

Rail Safety Education & Suicide Prevention Update

Caltrain Citizens Advisory Committee
September 20, 2023
Agenda Item 8



Overview

- Don't Shortcut Life Public Education Program
 - Operation Lifesaver
 - Three E's of Rail Safety
- Suicide Prevention Initiatives
 - Partnerships
 - San Mateo County Suicide Prevention Committee (SPC)
- September Activities

Don't Shortcut Life
Rail Safety Education Program

Partnership with Operation Lifesaver

- Since the 1990s
- Annual contributor to CAOL
- Staff serves on OL National Advisory Council (NAC)
- Meets twice a year to create educational projects with FRA and FTA funding
- Helps develop and edit all rail safety outreach materials used nationwide

Caltrain & Operation Lifesaver Projects

- Stop Track Tragedies video
 - Shares the powerful stories of survivors and family members to help prevent future tragedies on the railroad
- New safety posters
- Rail safety pledge

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Rail Safety Messaging - Three E's

Our Program's Focus:

- Education
- Engineering
- Enforcement

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Education:

- Don't Shortcut Life Rail Safety Education Program
- Free presentations to communities
- Open to all ages
- In person or virtual



Engineering:

- State of Good Repair
 - Track maintenance, fencing, etc.
- Capital Improvement Projects
 - Crossings - Churchill, Meadows, San Mateo
 - Stations: SSF, Hillsdale
- Electrification



Enforcement:

- Transit Police
 - San Mateo County Sheriff's Department
- Specialized Training
 - Crisis Interventions
- Emergency Response Team
 - Proactive outreach
- First Responder Outreach
- Electrification Safety

Caltrain Strikes: 2019-2023

Year	Total Fatalities	Suicide	Unintended	Pending
2019	16	10	6	0
2020	10	9	1	0
2021	11	9		*2 (TBD)
2022	14	8	3	*3 (TBD)
2023	11			*11 (TBD)

**County Coroner determines cause*



Suicide Prevention Initiatives

The Importance of Messaging

- Communicating as an Agency
 - Rail Safety
- 2009 Palo Alto Suicides
 - Changed Thinking
- Addressing the Issue
 - Mental & Behavioral Health Organizations

Key Partnerships

San Francisco
Department of Public Health



U.S. Department of Transportation

Volpe Center

ADVANCING TRANSPORTATION INNOVATION FOR THE PUBLIC GOOD



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



COUNTY OF SANTA CLARA

Behavioral Health Services

Supporting Wellness and Recovery



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 |

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FRA Partnership - Suicide Prevention for US Rail (SPUR)

Topics explored in last year include:

- Quality of Life Teams/Mobile Crisis Units
- Use of Advanced Technologies (e.g. surveillance, detection)
- Impact on Train Crews
- Effective Data Use
- Trespass and Suicide Prevention in Rural Communities

Caltrain Past Activities

- PSAs
- Onboard/station rail safety blitz
- Suicide prevention training for staff
- 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
- Media roundtable

San Mateo County

Suicide Prevention Committee (SPC)

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

SPC Mission



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



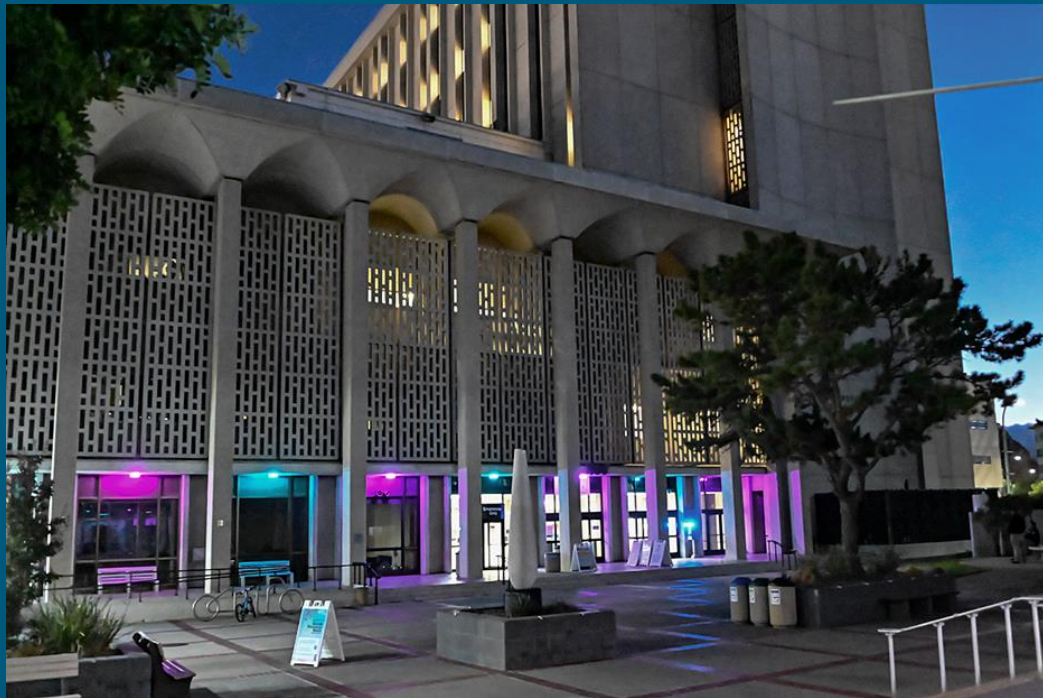
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STAR VISTA



