



Rail Safety Education & Suicide Prevention Update

JPB Citizens Advisory Committee

September 15, 2021

Agenda Item 8

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



Don't Shortcut Life Rail Safety

Operation Lifesaver



Partnership with Operation Lifesaver

- Since the 1990s
- Annual contributor to CAOL
- National Advisory Council (NAC)
 - Member for 3 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

Like OL's program, we follow the same format:

- Education
- Engineering
- Enforcement

Education



Engineering – 25th Avenue Grade Separation Project



Enforcement





Caltrain Fatalities

Caltrain Fatalities from 2011-2021				
Year	Total fatalities	Suicide	Unintended	*Pending
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	10	9	1	
2021	10			10

Not Just About Rail Safety

- Communicating as an Agency
 - Rail Safety
- 2009 Palo Alto Suicides
 - Change our Way of Thinking



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



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
- Collaborative Effort
 - Health Care Professionals
 - Media – Print and Broadcast
 - Other Public Information Officials





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