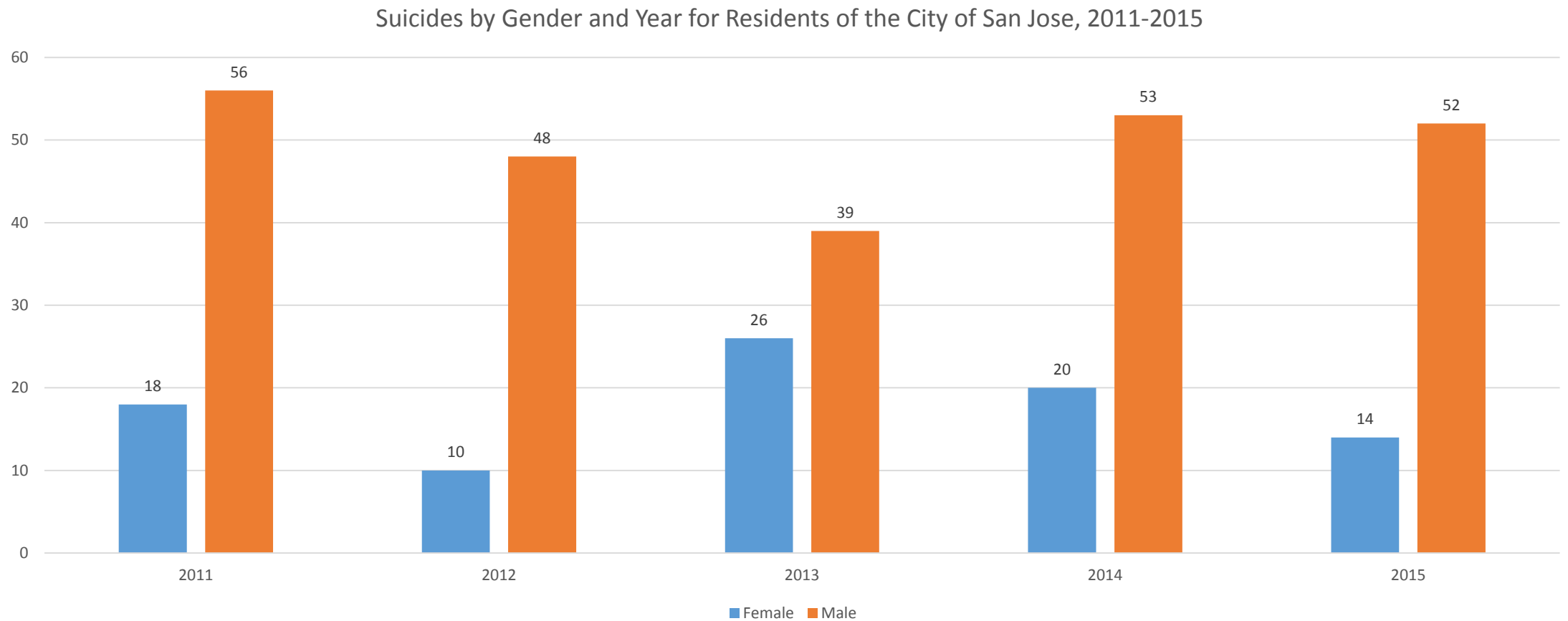


Figure 3: Percentage of 2011-2015 Suicides by Age Group

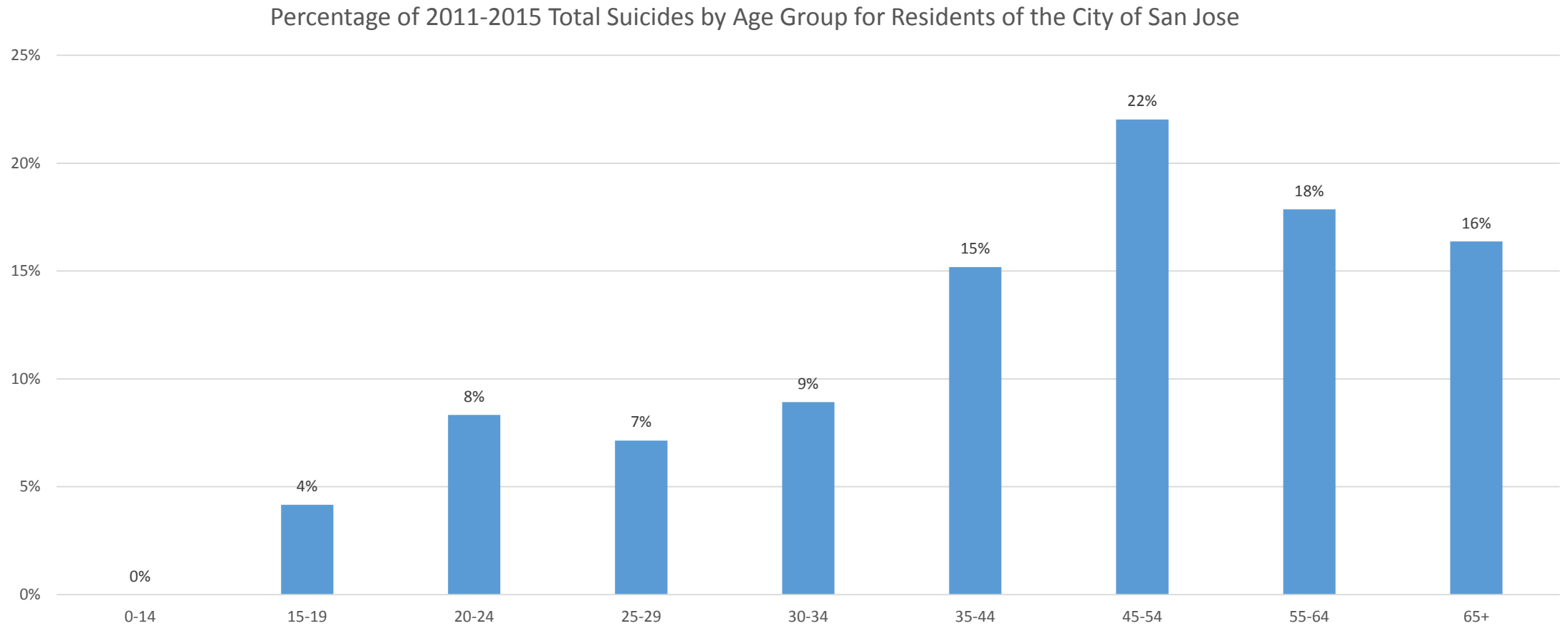


Figure 4: Percentage of 2011-2015 Suicides by Age Group

Percentage of 2011-2015 Total Suicides by Age Group, for Residents of the City of San Jose

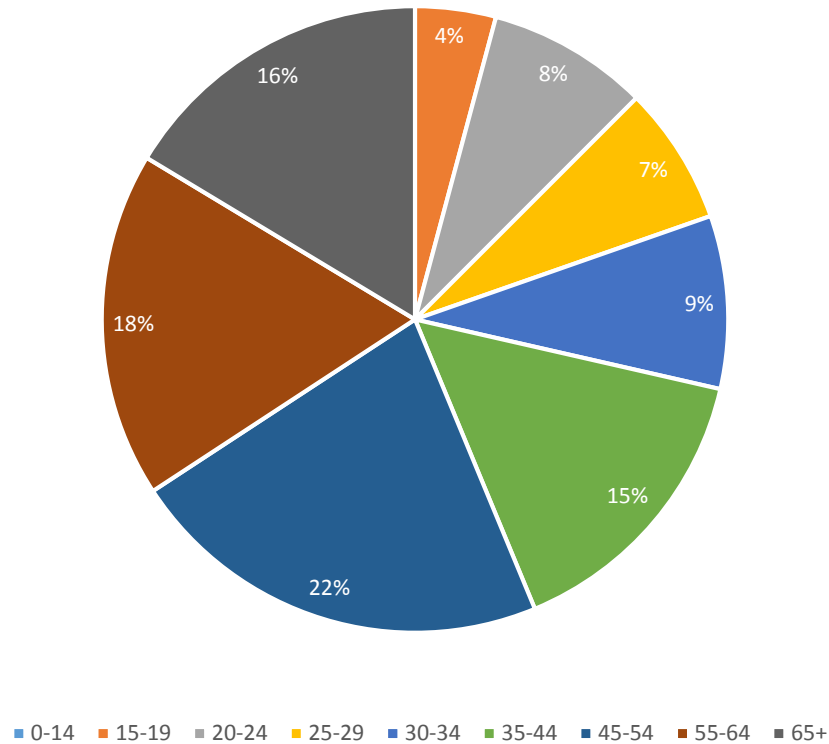


Figure 5: Percentage of 2011-2015 Suicides by Race or Ethnicity

Percentage of 2011-2015 Suicides by Race or Ethnicity for Residents of the City of San Jose

