

ADULT SERVICES POLICY COUNCIL

Boards, Commissions and Community Representatives/Volunteers

Behavioral Health Board
Commission on Aging
SLO Health Counts

Elected Officials

CA Senator John Laird, 17th District
U.S. Congressman Salud Carbajal, 24th District
County Board of Supervisors

Non-Profit Agencies

Alzheimer's Association
Area Agency on Aging
Atascadero Senior Center
Health Projects Center
Adventist Health
UCLA Health
CenCal Health
Coast Caregiver Resource Center (CCRC)
Community Action Partnership of SLO (CAPSLO)
Community Health Centers (CHC)
Dignity Health
Gala Pride and Diversity Center Senior Advocacy
Hospice of SLO County
Access Central Coast
Los Osos Cares Senior Program
LTC Ombudsman Services of SLO County
PathPoint
People's Self Help Housing
Ride-On Transportation
San Luis Obispo Legal Assistance Foundation
Senior Nutrition Program / Meals that Connect
Senior Volunteer Services (RSVP/3CV/PLS)
SLO Village Movement
Transitions-Mental Health Association / Central Coast
Hotline
Tri-Counties Regional Center
United Cerebral Palsy
Veterans Affairs Supportive Housing (VASH)

Private Organizations

Home Instead
Senior Living Consultants
SLG Senior Care
SeaCoast Seniors
Care Connection Transport & Home Services
Geriatric Care & Dementia Consulting
Wisdom Center

Public Agencies

San Luis Obispo Council of Governments

San Luis Obispo County Departments of:

Public Health
Social Services/Adult Services
Libraries

Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults & seniors with access to a full continuum of resources & independence wherever they reside.

Chair: Kim Chartrand

Immediate Past Chair: Paulina Flores Jimenez

First Vice Chair: Clint Weirick

Second Vice Chair: John Bellutz

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pfloresjimenez@co.slo.ca.us

clint.weirick@sen.ca.gov

AGENDA

October 3rd, 2025

9:00 a.m. - 11:00 a.m.

INTRODUCTIONS (15 Minutes or less)

Name and position within respective organization.

ANNOUNCEMENTS: (15 Minutes or less)

GUEST SPEAKERS: (30 Minutes)

- **Suicide Prevention – Roxanne Archer & Brita Connelly**

CORRECTIONS / ADDITIONS TO THE SYNOPSIS

ACTION ITEMS: (50 Mins)

COMMITTEE UPDATES AS NEEDED (10 minutes or less)

- **SLO MPA**
- **Commission on Aging Report**

MEETING LOCATION:

DSS Conference Room #101
3433 S. Higuera St, San Luis Obispo

NEXT MEETING:

November 7th, 2025

MEETING MINUTES

COMMITTEE NAME: ADULT SERVICES POLICY COUNCIL

Meeting Purpose(s): Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults and seniors with access to a full continuum of resources and independence wherever they reside.

Leader: Kim Chartrand

Meeting Called By: Kim Chartrand

Facilitator: Kim Chartrand

Time: From: 9:00 AM To: 11:00 AM

Recorder: Danielle Raiss

Date: Friday October 3rd, 2025

Location: 3433 Higuera St, San Luis Obispo, CA 93401 Conference Room #101

Members Present:

Danielle Raiss – DSS	Karen Jones – LTCO
Jean Raymond – SLO Health Counts	Alexandra Morris – GCM
Rod Brown – GCM	Jerry Mihaic – ACC
Liliana Lemus – Pathpoint	Sarah Reinhart – Public Health
Kayla Marcinkevicz – Public Health	Betty Purify – PSHH
Juliane McAdam – Meals that Connect	Samuel Griffith – HPC
Paulina Flores Jimenez – SLO Public Health	Roxanne Archer – Public Health
Mara Whitten – CAPSLO Adult Day Center	Sally Kruger – SLO Village Movement
Kim Chartrand – Hospice SLO	Judy Hemenway – Atascadero Senior Center
Paul Garth – VASH	Isabel Alfaro – Wisdom Center
Bilma Lazaro- Wisdom Center	Sue Gibson – SLG Senior Care
Nell Bennett – CCRG PEARLS	Matt Silva Walker – Home Instead
Jeff Barry – Honey Do Helpers	

