



Mental Health Awareness & Trespass Prevention Strategies

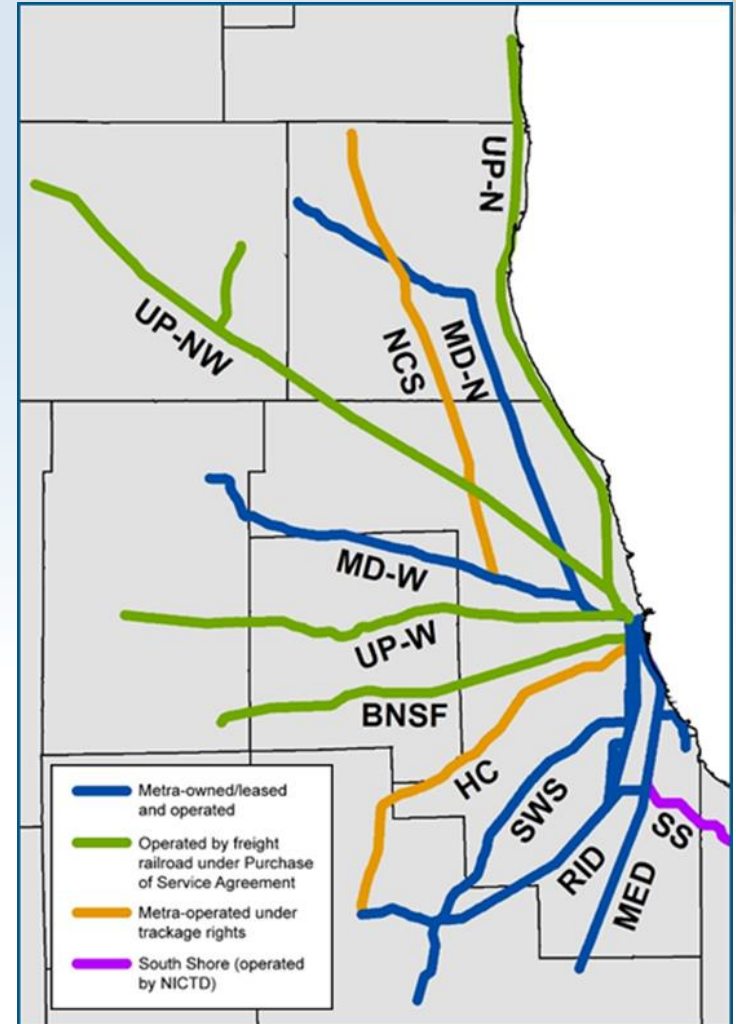


Agenda

- Metra System Overview
- Operational Challenges of Trespasser Prevention
- Public Education and Outreach
- Near Miss Program
- QPR Mental Health Awareness Training
- Mental Health Awareness Symposium & Signs
- Operational Challenges & Caring for our Crews
- Volpe Partnership - Google and Twitter Analytics

Metra System Overview

- **83 million passenger trips in 2016**
- **290,000 average weekday ridership**
- **11 rail lines**
- 487 route miles
- **Nearly 700 weekday trains**
- **241 train stations**
- **24 rail yards**
- 12 fuel facilities
- **571 grade crossings**
- **823 bridges**
- 149 locomotives
- 845 diesel railcars (coaches)
- 186 electric railcars (coaches)
- 90,779 parking spaces



Operational Challenges of Trespasser Prevention

■ **Trespasser Prevention**

- Open System
- Large system (about the size of the State of Connecticut)
- People use railroad property as a shortcut, taking pictures etc.
- Limited number of police officers to patrol the system
- Trains travel at 79mph max speed
- It takes a train up to a mile to stop
- Metra interfaces with freight, Amtrak trains

Public Outreach/Education

Operation Lifesaver

- Schools, Pre-K - 12
- High School Drivers' Education
- Community Events & Fairs
- Professional Drivers (Truck Drivers)
- School Bus Drivers
- Metra's Station Safety Blitz Prgm. (50+ Stations a year)



Railroad Safety Week September 23-29, 2018



Near Miss Reports

Trespasser Notifications

- Engineers/Conductors
- Metra Police
- Local Police
- The Public



NEAR MISS REPORT FORM

Date: _____ Time: _____ A.M. P.M.

