

**COUNTY OF SAN DIEGO  
BOARD OF SUPERVISORS  
TUESDAY, MAY 23, 2023**

**MINUTE ORDER NO. 22**

**SUBJECT: PREVENTING SUICIDE IN SAN DIEGO COUNTY (DISTRICTS: ALL)**

**OVERVIEW**

Suicide and self-harm are serious public health concerns that affect individuals, families, and communities. In San Diego County, there were 7,630 emergency room discharges and 719 hospitalizations for suicide attempts and self-harm in 2021, with 364 deaths by suicide. These statistics highlight the need for a comprehensive approach to suicide prevention and mental health care services in the community.

Mental health conditions such as depression, bipolar disorder, and anxiety disorders, as well as substance abuse, relationship problems, and life stressors, are among the factors that can contribute to suicidal behavior. The stigma surrounding mental health issues and suicide can make it difficult for individuals to seek help, leading to further isolation and exacerbating their condition.

Veterans, men, young adults, and seniors are especially at risk for suicide. The COVID-19 pandemic has further intensified these risks by disrupting social and community engagement, limiting access to healthcare, and exacerbating feelings of loneliness and isolation. Therefore, the need for mental health and suicide prevention services for the at-risk populations is more important now than ever before. There is a need for comprehensive and evidence-based suicide prevention efforts that are tailored to meet the needs of specific populations.

Today's action recommends a review of all existing suicide prevention efforts by the County, the identification of any gaps in service and underserved populations, and direction to identify and apply for any funding opportunities for suicide and mental health services.

**RECOMENDTION(S)**

**SUPERVISOR JIM DESMOND**

1. Direct the CAO to review all existing suicide prevention efforts by the County with a comprehensive overview of existing programs, contracts, campaigns, and any other efforts to prevent suicide in San Diego County.
2. Direct the CAO to complete a needs assessment of gaps in services and identify any underserved populations.
3. Direct the CAO to identify and apply for additional funding opportunities for suicide prevention and mental health services.
4. Report back to the Board within 180 days.

## **EQUITY IMPACT STATEMENT**

Mental health disorders can affect anyone, but certain groups are disproportionately affected. Individuals who face social and economic disadvantages, such as poverty, unemployment, and housing instability, are at a higher risk of developing mental health conditions. Additionally, individuals who belong to marginalized communities, such as people of color, LGBTQ+ individuals, and individuals with disabilities, may also face higher rates of mental health disorders due to systemic discrimination, stigma, and lack of access to healthcare. Veterans and individuals who have experienced trauma or abuse are at an increased risk of developing mental health disorders.

## **SUSTAINABILITY IMPACT STATEMENT**

This proposed action contributes to the County of San Diego's Sustainability Goal of protecting the health and well-being of all San Diegan residents.

## **FISCAL IMPACT**

There is no fiscal impact associated with this action. There may be future impacts based on recommendations. Any such recommendations would return back for consideration and approval by the Board. Upon return by staff, funding for future costs will need to be identified by the department and will proceed once identified. There will be no change in net General Fund cost and no additional staff years.

## **BUSINESS IMPACT STATEMENT**

N/A

## **ACTION:**

ON MOTION of Supervisor Desmond, seconded by Supervisor Vargas, the Board of Supervisors took action as recommended.

AYES: Vargas, Anderson, Lawson-Remer, Desmond

ABSENT: (District 4 Seat Vacant)

State of California)

County of San Diego) §

I hereby certify that the foregoing is a full, true and correct copy of the Original entered in the Minutes of the Board of Supervisors.

ANDREW POTTER

Clerk of the Board of Supervisors



**Signed**

**by** Andrew Potter

