



Rail Safety Education & Suicide Prevention

JPB Citizens Advisory
Committee

September 18, 2019

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

Call:

650.208.9895

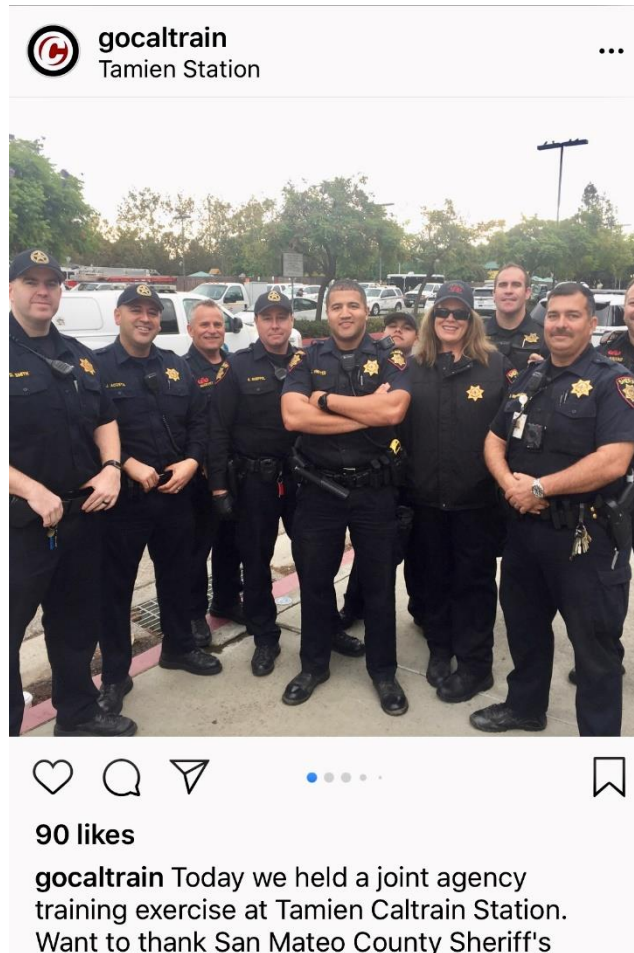
Engineering – Electrification Tunnel Work



Engineering – 25th Ave Grade Separation Timelapse



Enforcement – Transit Police



Safety & Security Reports

Year	Number of Interventions
2019	*25
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”

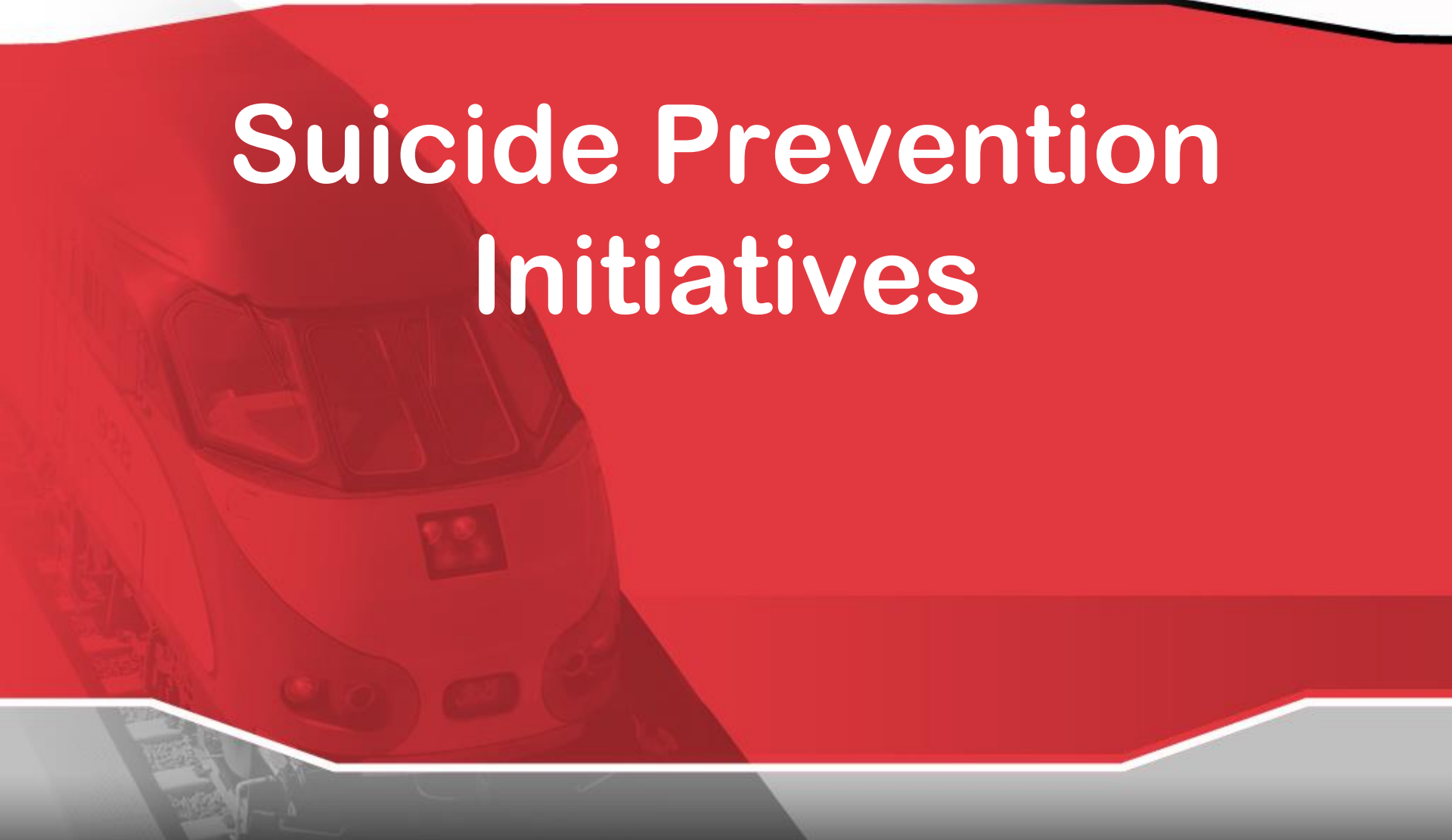
The logo for the Chicago Tribune, featuring the words "Chicago Tribune" in a stylized, gothic font.