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Introductions	
Public Comment	<p>JERRY MIHAIC</p> <ul style="list-style-type: none"> DIOS DE LOS MUERTOS EVENT ON NOVEMBER 1ST IN SLO <p>JULIANE McADAM</p> <ul style="list-style-type: none"> MEALS THAT CONNECT PICKLE FESTIVAL WILL BE HELD AT LAGUNA LAKE PARK ON OCTOBER 4 <p>NELL BENNETT</p> <ul style="list-style-type: none"> PEARLS IS A FREE DEPRESSION COACHING RESILIENCY ONE-ON-ONE AVAILABLE FOR SENIORS OVER 60 <p>SUE GIBSON</p> <ul style="list-style-type: none"> UPCOMING SENIOR FAIRS IN ARROYO GRANDE AND TEMPLETON ALZHEIMER’S WALK ON NOVEMBER 8TH
Member Spotlight	N/A
Guest Speakers	<p>BRITA CONNELL & ROXANNE ARCHER – SENIOR & OLDER ADULT SUICIDE PREVENTION</p> <ul style="list-style-type: none"> LANGUAGE AND CONCEPTS SURROUNDING SUICIDE: <ul style="list-style-type: none"> DIED OF/BY SUICIDE –THE TERM COMMITTED SUICIDE DOES NOT ACCURATELY DESCRIBE THAT AN INDIVIDUAL DIED AS THE RESULT OF A MENTAL HEALTH CONDITION WITH A MEDICALLY TREATABLE CAUSE, OR BY SEVERE PSYCHOLOGICAL DISTRESS WITH NO APPARENT WAY OUT. FATAL OR NON-FATAL ATTEMPT – LANGUAGE ABOUT SUICIDE THAT USES ILLNESS-BASED LANGUAGE. SIMILAR TO FATAL OR NON-FATAL HEART ATTACK PERSON WITH LIVED EXPERIENCE – A PERSON WITH LIVED EXPERIENCE OF SUICIDE WHO HAS EITHER STRUGGLED WITH SUICIDAL THOUGHTS AND/OR BEHAVIORS OR AN ATTEMPT SURVIVOR. LOSS SURVIVOR – AN INDIVIDUAL WHO HAS LOST SOMEONE THEY CARE ABOUT TO SUICIDE. CAN BE FURTHER BEREAVED BY SUICIDE, EXPERIENCING A HIGH LEVEL OF PSYCHOLOGICAL, PHYSICAL, AND/OR SOCIAL DISTRESS FOR A LONG PERIOD OF TIME SUICIDAL IDEATION – THINKING ABOUT, CONSIDERING, OR MAKING A PLAN TO DIE BY SUICIDE. CAN BE PASSIVE OR ACTIVE. AMONG ADULTS AGED 18 OR OLDER IN 2023, 5.0% (OR 12.8 MILLION PEOPLE) HAD SERIOUS THOUGHTS OF SUICIDE, 1.4% (OR 3.7 MILLION PEOPLE) MADE A SUICIDE PLAN, AND 0.6% (OR 1.5 MILLION PEOPLE) ATTEMPTED SUICIDE IN THE PAST YEAR. THERE IS NO <i>SINGLE</i> CAUSE OF SUICIDE. SUICIDE ATTEMPTS TEND TO BE MORE LETHAL IN OLDER ADULTS AS OF 2023 SUICIDE IS ONE OF THE TOP LEADING CAUSES OF DEATH IN THE UNITED STATES FOR THOSE AGED BETWEEN 10 AND 64 YEARS OLD THE SUICIDE RATE IN SLO COUNTY IS HIGHER THAN THE OVERALL RATE IN CALIFORNIA <ul style="list-style-type: none"> OLDER ADULTS HAVE THE HIGHEST RATE OF DEATHS BY SUICIDE IN SLO COUNTY MALES HAVE A HIGHER RATE THAN FEMALES THE RATE IS SIMILAR ACROSS THE REGIONS WITHIN SLO COUNTY IN 2021, 31 OF 58 COUNTIES PARTICIPATED IN CALVDRS. SUPPLEMENTAL MULTI-SOURCE CALVDRS DATA WERE ABSTRACTED FOR 569 OF THE 904 OLDER ADULT SUICIDES IN