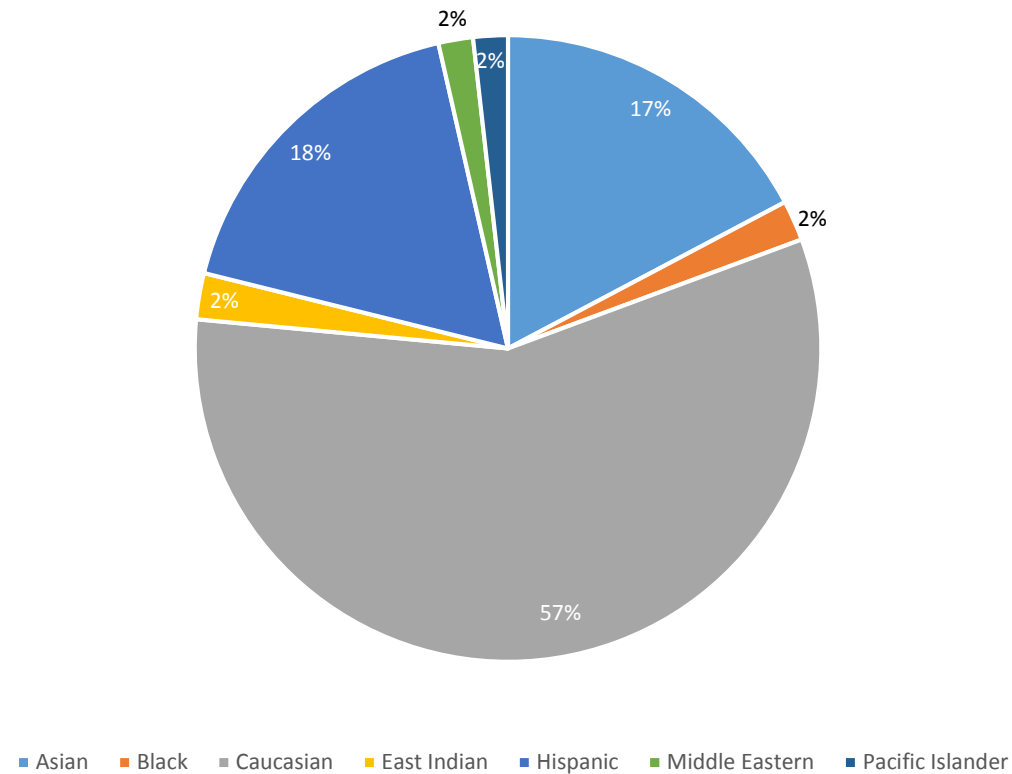
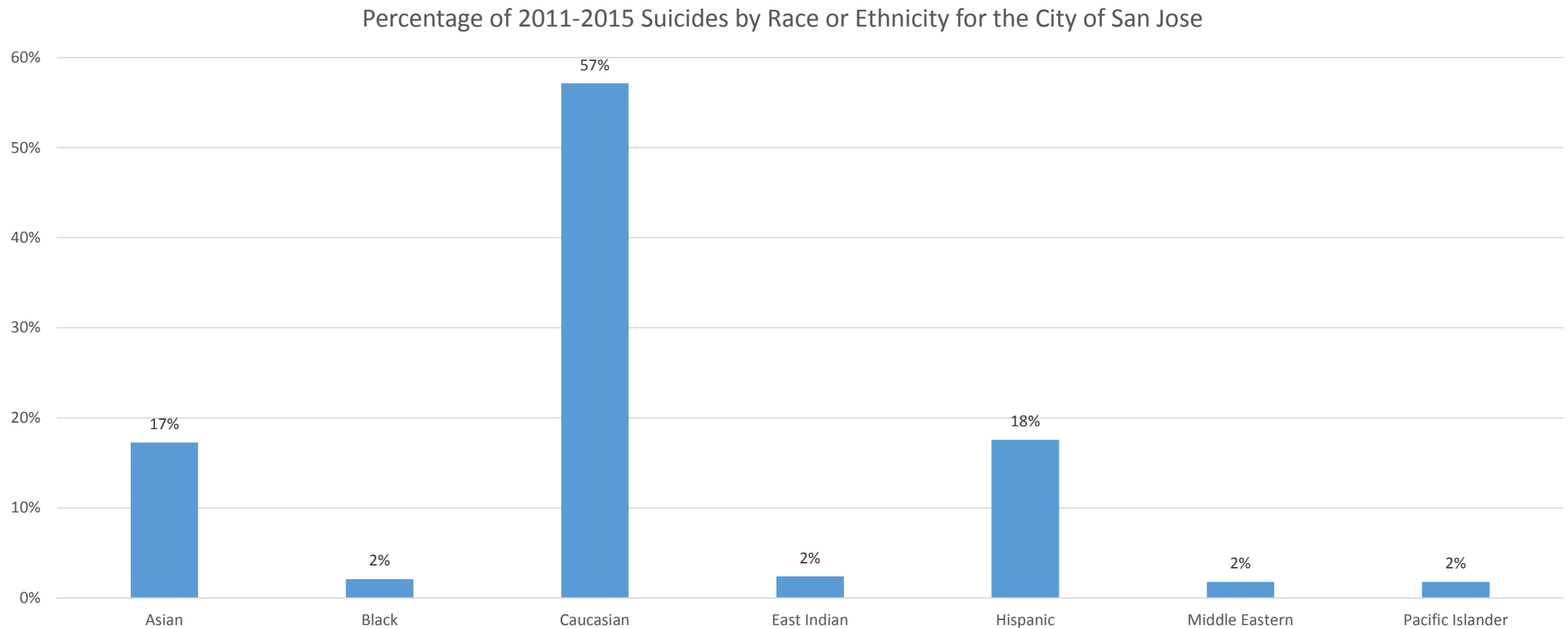


Figure 6: Percentage of 2011-2015 Suicides by Race or Ethnicity





COUNCIL AGENDA: 11-15-11
ITEM: 2.18

Memorandum

TO: HONORABLE MAYOR AND
CITY COUNCIL

FROM: Dennis Hawkins, CMC
City Clerk

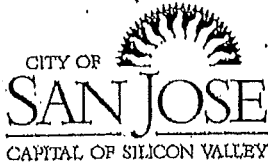
SUBJECT: SEE BELOW

DATE: 11-10-11

SUBJECT: SANTA CLARA COUNTY SUICIDE PREVENTION RESOLUTION

RECOMMENDATION

As recommended by the Rules and Open Government Committee on November 9, 2011 and outlined in the attached memo previously submitted to the Rules and Open Government Committee, adopt a resolution in support for the work that Santa Clara County is conducting through their Suicide Prevention Strategic Plan.



Memorandum

TO: RULES AND OPEN
GOVERNMENT COMMITTEE
SUBJECT: SUICIDE PREVENTION
RESOLUTION

FROM: Councilmember Kansen Chu
DATE: October 5, 2011

APPROVED:

DATE:

10/5/11

RECOMMENDATION:

I recommend that the Rules and Open Government Committee place on the City Council's agenda an item to adopt a resolution supporting the Santa Clara County Suicide Prevention Strategic Plan.

BACKGROUND:

The Santa Clara County Suicide Prevention Advisory Committee was established to develop the Suicide Prevention Strategic Plan in an effort to raise awareness of issues concerning the causes of suicide and stimulate collaboration and active efforts to address key issues, including disparities that lead to a disproportionate incidence of suicide among certain groups of individuals.

It is essential to support the Santa Clara County Suicide Prevention Strategic Plan to: (1) reduce deaths by suicide; (2) increase awareness and understanding of suicidal deaths and what to do; (3) improve data collection, monitoring and follow-up; and (4) have residents respond to a person in need.

According to the Strategic Plan, the City of San José's suicide data indicates a total of 418 deaths by suicide have occurred between the years of 2000 to 2006. This is a rate of 6.26 per 100,000 residents. Cities such as Palo Alto and Mountain View have already considered taking similar action.

Almost all Santa Clara County cities annually have resident of all races, gender, ages, and other social characteristics either express, attempt, or die by suicide, affecting many members of our communities, making this a community matter requiring collective action. Adopting a resolution will convey the City of San José's support for the work Santa Clara County is conducting through their Suicide Prevention Strategic Plan.

Attachment:

- Draft City Council Resolution
- Breakdown of Statistics by City and Zip Code



RESOLUTION OF THE SANTA CLARA COUNTY CITIES
ASSOCIATION, SUPPORTING SANTA CLARA COUNTY
SUICIDE PREVENTION STRATEGIC PLAN

IT IS HEREBY RESOLVED, by the Board of Directors of the Santa Clara County Cities Association that

WHEREAS, Surgeon General, Dr. David Satcher, in his 1999 "Call to Action to Prevent Suicide" stated suicide in the United States is a serious public health issue and the most preventable form of death; and,

WHEREAS, the National Strategy for Suicide Prevention: Goals and Objectives for Action promotes "increasing the proportion of family, youth and community service providers and organizations with evidence-based suicide prevention programs" (Objective 4.7); and,

WHEREAS, Santa Clara County loses an average of a hundred and forty individuals in recent years to suicide, and many other residents attempt suicide or express suicidal thoughts, making this a significant public health issue; and,

WHEREAS, almost all Santa Clara County cities annually have residents of all races, gender, ages, and other social characteristics either express, attempt, or die by suicide, affecting many members of our communities, making this a community matter requiring collective action; and,

WHEREAS, it is essential to support the Santa Clara County Suicide Prevention Strategic Plan goals to 1) reduce number of deaths by suicide, 2) increase awareness and understanding of suicidal deaths and what to do, 3) improve data collection, monitoring and follow up, and, 4) have residents respond to a person in need; and

WHEREAS, educating people on suicide risk factors, warning signs, and protective factors and removing stigma about mental health treatment, recovery and resiliency is enlightened action; and,

WHEREAS, Santa Clara County Board of Supervisors, along with the leadership and staff of the Mental Health Department, the members of the Suicide Prevention Advisory Committee (SPAC) and the many public participants, has sought to prevent suicide by holding public meetings and discussion sessions and approving a county prevention plan.

NOW, THEREFORE, LET IT BE RESOLVED that the Santa Clara County Cities Association, hereby proclaims adoption of the Santa Clara County Suicide Prevention Strategic Plan, and calls upon all cities, citizens, government agencies, public and private institutions, businesses and schools to join us in our vision to prevent death by suicide and create a healthier and safer community.