Reporter Name: _____ Phone #: _____

Employee ID: _____

Train #: _____ Line/Subdivision: _____

Street / Mile Post: _____ DOT#: _____

Nearest Station: _____ City: _____

Violator Type: Motorist Pedestrian Commuter(s)

Enter information below that best describes the incident:

Vehicle Details	Vehicle Type
License Plate #: _____	<input type="checkbox"/> Bicycle <input type="checkbox"/> Emergency
State: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Taxi / Limousine
Make: _____	<input type="checkbox"/> Car <input type="checkbox"/> Motorcycle
Model: _____	<input type="checkbox"/> Minivan / Van <input type="checkbox"/> SUV / Pickup Truck
Color: _____	<input type="checkbox"/> Construction

Driver Action

Warning devices activated: Yes No

Did not stop

Stopped before crossing then proceeded

Stopped on or fouled tracks then proceeded

Trespasser Details	Trespasser Activity
Gender / Race	<input type="checkbox"/> Crossed in front of train <input type="checkbox"/> Group gathering around crossing/platform <input type="checkbox"/> Playing chicken / other <input type="checkbox"/> Walking/running down tracks <input type="checkbox"/> Went around, under or through crossing protection <input type="checkbox"/> Standing on or near the tracks
Age range	
<input type="checkbox"/> Male <input type="checkbox"/> Adult	
<input type="checkbox"/> Female <input type="checkbox"/> Juvenile (under 17)	
<input type="checkbox"/> Mixed Group: _____	
Race: _____	

Male Adult

Female Juvenile (under 17)

Mixed Group: _____

Race: _____

Crossed in front of train

Group gathering around crossing/platform

Playing chicken / other

Walking/running down tracks

Went around, under or through crossing protection

Standing on or near the tracks

Additional Information: _____

RC 150126 | 03/2017 | WHITE / ORIGINAL - Employee YELLOW - Safety Department PINK - District



QPR Mental Health Awareness Training

Situational Clues

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- Gender (especially male)
- Time of year (between Thanksgiving & the New Year)
- Time of day (morning and evening rush hour)
- Location (official vs. unofficial crossing points)
- Previous suicides (especially by train – Copycats)
- Calls from municipalities (e.g. police)
- Other passengers' reports/complaints

Indirect Verbal Clues

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- "I'm tired of life, I just can't go on."
- "My family would be better off without me."
- "Who cares if I'm dead anyway."
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."

Direct Verbal Clues

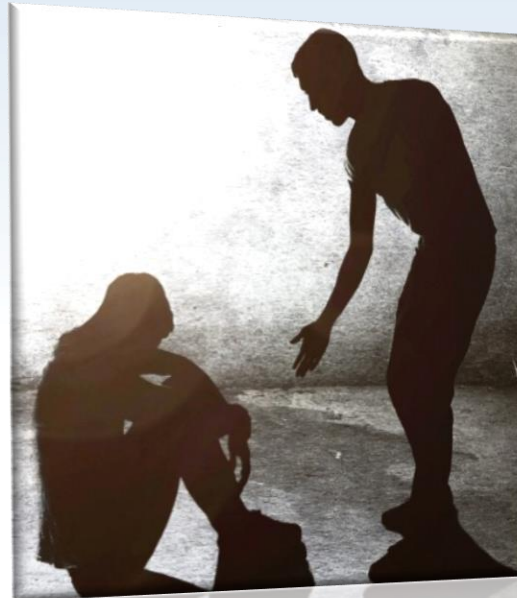
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- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) doesn't happen, I'll kill myself."
- "I hate my life, I don't want to live anymore."

QPR - Question, Persuade, Refer

Ask a Question, Save a Life - You Plant the Seeds of hope... Hope Helps prevent suicide.

Metra



Suicide Clues and Warning Signs:

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Behavioral Clues:

- *Nervous/anxious appearance
- *Agitated or Angry
- *Pacing or waiting near the right-of-way
- *Waiting on a platform, but never boarding
- *Sitting in a parked car
- *Dressed in dark clothing
- *Lack of belongings (backpacks, bags, purse, etc.)
- *Standing on the edge of the platform on the yellow tactile
- *Same person exhibiting unusual behavior for multiple days
- *For regular passengers: appearance/demeanor suddenly changes (e.g. yelling, crying, unshaven etc.)

επισκεφθείτε τον ιστότοπό μας για περισσότερες πληροφορίες.

Εάν έχετε κάποιες ανησυχίες σχετικά με την ψυχική υγεία κάποιου, επικοινωνήστε με τον κέντρο βοήθειας πελάτη.