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (If Any)
	<p>CALIFORNIA IN 2021. 37% HAD A KNOWN HISTORY OF SUICIDAL THOUGHTS AND/OR PLANS; 8% HAD A FAMILY MEMBER OR FRIEND DIE RECENTLY; 4% HAD A FINANCIAL PROBLEM THAT APPEARED TO CONTRIBUTE TO THEIR DEATH; MORE THAN 20% DISCLOSED THEIR SUICIDE THOUGHTS AND/OR PLANS TO SOMEONE IN THEIR PERSONAL OR PROFESSIONAL CIRCLE PRIOR TO THEIR DEATH.</p> <ul style="list-style-type: none"> • SUICIDE DEATH IS STIGMATIZED ACROSS ALL AGE GROUPS <ul style="list-style-type: none"> ○ OFTEN SEEN AS BEING ‘WEAK’ ○ SOMETIMES SEEN AS THE PERSON WAS ‘SELFISH’ ○ OLDER ADULTS WERE RAISED IN A TIME WHERE IT WAS STILL CONSIDERED A ‘SIN’ AND WAS OFTEN CONSIDERED ‘ILLEGAL’ ○ WE SEE HIGHER RATES IN MEN THAN WOMEN, WHY? • RISK FACTORS: <ul style="list-style-type: none"> ○ DEPRESSION & OTHER MENTAL HEALTH PROBLEMS ○ SUBSTANCE USE DISORDER (ALCOHOL & PRESCRIPTION MEDICATION) ○ PHYSICAL ILLNESS, DISABILITY, AND PAIN (ESPECIALLY IF ANY OF THESE ARE CHRONIC) ○ SOCIAL ISOLATION & LONELINESS ○ LOSS OF A LOVED ONE, ESPECIALLY TO SUICIDE ○ FINANCIAL & FOOD INSECURITY ○ EXPOSURE TO A TRAUMATIC EVENT • PROTECTIVE FACTORS: <ul style="list-style-type: none"> ○ STRENGTHEN ECONOMIC SUPPORTS ○ STRENGTHEN HOUSEHOLD FINANCIAL SECURITY ○ HOUSING STABILIZATION POLICIES ○ STRENGTHEN ACCESS AND DELIVERY OF SUICIDE CARE ○ COVERAGE OF MENTAL HEALTH CONDITIONS IN HEALTH INSURANCE POLICIES ○ REDUCE PROVIDER SHORTAGES IN UNDERSERVED AREAS ○ SAFER SUICIDE CARE THROUGH SYSTEMS CHANGE ○ CREATE PROTECTIVE ENVIRONMENTS ○ REDUCE ACCESS TO LETHAL MEANS AMONG PERSONS AT RISK OF SUICIDE ○ COMMUNITY-BASED POLICIES TO REDUCE EXCESSIVE ALCOHOL USE ○ PROMOTE CONNECTEDNESS ○ PEER PROGRAMS ○ COMMUNITY ENGAGEMENT ACTIVITIES ○ TEACH COPING AND PROBLEM-SOLVING SKILLS ○ SOCIAL-EMOTIONAL LEARNING PROGRAMS ○ FAMILY RELATIONSHIP PROGRAMS ○ IDENTIFY AND SUPPORT PEOPLE AT RISK ○ GATEKEEPER TRAINING ○ CRISIS INTERVENTION

