



What's Working on Commuter Rail

PREVENT TRAGEDY

ON THE TRACKS

keeping families together.



Biennial Safety Summit

Thursday, October 22, 2020



DuPage
Railroad Safety
CouncilSM

Metra System Overview

METRA BOARD OF DIRECTORS

Norman Carlson
Chairman
Lake County

Romayne C. Brown
Vice Chairman
Cook County

John Plante
Treasurer
Suburban Cook County

Rodney S. Craig
Secretary
Suburban Cook County

Don A. De Graff
Director
Suburban Cook County

Cory L. Thames
Director
Chicago

Ken Koehler
Director
McHenry County

Steven K. Messerli
Director
Kane County

Stephen Palmer
Director
Suburban Cook County

John P. Zediker
Director
DuPage County

Vacant
Director
Will County



METRA BY THE NUMBERS

- 76.1 million passenger trips in 2018
- 692 weekday trains
- 273 Saturday trains
- 181 Sunday trains
- 242 stations
- 1,155 miles of track
- 488 route miles
- 168 locomotives
- 854 diesel passenger railcars
- 186 electric propelled passenger railcars
- 847 bridges
- 565 grade crossings
- 24 rail yards
- 91,000 parking spaces
- 12 electrical substations
- 3 electrical tie stations
- 12 fuel facilities

Learning about “Hot Spots” and “Incidents”

Trespasser Notifications

- Engineers/Conductors
- Metra Police
- Local Police



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: ☐ Yes ☐ No

☐ Did not stop

☐ Stopped before crossing then proceeded

☐ 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 PINK - 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 21-27, 2020



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 has a dark brown header and footer. The main content area is white. On the left, there is a green ribbon graphic. The text "BREAKING THE SILENCE" is in a serif font. Below it is the Metra logo. Further down, the text reads: "A MENTAL HEALTH AWARENESS & SUICIDE PREVENTION SYMPOSIUM FOR THE REDUCTION OF SUICIDES ALONG RAILROAD RIGHT-OF-WAYS". Below that, in a smaller font, it says: "~ A PARTNERSHIP ~ BETWEEN THE RAIL INDUSTRY AND MENTAL HEALTH COMMUNITY". On the right side of the poster is a black and white photograph of a person wearing a hoodie, sitting on the ground with their head buried in their hands.

BREAKING THE SILENCE

Metra

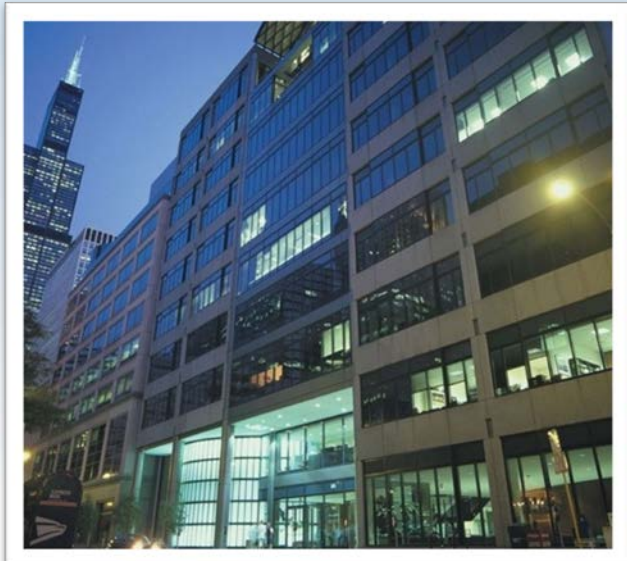
A MENTAL HEALTH AWARENESS & SUICIDE PREVENTION
SYMPOSIUM FOR THE REDUCTION OF SUICIDES ALONG
RAILROAD RIGHT-OF-WAYS

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

Breaking the Silence – *Restoring Hope, Saving Lives*



IIT Chicago-Kent College of Law
ILLINOIS INSTITUTE OF TECHNOLOGY





Networking Reception
October 3, 2019



DuPage
Railroad Safety
CouncilSM

Trespasser & Mental Health Awareness Symposium October 4, 2019



OCT
04

Breaking the Silence -
"Restoring Hope, Saving Lives"

by METRA [Following](#)

Free

[Register](#)

Description

Breaking the Silence - "Restoring Hope, Saving Lives" A Railroad Trespasser & Suicide Prevention Symposium

Two years ago, Metra hosted its first bi-annual symposium "Breaking the Silence" focusing on suicide prevention and promoting mental health within the rail industry.

