

San Diego County  
 Suicide Prevention Council <sup>SM</sup>  
 BY COMMUNITY HEALTH IMPROVEMENT PARTNERS 

# 10 Minutes 2 Live Documentary: Securing Homes, Saving Lives



January 27, 2026

16th Annual Primary Care & Behavioral Health  
 Integration Summit



# The Presenters



**Yeni L. Palomino, Vice President of Community Health & Engagement, San Diego County Suicide Prevention Council**

- A Master Trainer in **Applied Suicide Intervention Skills Training (ASIST)** for **over 13 years**
- Facilitator of the **San Diego County Suicide Prevention Council (SPC)**, leading regional suicide prevention efforts for 15 years.
- Led **California Suicide Prevention Network (CSPN) initiatives** in Southern California and developed **best practices for social media in suicide prevention**, adopted at the national level.
- Contributed to suicide prevention research and practice, including **publication in the Journal of the American Pharmacists Association (2018)** and training over **18,000+ San Diegans** in suicide prevention skills.
- Facilitated the creation of **three county-wide suicide prevention action plans** and advanced programs to support behavioral health and mental wellness across diverse and underserved communities.
- Holds a B.A. from UC Santa Cruz and a Nonprofit Management certification from UC Irvine; San Diego resident for 20+ years who enjoys family time, travel, and exploring new eateries.



**Dr. Daniel E. Kennedy, DSW, MSC, MBA, AMFT  
Director & Filmmaker of Eagle's Flight Studio**

- **Doctor of Social Work (DSW):** Capstone research focused on teen suicide prevention and evidence-based intervention strategies.
- **Suicide Prevention Training:** Certified in QPR and ASSIST for high-risk assessment, crisis response and safety planning.
- **Clinical Practice:** Registered Associate Marriage and Family Therapist with specialized training in EMDR therapy.
- **Media, Education & Advocacy:** Award-winning mental health filmmaker, speaker and writer for mental health summits, Kaiser Permanente Grand Rounds and the National Association of Social Workers, and producer of three suicide-prevention documentaries.

# Disclosure

*Both presenters have provided disclosures of financial relationships with ineligible organizations and any relevant non-financial relationships prior to planning content for this workshop. Neither presenter has relevant financial relationships with ineligible companies or other potentially biasing relationships to disclose to learners.*

# Note

We recognize that suicide is a difficult and emotional topic to discuss. As we review data from San Diego County, share information on suicide and showcase the film we want to acknowledge that these are not just numbers and stories—they represent real people, families, and communities impacted by suicide. Please take care of yourself throughout this presentation and step away as needed.



# Learning Objectives


Identify at least three key risk factors and statistical trends related to suicide in the United States, including the role of firearms and medications in fatal outcomes.



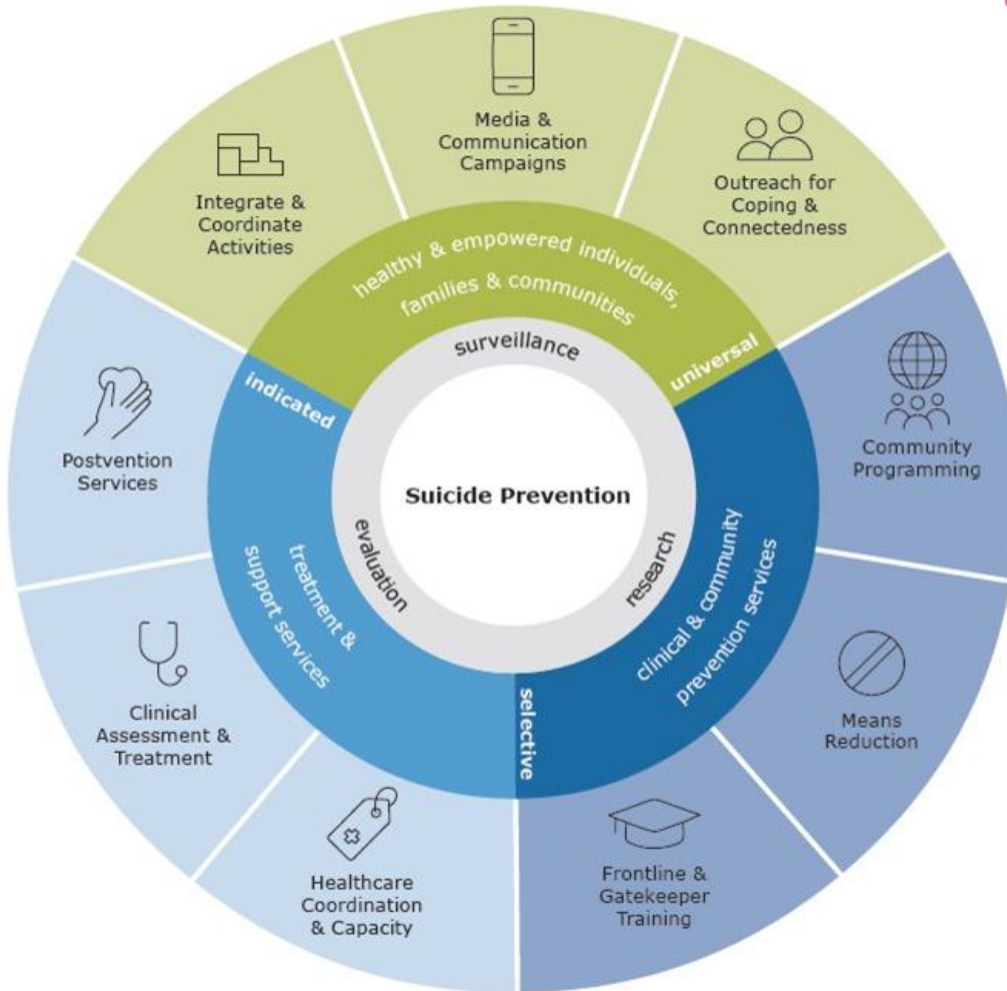
Describe the clinical features of Suicidal Impulsivity and Acute Suicidal Affective Disturbance (ASAD), including at least three symptoms that differentiate ASAD from chronic suicidal ideation.



