

LAC Suicide Prevention Network



2019 Summit Dates: Sept 25 and Sept 26

For questions email info@LAsuicidepreventionnetwork.org

Notes and Action Items March 18th Meeting

Theme: Finding our role in suicide prevention among military, veterans and their families

- Day 1 focus on Organizations (Audience: organizations serving veterans and their families, mental health professionals, law enforcement, faith, social workers, employers, more)
- Day 2: focus on Education (Audience: Districts, schools)

Action Item: Review the suggested Veteran Program

- We discussed that the program is a little full right now, but could not determine any part of the program we wanted to eliminate.
- Mike and/or Greg: We discussed inviting Dr. Greg Brown (Safety Plan) and the possibility that he could also speak on the second day to education. But we also felt strongly about Mike Arnestas (Means Restriction). It was suggested to explore cost and availability to invite both and shift/combine some other presentations.
- Nina has reached to the LA Chapter of TAPS, which offers bereavement support for military families after a suicide.

Action Item: Provide suggestions for Education-focused program

For now we are gathering ideas for cutting-edge, relevant and inspirational speakers that can support school-based suicide prevention efforts. As a next step we will need to consolidate ideas into a cohesive program.

- We discussed ideas for a general session on supporting youth from military families
 - Military Culture: how to better understand it and how to address it- **Sharom** to follow-up
 - UCLA Evidence-based practice implemented with LAUSD- **Daisy** to provide more information

- USC School of Social Work- **Carolyn** to explore and provide more information
- Department of Military Families – **Sandri** to explore

- Other Ideas included:
 - Focus on connectedness
 - Carlos Alvaros Restorative Justice
 - Youth Engagement- Youth co-led, Teen Line, Trevor Project, Directing Change, Campus Clubs
 - Parent Engagement- How do you connect with parents, consider messaging for different demographics/cultures
 - Carlos Alvarez, native of Los Angeles, IIRP certified to train. He focuses on the right brain restorative perspective which emphasizes the power of connection and emotional wellness. I have heard him speak about Suicide prevention and intervention from the restorative perspective and it really is amazing to have this perspective as a highly trauma sensitive issue. Video on Restorative Practice: <https://youtu.be/cQ3HwQ6BUa>
 - Social media and Suicide Prevention
 - Stephen Sroka, spoke at CMHACY Conference and received a standing ovation
 - Lisa Boesky
 - Dr. Shashank Joshi or Steve Adelsheim to talk about suicide prevention. (If you can't relate, little else matters, no matter how much you think you know. **It's all about Relationships** is a message for everyone who is concerned about reaching, teaching and protecting our kids. For a story and a presentation that changes your life professionally and personally, check out one of these events. For more info, visit: www.DrStephenSroka.com, email: DrSSroka@aol.com or call 216-554-0798.)
 - Mindful Schools Project https://www.mindfulschools.org/training/mindful-educatoressentials/?utm_source=bing&utm_medium=cpc&utm_campaign=Bing%20CPC%20MEE

Participants: Robert Stohr (U.S. VETS), Sharon Birman (VA), Laurel Bear (DMH), Cheryl Eskin (Teen Line), Tracie Andrews (DMH), Carolyn Kaneko (DMH), Sandri Kramer (Didi Hirsch), Daisy Gomez (UCLA), Rachel filling in for Rachelle Touzard_Rachelle, Emily Ayala (YSM), Stan Collins (YSM), Jana Sczersputowski (YSM),