

April 16, 2018

Mayor Sam Liccardo, Chair
City of San Jose Rules & Open Government Committee
200 E. Santa Clara Street
San Jose, CA 95113
Via email: mayoremail@sanjoseca.gov

Re: City of San Jose Suicide Prevention Strategic Plan

Dear Mayor Liccardo:

The Law Foundation of Silicon Valley stands in support of Councilmember Raul Perez's April 11, 2018 memo recommending the City of San Jose to develop a Suicide Prevention Strategic Plan.



The Law Foundation advances the rights of under-represented individuals and families throughout Silicon Valley via legal services, strategic advocacy, and educational outreach. The majority of our 10,000 yearly clients are residents of San Jose, and thousands of them are living with mental health disabilities. We work with people affected by suicide and see the stigma surrounding mental illness impact our clients on a daily basis.

Councilmember Perez's proposal would help lessen these impacts in the City of San Jose. It would build awareness about suicide and suicide prevention through existing City events and programs, collaboration with County and State agencies, and by creating a communications plan to better inform San Jose residents about available resources. The more that mental health is part of the conversation, the more that stigma can be reduced and supports can be utilized.

San Jose residents continue to die by suicide each year. Four other cities in Santa Clara County have adopted Suicide Prevention Plans, and it is time for San Jose to follow their lead. We urge you to pass Councilmember Perez's memo and support the development of a suicide prevention policy for the City of San Jose.

Thank you for your consideration and leadership on this issue.

Sincerely,


Marlene Bennett
Supervising Attorney


April 14, 2018

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

RE: Support for Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to urge you to support the Suicide Prevention Policy memo submitted by Councilmember Raul Peralez. 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 our lives and this fear never leaves me. 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 and how their community and city supports and cares enough to establish a suicide prevention policy for them.

It is my hope that San Jose city will help by drawing attention to this issue aligning with the County to better serve residents and refer them to available resources. San Jose City will play a critical role in building awareness and understanding—and will help save lives.

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 the Suicide Prevention Policy.

Sincerely,

Laureen De Shazer

From: Pastor Richard Alvarez

Date: April 16, 2018 at 3:49:57 PM PDT

To: "toni.taber@sanjoseca.gov" <toni.taber@sanjoseca.gov>

Subject: Suicide Prevention Policy

Date: April 15, 2018

Dear Rules Committee members;

I support the City of San Jose adopting a suicide prevention policy. I agree with City Councilmember Raul Peralez efforts to get a suicide prevention policy adopted.

Almost half of all Santa Clara County's suicide deaths occur in the City of San Jose. These deaths are tragic and have a profound impact on families, loved ones, neighbors, co-workers, and the entire community. Positive support action is needed and the adoption of a city suicide prevention policy is a proactive first step.

For Santa Clara County suicide prevention efforts to be effective there must be an effective suicide prevention effort and reduction of suicides in the City of San Jose. The hope is this policy will lead to effective programs and a heightened awareness and understanding of suicide prevention.

Please join four other Santa Clara cities that have already approved a city suicide prevention policy. Currently, one other city is close to adopting a city policy and work is beginning on a sixth city.

There is community support for this initiative from a cross-section of organizations and individuals. These include BAYMEC, The Silicon Valley Young Democrats (SVYD), NAMI Santa Clara County, the Bill De Frank Center, a number of elected officials, several other prominent suicide prevention advocates along with many other community based organizations. Again, I respectfully request you approve a city suicide prevention policy.

Sincerely,
Richard Alvarez
Student Recovery

Cathedral of Faith

April 16, 2018

RE: Support for Suicide Prevention Policy

Dear Mayor Liccardo, Vice Mayor Carrasco, and Councilmembers,

I am writing you to urge you to support the Suicide Prevention Policy memo submitted by Councilmember Raul Peralez.

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 related to suicide deaths*, that cities such as San Jose establish policies and resources to help prevent suicides, and suicide attempts where ever possible, and to help people work through suicidal thoughts.

I believe that the City of San Jose can help by drawing attention to this issue, and aligning with the County to better serve residents and refer them to available resources. This will help save lives.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of the Suicide Prevention Policy.