SPC Strategy



SAN MATEO COUNTY

SUICIDE PREVENTION ROADMAP 2021 - 2026



COUNTY OF SAN MATEO



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SUICIDE PREVENTION COMMITTEE



Usually meets 1st Tuesday of the month
1:30 PM-3:00 PM

Zoom Link: <http://zoom.us/j/410362485>
Meeting ID 410 362 485

Call In: 669-900-6833



Contact:
Sylvia Tang | stang@smcgov.org | 208-5799 (Mobile)

SMCHealth.org/SuicidePrevention



Free Events & Resources



 2023 SUICIDE PREVENTION MONTH

Share Hope Together

Let's Talk. Let's Support. Let's Heal.



SEPTEMBER IS SUICIDE PREVENTION MONTH.
FREE EVENTS AND RESOURCES AT
SMCHealth.org/SPM

If you or someone you know is struggling or in crisis, contact our 24/7 CRISIS hotlines:
Call 650-579-0350 or 988
Text "Bay" to 741-741 or 988
Visit SanMateoCrisis.org



 •SHAREHOPETOGETHER
 •SUICIDEPREVENTION
 •TAKEACTION4MH



 MES DE LA PREVENCIÓN DEL SUICIDIO 2023

Compartir Esperanza Juntos

Hablemos. Apoyemos. Sanemos.



SEPTIEMBRE, MES DE LA PREVENCIÓN DEL SUICIDIO
PARA EVENTOS Y RECURSOS GRATUITOS VISITE
SMCHealth.org/SPM

Si usted o alguien que conoce enfrenta retos emocionales o esta atravesando una crisis, contacte nuestras líneas de CRISIS de 24/7:
Llame al 650-579-0350 o 988
Envíe Texto "Bay" al 741-741 o 988
Visite SanMateoCrisis.org



 •SHAREHOPETOGETHER
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 2023 預防自殺月

一起 分享希望

我們來聊聊吧。讓我們協助您。讓我們邁向康復吧。



九月是預防自殺月。
SMCHealth.org/SPM
免費活動和資源

如果您或您認識的人正在掙扎 或遇到危機，請聯繫我們的 24/7 危機熱線：
電話 650-579-0350 或者 988 (提供中文翻譯)
短訊 "Bay" 到 741-741 或者 988 (僅英語和西班牙語)
查詢網址 SanMateoCrisis.org (僅限英語)



 •SHAREHOPETOGETHER
 •SUICIDEPREVENTION
 •TAKEACTION4MH



Suicide Prevention Resources

*If you know someone who is in suicidal crisis or emotional distress,
get 24/7 free confidential crisis support:*

Call 650-579-0350 (or 988) - English & Spanish*

Text “BAY” to 741-741 (or 988) – English & Spanish

Visit sanmateocrisis.org for teen crisis services

*Interpretation available for other languages

SMCHealth.org/SuicidePrevention



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



Rail Safety & Suicide Prevention Activities

This year's rail safety and suicide prevention activities, include:

Rail Safety Month - September

Operation Safe Track participation – Sept. 19

Rail Safety Booth at SF Public Electric Train Tour – Sept. 23

Updated rail safety brochures

New Electrification postcards

Safety Roadshows at various agency locations

Suicide Prevention Training Lunch & Learns for employees – Sept. 14 & 21

See Something, Say Something

- Do your part to keep the rails safe! **Call Transit Police at 1.877.SAF.RAIL (1.877.723.725) immediately** to report any unsafe situation or suspicious activity, such as children playing near the tracks or people hanging out along the right of way
- Save the number in your cell phone for quick and easy access

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Questions

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Communications
650.622.2492
liebermand@samtrans.com

FOR MORE INFORMATION

WWW.CALTRAIN.COM

