



Mental Health Awareness & Trespass Prevention Strategies





“Metra is in the business of saving lives”

Norman Carlson
Chairman, Board of Directors
Metra

Hilary E Konczal
Chief Safety & Environmental Officer
Metra

The Catalyst for Change

- Metra recorded 6 fatalities in the first 5 weeks of 2017
- At the February 2017 Board of Directors meeting, our Chairman, identified this trend as a crisis in need of a long-term solution.”
- The Chairman challenged Metra’s safety staff to develop a short-term action plan with Metra’s stakeholders to expand on our current prevention efforts.
- As a result, Metra hosted the “Breaking the Silence” Mental Health Awareness Symposium in September, 2017.
- 200 stakeholders attended including Mental Health professionals from each of the six county health departments Metra serves, our partner railroads, the Rotary Club, village officials, support groups and the media.
- A short term action plan was established. Metra erected signs at all of our 242 stations. The signs encourage people to seek help for themselves or loved ones who may be experiencing mental health problems. The signs include the phone number to the National Prevention Lifeline and a text option to Crisis Text Line.
- Metra also works with Volpe, APTA, FRA as well as other railroads and organizations to develop new strategies for the identification, education and prevention of these intentional acts.

Mental Health Awareness Symposium

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



A poster for the Metra Mental Health Awareness Symposium. The poster features a dark green ribbon graphic at the top left. The main text is centered and reads: "BREAKING THE SILENCE" in a serif font, followed by the "Metra" logo in a blue, stylized font. Below the logo, the text reads: "A MENTAL HEALTH AWARENESS & SUICIDE PREVENTION SYMPOSIUM FOR THE REDUCTION OF SUICIDES ALONG RAILROAD RIGHT-OF-WAYS". At the bottom, it says: "- A PARTNERSHIP - BETWEEN THE RAIL INDUSTRY AND MENTAL HEALTH COMMUNITY". On the right side of the poster, there is a black and white photograph of a person wearing a hoodie, sitting on the ground and looking down, with their hands clasped in front of them. The background of the photograph is dark and textured.

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

Results of Breaking the Silence

2017 vs. 2018 Year to Date Data:

January 1, 2017 – September 23, 2018

Category	2018	2017	% Change
Suspected Suicides	8*	21	-62%
Attempted Suicides	0	3	-100%
Intervention of Suicidal Subjects	51	39**	31%
Other Fatalities	6	20	-35%

*2018 – 11 total Suspected Suicides - 8 suspected suicides struck by Metra trains. 3 suspected suicides struck by freight trains on Metra track.

**2017 – 51 interventions of suicidal subjects was recorded from January 1 – December 31, 2017.

Operation Lifesaver Strategy

Education, Engineering, Enforcement

- **Hard Issues**

- ✓ Engineering & Enforcement

- **Soft Issues**

- ✓ Education

- **Focus on Mental Health Needs**

- ✓ Much more attention needs to focus on research and outreach

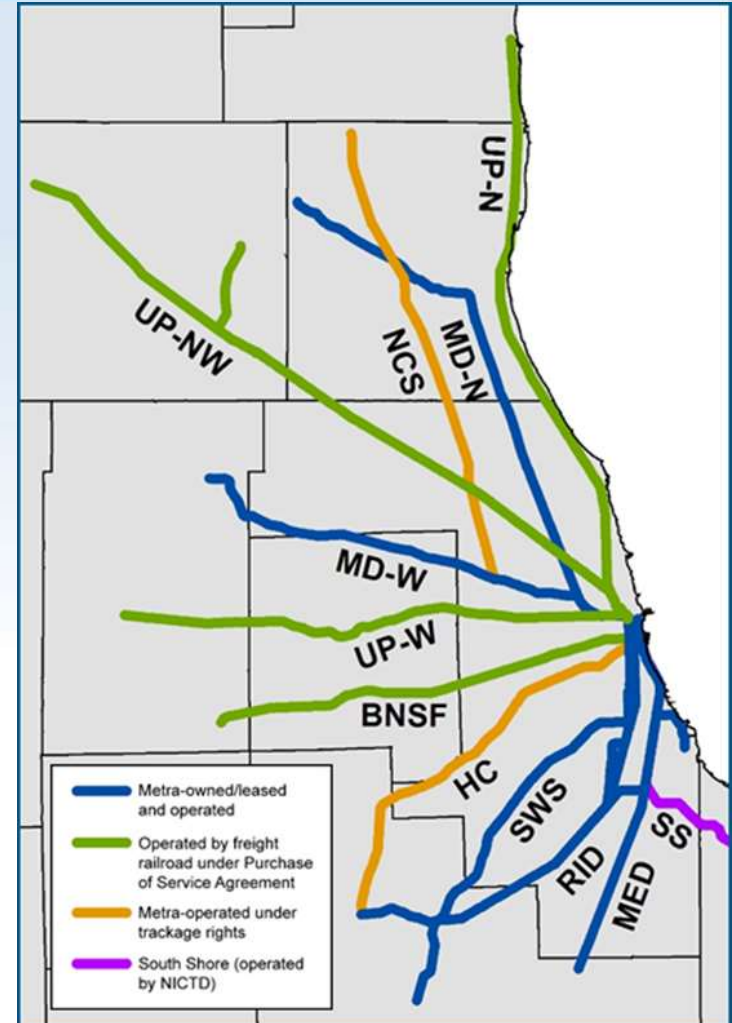
- **The Relationship between Mental Illness, Alcohol and Drug Use**