Sincerely,

Nicky Sherwood

*The following information was forwarded to me by a friend who also supports the Suicide Preventiunon Policy.

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. 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.

From: Ying-Ying Chang
Sent: Sunday, April 15, 2018 12:16 PM
To: City Clerk; Taber, Toni; Tran, David; District3
Subject: Support for Suicide Prevention Policy

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

Date: April 16, 2018

RE: Support for Suicide Prevention Policy

Dear Mayor, Vice Mayor and Councilmembers,

I am writing to you to urge you to support the Suicide Prevention Policy memo submitted by Councilmember Raul Perez. 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.

As we know, each year we lose so many precious lives due to suicide in San Jose City and Santa Clara County. Our daughter, Iris Chang, was one of them. My husband and I think suicide can be prevented if we have a prevention strategic plan in place. We need to promote suicide prevention awareness to city residents and employees through education. I believe the plan will reduce the number of suicide and save a lot of lives. I urge that the plan should be on the priority list of the council agenda.

Thank you for your consideration and leadership on this issue. I hope that you will vote in support of the Suicide Prevention Policy.

Sincerely,

Ying-Ying Chang

April 16, 2018

Dear Rules Committee members;

I support the City of San Jose adopting a suicide prevention policy. I agree with City Councilmember Raul Perez efforts to get a suicide prevention policy adopted.

Almost half of all Santa Clara County's suicide deaths occur in the City of San Jose. These deaths are tragic and have a profound impact on families, loved ones, neighbors, co-workers, and the entire community. Positive support action is needed and the adoption of a city suicide prevention policy is a proactive first step.

For Santa Clara County suicide prevention efforts to be effective there must be an effective suicide prevention effort and reduction of suicides in the City of San Jose. The hope is this policy will lead to effective programs and a heightened awareness and understanding of suicide prevention.

Please join four other Santa Clara cities that have already approved a city suicide prevention policy. Currently, one other city is close to adopting a city policy and work is beginning on a sixth city.

There is community support for this initiative from a cross-section of organizations and individuals. These include BAYMEC, The Silicon Valley Young Democrats (SVYD), NAMI Santa Clara County, the Bill De Frank Center, a number of elected officials, several other prominent suicide prevention advocates along with many other community based organizations.

Again, I respectfully request you approve a city suicide prevention policy.

Sincerely,

Kristina Swanson, LMFT


408.558.6719

April 17, 2018

Rules & Open Government Committee
San Jose City Council
200 E. Santa Clara Street, 18th Floor
San Jose, CA 95113

Re: City of San Jose Suicide Prevention Strategic Plan

Dear Rules Committee Members:

On behalf of Asian Americans for Community Involvement (AACI), thank you for your consideration of Councilmember Perez's proposal to prioritize a suicide prevention policy strategic plan. We support the adoption of a suicide prevention policy that would offer public education, community outreach, trainings, and crisis response plans to prevent loss of life.

Data shows almost half of all Santa Clara County's suicide deaths occur in the City of San Jose. These deaths are tragic and have a profound impact on families, loved ones, neighbors, co-workers, and the entire community. Positive support action is needed and the adoption of a city suicide prevention policy is a proactive first step. Although behavioral health services do not necessarily fall under the City's jurisdiction, AACI supports the City playing its part by promoting and putting forth resources for suicide prevention and intervention.

Please join four other Santa Clara County cities that have already approved a similar suicide prevention policy by voting to send this item to council priority setting. There is also community support for this initiative from a cross-section of community organizations, advocates, and elected representatives.

Thank you for your work on behalf San Jose residents and for your thoughtful consideration of this request.

Sincerely,

Sarita Kohli

President & CEO

Asian Americans for Community Involvement (AACI)

Fwd: Suicide prevention policy

Taber, Toni

Wed 4/18/2018 2:22 PM

To: Rules and Open Government Committee Agendas <rulescommitteeagenda@sanjoseca.gov>;

Sent from my iPhone

Begin forwarded message:

From: "Ellen Jia-Ling Lin"

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

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

Subject: Suicide prevention policy

Please see attached for letter signed by ten mental health clinicians in San Jose. I will mail in the original.

