



# Rail Safety Education & Suicide Prevention

Citizens Advisory Committee

September 16, 2020

Agenda Item #10

# Overview

- Don't Shortcut Life Public Education Program
  - Operation Lifesaver
- Suicide Prevention Initiatives
- San Mateo County Suicide Prevention Committee
- September Activities
  - Railroad Safety & Suicide Prevention Month
- Questions



# Don't Shortcut Life

Operation Lifesaver



# Three E's

- Education
- Engineering
- Enforcement

# Education





# Scheduling a Presentation

**Email:**

**[communications@samtrans.com](mailto:communications@samtrans.com)**

**Call:**

**650.208.9895**

# Engineering – Electrification Work



# Enforcement – Transit Police





# Safety & Security Reports

Year	Number of Interventions
2020	*24
2019	31
2018	41
2017	40
2016	31
2015	38
2014	40
2013	23
	*YTD

# Caltrain In the News

A collage of newspaper clippings from various news outlets, including The New York Times, The Washington Post, CNN.com, Chicago Tribune, and The San Diego Union-Tribune. The clippings are overlaid with a semi-transparent grey box containing text.

“Train Pushes Car Half Mile,  
Three People Die”

“Person Struck and Killed  
While Walking On Tracks”

The Chicago Tribune logo, featuring the words "Chicago Tribune" in a stylized, gothic font.