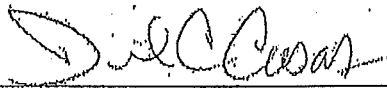
INTRODUCED AND PASSED: September 9, 2010

ADOPTED BY THE FOLLOWING VOTE:

AYES: BAKER, BRYANT, CASAS, HAMILTON, KLEIN, LICCARDO, MAHAN, MILLER, PERRY, FIRZYNSKI,
SUMMIT, TATE, WANG

NOES:

ABSENT: LIVENGOD, PINHEIRO



David Casas, President
Santa Clara County Cities Association
September 9, 2010

- The precipitating life events for women who attempt suicide tend to be Interpersonal losses or crises in significant social or family relationships.⁴⁰

Suicides by City

These data are based on zip code data being correlated to city boundaries as closely as possible. Please note that zip code and city boundaries are not always contiguous and that there may be some inaccuracies for this reason. Nevertheless, it is informative to look at suicide rates by Santa Clara County cities. This reveals that the relationship of socioeconomic status and suicide is not clear. It might be expected that structural social inequalities, which result in groups of people with poor access to resources, including social capital, would lead to higher rates of suicide, since this occurs for other indicators of poor physical and mental health. However, data reveal that the highest rates of suicide appear to be in higher income areas of the county, with the highest rates of suicide being in Palo Alto, Los Altos/Los Altos Hills, Sunnyvale and Morgan Hill; while lower rates in general are in Milpitas, Santa Clara and San Jose. However, a closer look at suicides by zip codes reveals that frequent numbers of suicides are found in both higher income areas as well as in certain lower income neighborhoods.

Please see Attachment 1 in the Appendix for numbers of suicides by zip code and a comparison of suicide deaths with homicides.

Table 1. Suicide Rates by Santa Clara County Cities, 2000 - 2006

City	Population	2000	2001	2002	2003	2004	2005	2006	Total	Avg. / Yr.	Rate per 100,000
Campbell	96,984	1	2	4	4	4	1	7	23	3.28	8.5
Cupertino	55,000	4	2	1	2	2	2	4	17	2.43	4.4
Gilroy	48,448	5	5	5	2	3	4	3	27	3.86	7.97
Los Altos / Hills	96,063	1	6	4	6	2	1	8	28	4.0	11.09
Los Gatos	28,971	4	2	0	3	4	5	1	19	2.71	9.35
Milpitas	65,235	3	2	3	4	6	6	1	25	3.57	5.47
Monte Sereno	3,511	0	0	0	0	0	0	0	0	0	0
Morgan Hill	37,066	0	3	7	6	4	3	3	26	3.71	10.00
Mountain View	71,947	7	11	7	9	8	3	4	49	7.0	9.73
Palo Alto	62,108	4	10	6	6	15	8	8	57	8.14	13.1
San Jose	953,053	65	47	61	65	73	60	47	418	\$9.7	6.26
Santa Clara	110,700	8	6	5	6	6	5	7	43	6.14	5.55
Saratoga	30,815	3	2	3	3	9	1	0	21	3.0	9.74
Sunnyvale	133,458	13	17	16	13	18	10	10	97	13.4	10.04
Unincorporated	98,244	0	0	0	0	0	0	0	0	0	0
Total County	1,771,610	118	115	122	129	154	109	103	850	121.4	

During the seven years that were reviewed, 2000 through 2006, certain zip codes more frequently had higher numbers of suicides, for example, 95086 and 95123. It is unclear, what, if any, these zip codes have in common. Would the pattern hold over a longer period of analysis? Much work remains to be done to more fully understand the dynamics of suicide.

**Attachment 1. Suicides in Santa Clara County by Zip Code, 2000-2006, and
Suicide-Homicide Comparison Table**

ZIP	CITY	2000		2001		2002		2003		2004		2005		2006	
		SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM
94022	Los Altos	1	0	0	0	0	0	0	0	0	0	0	0	0	0
94024	Los Altos	0	0	0	0	4	0	0	0	2	0	1	0	5	0
	<i>L.A. & L.A. Hills Totals</i>	1		6		4		6		2		1		8	
94040	Mountain View	2	0	0	0	0	0	5	1	4	1	1	0	0	0
94041	Mountain View	4	0	0	0	0	0	0	0	2	1	0	0	1	0
94043	Mountain View	0	0	1	1	1	1	0	0	2	0	2	0	0	1
	<i>M.V. Totals</i>	7		11		7		9		8		3		4	
94085	Sunnyvale	0	0	0	0	0	0	0	0	0	0	0	0	0	0
94086	Sunnyvale	0	2	0	0	2	2	3	3	1	3	2	2	0	0
94087	Sunnyvale	0	0	0	0	1	1	0	0	0	0	1	1	0	0
94089	Sunnyvale	0	0	0	0	0	0	0	0	2	1	3	0	2	1
	<i>Sunnyvale Totals</i>	13		17		16		13		18		10		10	
94301	Palo Alto	0	0	0	0	0	0	2	2	0	0	0	0	0	0
94303	Palo Alto	5	5	5	4	4	4	9	9	4	4	11	0	7	7
94304	Palo Alto	0	0	0	0	0	0	0	0	1	0	0	0	0	0
94305	Stanford	0	0	0	0	0	0	0	0	0	0	0	0	0	0
94306	Palo Alto	0	1	0	0	0	0	0	0	4	2	0	0	6	1
95002	Alyiso	0	0	0	0	0	0	0	0	0	0	0	0	0	0

ZIP	CITY	2000		2001		2002		2003		2004		2005		2006	
		SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM
95008	Campbell	1	0	2	0	4	0	1	0	1	0	3	0	0	0
95014	Cupertino	0	0	0	0	0	0	0	0	0	0	0	0	0	0
95020	Gillroy	3	7	5	3	5	1	2	2	0	0	2	1	1	1
95030	Los Gatos	0	0	0	0	0	0	0	0	1	0	0	0	0	0
95032	Los Gatos	0	0	0	0	0	0	0	0	0	0	0	0	0	0
95035	Millpitas	1	1	1	0	0	0	3	2	2	3	3	1	1	1
95037	Morgan Hill	0	1	0	0	0	0	0	0	1	1	1	0	0	0
95046	San Martin	0	0	0	2	0	0	0	0	0	0	0	0	0	0
95050	Santa Clara	2	2	0	0	2	0	0	0	2	2	2	2	2	2
95051	Santa Clara	0	0	0	0	3	0	0	0	0	3	3	0	0	0
95054	Santa Clara	0	0	1	0	0	0	0	0	1	2	2	0	0	0
	<i>S.C. Totals</i>	8		6		5		6		6		5		7	
95070	Saratoga	1	0	0	0	0	0	1	0	5	1	1	0	1	1
95110	San Jose	0	0	2	0	0	0	1	0	1	0	2	0	0	0
95111	San Jose	3	0	0	2	2	2	2	2	2	1	1	2	2	2
95112	San Jose	3	3	3	1	1	4	4	3	3	0	0	1	1	1
95113	San Jose	0	0	0	0	0	0	0	0	0	0	0	0	0	0
95116	San Jose	3	3	3	5	2	2	4	4	2	4	4	1	1	1
95117	San Jose	0	0	0	0	0	0	0	0	1	0	0	0	0	0
95118	San Jose	0	2	1	0	0	0	2	4	4	1	1	0	0	0
95119	San Jose	0	0	0	0	0	0	1	0	0	0	0	0	1	1
95120	San Jose	0	0	0	3	0	0	2	1	0	0	0	0	0	0
95121	San Jose	0	1	0	0	0	1	1	1	0	0	0	0	1	1
95122	San Jose	1	2	3	4	1	5	3	3	3	3	3	6	6	6
95123	San Jose	2	2	1	1	1	1	0	0	0	0	0	0	0	0
95124	San Jose	0	0	0	0	0	0	0	0	0	1	1	1	1	1
95125	San Jose	1	1	1	1	1	1	1	1	1	0	0	1	1	1
95126	San Jose	1	4	0	3	1	1	1	1	2	0	0	0	0	0

ZIP	CITY	2000		2001		2002		2003		2004		2005		2006	
		SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM	SUI	HOM
95127	San Jose	2		3		7		5		1		3		4	
95128	San Jose	1		1		1		1		0		0		0	
95129	San Jose	0		1		0		0		0		3		0	
95130	San Jose	0		0		0		0		1		0		0	
95131	San Jose	1		0		0		1		0		0		0	
95132	San Jose	1		0		2		1		0		1		1	
95133	San Jose	1		1		1		0		2		3		2	
95134	San Jose	0		0		0		1		0		0		0	
95135	San Jose	0		0		0		0		0		0		0	
95136	San Jose	1		0		0		0		1		0		1	
95138	San Jose	0		0		0		0		0		0		0	
	<i>S.J. Totals</i>	65		47		61		65		73		60		47	
TOTAL		120		120		125		133		156		112		109	

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California Department of Finance, Demographic Research Unit, Estimates of Population of California Cities, 2006:

Campbell	36,984
Cupertino	55,000
Glroy	48,448
Los Altos and Los Altos Hills	36,065
Los Gatos	28,971
Millpitas	65,235
Monte Sereno	3,511
Morgan Hill	37,066
Mountain View	71,947
Palo Alto	62,108
San Jose	953,058
Santa Clara	110,700
Saratoga	30,815
Sunnyvale	133,458
Unincorporated	98,244
Total County-2006 Estimate	1,771,610

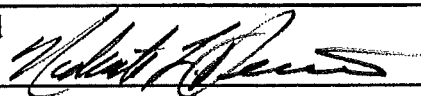
Memorandum

TO: RULES AND OPEN GOVERNMENT COMMITTEE **FROM:** Alex Gurza

SUBJECT: SEE BELOW

DATE: October 28, 2011

Approved



Date

10-28-11

SUBJECT: SANTA CLARA COUNTY SUICIDE PREVENTION STRATEGIC PLAN

RECOMMENDATION

Adopt a resolution in support for the work Santa Clara County is conducting through their Suicide Prevention Strategic Plan.