Explain how increasing time and distance from lethal means reduces suicide risk and provide at least two examples of environmental modifications that can be implemented during acute crises.



★ Demonstrate the ability to incorporate lethal-means counseling into clinical practice by listing at least three therapeutic questions or statements used to discuss home safety collaboratively with clients and families.



## Vision

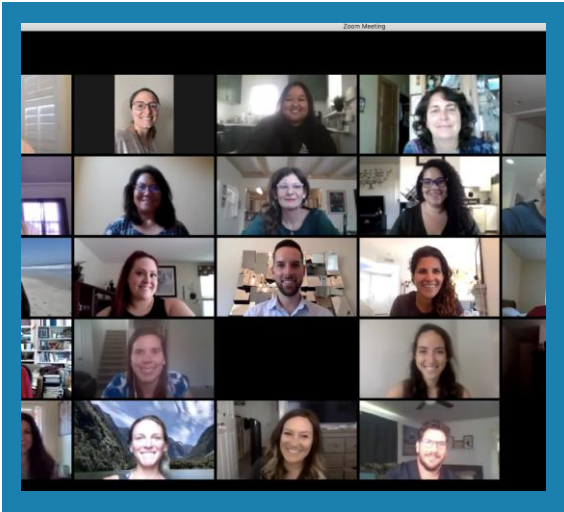
- Zero suicide in San Diego County

## Mission

- To prevent suicide and its devastating consequences in San Diego County



# How To Be Involved With The SPC



SPC General Meeting



Subcommittee Meetings



Trainings



Outreach



# Resources Available

- **9-8-8 Life Line**– National Suicide and Crisis Hotline: 24 hours a day, 7 days a week, free, multiple languages, you can call or text, or chat online at [988lifeline.org](https://988lifeline.org)
- **Veterans Crisis Line**- Call or text 988 then press 1, or chat via the 988 portal.
- **AFSP**-American Foundation for Suicide Prevention: Offers educational programs for high schools, colleges, professionals, and community groups and do work specific to means reduction. Visit [www.afsp.org](https://www.afsp.org) or call 1-888-333-AFSP (2377)
- **CALM**-Counseling on Access to Lethal Means offers training and resources to reduce access to lethal means for those at risk. <https://www.calmamerica.org/>
- **Lock2Live**-Safe storage decision aid, helps individuals and clinicians make shared decisions about safe storage. <https://lock2live.org/>
- **SPRC**-Suicide Prevention Resource Center: Best practices, toolkits, and training for suicide prevention professionals. <https://www.sprc.org/>
- **NIMH**- National Institute of Mental Health-Suicide Prevention, scientific research, education and statistics. <https://www.nimh.nih.gov/health/topics/suicide-prevention>
- **SPC Means Reduction Resources:** <https://tr.ee/ueRy7WPAeb>



# Securing Lethal Means Reduces

## Means Reduction

*is the term used for reducing a suicidal person's access to a highly lethal means.*



"By putting time and distance between a lethal means and individuals who may be at risk for suicide, lives can be saved."

-National Action Alliance for Suicide Prevention

- Means reduction saves lives- several studies indicate that when lethal means are made less available or less deadly, suicide rates by that method decline.
- This has been demonstrated in various areas: bridge barriers, detoxification of domestic gas, pesticides, medication packaging, and firearms to name a few.
- Means reduction doesn't change the underlying suicidal impulses or necessarily reduce attempts: rather, it saves lives by reducing the lethality of attempts.



