

LAC Suicide Prevention Network



Next Meeting: Tuesday March 5, 2019 1pm to 2.30pm

2019 Summit Dates: Sept 25 and Sept 26

For questions email info@LASuicidepreventionnetwork.org

Notes and Action Items January 8th Meeting

Theme Selection

- We discussed possible topics and guest speakers for both of the themes suggested at the last meeting: 1) The role all of us can play in supporting Veterans and their families and 2) Protective Factors.
- Key Decision: The group voted and selected the 2019 Theme: The role all of us can play in supporting Veterans, Members of the Military, and their Families.
- We will integrate content around self-care, resiliency and protective factors into the summit.

Idea Brainstorm- General Audience Summit

- Means restriction, potential speaker Mike Anestas
- Firearm safety, also exploring liability issues
- Reintegration, potential speaker Ted Bonar
- Mayors Challenge, potential speaker Sharom Birman with West LA VA
- Military Cultural Training
- Starting the Conversation about suicide: reducing stigma
- Female Veterans, potential speaker LA Sparks (who is funded by DMH for one year to promote suicide prevention)
- Trauma-informed/ACES
- Communication campaigns (e.g. Wounded Warriors)
- Innovative approaches to support/reach older adult veterans, homeless veterans, female veterans, etc.
- TAP
- USC Center for Innovation and Research

An initial brainstorm of “local Heroes” included the following:

- Veterans
- Robert Stohr
- Sharom B
- Stephanie Stone
- Peers
- Military Spouses
- Employers such as BofA
- UCLA Focus
- Tess

Idea Brainstorm- Education Audience Summit

We discussed that the Keynote Speaker would be consistent with our Summit Theme, but that the individual break-out sessions will have a more general focus.

We discussed how to make the theme work for a K12 and Higher Education audience and brainstormed these ideas:

- Highlighting College Resource Centers and reintegration challenges/support
- How schools can support students from military families and special considerations for suicide prevention
- Potentially highlight a school that is doing great work with students from veteran/military families
- More general workshops can align with AB 2246 and may include postvention, risk assessment, youth engagement.

Integration of Self Care

We discussed the importance of integrating information about self-care for professionals in all aspects of the summit on both days. Ideas included:

- Stan mentioned a presentation on self-care he provides. This could be part of the closing and also shared in the resource packets.
- We discussed asking all speakers/workshops to integrate information and tips about self-care
- As part of the debrief from last year’s summit suggestions had also included to change the safe room to a self-care room with soothing music and to offer an self-care themed raffle prize as an incentive for participants to stay to the end and participate in the closing session.

Participants: Robert Stohr (U.S. VETS), Cheryl Eskin (Teen Line)Tracie Andrews (DMH), Carolyn Kaneko (DMH), Nicolle Perras (Public Health), Franklin Romero (DMH), Gina Haase (DMH), Pam Farkas (Didi Hirsch), Sandri Kramer (Didi Hirsch), Shawn Silverstein (Didi Hirsch), Rosio Pedroso (YSM), Stan Collins (YSM), Jana Sczersputowski (YSM).