Trespasser deaths and suicides by train have devastating consequences for families, train engineers and conductors involved in dealing with the aftermath of such incidents, as well as witnesses. Metra and other railroads throughout the United States, Canada and the United Kingdom have worked to implement programs designed to reduce trespasser deaths, suicides and suicide attempts through awareness campaigns, educating employees, interventions and promoting mental health.

This year's symposium, **Breaking the Silence - "Restoring Hope, Saving Lives"** will bring together our international partners, the British Transport

Date And Time

Fri, October 4, 2019
7:30 AM - 4:00 PM CDT
[Add to Calendar](#)

Location

Illinois Institute of Technology, Kent College
of Law
565 W. Adams
Chicago, Illinois 60661
[View Map](#)



QPR Mental Health Awareness Training

Situational Clues

- 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

- "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."

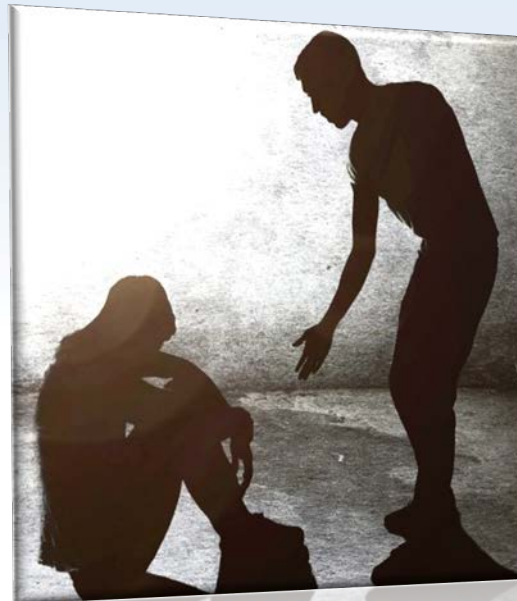
Direct Verbal Clues

- "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:

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.)



Mental Health Awareness Program

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



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

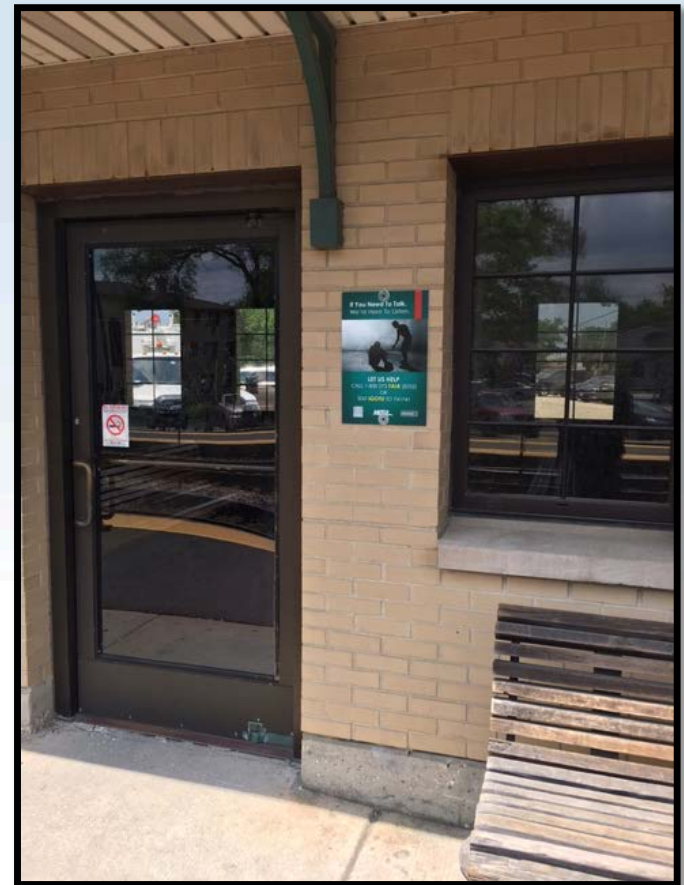
2015-2016
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK