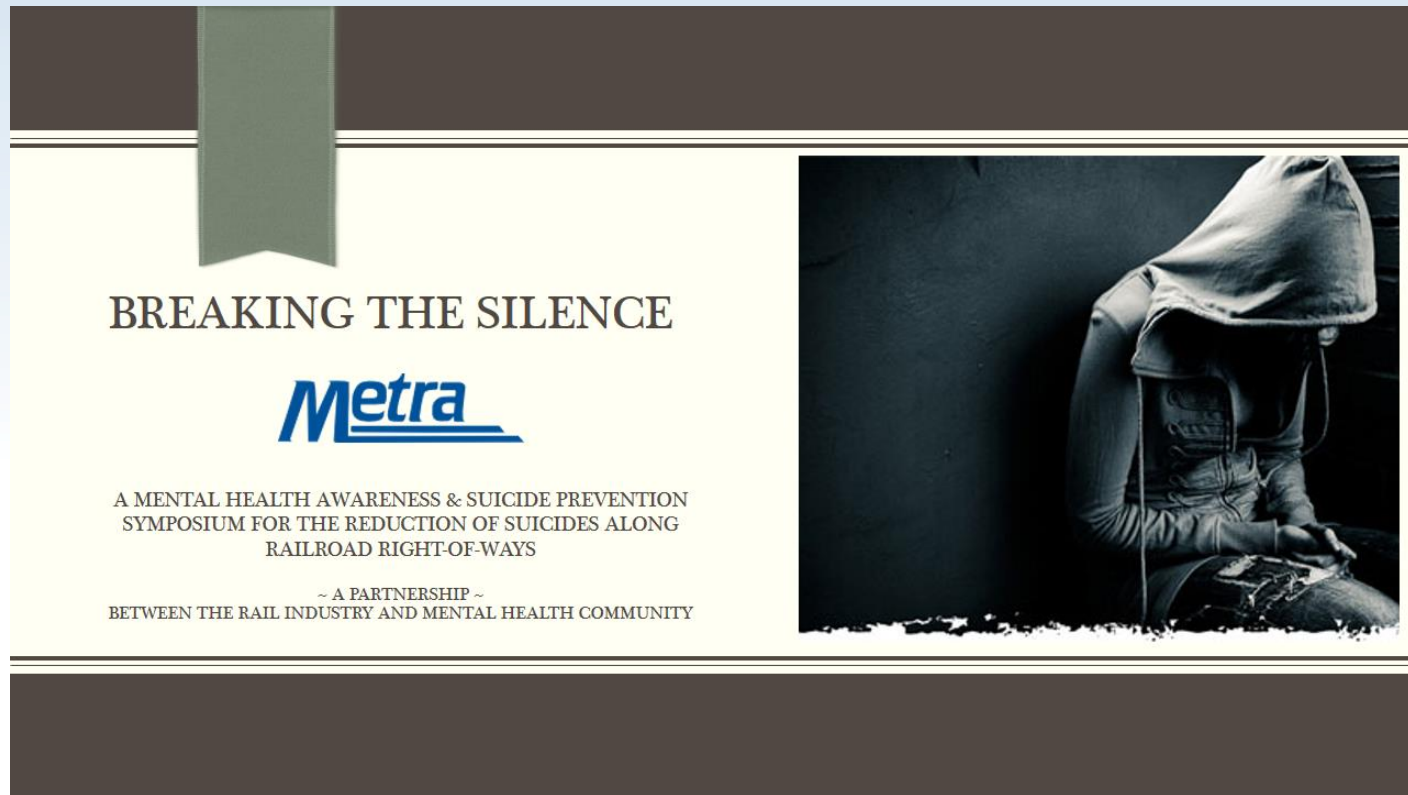
Αν είστε πελάτης, επικοινωνήστε με τον κέντρο βοήθειας πελάτη.

Αν είστε μέλος του προσωπικού, επικοινωνήστε με τον κέντρο βοήθειας πελάτη.

Metra

Mental Health Awareness Symposium

Metra Mental Health Awareness Symposium for the Reduction of Suicides and Trespassing Incidents along Railroad Right-of-Ways



BREAKING THE SILENCE

Metra

A MENTAL HEALTH AWARENESS & SUICIDE PREVENTION
SYMPOSIUM FOR THE REDUCTION OF SUICIDES ALONG
RAILROAD RIGHT-OF-WAYS

~ A PARTNERSHIP ~
BETWEEN THE RAIL INDUSTRY AND MENTAL HEALTH COMMUNITY

Mental Health Awareness Signs & Partnership

If You Need To Talk.
We're Here To Listen.