BACKGROUND

At the October 19, 2011 Rules and Open Government, the Rules and Open Government Committee ("Committee") discussed Councilmember Chu's memo of October 5, 2011 requesting the City Council to adopt a resolution supporting the Santa Clara County Suicide Prevention Strategic Plan. Also attached in the packet was a proposed resolution from the Santa Clara County Cities Association. The proposed resolution language is contained in Attachment A. The Committee raised some questions regarding what specifically was being asked of the Council. The Committee's specific concern was the broad language within the template in which the City would "hereby proclaims adoption of the Santa Clara County Suicide Prevention Strategic Plan..." As a result, this item was deferred until November 2, 2011 with direction to staff to research and determine what the City's obligation would specifically be if the resolution were adopted.

ANALYSIS

The primary goal of the Santa Clara County's Suicide Prevention Strategic Plan, (accessible at www.sccgov.org/spac) which was initiated last year, is to reduce suicide attempts and deaths; empower residents to identify and refer individuals at-risk to appropriate resources; and improve the quality of life for individuals and their loved ones who are dealing with mental illness.

Staff contacted the County of Santa Clara to clarify what a city's indication of support for the work Santa Clara County is conducting through their Suicide Prevention Strategic Plan is interpreted to convey. The County is requesting cities to look at the gravity of the situation. By acknowledging support for the County's Plan, the City is acknowledging the deep impact that

suicide has on its' community. By supporting the County's plan, the City of San José would be recognizing that suicide is a preventable death.

The County would, however, prefer the City to adopt a more proactive partnership with the County by committing to adopt the County's suicide prevention policy as its own. This would require the City to create an organizational structure and implementation planning process, including:

- Develop a sustainable organizational structure for suicide prevention, which may include a steering committee, partner organization, community collaborative teams to implement strategy and full-time staffing;
- Build on existing strategy implementation processes;
- Identify roles and responsibilities within the organizational structure;
- Enable resource development and fundraising; and
- Maintain the spirit of suicide prevention.

Within the County's resources is a case study of a suicide prevention program implemented by the City of Palo Alto, called the Project Safety Net. The Project Safety Net staff includes a Program Manager, an administrative assistant and a fiscal agent as full-time staff members to facilitate the program.

Because of potential resource impacts to the City to develop a suicide prevention program, staff recommends that at this time, the Council adopt a resolution in support for the work that Santa Clara County is conducting through their Suicide Prevention Strategic Plan. Should the Council wish to consider the development and implementation of a City plan, that discussion could take place at the Council's annual Priority Budget Study session in February.

PUBLIC OUTREACH

- ☐ **Criteria 1:** Requires Council action on the use of public funds equal to \$1 million or greater.
(Required: Website Posting)
- ☐ **Criteria 2:** Adoption of a new or revised policy that may have implications for public health, safety, quality of life, or financial/economic vitality of the City. **(Required: E-mail and Website Posting)**
- ☐ **Criteria 3:** Consideration of proposed changes to service delivery, programs, staffing that may have impacts to community services and have been identified by staff, Council or a Community group that requires special outreach. **(Required: E-mail, Website Posting, Community Meetings, Notice in appropriate newspapers)**

By providing this document to the Rules and Open Government Committee agenda for November 2, prior to review by the Rules and Open Government Committee, this document will be posted on the City's website and interested public will have additional time to review.

COORDINATION

This memo was coordinated with Human Resources, the City Manager's Office, and the City Attorney's Office.

A handwritten signature in black ink, appearing to read 'Alex Gurza', with a long horizontal flourish extending to the right.

ALEX GURZA
Deputy City Manager



**RESOLUTION OF THE SANTA CLARA COUNTY CITIES
ASSOCIATION, SUPPORTING SANTA CLARA COUNTY
SUICIDE PREVENTION STRATEGIC PLAN**

**IT IS HEREBY RESOLVED, by the Board of Directors of the Santa Clara County Cities
Association that**

WHEREAS, Surgeon General, Dr. David Satcher, in his 1999 "Call to Action to Prevent Suicide" stated suicide in the United States is a serious public health issue and the most preventable form of death; and,

WHEREAS, the National Strategy for Suicide Prevention: Goals and Objectives for Action promotes *"increasing the proportion of family, youth and community service providers and organizations with evidence-based suicide prevention programs"* (Objective 4.7); and,

WHEREAS, Santa Clara County loses an average of a hundred and forty individuals in recent years to suicide, and many other residents attempt suicide or express suicidal thoughts, making this a significant public health issue; and

WHEREAS, almost all Santa Clara County cities annually have residents of all races, gender, ages, and other social characteristics either express, attempt, or die by suicide, affecting many members of our communities, making this a community matter requiring collective action; and,

WHEREAS, it is essential to support the Santa Clara County Suicide Prevention Strategic Plan goals to 1) reduce number of deaths by suicide, 2) increase awareness and understanding of suicidal deaths and what to do, 3) improve data collection, monitoring and follow up, and, 4) have residents respond to a person in need; and

WHEREAS, educating people on suicide risk factors, warning signs, and protective factors and removing stigma about mental health treatment, recovery and resiliency is enlightened action; and,

WHEREAS, Santa Clara County Board of Supervisors, along with the leadership and staff of the Mental Health Department, the members of the Suicide Prevention Advisory Committee (SPAC) and the many public participants, has sought to prevent suicide by holding public meetings and discussion sessions and approving a county prevention plan.

NOW, THEREFORE, LET IT BE RESOLVED that the Santa Clara County Cities Association, hereby proclaims adoption of the Santa Clara County Suicide Prevention Strategic Plan, and calls upon all cities, citizens, government agencies, public and private institutions, businesses and schools to join us in our vision to prevent death by suicide and create a healthier and safer community.

INTRODUCED AND PASSED: September 9, 2010

ADOPTED BY THE FOLLOWING VOTE:

AYES: BAKER, BRYANT, CASAS, HAMILTON, KLEIN, LICCARDO, MAHAN, MILLER, PERRY, PIRZYNSKI,
SUMMIT, TATE, WANG

NOES:

ABSENT: LIVENGOD, PINHEIRO

A handwritten signature in dark ink, appearing to read "David Casas", is written over a horizontal line.

David Casas, President
Santa Clara County Cities Association
September 9, 2010

From: Janice Bremis

Sent: Monday, October 02, 2017 1:44 PM

To: The Office of Mayor Sam Liccardo <TheOfficeofMayorSamLiccardo@sanjoseca.gov>

Cc: Taber, Toni <toni.taber@sanjoseca.gov>

Subject: Support for Suicide Prevention Policy Adoption

Dear Sam,

I would like to state that I support San Jose City Council Member, Raul Peralez, in requesting the San Jose City Council adopt a city suicide prevention policy. I will not be able to attend the meeting on October 4th but I wanted to make my support of the adoption of a city suicide prevention policy known.

Thank you for your time and thank you for understanding the importance of this issue and how necessary this policy is.

Janice Bremis

Executive Director

www.edrcsv.org

October 2, 2017

The Honorable Mayor Sam Liccardo and City Council
Rules Committee
200 E. Santa Clara St.
San Jose, CA 95113



RE: Support for Councilmember Perez's Suicide Prevention Policy

Dear Mayor Liccardo,

I am writing on behalf of the San Jose Downtown Residents Association to express our support for Councilmember Raul Perez's memo submitted to Rules Committee for the City of San Jose to develop a suicide prevention policy. This is an important issue to the community that we think the City of San Jose should address.

Over 44,000 Americans die by suicide every year. In San Jose alone, there were 336 suicides between 2011 and 2015—the highest number in any city of Santa Clara County. On Tuesday, September 26th, a woman fell to her death from a 10-story high-rise apartment building directly across the street from San Jose City Hall in what police believe to be a suicide—a tragic reminder that this issue is one shared by the downtown community. This issue should be of immediate and urgent importance for the city's leadership.

City leadership on this issue could make a difference, helping to raise awareness and tackle stigma. These can make the difference for someone's life, and in our community. We urge the City to seriously consider developing a suicide prevention policy, and look forward to being part of the conversation moving forward.

Thank you for your consideration and leadership on this issue. We hope that you will vote to pass the suicide prevention policy to the priority setting agenda, scheduled to be discussed on October 17th.

Sincerely,

Matthew Quevedo
President
Downtown Residents Association



October 3, 2017

The Honorable Sam Liccardo
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for Councilmember Perez's Suicide Prevention Policy

Dear Mayor Liccardo,

I write to you on behalf of Silicon Valley Bank, to express our support for Councilmember Raul Perez's memo submitted to the Rules Committee for the City of San Jose, to develop a suicide prevention policy. Our company takes seriously, the mental health and wellbeing of our employees and the broader community, and we believe this is an important step for the City of San Jose to take.

Over 44,000 Americans die by suicide each year, more than the number of Americans killed in automobile accidents, costing the national economy \$51 billion annually. Further, for every suicide, there are 25 attempts - or over 1,100,000 attempts annually. Suicide is the third leading cause of death among teenagers in the nation, and nearly 25 percent of all suicide attempts are by youth. In California, we lose on average one youth every other day to suicide (about 172 deaths each year).

In San Jose alone, there were 336 suicides between 2011 and 2015—the highest number in any city of the South Bay.

Suicide is a preventable tragedy that affects far too many lives. We need to shine a light on this issue and equip city staff with the resources and training necessary to identify and respond to suicidal thoughts among city employees and the general public. By supporting this memo, the city will be sending an important message to its residents about the seriousness of this issue. So much of the suffering that leads to suicide happens in the shadows, stigmatized. To develop and adopt a suicide prevention policy, the city of San Jose would show that suicide is a preventable act and that those who are contemplating it can seek support from their community.

