

Rail Safety Education & Suicide Prevention Update

Bicycle & Active Transportation
Advisory Committee
September 15, 2022



Overview

- Don't Shortcut Life Public Education Program
 - Operation Lifesaver - national nonprofit public safety education and awareness organization dedicated to reducing collisions, fatalities and injuries at grade crossings, as well as trespassing on or near railroad tracks
- Suicide Prevention Initiatives
 - 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
- National Advisory Council (NAC)
- Member for 4 years
 - Only commuter railroad on the NAC
- Meets twice a year to create educational projects with FRA and FTA funding
- Helped develop and edit all rail safety outreach materials used nationwide

Rail Safety Messaging - Three E's

Our Program's Focus:

- Education
- Engineering
- Enforcement



Education:

- Free presentations to communities
- Open to all ages
- In person or virtual



Engineering:

- State of Good Repair
 - Track maintenance, fencing, etc.
- Capital Improvement Projects
 - New station: Hillsdale
 - Improved station: SSF
- Electrification



Enforcement:

- Transit Police
 - San Mateo County Sheriff's Department
- Specialized Training
 - Interventions

Caltrain Fatalities

2018 - 2022

Year	Total Fatalities	Suicide	Unintended	Pending
2018	13	7	6	0
2019	16	10	6	0
2020	10	9	1	0
2021	11	8		*3 (TBD)
2022	9 (year to date)		1	*8 (TBD)

*TBD - County Coroner



Suicide Prevention Initiatives

Not Just Rail Safety

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

Building Partnerships

- SF Department of Public Health
- San Mateo County Suicide Prevention Committee
- Santa Clara County Suicide Prevention Working Group
- Project Safety Net (Palo Alto)
- Suicide Prevention for US Rail (SPUR) - FRA

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 |

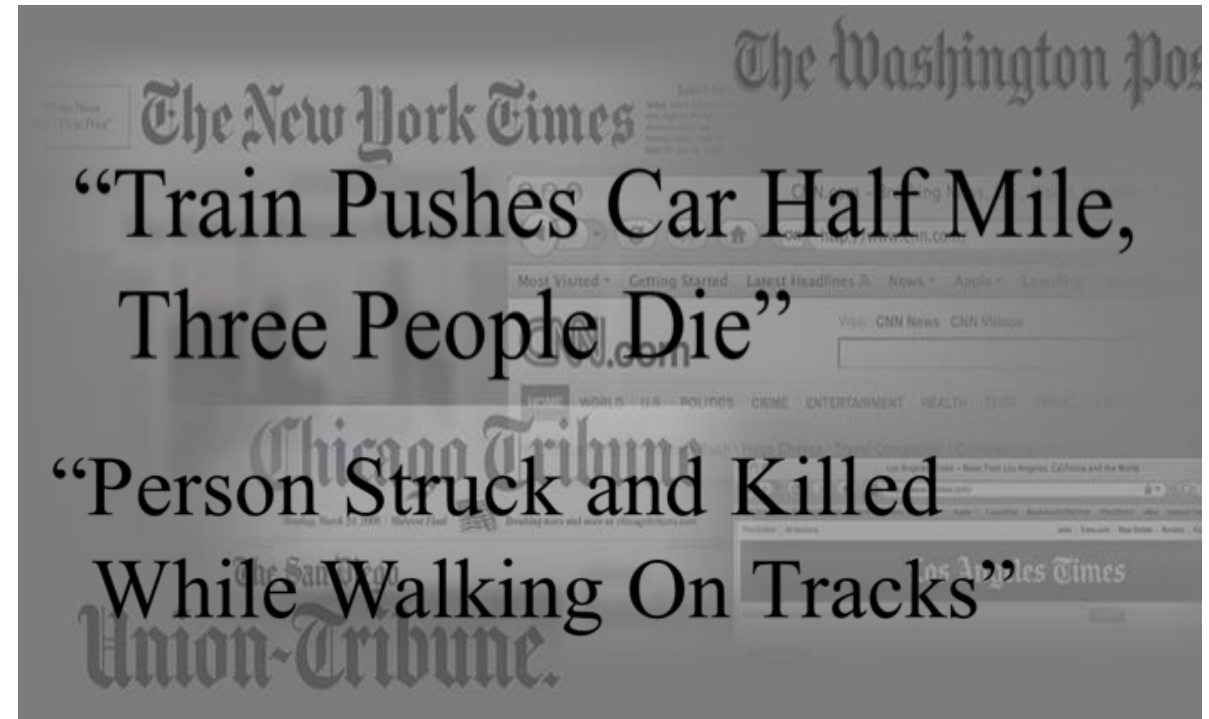


Caltrain Activities

- 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
- Sponsor "Edge of Success" Film Festival