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (If Any)
	<ul style="list-style-type: none"> ○ TREATMENT FOR PEOPLE AT RISK OF SUICIDE ○ TREATMENT TO PREVENT RE-ATTEMPTS ● FIVE FACTORS OF LATE LIFE SUICIDE: DISEASE, DISCONNECTEDNESS, DISABILITY, DEADLY MEANS, DEPRESSION ● WARNING SIGNS OF SUICIDE INCLUDE: <ul style="list-style-type: none"> ○ TALKING ABOUT WANTING TO DIE OR ABOUT SUICIDE ○ TALKING ABOUT FEELING HOPELESS OR HAVING NO REASON TO LIVE ○ LOOKING FOR WAYS TO KILL ONESELF ○ LOSS OF INTEREST IN ACTIVITIES THAT USED TO BE ENJOYABLE ○ CUTTING BACK ON SELF-CARE AND GROOMING ○ BEING ALONE FOR LONG PERIODS OF TIME, BECOMING ISOLATED ○ BREAKING MEDICAL REGIMENS OR SKIPPING APPOINTMENTS ○ FEELING HOPELESS OR WORTHLESS ○ WHEN COMBINED WITH OTHER WARNING SIGNS, GIVING THINGS AWAY, OR MAKING CHANGES IN WILL ○ OBTAINING LETHAL MEANS SUCH AS FIREARMS OR STOCK-PILING MEDICATION ○ PREOCCUPATION WITH DEATH OR LACK OF CONCERN ABOUT PERSONAL SAFETY ○ INCREASED USE OF ALCOHOL OR OTHER SUBSTANCES ○ CHANGES IN SLEEP (EITHER “TOO MUCH” OR “TOO LITTLE”) ● IF YOU SEE ONE OR MORE OF THESE WARNING SIGNS, IT’S TIME TO REACH OUT <ul style="list-style-type: none"> ○ START THE CONVERSATION ○ ASK ABOUT SUICIDE, BE DIRECT ○ LISTEN ● CRISIS RESOURCES: <ul style="list-style-type: none"> ○ <i>CENTRAL COAST HOTLINE (CALL OR TEXT) 800-783-0607</i> ○ <i>NATIONAL SUICIDE PREVENTION LIFELINE (CALL OR TEXT) 988</i> ○ <i>NATIONAL FRIENDSHIP LINE (PEOPLE AGED 60+)</i> ○ CALL 1-888-670-1360 ○ <i>MOBILE CRISIS TEAM (MCT)</i> ○ AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK, 365 DAYS A YEAR. TO REQUEST AN MCT RESPONSE, CALL THE CENTRAL COAST HOTLINE AT 1-800-783-0607. ● LOCAL SUPPORT: <ul style="list-style-type: none"> ○ <i>COUNTY BEHAVIORAL HEALTH CALL (805) 781-4768</i> ○ <i>HABITAT FOR HUMANITY</i> ○ HOME PRESERVATION PROGRAM ○ LOW-INCOME SENIOR HOMEOWNER REPAIRS ○ <i>TRANSITIONS-MENTAL HEALTH ASSOCIATION</i>

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> ○ FAMILY SUPPORT, WORK PROGRAMS, CENTRAL COAST HOTLINE, COMMUNITY PROGRAMS, MENTAL HEALTH SERVICES, AND ADULT FULL SERVICE PARTNERSHIP PROGRAMS ○ <i>HOSPICE OF SLO COUNTY</i> ○ CARE MANAGEMENT SERVICES, IN-HOME SUPPORT, GRIEF COUNSELING, PET PEACE OF MIND, & MORE!
Corrections/Additions to the Synopsis	<ul style="list-style-type: none"> • SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS.
Action Items	<ul style="list-style-type: none"> • N/A
Committee Updates as Needed	<p>SLOMPA</p> <ul style="list-style-type: none"> • Survey developed to identify gaps in providers throughout the county. <p>COMMISSION ON AGING</p> <ul style="list-style-type: none"> • Presentation on suicide prevention on September 24th.

The next meeting is: November 7th, 2025

Time: 9:00 AM

Location: 3433 South Higuera St, San Luis Obispo, CA 93401 Conference Room #101