

# LAC Suicide Prevention Network



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

**Next planning meeting: August 20th, 1pm to 2.30pm Conference Call**

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

## **Notes and Action Items July 2, 2019 Meeting**

### **Save the Date**

- The Save the Date will be sent next week. Registration will open on August 20<sup>th</sup> after next planning call.
- 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 on both days

- Hosting live music is only allowed in the lobby area outside Yosemite Hall, not the courtyard. If we coordinate music should be in the background in courtyard during lunch, soothing/self care, easy set-up, ideally free, but can provide stipend for appreciation
  - Brian to approach Mindful Music group at UCLA
  - Brian to put together list of hikes
  - Can also put together Self Care Playlist
- Sandri will follow-u on a lead for massages
- Providing Mandala drawing and/or pla-doh/foam at each table-Jana
- Inviting the Painted Brain as a resource vendor (to also host activities)- Cheryl
- Provide a self-care tip sheet including a list of hiking trails and more (Jana, Brian, Emily)
- Providing copies of the Self Care Infographic from Buffalo School of Social Work (Jana, Tracie)
- Therapy Dogs- Sandri

- 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:

- Raquel confirmed as keynote
- Tom and Raquel do co-host a workshop
- Confirmed extensive prep work needed to ensure youth feel comfortable, including a phone call with the facilitator, Cheryl, Tracie, Stan and Daphne to work on this
- Daphne has a youth in mind to join the panel that has been in foster care system. Cherly and Jana can explore youth from Teen Line and Directing Change
- 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: Cheryl is reaching out

- 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), Daisy Gomez (UCLA), Brian McInerney (UCLA), Daphne Quick-Abdullah (DMH), Nina Gutin, Jana Sczersputowski (YSM)