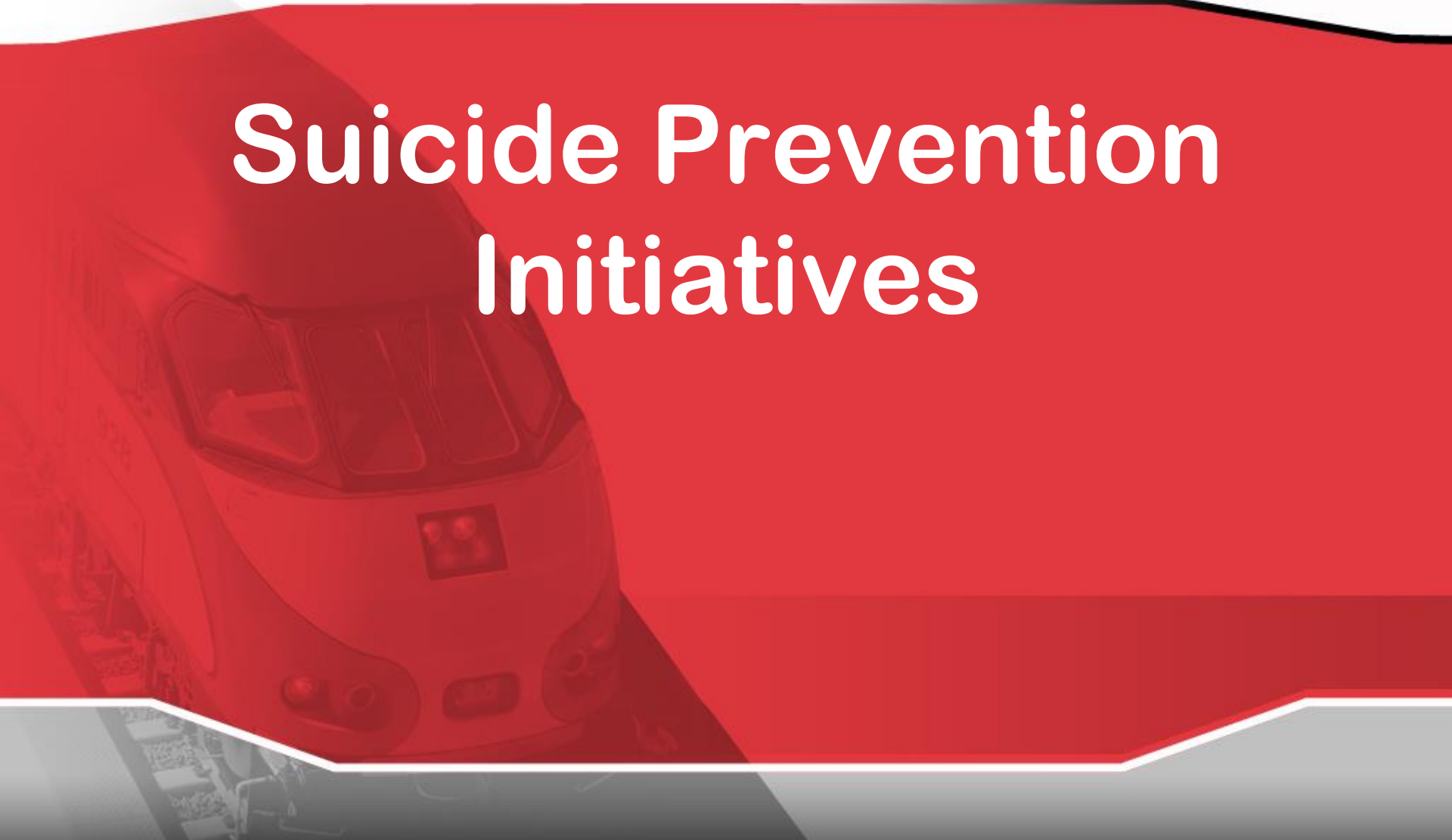


# Caltrain Fatalities

Caltrain Fatalities from 2010-2020				
Year	Total fatalities	Suicide	Unintended	*Pending
2010	11	11	0	
2011	16	15	1	
2012	12	11	1	
2013	13	11	2	
2014	10	8	2	
2015	20	17	3	
2016	12	11	1	
2017	9	5	4	
2018	13	7	6	
2019	16	10	6	
2020	9			*9



# Suicide Prevention Initiatives



# Community Partnerships

- San Mateo County Suicide Prevention Committee
- Santa Clara County Suicide Prevention Advisory Committee
- Project Safety Net (Palo Alto)
- Crisis Text Line

# Crisis Text Line



Help is just  
a text away

**Text BAY to 741741**

Free, 24/7, confidential  
crisis support by text

For more information on  
suicide prevention resources, visit  
[www.caltrain.com/suicideprevention](http://www.caltrain.com/suicideprevention)

Help is just  
a text away

Caltrain has formed a new partnership with Crisis Text Line, a service that offers free, 24/7 anonymous counseling for individuals who may be depressed, having suicidal thoughts or suffering from a mental disorder.

**Here's How it Works:**

- 1) A person in crisis should text the word **BAY** to **741741**.
- 2) A trained crisis counselor receives the text and responds quickly.
- 3) The crisis counselor helps the individual stay cool, calm, safe and healthy by using effective active listening and suggested referrals—all through text messages on the line's secure platform. The goal response time is five minutes.

CRISIS TEXT LINE |



# Caltrain Activities

- Installed 250 suicide prevention signs at stations
- Dedicated suicide prevention resource page
- Raised \$25,000 for American Foundation for Suicide Prevention's Out of the Darkness Walks
- Sponsored the Caminar for Mental Health Symposium three times
- Sponsor for "Edge of Success" Film Festival



# San Mateo County Suicide Prevention Committee (SPC)

Zena Andreani, She/Her/Hers  
StarVista Crisis Intervention & Suicide Prevention Center



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES



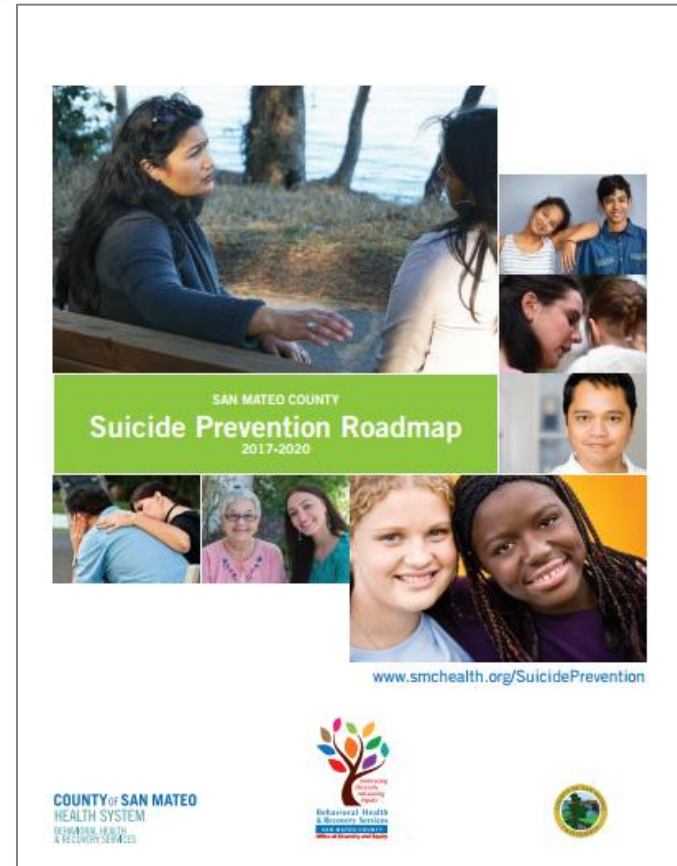


# SPC Mission

Provide oversight & direction to suicide prevention efforts in San Mateo County.