- ✓ 90-95% of suicides occur in an individual with a psychiatric disorder

<input type="checkbox"/> Major Depression	15%
<input type="checkbox"/> Bipolar Disorder	15-20%
<input type="checkbox"/> Schizophrenia	10%
<input type="checkbox"/> Alcohol dependence	2-18%
<input type="checkbox"/> Borderline PD	8-12%

Metra System Overview

- 78.6 million passenger trips in 2017
- 288,000 average weekday ridership
- 11 rail lines
- 487 route miles
- 686 weekday trains, plus 51 deadhead
 - ✓ 260 Saturday trains
 - ✓ 173 Sunday trains
- 242 train stations
- 24 rail yards
- 12 fuel facilities
- 571 grade crossings
- 847 bridges, over 400 bridges are 100 plus years old
- 149 locomotives (plus an additional 21 forthcoming) and 8 switchers
- 845 diesel railcars (coaches)
- 186 electric railcars (coaches)
- 90,800 parking spaces



Running a Passenger Railroad

- Metra's service area is equal in square miles to the State of Rhode Island and Delaware combined
- Every weekday rush hour, we move a body of people equal to the population of Naperville, Illinois which is the 4th largest city in the State
- Each weekday, nearly 1300 – 1400 freight and passenger trains pass through the Chicago region
- Like any community we have medical emergencies, police activity, vehicles on the tracks, trains vs vehicle collisions, impacts of weather, etc.



The Chicago Rail Network

Metra is a freight as well as a passenger railroad operating in the most congested rail terminal in America

- 737 Metra commuter and deadhead trains
- 500 Freight trains (approximate)
- 56 Amtrak trains, 18 on Metra owned rails
- 40 Indiana South Shore trains on Metra owned rails
- Hosts up to 60 freight trains daily on Metra owned rails
- Passenger trains operate at speeds up to 79mph
- Freight trains operate at speeds up to 60mph

The Nation's freight rail traffic either originates, terminates or passes through Chicago

- 25% of all U.S. freight rail traffic travels through the Chicago region
- 46% of all intermodal units moving in the U.S. touch Chicago
- 54% of intermodal units to/from the ports of Seattle/Tacoma Washington touches Chicago
- 26 % of intermodal units to/from the ports of Los Angles/Long Beach touch Chicago

Tenant & Host Railroads

Tenant Railroads

- Amtrak
- Norfolk Southern
- Canadian Pacific Railroad
 - *CPR dispatches MD-N and MD-W
- Wisconsin and Southern Railroad
- Canadian National
- CSX
- Iowa Interstate
- Chicago Rail Link
- South Shore Line (NICTD)

Host Railroads

- Union Pacific
- Canadian National
- BNSF Railway
- Amtrak
 - * CPR dispatches MD-N and MD-W



Operational Challenges of Trespasser Prevention

▪ **Trespasser Prevention**

- Open System – running on the surface
- Large and complex system
- People use railroad property as a shortcut, taking pictures etc.
- Limited ability to patrol the system
- Trains travel at speeds up to 79mph
- It can take a train up to 1 mile to stop...
- Railroad property is private property = **Trespassing**

Operational Challenges & Caring for the Crew

When A Fatality Occurs

- Love ones grieve the loss
- The Engineer and Conductors are emotionally affected
 - ✓ Counselling is provided
- Conductor has to identify the remains and assist EMS
- Assistant Conductor is responsible to ensure passengers are kept updated regarding the delays
- Passengers can be emotionally affected
- Passengers encounter long delays - You can't detour a train



Operational Challenges & Caring for the Crew Cont.

When A Fatality Occurs Continued...

