

**San Diego Suicide Prevention Program**  
**FAQs:**

**Q: How does the SPC determine whether or not a Veteran is high risk for suicide?**

**A:** The SPC consult manager receives referrals from community partners, internal VA programs, inpatient, transfers and Veterans Crisis Line. Once received a thorough clinical review is conducted and based on the risk factors, referring event and clinical judgement a flag will be placed and SPC will then provide weekly, monthly and quarterly follow up.

**Q: What happens when a Veteran is flagged as high risk for suicide?**

**A:** The Veteran is assigned to a San Diego SPC. The Veteran is contacted weekly for the first 30 days, then monthly, until at 90 days their high risk (hr) status is reviewed by treating mental health providers and SPC team for either continuation or inactivation of the HR flag.

**Q: Are local SPC's available 24/7 to take Veteran crisis line phone calls?**

**A:** No, SPC's work during regular business hours M-F. The Veterans Crisis Line phone calls are received by trained professionals located at 1 of 3 VCL calls centers located in Kansas, Georgia and New York.

\*Local SPC teams have 1 business day to reach out to a Veteran that has called the VCL, and of-

**SUICIDE PREVENTION  
COORDINATORS**

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**VA San Diego  
Hospital**

3350 La Jolla Village Drive  
San Diego, CA  
92161

**Psychiatric Emergency Clinic**

Located at Main Hospital 2North  
M-F 8-3:30

**Emergency Department  
24/7**

**Veteran's Crisis Line  
1-800-273-8255**

**VA San Diego  
Suicide Prevention  
Program**

*"Where there is breath,  
there is HOPE."*



**CULTIVATE  
Resilience**

**VA San Diego #BeThere  
Healthcare System**  
3350 La Jolla Village Drive  
San Diego, CA  
92161  
858-552-8585

# San Diego VA Suicide Prevention Team

## At a Glance

### Who are we?

- A Suicide Prevention Coordinator (SPC) is a Licensed Clinician who monitors, assesses and safety plans with Veterans enrolled in the VA San Diego Healthcare System (VASDHS) flagged as “high risk for suicide.”
- We partner closely with the Veterans Crisis Line (VCL) and provide suicide prevention follow up to identified Veterans based on locality.
- Community partner and VA liaison to the Vet Centers located in San Diego County.
- Subject matter experts on suicide prevention, suicide postvention and crisis intervention.

### What do we do?

The VA San Diego Suicide Prevention Program staff work to mitigate suicide risk among San Diego Veterans.

#### Specific activities include:

- Coordination of care for at-risk Veterans by responding to calls from the Veterans Crisis Line and to referrals from VA staff.
- Provision of ongoing supportive care and facilitate entry into other VA and community services for Veterans identified as being at high risk for suicide.
- Provide training, education and outreach to VA staff and to community partners.
- Develop and disseminate facility policies and procedures related to assessment and management of suicide risk.

### **SPC**

### Helpful Tips

- ✦ When in doubt, keep it simple and ask, “Are you thinking of killing yourself?”
- ✦ Offer supportive listening and withhold judgement.
- ✦ Provide community and online resources:
  - [Veterans Crisis Line](#)
  - Talk: **1-800-273-8255**
  - Text: **838255**
  - Chat:  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
  - [VetsPrevail.org](http://VetsPrevail.org)
  - [Makeconnection.net](http://Makeconnection.net)
- ✦ Encourage safety planning.
- ✦ Encourage enlisting the support of family and friends.
- ✦ Focus on the present.
- ✦ Try to respond with compassion, not fear.