# Suicide in the United States



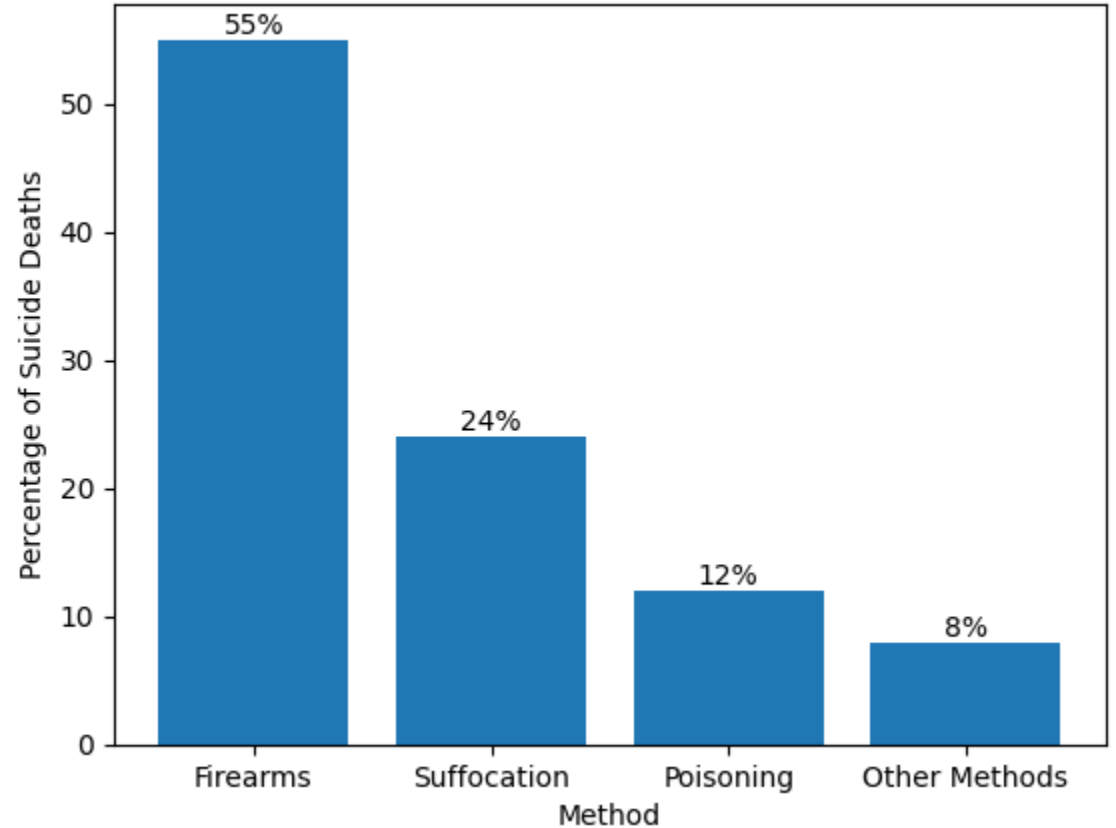
- In 2023, over 49,000 people died by suicide in the U.S.
- Suicide rates increased roughly 36% from 2000-2022
- Suicide was among the top 8 leading causes of death for people ages 10-64 in 2023 and second leading cause for ages 10-34.



# Suicide Methods & Lethal Means in the United States

- Lethality of Method is highest in firearms at 90% followed by Hanging at 85%, Gas Poisoning at 57%, Jumping at 47%, Drug Overdose at 8% and Cutting with 4% fatality.
- Firearms account for >50% of suicide deaths and are the most lethal method
- Firearms are especially dominant with men (around 60.7%)
- Firearms are also the largest individual category for females (~35%), followed by poisoning and suffocation

Suicide Lethal Means Distribution in the U.S.



# Suicide Impulsivity

- A rapid escalation of suicidal intent during high emotional distress.
- Acute Suicidal Affective Disturbance (ASAD)
- Time & Distance
- Risk Assessment & Safety



# Documentary: 10 Minutes 2 Live

- Pre-survey
- Watch Documentary
- Post-survey



[https://ucsd.co1.qualtrics.com/jfe/form/SV\\_3rVoJIKGtYPE03s](https://ucsd.co1.qualtrics.com/jfe/form/SV_3rVoJIKGtYPE03s)



## Content Warning

This documentary discusses topics related to suicide, suicidal thoughts, suicide attempts, self-harm and abuse. Viewer discretion is advised.

# Documentary: 10 Minutes 2 Live

- Post-survey



[https://ucsd.co1.qualtrics.com/jfe/form/SV\\_3rVoJIKGtYPE03s](https://ucsd.co1.qualtrics.com/jfe/form/SV_3rVoJIKGtYPE03s)



# Key Points

- Environmental strategies
- Impulsivity and prevention
- Importance of securing lethal means



# Securing Lethal Means at Home

- Baby-proofing analogy
- Extend the to all ages
- Frame lethal-means securing as standard household safety practice.



# Clinical Best Practices

- How to introduce lethal-means
- Elements of lethal-means counseling
- Educate on securing lethal means, safety plans and crisis intervention models.
- Effective language
- Cultural and trauma-informed.



# Conclusion



Q&A



# Thank You!

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