Metra

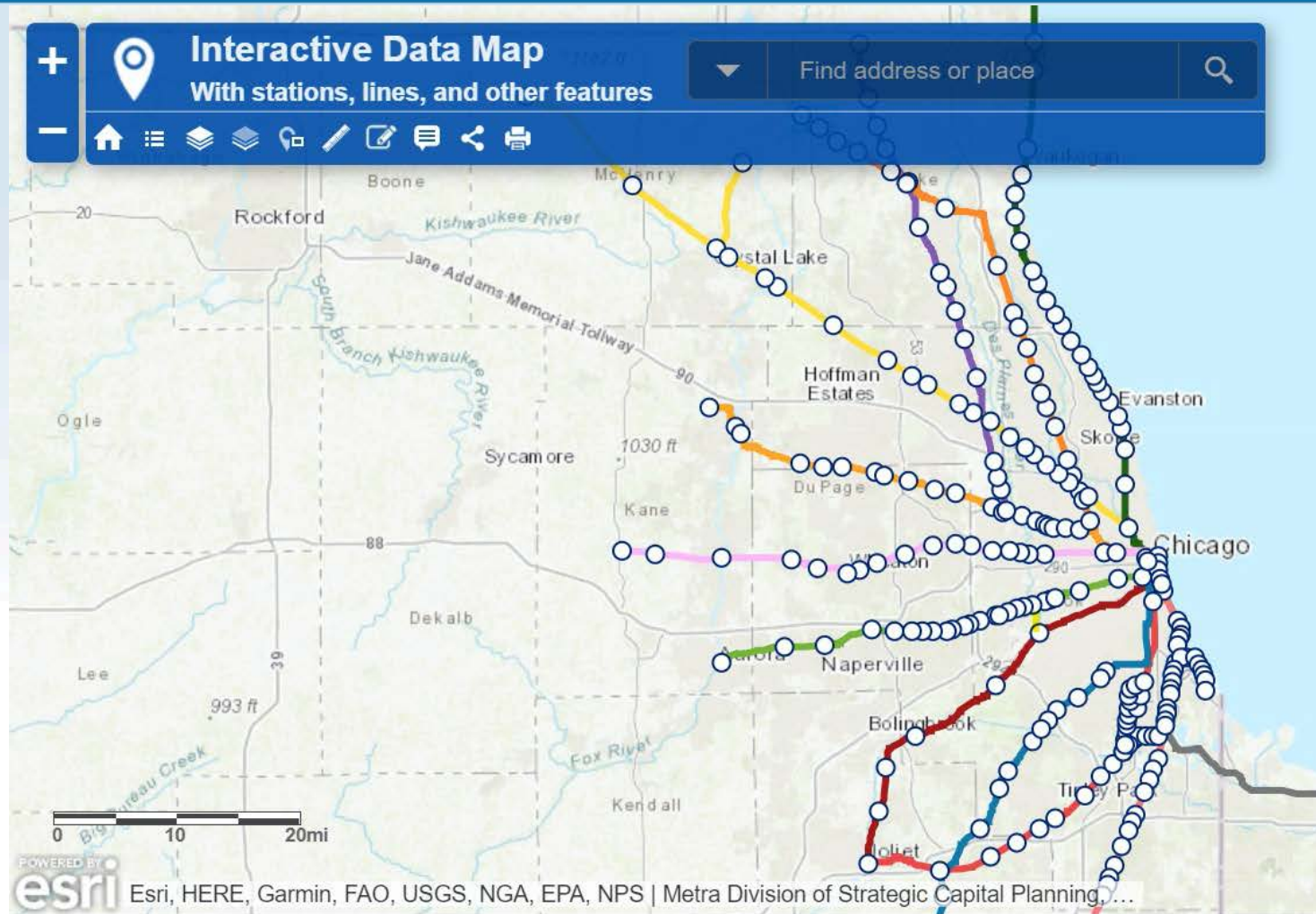
CRISIS TEXT LINE |

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

CRISIS TEXT LINE |



Interactive Data Mapping – esri



2017 – 2019 YTD Fatality Comparison



2017 - 2020 Year to Date Comparison As of 10/05/2020

Suicidal Interventions & Suspected Suicides					
Category	2017	2018	2019	2020	2019 vs 2020 % Change
Suicidal Subjects Intervened	50	62	48	39	-18.7%
*Suspected Suicides	22	12	13	11	-15.3%
Fatal Events					
Category	2017	2018	2019	2020	% Change
Train vs. Vehicle (Fatalities)	2	2	0	0	0%
Train vs. Trespasser (Right of Way – Fatal)	19	11	18	9	-47.1%
Train vs. Trespasser (Grade Crossing – Fatal)	9	9	4	2	-50%
Total Fatalities	30	22	22	11	-47%
*Suspected suicides are included in the total fatalities.					

Sharing, Collaborating & Partnerships

Partnerships and Sharing in Best Practices

- DuPage Railroad Safety Council
- American Public Transportation Association (APTA)
- Commuter Rail Coalition (CRC)
- Volpe, National Transportation Systems Center
- Federal Railroad Administration (FRA)
- The Association of American Railroads (AAR)
- Peer Transit Agencies
- National Suicide Prevention Lifeline
- Crisis Text Line
- National Alliance on Mental Illness (NAMI)



Thank you

Presented by: Hilary E Konczal
Chief Safety & Environmental Officer
Email: Hkonczal@metrarr.com
Phone: 312-322-6743