Media Roundtable

- June 2015
- Collaboration
 - Health Care Professionals
 - Media – Print and Broadcast
 - Other Public Information Officials



San Mateo County

Suicide Prevention Committee (SPC)

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

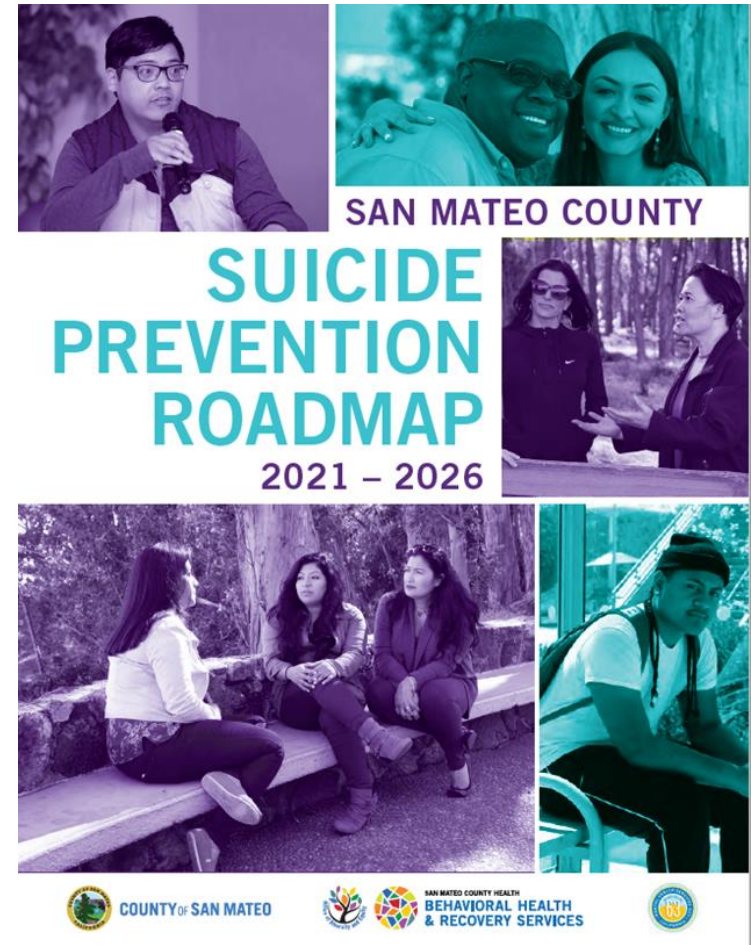
Sylvia Tang, She/Her/Hers
Office of Diversity and Equity
Behavioral Health & Recovery Services, San Mateo County Health

SPC Mission

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



SPC Strategy



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES



Meetings



Suicide Prevention Committee

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

<https://zoom.us/j/410362485>

669-900-6833 Meeting ID: 410 362 485

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

Zena Andreani | zena.andreani@star-vista.org | 650-339-5803

smchealth.org/SuicidePrevention    SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES



Events



The poster features a stylized tree on the left side with a teal trunk and purple leaves. The background is a light blue and purple geometric pattern. In the top right corner, there are three logos: a circular seal for 'MENTAL HEALTH SERVICES CALIFORNIA 63', a globe logo for 'SAN MATEO COUNTY HEALTH', and a leaf logo for 'BEHAVIORAL HEALTH & RECOVERY SERVICES'. The main text is centered and reads 'September 2022 Suicide Prevention Month' in a mix of script and bold sans-serif fonts, followed by the hashtag '#SMCTakeAction4MH'. A white rounded rectangle in the center contains the theme text, a QR code, and the website URL. A purple and teal ribbon is in the bottom right corner.

September 2022
Suicide Prevention Month
#SMCTakeAction4MH

This year's theme is **"Take Action for Suicide Prevention: Thriving At All Ages."**

Free events & resources at the website or scan the QR code.

SMCHealth.org/Suicide-Prevention-Month

Suicide Prevention Resources

24/7 HOTLINES

- **StarVista Crisis Center ((San Mateo County): 650-579-0350**
- **National Suicide Prevention Lifeline: 988 or 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



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



Rail Safety & Suicide Prevention Activities

- **Sept. 7 - New National Rail Safety PSA - *Stop Track Tragedies***
 - **Sept. 20 - Rail Safety Blitz**
- **Sept. 21 & 28 - Two part training sessions for employees called Be Sensitive, Be Brave (Infuses culture & diversity in workshops focusing on mental health and suicide prevention)**
- **Promoting both rail safety and suicide prevention messaging on social media platforms**

Questions

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FOR MORE INFORMATION

WWW.CALTRAIN.COM

