

# LAC Suicide Prevention Network



**2019 Summit Dates: Sept 25 and Sept 26**

**Next planning meeting: July 2, 1pm to 2.30pm Conference Call**

**For questions email [info@LASuicidepreventionnetwork.org](mailto:info@LASuicidepreventionnetwork.org)**

## **Notes and Action Items June 4, 2019 Meeting**

### **Save the Date**

- The Save the Date will be sent out in June, upon approval. Registration will open on August 17<sup>th</sup>.
- We will hold back 100 seats on each day.
- The confirmed that participants will have to choose one of the day summit days.

### **Self Care**

We brainstormed several ideas to integrate self care activities into the summit:

- Hosting live music during lunch in the courtyard
- Offering a massage chair during registration and lunch
- Providing Mandala drawing and/or pla-doh/foam at each table
- Inviting the Painted Brain as a resource vendor (to also host activities)
- Provide a self-care tip sheet including a list of hiking trails and more
- Providing copies of the Self Care Infographic from Buffalo School of Social Work
- The group will brainstorm ideas for the Self Care Raffle. Sandri suggested asking sponsors who can include their resources on a general resource table to sponsor a gift basket.

### **Program**

Reference attachment for most current program. Action items:

- Sandri is working on securing keynote for morning program (Day 2). Several individuals are under consideration including Tom Babayan, Donald Harris, and Derek Abbey

- Cheryl is going to reach out to Alicia Cass (Metamorphosis Project) as a potential speaker on Transitions on to moderate the youth panel on Day 2.
- Nelly is going to reach out to Andrew Bridge as another potential speaker on Transitions.
- Sandri is following up with Lisa and Sharon about their pictures and bios for the event program.
- Jana is following up on documents needed for the CEU process.

### Resource Tables

We discussed inviting the following organizations to host a resource table. For the Education Day, organizations will have an opportunity to submit a short 60 to 90 second video that we can feature on the website and in the program.

#### Education Day 2:

- TeenLine
- Parks After Dark
- TEAL
- Directing Change/EMM
- NAMI (NAMI on Campus)
- Bring Change to Mind
- AFSP
- Didi Hirsch
- UCLA/VA Veteran Family Wellness Center (VFWC)
- Shields for Families
- Gay and Lesbian Center
- Trevor Project
- PSP/DMH
- LASPN

#### Veteran/Military Day 1:

- Veteran Affairs
- AFSP
- Didi Hirsch
- UCLA/VA Veteran Family Wellness Center (VFWC)
- Invite individuals from Mayors Challenge Listserve (Sandri)
- General Resource Table
- LASPN

**Participants:** Robert Stohr (U.S. VETS), Cheryl Eskin (Teen Line), Tracie Andrews (DMH), Sandri Kramer (Didi Hirsch), Brian McInerney (UCLA), Karon Austin (DMH), Nelly Arias (DMH), Emily Ayala (YSM), Jana Sczersputowski (YSM)