Thank you for supporting adoption of such policy, Mayor Liccardo. Please do not hesitate to contact me if you have any questions. I can be reached by phone #

Ellen

April 17, 2018

Dear Rules Committee members;

We support the City of San Jose adopting a suicide prevention policy. We agree with City Councilmember Raul Perez efforts to get a suicide prevention policy adopted.

Almost half of all Santa Clara County's suicide deaths occur in the City of San Jose. These deaths are tragic and have a profound impact on families, loved ones, neighbors, co-workers, and the entire community. As clinicians who work in this city and have worked with clients impacted by suicide, we understand deeply that these tragic deaths have reverberating and rippling impact on the families and the community. Positive support action is needed and the adoption of a city suicide prevention policy is a proactive first step.

For Santa Clara County suicide prevention efforts to be effective, there must be an effective suicide prevention effort and reduction of suicides in the City of San Jose. The hope is this policy will lead to effective programs and a heightened awareness and understanding of suicide prevention.

Please join four other Santa Clara cities that have already approved a city suicide prevention policy. Currently, one other city is close to adopting a city policy and work is beginning on a sixth city.

There is community support for this initiative from a cross-section of organizations and individuals. These include BAYMEC, The Silicon Valley Young Democrats (SVYD), NAMI Santa Clara County, the Bill De Frank Center, a number of elected officials, several other prominent suicide prevention advocates along with many other community based organizations.

Again, we respectfully request you approve a city suicide prevention policy.

Sincerely,

Ellen J. Lin, PhD. (licensed psychologist practicing in San Jose, CA)

Cynthia Manuel-Shah, MA, EdM. (Licensed Marriage and Family Therapist practicing in San Jose, CA)

Stephanie Preston, PsyD. (licensed psychologist practicing in San Jose, CA)

Alexandria Gerrick, PsyD. (licensed psychologist practicing in San Jose, CA)

Yu-Ping Huang, Ph.D.

Stephen Chen

Susanna Li

Stephanie Preston

Amanda Walter, PsyD

Richard Enriquez

--

Ellen J Lin, via mobile phone.

Fwd: Suicide Prevention Strategic Plan

Taber, Toni

Wed 4/18/2018 2:33 PM

To: Rules and Open Government Committee Agendas <rulescommitteeagenda@sanjoseca.gov>;

Sent from my iPhone

Begin forwarded message:

From: Katie Przytulski <
Date: April 17, 2018 at 7:58:36 PM PDT
To: mayoremail@sanjoseca.gov, toni.taber@sanjoseca.gov
Subject: Suicide Prevention Strategic Plan

Hello,

I support the City of San Jose adopting a Suicide Prevention Strategic Plan as requested by City Councilmember Raul Perez.

Suicide is a major preventable public health problem in California, and almost half of all Santa Clara County's suicide deaths occur in the City of San Jose. These deaths are tragic and have a profound impact on families, loved ones, neighbors, co-workers, and the entire community. I know because my father committed suicide when I was 15 years old. I'm a survivor of suicide, but the impact has been felt every day since. The adoption of a city suicide prevention policy will be a proactive first step toward reducing suicide attempts and deaths in our city.

As Santa Clara County's largest city, San Jose must be a part of and a proactive leader in efforts to reduce suicide. I hope that this policy will lead to the development of more effective mental health and suicide prevention programs and a heightened awareness and understanding of suicide and its prevention. Please join four other Santa Clara cities that have already approved a city suicide prevention policy and at least two others who are considering the same.

There is community support for this initiative from a cross-section of organizations and individuals, including the American Foundation for Suicide Prevention (AFSP)'s California Chapters, BAYMEC, The Silicon Valley Young Democrats (SVYD), NAMI Santa Clara County, the Bill De Frank Center, and a number of elected officials, suicide prevention advocates, and community based organizations.

Again, I respectfully request you approve a city suicide prevention policy. Thank you for your consideration.

Sincerely,

Katie Przytulski
San Jose, CA