Thank you for your consideration and leadership on this issue. We hope that you will vote to pass the suicide prevention policy to the priority setting agenda on October 17th.

Regards,



Greg Becker
Chief Executive Officer

From: Walter Hudson [mailto:]

Sent: Wednesday, October 4, 2017 12:21 PM

To: Tran, David <david.tran@sanjoseca.gov>; Perez, Raul <Raul.Perez@sanjoseca.gov>

Subject: Suicide prevention statement by the City

Dear David and Raul:

With the recent suicides downtown (across the street from City Hall and the two in the San Jose King Library), I was delighted to hear that Councilman Perez is bringing this issue to the City Council.

As a member of FaithNet, part of the NAMI Santa Clara effort to support and educate individuals and families about mental health/illness issues, we want to join the effort to educate the City Council about the prevalence and importance of this issue in our communities.

Please keep us informed of any Council-level discussions or plans to address these issues so we can offer our experienced and expert support to this effort.

Warmest regards,
Walter Hudson for FaithNet

**Project Safety Net Talking Points: Mary Gloner, Executive Director
City of San Jose Suicide Prevention Policy
October 3, 2017, 2pm**

Thank you Mayor, Vice-Mayor, and Council Members for your time. My name is Mary Gloner, I am the Executive Director of Project Safety Net, a community coalition that came together to promote youth wellbeing and suicide prevention in Palo Alto. I am also a resident of Councilmember Davis' district.

I am here to ask you to support City of San Jose's adoption of a suicide prevention policy and I want to thank Councilmember Perez for championing this effort.

Among youth, suicide is the 2nd leading cause of death in the US according to CDC. In San Jose, while not as public as Palo Alto, there have been several suicide clusters in the past decade that impacted San Jose youth based on last year's Epi-Aid investigation conducted by CDC and SAMSHA.

The City of Palo Alto council adopted a suicide prevention policy after it experienced its first cluster in 2010 to not only reflect their City's values, but was one of the many areas that they could lead in our community's collective efforts to promote youth wellbeing, resiliency and suicide prevention.

As a result of the policy, it:

- informed City of Palo Alto's programming and initiatives, especially its youth programs and public safety activities.
- helped community organizations to secure resources to support suicide prevention, mental health, and wellbeing efforts.
- more importantly raised visibility and engaged the community on an important, yet complex public health issue that is preventable.

Thank you

From: Gordon Smith [mailto:]

Sent: Sunday, October 15, 2017 10:16 PM

To: Jones, Chappie <Chappie.Jones@sanjoseca.gov>; Davis, Dev <dev.davis@sanjoseca.gov>; Carrasco, Magdalena <Magdalena.Carrasco@sanjoseca.gov>; Jimenez, Sergio <sergio.jimenez@sanjoseca.gov>; Arenas, Sylvia <sylvia.arenas@sanjoseca.gov>; Khamis, Johnny <johnny.khamis@sanjoseca.gov>; Liccardo, Sam <sam.liccardo@sanjoseca.gov>; Diep, Lan <lan.diep@sanjoseca.gov>; Peralez, Raul <Raul.Peralez@sanjoseca.gov>; Nguyen, Tam <Tam.Nguyen@sanjoseca.gov>; Rocha, Donald <Donald.Rocha@sanjoseca.gov>; Taber, Toni <toni.taber@sanjoseca.gov>

Cc: ICE Lisa Hettler- >

Subject: RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Peralez. For both of us writing to you today, this is a critical issue. It is one that touches the lives of many of our fellow citizens of this city with tragedy, and has come far too close to touching our own extended family.

The death toll from suicide in this country every year is appalling. 44,000 Americans die by their own hand annually, about half of them using guns. There is ample evidence that thoughtful programs can drastically reduce this rate, especially by providing counseling and social support to those suffering from depression.

There are three immediate points to highlight about this policy this is in front of Council:

1. A template for a policy has been provided, so limited staff time required. (Staff is asking they not be overloaded like in the past)
2. No or very limited cost. (Santa Clara County's suicide prevention program can provide some of the resources and training)
3. This would be a bold move for San Jose families and youth to help prevent suicide and promote resilience.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Regards,
Gordon Smith and Lisa Hettler-Smith

Gordon Smith

From: Supervisor Yeager [mailto:supervisor.yeager@BOS.SCCGOV.ORG]

Sent: Monday, October 16, 2017 2:17 PM

To: Liccardo, Sam <sam.liccardo@sanjoseca.gov>

Cc: Jones, Chappie <Chappie.Jones@sanjoseca.gov>; Jimenez, Sergio <sergio.jimenez@sanjoseca.gov>;
Perez, Raul <Raul.Perez@sanjoseca.gov>; Diep, Lan <lan.diep@sanjoseca.gov>; Carrasco, Magdalena
<Magdalena.Carrasco@sanjoseca.gov>; Davis, Dev <dev.davis@sanjoseca.gov>; Nguyen, Tam
<Tam.Nguyen@sanjoseca.gov>; Arenas, Sylvia <sylvia.arenas@sanjoseca.gov>; Rocha, Donald
<Donald.Rocha@sanjoseca.gov>; Khamis, Johnny <johnny.khamis@sanjoseca.gov>; Taber, Toni
<toni.taber@sanjoseca.gov>

Subject: suicide prevention policy

October 16, 2017

The Honorable Sam Liccardo

200 E. Santa Clara St.

San Jose, CA 95113

RE: Support for Councilmember Perez's Suicide Prevention Policy

Dear Sam,

I am writing to you personally to express my support for Councilmember Raul Perez's proposal for the City of San Jose to develop a suicide prevention policy.

Suicide is a preventable tragedy that affects far too many—especially our youth. It is the second leading cause of death among young people ages 10 to 24 in the United States.

Suicide hits the LGBTQ community especially hard. LGBTQ youth are almost 3 times as likely to seriously contemplate suicide as their heterosexual peers, and almost 5 times as likely to have attempted it. Among the transgender community, 40 percent of adults report having attempted suicide, and 92 percent of those attempts occurred before the age of 25.

A city suicide prevention policy would both bring attention to the issue and help reduce the stigma surrounding it by increasing awareness and understanding. Now is the time for San Jose to act.

The proposal would require limited staff time because a policy template already exists. It could be implemented at little or no cost to the City. Our own County suicide prevention program could provide many of the resources and training your staff would need.

This is a bold move that would shine a spotlight on San Jose's commitment to its families, and its young people.

I respectfully request that you support Item #7 in Policy Considerations-the Suicide Prevention Policy proposed by Councilmember Perez in the Council Priority Settings session tomorrow.

Sam, thank you for your consideration and leadership on this issue.

Sincerely,

Ken Yeager

Supervisor, Santa Clara County District 4

STATE CAPITOL
SACRAMENTO, CA 95814
TEL (916) 651-4015
FAX (916) 651-4915

2105 S. BASCOM AVE.
SUITE 154
CAMPBELL, CA 95008
TEL (408) 558-1291
FAX (408) 558-1296

100 PASEO DE SAN ANTONIO
SUITE 209
SAN JOSE, CA 95113
TEL (408) 286-8318
FAX (408) 286-2338

California State Senate

SENATOR
JIM BEALL

FIFTEENTH SENATE DISTRICT



COMMITTEES
BUDGET AND
FISCAL REVIEW
GOVERNANCE AND FINANCE
HEALTH
JOINT LEGISLATIVE AUDIT
TRANSPORTATION
AND HOUSING
SUBCOMMITTEE
BUDGET AND FISCAL
REVIEW SUBCOMMITTEE #2
ON RESOURCES,
ENVIRONMENTAL
PROTECTION, ENERGY
AND TRANSPORTATION
CHAIR

October 16, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Peralez. This is an important public health issue that warrants any steps the City of San Jose can take to address it.

Over 44,000 Americans die by suicide every year. And for every suicide, there are 25 attempts—or over one million attempts annually. Suicide is the second leading cause of death among young people aged 10-24 in the nation. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year).

As Chairman of the State Senate's Mental Health Caucus and the Select Committee on Mental Health, I have held hearings on suicide prevention and worked with state legislators to pass legislation to improve access to mental health services and promote awareness.

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. By working with the community to adopt a suicide prevention policy, the City of San Jose would raise awareness and show those who are suffering that they can seek support from their community and suicide is preventable.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Sincerely,

A black rectangular redaction box covering the signature of Jim Beall.

Jim Beall
State Senate, District 15
District 15

October 16, 2017

The Honorable:

- Vice Mayor Magdalena Carrasco
- Councilmember Chappie Jones
- Councilmember Dev Davis
- Councilmember Sergio Jimenez
- Councilmember Sylvia Arenas

cc: City Clerk Toni Taber

200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for Councilmember Peralez's Suicide Prevention Policy

Dear Vice Mayor Carrasco, Councilmember Jones, and Councilmember Davis, Councilmember Jimenez, and Councilmember Arenas,

I received the letter below from a friend of mine from our NAMI Family-To-Family class, with a request to add my story to his letter. I urge you to support Councilmember Peralez's request to develop a suicide prevention policy, specifically ITEM #7 on the 10/17/17 San Jose City Council meeting agenda in Policy Considerations-Suicide Prevention Policy.

I have a young adult family member with chronic depression, anxiety and panic disorder(s), and who most likely also has Bipolar Disorder. Establishing the precise diagnosis can be very challenging, and there is much work to be done in understanding the cause(s) of his depression and anxiety, etc. He thinks of suicide often, but has assured me that he is more afraid of the act of dying, and so he has always talked himself through these periods... so far. It is very important, in light of the statistics in my friend's letter below, that cities such as San Jose establish policies and resources to help prevent suicides, and suicide attempts where ever possible, and to provide resources to help people work through suicidal thoughts.

