

Rail Safety Education & Suicide Prevention Update

Caltrain Citizens Advisory Committee
September 21, 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
- Staff serves on OL National Advisory Council (NAC)
 - Only commuter railroad on the 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

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

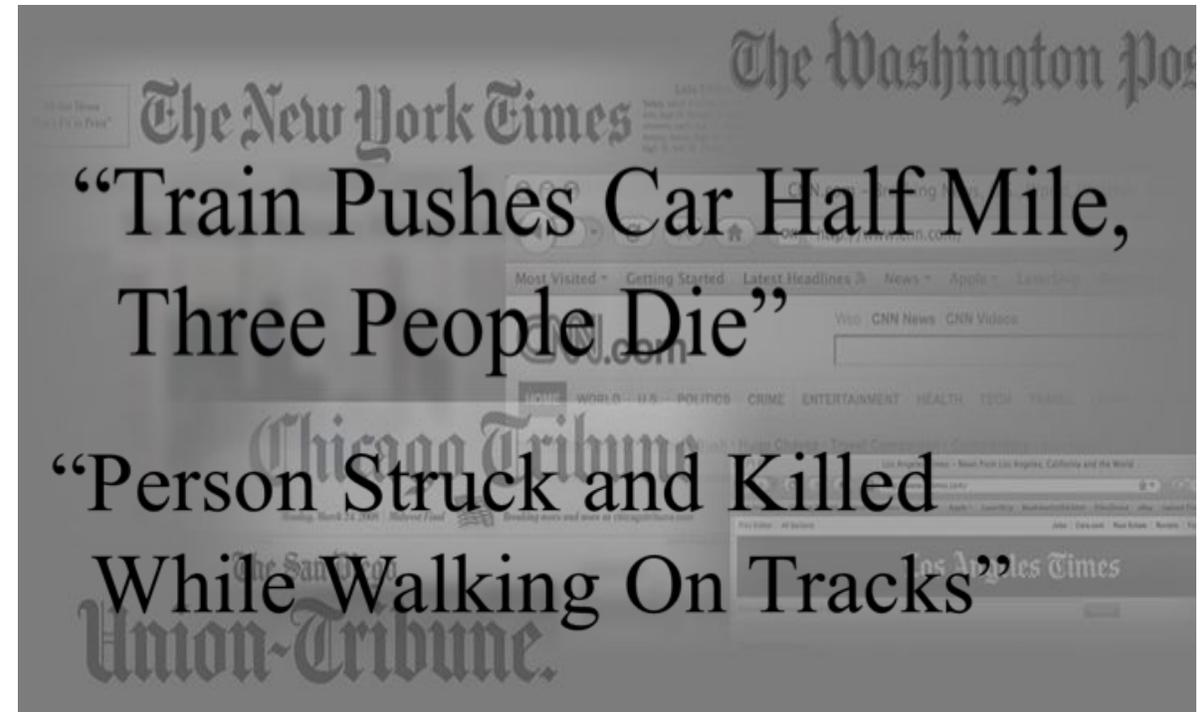
Caltrain

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

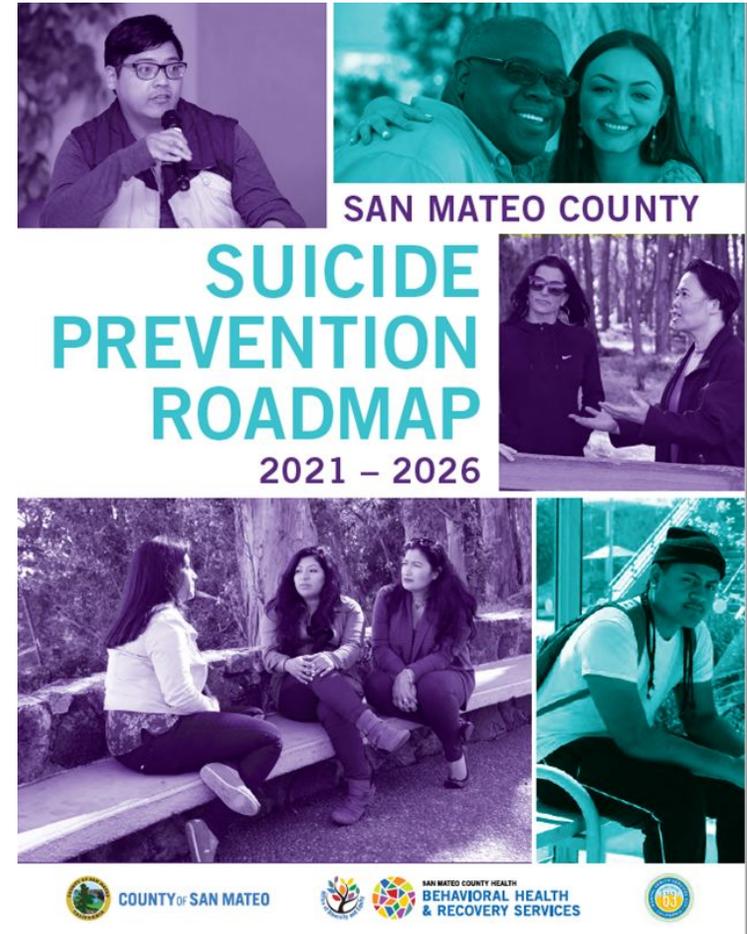
Sylvia Tang, She/Her/Hers
Office of Diversity and Equity
Behavioral Health & Recovery Services, San Mateo County Health

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 purple trunk and teal leaves. The background is a light blue and teal geometric pattern. In the top right corner, there are three logos: a circular seal for 'MENTAL HEALTH SERVICES CALIFORNIA 63', a globe icon for 'SAN MATEO COUNTY HEALTH', and a leaf icon 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 lower half contains the theme text, a QR code, and the website URL. A teal and purple awareness ribbon is in the bottom right corner.

MENTAL HEALTH SERVICES CALIFORNIA 63
SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

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

Dan Lieberman
Public Affairs Specialist,
Communications
650.622.2492
liebermand@samtrans.com

FOR MORE INFORMATION

WWW.CALTRAIN.COM