- Trains begin stacking during rush hour
- Passengers and their families and friends are inconvenienced. Thousands can be impacted
- Downtown Stations become overcrowded and pose safety concerns



Where Do We Go From Here

Partnerships and Sharing in Best Practices

- DuPage Railroad Safety Council
- American Public Transportation Association (APTA)
- Volpe, National Transportation Systems Center
- Federal Railroad Administration (FRA)
- The Association of American Railroads (AAR)
- Peer Transit Agencies i.e., Metro North, New Jersey Transit
- National Suicide Prevention Lifeline
- Crisis Text Line
- National Alliance on Mental Illness (NAMI)

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

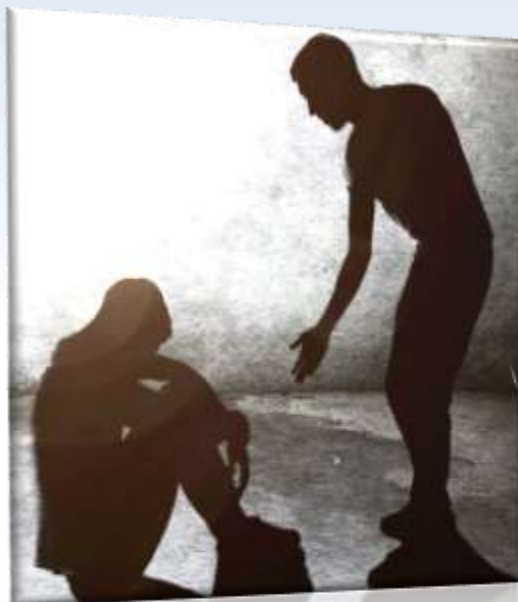
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- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) doesn't happen, I'll kill myself."
- "I hate my life. I don't want to live anymore."

QPR - Question, Persuade, Refer

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

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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.)

επιβάτες (6-8 λεπτός ελεύθερο περιβάλλον της)

...ημερήσια λειτουργία λειτουργεί με την επιμέλεια των εργαζομένων της

...και η λειτουργία της εταιρείας είναι η καλύτερη και η πιο αξιόπιστα

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Learning about “Hot Spots” and “Incidents”

Trespasser Notifications

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



Metra 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: <input type="checkbox"/> Yes <input type="checkbox"/> No			
<input type="checkbox"/> Did not stop			
<input type="checkbox"/> Stopped before crossing then proceeded			
<input type="checkbox"/> Stopped on or fouled tracks then proceeded			
Trespasser Details		Trespasser Activity	
Gender / Race	Age range	<input type="checkbox"/> Crossed in front of train	
<input type="checkbox"/> Male	<input type="checkbox"/> Adult	<input type="checkbox"/> Group gathering around crossing/platform	
<input type="checkbox"/> Female	<input type="checkbox"/> Juvenile (under 17)	<input type="checkbox"/> Playing chicken / other	
<input type="checkbox"/> Mixed Group:		<input type="checkbox"/> Walking/running down tracks	
<input type="checkbox"/> Race: _____		<input type="checkbox"/> Went around, under or through crossing protection	
		<input type="checkbox"/> Standing on or near the tracks	

Additional Information: _____

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



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

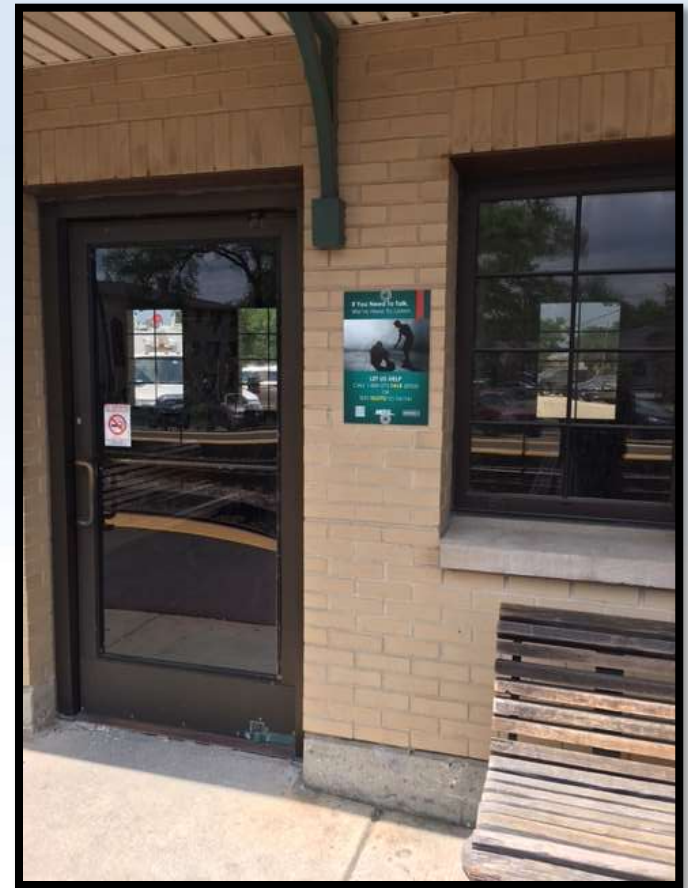


Mental Health Awareness Signage Program



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

CRISIS TEXT LINE |





Metra wishes to thank the DuPage Railroad Safety Council for their leadership and all First Responders and Community Officials at all levels for their support and assistance.