Thank you,

Sincerely,

Nicky Sherwood

(My friend's letter)

I am writing to you to express my strong support for Councilmember Raul Perez's memo submitted to Rules Committee for the City of San Jose to develop a suicide prevention policy. This is an extremely important issue to me personally, and I think it is imperative that the City of San Jose take steps to draw attention to and address it.

Over 44,000 Americans die by suicide every year. And for every suicide, there are 25 attempts—or over 1,100,000 attempts annually. Suicide is the second leading cause of death among young people aged 10-24 in the nation, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year).

In San Jose alone, there were 336 suicides between 2011 and 2015—the highest number in any city of the South Bay. And on Tuesday, September 26th, a woman fell to her death from a 10-story high-rise apartment building directly across the street from San Jose City Hall in what police believe to be a suicide. This issue should be of immediate and urgent importance for the city's leadership.

Suicide is a preventable tragedy that affects far too many, and so much of the suffering that leads to suicide happens in the shadows, stigmatized. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is a preventable act and that those who are contemplating can seek support from their community.

Thank you for your consideration and leadership on this issue. We hope that you will vote to pass the suicide prevention policy to the priority setting agenda, scheduled to be discussed on October 17th.

From: Alan Hersh < >

Date: October 16, 2017 at 8:57:23 PM PDT

To: toni.taber@sanjoseca.gov

Subject: Support Item #7 policy considerations - Suicide Prevention Policy

City Clerk Taber:

Please support Item #7 - Policy considerations - Suicide Prevention Policy. This is very important for our city. I volunteer as a teacher with the National Alliance on Mental Illness (NAMI) to families with loved ones with mental illness, including severe depression. This measure is critical. It is a matter of life or death. Here are strong reasons to support it: (A) There is a template for the policy, so limited staff time is required; (B) There is no or limited cost; (C) This is a strong move to help San Jose families and youth to prevent suicide and promote resilience. Thank you.

Alan Hersh
Pelleas Lane
San Jose, Ca 95127

Dear City Clerk Taber,

I am writing to you as a resident of San Jose, to give my full throated support for **ITEM #7 in Policy Considerations-Suicide Prevention Policy**. As California and San Jose struggle against retrograde policies out of Washington, it can seem hard to find areas where we can move forward in a positive direction, rather than just fighting to keep things from getting worse. Public mental health is one area where we can take real steps forward and suicidality is one of the most critical mental health issues. Right now a loved ones' suicide attempt can be a scary, isolating, and incredibly confusing time for people. This policy can help.

I believe that the adoption of a suicide prevention policy by the city of San Jose is more than symbolic, it is a necessary step in shifting public attention to mental health issues and creating the political momentum for positive change and the development of stronger mental health resources, both public and private.

Homelessness, crime, prison reform, gun reform, education, etc. are all areas where public mental health policy must be an important part of making positive change. Implementing a city wide suicide prevention policy is a small step, but it is an absolutely necessary one. How can we claim to be working on solutions if we cannot even take rudimentary first steps? Adoption of a suicide prevention plan will require minimal resources from the city of San Jose staff (whose time is incredibly valuable). Other cities have adopted policies that can be adapted quickly and most areas of implementation will require little to no public money.

As I have personally begun to better understand the issues around mental health in order to support a loved, I have seen how powerful a change in priorities can be. We need to change our priorities as a city. I strongly urge you to support the adoption of a suicide prevention policy to take a step forward in putting mental health at the center of our public policy, rather than as an afterthought.

Please start with this issue of suicide prevention and keep going! I hope this will be a first step in San Jose taking a national lead in the area of public mental health. Thank you very much for your attention, Clerk Taber.

Regards,

Mark Bachman



ALUM ROCK UNION ELEMENTARY SCHOOL DISTRICT

2930 Gay Avenue, San José, CA 95127 · Phone: 408-928-6800 · Fax: 408-928-6416 · www.arusd.org

10/17/17

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez. This is an important issue to me personally, and I think it is imperative that the City of San Jose take steps to draw attention to and address it.

In the city of San Jose, between 60-75 people die by suicide each year. Between 2011 and 2015, 19 percent of all deaths by suicides in San Jose were people between the ages of 15-29. Nationally, suicide is the second leading cause of death among young people aged 10-24, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year).

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Sincerely,


Hilaria Bauer, PhD
Superintendent

Hilaria Bauer, Ph.D., Superintendent

Board of Trustees: Esau Ruiz Herrera, President · Andrés Quintero, Vice-President
Dolores Márquez-Frausto, Clerk · Khanh Tran, Member · Karen Martinez, Member

October 17, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez. This is an issue of great personal importance, and I believe the City can play a meaningful role in fighting stigma and saving lives.

I would like to share a story with you. September of last year, a very close family member of mine tried to kill themselves by overdosing on a large quantity of prescription medication. I was the only immediate family member they reached out to after they had done this, and it was via text. They told me what they had done and that they just wanted to say goodbye.

Fortunately, we were ultimately able to get the help that was needed in time, and my family member survived.

This didn't happen in a vacuum, though. This family member has lived with mental illness their entire life, largely as a result of very traumatic circumstances well beyond their control and to which no person should ever be subjected. But they were, and there were lasting consequences. Add to the mix a recent head trauma, and the situation only worsened.

Though there was a progressive buildup to the suicide attempt, we were ill-prepared for the situation. We were not aware of available resources to support us, and we were virtually shut out from the suite of doctors treating our family member. We had this in common, though: we were all afraid, and we were all, through our mutual misunderstanding, making each other even more so. And as communication and understanding progressively collapsed, despite our well-meaning (if misguided) efforts, we found ourselves unable to bridge the growing divide and avert that September day.

Tragically, this is not an uncommon situation. Too many families have found themselves in this situation, confused and frightened by the self-destructive behavior of a loved one, unsure what to do or where to go—and often afraid to speak up, fearful of discovering they are the only ones going through this or being viewed as somehow at fault.

The best way to fight stigma is to talk and to take action. In so doing, we can come to realize and articulate that the experience is shared, that we are not alone, that there is a community ready to support us. To develop and adopt a suicide prevention policy, the City of San Jose would take an important step in cultivating that community of support.

This suicide prevention policy would lay the foundation for greater coordination between the county and the city, helping to raise awareness among San Jose residents of the resources available to them in the community. It would also be an essential starting point for a community discussion about mental health, the misconceptions around it and taking action to support those in need of help.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy in the Council Priority Settings.

Sincerely,

Paul A. Escobar

October 17, 2017

Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
City of San Jose
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor Liccardo, Vice Mayor Carrasco and Councilmembers:

We are writing on behalf of Kaiser Permanente to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez. This is a serious issue that requires a community response.

Over 44,000 Americans die by suicide every year. And for every suicide, there are 25 attempts—or over one million attempts annually. Suicide is the second leading cause of death among young people aged 10-24 in the nation, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year).

In San Jose, every year there are between 60-75 suicides. There were 336 suicides between 2011 and 2015—the highest number in any city of Santa Clara County. This issue should be of immediate and urgent importance for the city's leadership.

As a major employer and healthcare provider in both the city and county, we know very well the challenges that suicidal ideation cause individuals and families. City leadership on this issue, working to raise awareness about the seriousness and preventability of suicide as well as the many existing community resources available, could help save lives.

It requires everyone working together to combat the stigma and misunderstanding that surround mental health and suicide. The Suicide Prevention Policy proposed by Councilmember Perez is an important step in that collaborative work.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Sincerely,

Irene Chavez
Senior Vice President & Area Manager
Kaiser Permanente San Jose

Chris Boyd
Senior Vice President & Area Manager
Kaiser Permanente Santa Clara



October 3, 2017

Members of the San Jose City Council Rules Committee
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for Councilmember Perez's Suicide Prevention Policy

Dear Members of the Rules Committee,

I am writing to you to express my strong support for Councilmember Raul Perez's memo submitted to Rules Committee for the City of San Jose to develop a suicide prevention policy. This is an extremely important issue, and I think it is imperative that the City of San Jose take steps to draw attention to and address it.

I serve as the Director of the LGBTQ Youth Space and the LGBTQ Wellness program for a Family & Children Services a Division of Caminar for Mental Health. The LGBTQ Youth Space is San Jose's drop-in center and counseling program for lesbian, gay, bisexual, transgender, queer and questioning youth. LGBTQ Wellness conducts mental health advocacy, peer support and training services on behalf of our community. Suicide is a very real constant concern for our local LGBTQ communities. Our peer staff and clinicians are regularly faced with the individual risk of suicide as well and the trauma grief of family and friends who have been lost to suicide.

My understanding is that over 44,000 Americans die by suicide every year. And for every suicide, there are 25 attempts—or over 1,100,000 attempts annually. Suicide is the second leading cause of death among young people aged 10-24 in the nation, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year). In San Jose, there were 336 suicides between 2011 and 2015—the highest number in any city of the South Bay. As for the LGBTQ communities I work with, national data confirm the problem we see here in San Jose. Lesbian, gay and bisexual youth are five times more likely to attempt suicide. Even worse, more than forty percent of transgender individuals have attempted suicide.

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk, and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. I hope that you will vote to pass the suicide prevention policy to the priority setting agenda, scheduled to be discussed on October 17th.

Sincerely,


Cassie Blume
Director of LGBTQ Programs

October 17, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

The Bay Area Municipal Elections Committee (BAYMEC) has advocated for the civil rights of Lesbian, Gay, Bisexual and Transgender (LGBT) people since 1984. On behalf of BAYMEC, I am writing to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Peralez.