# SPC Strategy

1. Create a Coordinated System of Suicide Prevention
2. Implement Training and Workforce Enhancements to Prevent Suicide
3. Educate Communities to Take Action
4. Improve Suicide Prevention Program Effectiveness and Accountability





2019

# SEPTEMBER SUICIDE PREVENTION MONTH

#BeTheOneSMC #ImHereForYou



**Wed, Aug 14 | 6-7:30pm**

**8-Week Suicide Loss Support Group (Wednesdays)**

Mission Hospice  
1670 S Amphlett Blvd, Ste 300, San Mateo

**Thu, Aug 15 | 6pm-7:30pm**

**Monthly Suicide Loss Support Group**

**(3rd Thursdays of Every Month)**

Mission Hospice  
1670 S Amphlett Blvd, Ste 300, San Mateo

**Tue, Aug 27 | 6-7:30pm**

**StarVista's Crisis Hotline Volunteer**

**Information Panel**  
San Mateo Public Library, 55 W 3rd Ave, San Mateo

**Thu, Sep 5 | 12-1pm**

**Interfaith Day of Prayer for Faith, Hope and Life**

County Center Courtyard  
400 County Ctr, Redwood City

**Wed, Sep 11 | 10am-2pm**

**Helping Our Peers Emerge (H.O.P.E.) and**

**Assist You in Staying Healthy and Safe**

NAMI San Mateo County  
1650 Borel Pl, Ste 130, San Mateo

**Thu, Sep 12 | 6pm**

**The Edge of Success: Film Screening & Panel**

(General Public: \$15 | Students: Free)  
Fox Theatre, 2215 Broadway St, Redwood City

**Fri, Sep 13 | 2-5pm**

**Linked Together: Open Community Craft and Meetup**

South San Francisco Main Library  
840 W Orange Ave, South San Francisco

**Tue, Sep 17 | 9am**

**Board of Supervisors Proclamation of September**

**Suicide Prevention Month**  
400 County Ctr, Redwood City

**Thu, Sep 19 | 6-7:30pm**

**Mental Health Comic Book Presentation at**

**H.E.L.P Mental Health Support Group**

Menlo Church, 950 Santa Cruz Ave, Menlo Park

**Mon, Sep 23 | 6pm-8:30pm**

**The S-Word Screening & Panel**

Menlo Park Main Library  
800 Alma St, Menlo Park

**Tue, Sep 24 | 6:30-8pm**

**Self-Care & Connections in a Box (Craft Workshop)**

San Mateo County Pride Center  
1021 S El Camino Real, San Mateo

**Wed, Sep 25 | 6:30-8pm**

**A Conversation About Cyberbullying & Bullying**

(For Adults Only)  
Pacifica Sharp Park Library, 104 Hilton Way Pacifica

**For pre-registration and updated details, visit [smchealth.org/SuicidePrevention](http://smchealth.org/SuicidePrevention).**

If you or someone you know is having thoughts of suicide, please contact one of the below 24/7 hotlines:

National Suicide Prevention Lifeline: **1-800-273-8255**

StarVista Crisis Hotline: **650-579-0350**

Crisis Text Line: Text "**Home**" to **741-741**





## *Suicide Prevention Committee*

Usually meets 1st Tuesday of the Month 1:30-3:00pm  
Silicon Valley Community Foundation - San Mateo

Islam Hassanein | [islam.hassanein@star-vista.org](mailto:islam.hassanein@star-vista.org)

Sylvia Tang | [stang@smcgov.org](mailto:stang@smcgov.org) | 650-578-7165

[smchealth.org/SuicidePrevention](http://smchealth.org/SuicidePrevention)



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES

# Suicide Prevention Resources

## 24/7 HOTLINES

**StarVista Crisis Hotline (San Mateo County): 650-579-0350**

**National Suicide Prevention Lifeline: 1-800-273-8255**

**Crisis Text Line: Text "Home" to 741-741**

## ADDITIONAL RESOURCES

[www.smchealth.org/suicideprevention](http://www.smchealth.org/suicideprevention)

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

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

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

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



# September Activities

Railroad Safety & Suicide Prevention  
Month

# Rail Safety & Suicide Prevention Month

## Activities:

- Caltrain Board Proclamation
- Repurposing agency created rail safety videos from 2019 – Caltrain Safe with Kari Byron
- Social media campaign promoting rail safety - #CaltrainSafe



# Questions?

Dan Lieberman  
Public Affairs Specialist  
Communications Department  
[liebermand@samtrans.com](mailto:liebermand@samtrans.com)