

LAC Suicide Prevention Network



Next Meeting: Friday, March 15, 2019

For questions email info@LASuicidepreventionnetwork.org

Notes and Action Items December 7, 2018 Mtg

Discussion: How can we change the way we talk about suicide, so we can change the way we think about it?

Tracie facilitated this discussion and then encouraged the group to think about how we can integrate this into the work we do.

Some action items we discussed:

- Extend the theme ***The Hero in Each of Us: Find Your Role in Suicide Prevention*** to our professional and personal networks and encourage open conversations about suicide and suicide prevention even outside of the usual people we feel comfortable bringing up this topic. By having open conversations we reduce stigma and send the message to those around us that are at risk that it is ok to ask for help and talk about suicide.
- Integrate conversations about suicide prevention, protective and risk factors into the conversations at other task forces we participate in.
- Consider the language and words we use and how we message to different audiences.

Updates:

- Traute Winters from AFSP provided a policy update. (See separate attachment)
- All presentations, hand-outs and video recordings from the 2018 Summit are now available at: www.LASuicidePreventionNetwork.org
- Patricia Speelman provided an update on the Pasadena Bridge Project. In 2017 after a spike in suicides from the Bridge the City of Pasadena put together a taskforce with key stakeholders representing suicide prevention, engineers, architects, the Pasadena Heritage Society, Public Health, Police Department, Fire Department, City Council, and others. The taskforce put together a recommendation that went through several public hearings and was approved in April. Bids have been solicited for ideas and designs to execute ideas proposed in the plan, including improving the existing barrier. Work is expected to begin in February 2021 and the project is expected to be completed in May 2021. In the meantime some barriers are already in place, as well as signage (in English and Spanish) promoting the crisis resources.

Suicide Prevention Network Updates:

Jana Sczersputowski shared that over the next two years, DMH in partnership with the LASPN will begin the process to develop a strategic plan for suicide prevention. Shawn Silverstein from Didi Hirsch will form a small taskforce to map out existing/missing support services for survivor of suicide loss support groups and attempt survivor support groups. Stay tuned for opportunities to get involved.

Save the date for February 5th- we were gifted the California Endowment for the day and will host a suicide prevention related event there. Stay tuned for more.

Suicide Prevention Summit Planning Workgroup

About: The primary purpose of the planning committee will be to organize the annual summit. This will shift the focus of the network as a whole from a summit planning committee and allow a smaller subset of the network members to focus on this activity.

- The first planning meeting took place on November 29th.
- Save the Date for the next Summit: September 25 and September 26, 2019
- The planning committee discussed the merits of 1) changing location to allow us to accommodate more people and 2) staying at the California Endowment. We reviewed the LA Convention Center, Pasadena Convention Center and Sheraton as potential sites. Additional sites suggested included Universities such as USC. Ultimately the recommendation is to stay at the California Endowment but expand to a two-day conference with one day tailored to education/schools.
- The planning committee also discussed beginning the planning process for a larger suicide prevention conference in September 2020 to mark the 10th anniversary of the summit and potentially the launch of our strategic plan for suicide prevention.
- We discussed to continue to use *The Hero in each of us: The role you can play in suicide prevention* as the overarching theme, with changing the focus area each year. Ideas included a focus on Veterans and their families, or a focus on protective factors and connectedness and their role in suicide prevention
- **Next planning meeting: January 8th 1pm to 2.30pm at DMH.**

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Media and Communications Workgroup

About: The Media and Communications Workgroup will promote effective messaging about suicide prevention in a variety of settings including news media, public information officers for various organizations, inform journalism students about best practices for reporting on suicide and host an annual press conference to release the report to the community in partnership with the SPN and data workgroup.

- Next workgroup meeting will be scheduled in early January.

Data Workgroup

About: Data is a vital part of any effort to address major public health issues. At this point, the data surrounding suicide, attempts, and behaviors related to help-seeking and support are fragmented. A key goal of this workgroup is to collect information regarding suicide, suicide attempts, and programs and efforts that promote help-seeking. This workgroup will be tasked with looking into multiple data sources available throughout LA County and across multiple sectors. This data will help inform the strategic plan as well as highlight successful local efforts and initiatives focused on suicide prevention.

- No workgroup meeting has been scheduled yet.

Schools and Youth Workgroup

About: There is a lot of momentum and need for youth and school-based suicide prevention efforts. The purpose of this workgroup is proposed to be focused around mapping existing efforts related to youth suicide prevention in school, primary care and community settings. What is happening? What is working? What is needed?

- This workgroup meets the first Monday of the month. The next meeting is scheduled on January 7th from 11am to 1pm at LACOE (12830 Columbia Way in Downey).

Presentation: Portrait of LA

Cheryl Wold presented on Portrait of LA. The data is available for download on the website and includes a comprehensive overview of health-related risk and protective factors by neighborhood throughout LA County.

In addition, Cheryl presented on another study of existing networks in Los Angeles County. We discussed opportunities to use the information on the 70 plus networks included in the study to build collaboration, create linkages, and integrate suicide prevention as appropriate.

The report can be accessed here: <http://www.measureofamerica.org/los-angeles-county/>

Presentation: LAUSD Staff Training Module

Ely Mena presented the LAUSD online suicide prevention training module that is required for all LAUSD employees. Ely is not able to share a link to the video but shared that LAUSD is open to discussing additional viewings or partnerships. In addition, Ely shared a range of custom forms and hand-outs that have been developed including risk assessment forms, safety plans, referral forms, parent education materials, and more.

Some documents that are public can be viewed here: <https://achieve.lausd.net/Page/2512>