LET US HELP
CALL 1-800-273-TALK (8255)
OR
TEXT IGOTU TO 741741



NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK



CRISIS TEXT LINE |

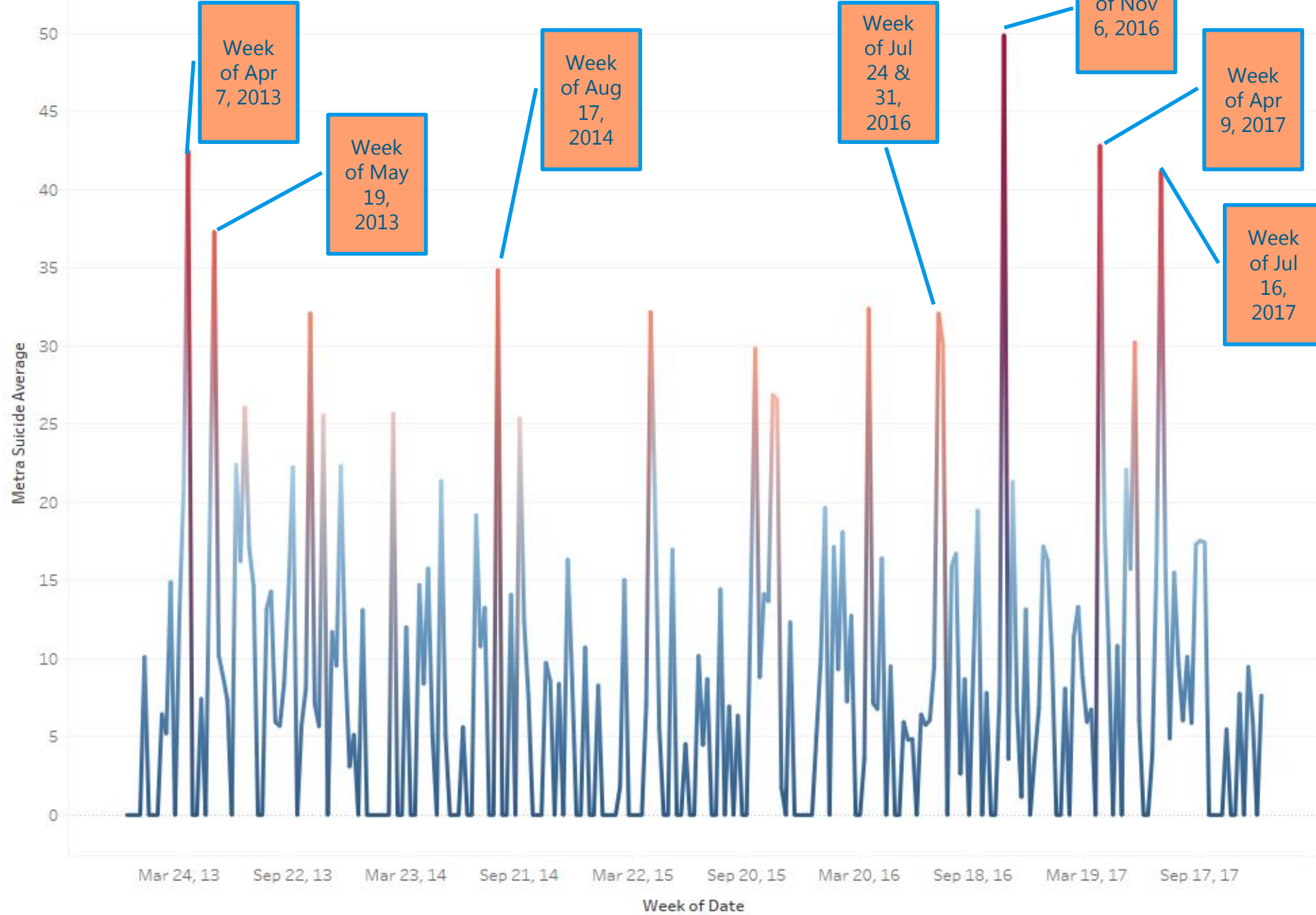


Operational Challenges & Caring for the Crew

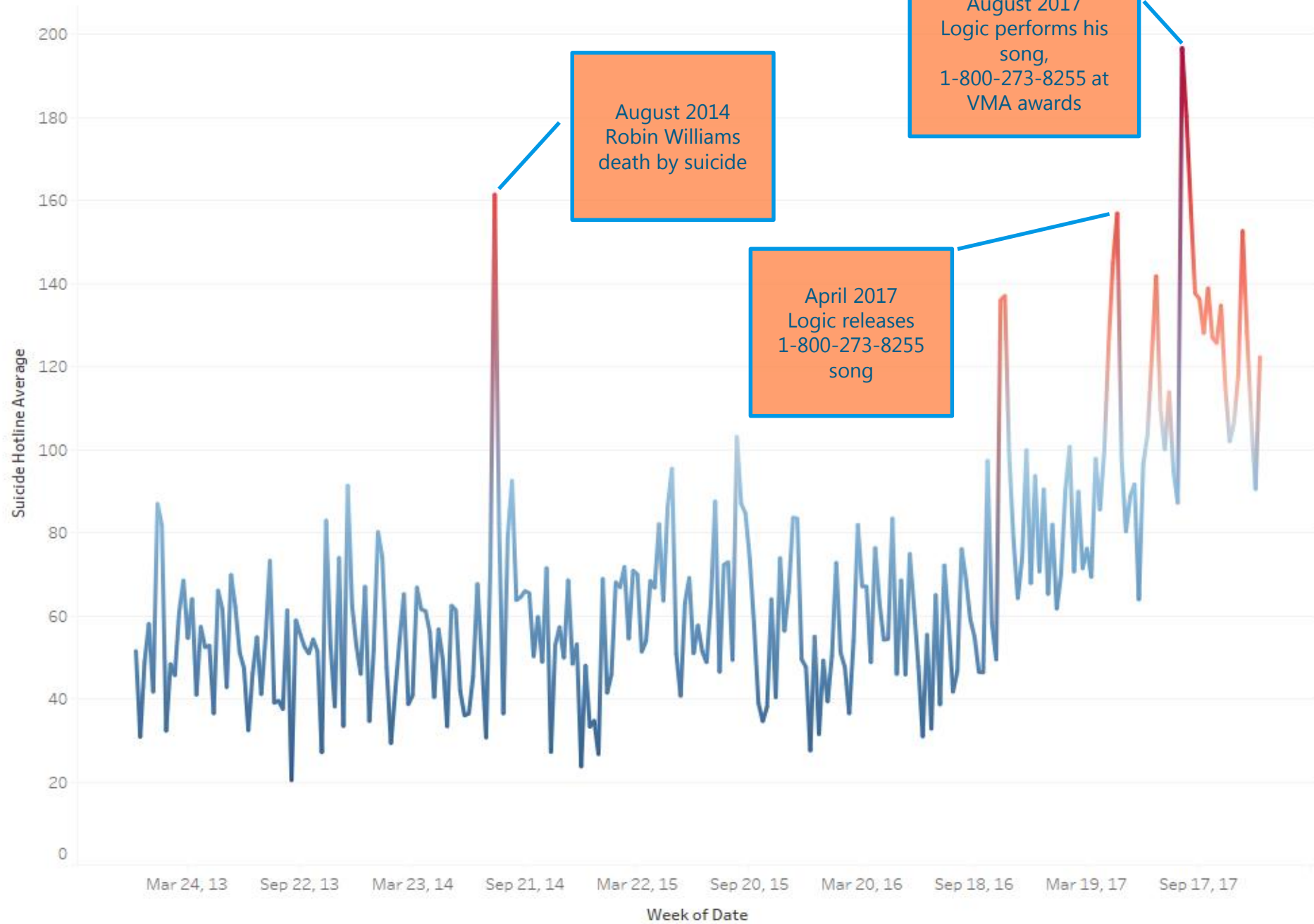
When A Fatality Occurs

- Love ones grieve the loss
- The Engineer and Conductor are emotionally affected
- Conductor has to identify the remains and assist EMS
- Brakeman is responsible to ensure passengers are kept updated regarding the delays
- Passengers can be emotionally affected as well
- Passengers encounter long delays
- Trains begin stacking during rush hour
- Passengers are inconvenienced and become irritable because they are late picking up children from daycare etc.
- Downtown Stations become overcrowded and pose additional safety concerns

Proportion of searches for [metra suicide] in the Chicagoland DMA



Proportion of searches for [suicide hotline] in the Chicagoland DMA



August 2014
Robin Williams
death by suicide

April 2017
Logic releases
1-800-273-8255
song

August 2017
Logic performs his
song,
1-800-273-8255 at
VMA awards



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