Suicide is the second leading cause of death among young people ages 10 to 24 in the nation, and LGBTQ youth are disproportionately impacted by suicidal ideation and attempts. LGBTQ youth are almost 3 times as likely to seriously contemplate suicide as their heterosexual peers, and almost 5 times as likely to have attempted suicide compared to their heterosexual peers. LGBTQ youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide compared to youth from more accepting home lives. In a region where LGBTQ youth comprise 40% of our youth homeless population—many of whom are homeless because they were rejected by their families—this is an issue of immediate concern to us.

Among the transgender community, 40 percent of trans adults report having attempted suicide, and 92 percent of those individuals attempted before the age of 25.

Suicide is a preventable tragedy that affects far too many—especially among the LGBTQ community. Stigma and shame unnecessarily perpetuate the problem, increase risk and harm our individual attempts at intervention. A suicide prevention policy would bring attention to this issue, helping to reduce stigma and to increase awareness and understanding. Now is the time for San Jose to act on this issue.

We respectfully request that you support Councilmember Peralez's memo. Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Sincerely,

James Gonzales
President, BAYMEC

October 16, 2017

Honorable Mayor Liccardo, Vice Mayor Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

Regarding Support for Councilmember Perez's Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to explain why I believe support of Raul Perez's memo regarding a Suicide Prevention Program is vital to our community. This is a subject that I wish no one has to experience, but unfortunately affects so many people, however is not brought to enough awareness. I have a personal connection to this given that I was one of the many that needed to know about resources when I felt that suicide was my only option.

I was raised in a divorced family and always was the pawn in my parent's chess game due to the fact that I showed more significant emotional issues when it came to my siblings. I never knew what to expect as far as my well being and would act out. My teenage years were definitely the most trying of my life. I showed many signs asking for help yet my parents were not educated nor equipped with resources to help me. On my father's birthday, October 29, 1985 I had decided there was no alternative for me other than to take my life. My attempt fortunately failed and I survived. My family had no idea what to do with me and therefore buried their heads in the sand.

Eventually my mother realized the seriousness of my mental health issues and sought out programs to help me through my stepfather's insurance after intense research. I was fortunate, however many are not! I have continued to struggle with my mental health issues yet through my desire to overcome and help with psychiatrists and medications I have been able to survive.

I know there are many families that are not aware of resources and going through what I have been through I know the loneliness and feelings that no one else could possibly know the depths of despair associated with how I feel. It is imperative that we make resources openly known to children and families going through this. It IS a matter of life or death!

By taking action and removing the stigma associated with feelings of suicide we can bring hope to those who feel there is none. By openly discussing the feelings of not being good enough, no one else knows how you feel and that suicide is the only choice we can let them know that there are resources and can openly discuss it to make the change we need to see.

By the city bringing broader awareness to our county resources we can help those that see none. By educating our teachers, parents and peers we can give them hope. We have so many resources yet have let so many down due to the fact that we need to make them known.

I appreciate you allowing me to tell my story, and as a result hope that you will give careful consideration to supporting ITEM #7 in Policy Considerations-Suicide Prevention Policy in the Council Priority Settings proposed by Councilmember Peralez.

Sincerely,

Audrey Schmalz

From: Linna Nguyen [mailto:]
Sent: Tuesday, October 17, 2017 12:48 PM
To: Tran, David <david.tran@sanjoseca.gov>
Subject: In Support of Suicide Prevention

Dear Councilmembers of San Jose,

My name is Linna Nguyen. I have been a South Bay resident for all 30 years of my life. I love where I live and I love our community.

I thank Councilmember Peralez for bringing the topic of suicide prevention to the table. It is not the easiest subject to talk about - to our friends, family, or even colleagues. The city of San Jose and even the entire Santa Clara County does not have a high rate of suicide compared to our farther neighbors Palo Alto and Mountain View. But I ask, what are we waiting for?

I do not want to hear about downtown San Jose or San Jose State University being closed off because of a suicide. I do not want to wonder if it was someone I knew. I do not want highway 680 or 280 or 87 to be closed off for eight hours because someone wants to die by suicide. I do not want our fellow peace and law officers to be afraid to talking to someone "on the edge".

I want to hear that San Jose State University, our local community colleges, and all of our schools in our community, too, are doing everything they can to foster a safe environment for students. I want to hear that our local shops and companies in San Jose are ensuring their employees are being taken care of and their buildings are safe for all customers. I want our officers to feel comfortable helping people in emotional crises. I want mental health to be openly talked about and treated as crucial as one's physical health.

Please do not wait until our city's statistics worsen. Please think of your loved ones who may be silently suffering, but are afraid to reach out for help. Please consider making suicide prevention and mental health a priority in San Jose.

Thank you.

Sincerely,

Linna Nguyen
Bachelors of Science, Family and Human Development

October 16, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez. Too many people die of this preventable tragedy and not enough people are talking about it.

In 2014, my son 16 y/o son attempted suicide. He did all the right things before his attempt: counseling, psychiatry, ER, suicide hotline and two days after starting medication, he wrote a guilt written good-bye note and strapped ropes to some rafters in my garage. I found him after re-filling his prescription. My son is alive today and doing better, but the threat of suicide has touched out lives and this fear never leaves me. It is my hope that Santa Clara can improve policies to better inform community about how to prevent suicide and to remove the stigma attached to it. Many families do not have the resources my son had, nor the support of family members to help them recover. I want a suicide prevention policy so that people can live and talk about mental health openly. I want people to know their mental health matters, that their community supports them and that their city cares enough to establish a suicide prevention policy for them.

Between 2011 and 2015, 19 percent of the 336 deaths by suicides in San Jose were people between the ages of 15-29. My son was almost part of this statistic. Nationally, suicide is the second leading cause of death among young people aged 10-24, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year). I want this to stop!

Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy. Attached is a poem I wrote the day my son was released from the hospital after his attempt. Please share.

Sincerely,

Laureen De Shazer

Dialectical Living

by Laureen De Shazer

Dialectical living

Noticeable in this day of thanks giving

When the terms, "Hang in there" or "Hang loose"

Remind the mother of the tied noose

Sorrow feels like suffering

Yet the gratitude stimulates the buffering

To the pain

That would be

Through the sadness that others might perceive

The distance between the two extremities

Is driving home back to the complexities

That waiver constantly between

Simplicity

Bitter sweetness

Confusion

Relief

Dread

Of dealing with the ego's dead

While rejoicing

The home that is coming today

The game that is constantly playing

Effortlessly, this experience flows

Knowing not what mysteries follow

During this very apparent dialectical living

*Written on the day my son discharged from the hospital after he attempted suicide, 2014.

It also happened to be his junior year homecoming week which he did not attend. We had our own bittersweet homecoming with all the fears and shock following the crisis.

From: Fawn Myers [mailto: [REDACTED]]

Sent: Tuesday, October 17, 2017 11:59 AM

To: Jones, Chappie <Chappie.Jones@sanjoseca.gov>; Davis, Dev <dev.davis@sanjoseca.gov>; Perez, Raul <Raul.Perez@sanjoseca.gov>; Carrasco, Magdalena <Magdalena.Carrasco@sanjoseca.gov>; Jimenez, Sergio <sergio.jimenez@sanjoseca.gov>; Liccardo, Sam <sam.liccardo@sanjoseca.gov>; Diep, Lan <lan.diep@sanjoseca.gov>; Nguyen, Tam <Tam.Nguyen@sanjoseca.gov>; Rocha, Donald <Donald.Rocha@sanjoseca.gov>; Taber, Toni <toni.taber@sanjoseca.gov>; Arenas, Sylvia <sylvia.arenas@sanjoseca.gov>; Khamis, Johnny <johnny.khamis@sanjoseca.gov>

Subject: ITEM 7 in Policy Considerations

Dear Mayor and Council Members,

I am writing you to personally endorse ITEM #7 in Policy Considerations-Suicide Prevention Policy in the Council Priority Settings proposed by Councilmember Perez.

I am a long-time educator, and school districts across the state have adopted Suicide Prevention policies that include training and awareness-raising as well as crisis response interventions and postventions. There is so much stigma surrounding mental health, and as a society, we can only begin to grapple with the serious implication of suicide to our residents, workforce, and economy when we intentionally choose to have public discourse on the topic. I applaud the City of San Jose for considering a suicide prevention policy as an important step in helping raise awareness of an important issue that affects all of us.

Warm regards,

Fawn Myers

Fawn Myers
Assistant Superintendent of Human Resources
Morgan Hill Unified School District
15600 Concord Circle
Morgan Hill, CA 95037
[REDACTED]

From: [REDACTED] **On Behalf Of** D McMahon

Sent: Tuesday, October 17, 2017 11:06 AM

To: Jones, Chappie <Chappie.Jones@sanjoseca.gov>; Davis, Dev <dev.davis@sanjoseca.gov>; Carrasco, Magdalena <Magdalena.Carrasco@sanjoseca.gov>; Jimenez, Sergio <sergio.jimenez@sanjoseca.gov>; Arenas, Sylvia <sylvia.arenas@sanjoseca.gov>; Khamis, Johnny <johnny.khamis@sanjoseca.gov>; Liccardo, Sam <sam.liccardo@sanjoseca.gov>; Diep, Lan <lan.diep@sanjoseca.gov>; Perez, Raul <Raul.Perez@sanjoseca.gov>; Nguyen, Tam <Tam.Nguyen@sanjoseca.gov>; Rocha, Donald <Donald.Rocha@sanjoseca.gov>; Taber, Toni <toni.taber@sanjoseca.gov>

Subject: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

October 17th, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Council members

200 E. Santa Clara St.

San Jose, CA 95113

Dear Mayor, Vice Mayor and Council members,

I am writing to you to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Council member Raul Perez. This is an important issue to me personally, and I think it is imperative that the City of San Jose take steps to draw attention to and address it.