Caltrain Incidents

Caltrain Fatalities from 1992-2019				
Year	Total fatalities	Suicide	Unintended	*Pending
1992	5	4	1	
1993	11	7	4	
1994	9	3	6	
1995	20	10	10	
1996	9	4	5	
1997	7	5	2	
1998	9	6	3	
1999	7	4	3	
2000	17	7	10	
2001	14	9	5	
2002	5	4	1	
2003	10	7	3	
2004	9	6	3	
2005	10	8	2	
2006	17	9	8	
2007	8	6	2	
2008	16	13	3	
2009	19	15	4	
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	5	4	*4
2019	12	2	1	*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

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



San Mateo County Suicide Prevention Committee (SPC)

Islam Hassanein, She/Her/Hers
StarVista Crisis Intervention & Suicide Prevention Center

Sylvia Tang, She/Her/Hers
Office of Diversity and Equity
Behavioral Health & Recovery Services, San Mateo County Health



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

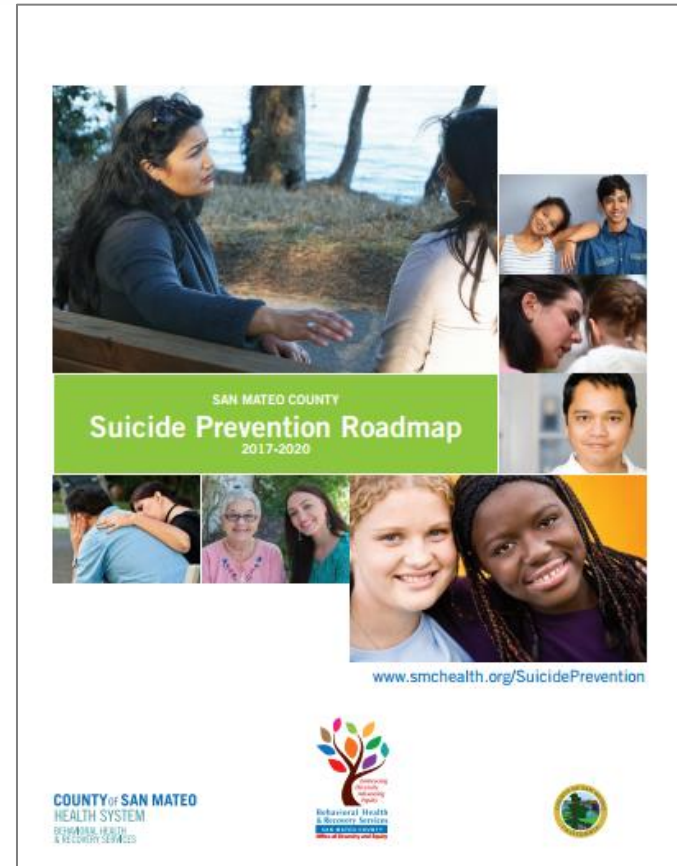


SPC Mission

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.

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

Sylvia Tang | stang@smcgov.org | 650-578-7165

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

www.suicideispreventable.org

www.afsp.org

www.suicidology.org

www.sprc.org



September Activities

Railroad Safety & Suicide Prevention
Month

Rail Safety Month

Activities:

- Created rail safety videos with Myth Busters talent
- Wheel Talk Podcast Debut Episode - Rail Safety
- Hosting a safety booth at Facebook Festivals in Menlo Park on September 21
- Promoting rail safety through social media - #CaltrainSafe

Suicide Prevention Month

- September 12, Caltrain sponsored film documentary called “Edge of Success”
- Participating in social media campaigns with regional community partners



Questions?

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