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Sincerely,

Dylan McMahon

From: Lucia Camoes [mailto: [REDACTED]]

Sent: Tuesday, October 17, 2017 6:13 PM

To: The Office of Mayor Sam Liccardo <TheOfficeofMayorSamLiccardo@sanjoseca.gov>; District5 <District5@sanjoseca.gov>; Carrasco, Magdalena <Magdalena.Carrasco@sanjoseca.gov>; Jones, Chappie <Chappie.Jones@sanjoseca.gov>; Davis, Dev <dev.davis@sanjoseca.gov>; Jimenez, Sergio <sergio.jimenez@sanjoseca.gov>; Arenas, Sylvia <sylvia.arenas@sanjoseca.gov>; Khamis, Johnny <johnny.khamis@sanjoseca.gov>; Liccardo, Sam <sam.liccardo@sanjoseca.gov>; Diep, Lan <lan.diep@sanjoseca.gov>; Peralez, Raul <Raul.Peralez@sanjoseca.gov>; Taber, Toni <toni.taber@sanjoseca.gov>; Nguyen, Tam <Tam.Nguyen@sanjoseca.gov>

Subject: RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Peralez. This is an important issue to me personally, and I think it is imperative that the City of San Jose take steps to draw attention to and address it.

In the city of San Jose, between 60-75 people die by suicide each year—more than any other city in Santa Clara County. Between 2011 and 2015, 19 percent of the 336 deaths by suicides in San Jose were people between the ages of 15-29. Nationally, suicide is the second leading cause of death among young people aged 10-24, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year).

I personally have a family member, who attempted to commit suicide. Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy.

Sincerely,

Lucia Camoes

[REDACTED] Danforth Ct.

San Jose, CA 95121

From: Linna Nguyen [mailto:]
Sent: Tuesday, October 17, 2017 12:48 PM
To: Tran, David <david.tran@sanjoseca.gov>
Subject: In Support of Suicide Prevention

Dear Councilmembers of San Jose,

My name is Linna Nguyen. I have been a South Bay resident for all 30 years of my life. I love where I live and I love our community.

I thank Councilmember Perales for bringing the topic of suicide prevention to the table. It is not the easiest subject to talk about - to our friends, family, or even colleagues. The city of San Jose and even the entire Santa Clara County does not have a high rate of suicide compared to our farther neighbors Palo Alto and Mountain View. But I ask, what are we waiting for?

I do not want to hear about downtown San Jose or San Jose State University being closed off because of a suicide. I do not want to wonder if it was someone I knew. I do not want highway 680 or 280 or 87 to be closed off for eight hours because someone wants to die by suicide. I do not want our fellow peace and law officers to be afraid to talking to someone "on the edge".

I want to hear that San Jose State University, our local community colleges, and all of our schools in our community, too, are doing everything they can to foster a safe environment for students. I want to hear that our local shops and companies in San Jose are ensuring their employees are being taken care of and their buildings are safe for all customers. I want our officers to feel comfortable helping people in emotional crises. I want mental health to be openly talked about and treated as crucial as one's physical health.

Please do not wait until our city's statistics worsen. Please think of your loved ones who may be silently suffering, but are afraid to reach out for help. Please consider making suicide prevention and mental health a priority in San Jose.

Thank you.

Sincerely,

Linna Nguyen
Bachelors of Science, Family and Human Development



Family & Children Services
of Silicon Valley

A Division of Caminar for Mental Health

408.292.9353
650.326.6576
www.fcservices.org
www.caminar.org

October 17, 2017

San Jose City Council Members
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations-Suicide Prevention Policy

Dear San Jose City Council Members,

I am writing to you to express my strong support for ITEM #7 in Policy Considerations the City of San Jose to develop a suicide prevention policy. This is an extremely important issue, and I think it is imperative that the City of San Jose take steps to draw attention to and address it.

I serve as the Director of the LGBTQ Youth Space and the LGBTQ Wellness program for a Family & Children Services a Division of Caminar for Mental Health. The LGBTQ Youth Space is San Jose's drop-in center and counseling program for lesbian, gay, bisexual, transgender, queer and questioning youth. LGBTQ Wellness conducts mental health advocacy, peer support and training services on behalf of our community. Suicide is a very real constant concern for our local LGBTQ communities. Our peer staff and clinicians are regularly faced with the individual risk of suicide as well and the trauma grief of family and friends who have been lost to suicide.

My understanding is that over 44,000 Americans die by suicide every year. For every suicide, there are 25 attempts—or over 1,100,000 attempts annually. Suicide is the second leading cause of death among young people aged 10-24 in the nation, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year). In San Jose, there were 336 suicides between 2011 and 2015—the highest number in any city of the South Bay. As for the LGBTQ communities I work with, national data confirm the problem we see here in San Jose. Lesbian, gay and bisexual youth are five times more likely to attempt suicide. Even worse, more than forty percent of transgender individuals have attempted suicide.

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk, and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. I hope that you will vote to pass the suicide prevention policy, scheduled to be discussed today.

Sincerely,

Cassie Blume
Director of LGBTQ Programs



October 17, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

On behalf of the entire New Leaders Council (NLC) of Silicon Valley Executive Board, we urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez.

Since 2010, New Leaders Council of Silicon Valley has trained nearly 100 young professionals that are committed to progressive change in Silicon Valley. The New Leaders Council (NLC) is a national 501(c)(3) nonprofit organization dedicated to empowering young progressives with the knowledge, skills, and network to make meaningful impacts on society. NLC recruits, trains, and supports the next generation of progressive leaders in the public, private, and non-profit sectors.

As an organization for young professionals, we are particularly alarmed that suicide is the second leading cause of death among young people aged 10-24 in the nation, and nearly 25 percent of all suicide attempts are made by young people. In California alone, we lose on average one youth every other day to suicide (about 172 deaths per year).

In San Jose, every year there are between 60-75 suicides. There were 336 suicides between 2011 and 2015, over 60 of whom were people under the age of 30.

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose would show that suicide is preventable and that those who are suffering can seek support from their community.

Thank you for your consideration and leadership on this issue. We hope that you will vote in support of ITEM #7 in Policy Considerations—Suicide Prevention Policy. Should you have any questions or need more information, please feel free to contact us at dmsilva@newleaderscouncil.org or at mlopez@newleaderscouncil.org.

Sincerely,

Dora Maria Silva and Mario B. Lopez
New Leaders Council of Silicon Valley Co-Directors

Louis Barocio, Jennifer Briscoe, Mario Rosas, Christian Valdez, Sita Stukes, Ivan Montes, Paul Escobar,
Annie Adams, Marisol Zavaleta Martin
New Leaders Council of Silicon Valley Executive Board

Dear Ms Taber

I am writing you to personally endorse ITEM #7 in Policy Considerations-Suicide Prevention Policy in the Council Priority Settings proposed by Councilmember Peralez.

A template for a policy has been provided, so limited staff time required. I understand that staff is asking they not be overloaded like they have been in the past.

This program will have no or very limited cost. (Santa Clara County's suicide prevention program can provide some of the resources and training)

This would be a bold move for San Jose families and youth to help prevent suicide and promote resilience. In an age of such uncertainty, it is imperative that we unite to prevent death by suicide in any way we can.

Thank-you for your consideration of this issue.

Sincerely,
Melody Walsh
San Jose CA 95112

October 15, 2017

San Jose Mayor Sam Liccardo, Vice Mayor Magdalena Carrasco and Councilmembers
200 E. Santa Clara St.
San Jose, CA 95113

RE: Support for ITEM #7 in Policy Considerations – Suicide Prevention Policy

Dear Mayor, Vice Mayor, and Councilmembers,

I am writing on behalf of the board of Sunday Assembly Silicon Valley to urge you to support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez. Mental health is an important issue to our community, and we believe it is imperative that the City of San Jose take steps to remove the stigma from discussion and treatment.

Sunday Assembly works around the world and here in Silicon Valley to better the lives of those struggling through loneliness and other mental health challenges. Preventing social isolation is a primary goal in our radically inclusive community. One of our own members recently struggled through the death of a child, and our community came together to support him and refer him to the help he needed to stay connected. We provide regular compassionate listening groups to ensure people are heard and noticed. In a recent Sunday Assembly survey, attendees reported feeling happier when within a community— thereby increasing life satisfaction.

Suicide is a preventable tragedy that affects far too many, across our diverse communities. Stigma and shame unnecessarily perpetuate the problem, worsen the risk and hamper our individual interventions. To develop and adopt a suicide prevention policy, the City of San Jose demonstrates that suicide is preventable and that those who are suffering can seek support from their community, faith-based or secular.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of ITEM #7 in Policy Considerations— Suicide Prevention Policy.

Sincerely,

Gillian Claus
Board President, Sunday Assembly Silicon Valley

Dear Mayor, Vice Mayor and Councilmembers,

Suicide is a problem that affects people of all ages and I ask you to please support ITEM #7 in Policy Considerations—Suicide Prevention Policy, submitted by Councilmember Raul Perez.

While many people believe that suicide is mainly a concern for the young, the facts do not support this. According to the Santa Clara County Coroner, 96% of the suicides committed in San Jose between 2011-2015 were from adults over the age of 19. This means we need prevention policies to address our entire population – not just our youth.

I understand there are many requests for your time and attention, as well as our city's staff, but any life that ends in suicide is a tragedy. Additionally, family and friends are left with pain, anguish and guilt wondering what they could have done. Please help minimize the number of families that experience this agony by increasing education and awareness about suicide.

Thank you for your consideration and leadership on this issue.

Kind regards,
Kimberly

Kimberly Meek
Board of Education, Trustee Area 5
San José Unified School District