

LAC Suicide Prevention Network



Schools and Youth Workgroup

Next Meeting: June 3rd, 2019 (11am-1pm)

For questions email info@LASuicidepreventionnetwork.org

Notes and Action Item: May 6, 2019

Presentation: Los Angeles County Parks and Recreation

Olivia Perea provided a presentation on activities supported by Los Angeles County Parks and Recreation.

- Parks After Dark (PAD):
 - In neighborhoods with high crime rates and economic hardship, the Parks After Dark program turns parks into vibrant community centers. Participating county parks stay open late during summer evening hours, when crime rates are the highest and youth have fewer social and recreational opportunities. Participating parks provide a variety of free activities for community members of all ages. In 2018, the Parks After Dark program ran from June 14 to August 4 at 33 parks countywide. Parks After Dark will return in June 2019.
 - Activities include: arts and crafts, movies, concerts, swimming, teen program, and life skills, and many more.
 - Parks After Dark 2018 video:
 - <https://www.youtube.com/watch?v=7N2eHJpdInE&feature=youtu.be>
 - Parks After Dark – Productivity and Quality Awards Finalist Video:
 - https://www.youtube.com/watch?v=-iYaN_7dglo&feature=youtu.be
- Action Item: To explore partnership opportunities get in touch with Olivia: operea@parks.lacounty.gov

Discussion: LASPN Annual Suicide Prevention Summit

We discussed potential speakers for this year's suicide prevention summit, which will feature a day dedicated for educators K-12.

- We discussed various speakers and decided to invite Anna Mueller who is a subject matter expert on suicide contagion and speaks to reducing risk of suicide clusters prior to a suicide event.
- Additional workshop suggestions included Risk assessment and Self-Care

Strategic Planning

- Emily provided an update on the districts that have completed the survey.
- Jana provided an update on discussions by the smaller strategic planning workgroup that met from 9am to 11am.
 - Key strategies that had been discussed had included a discussion around the importance of improving skills of school staff in correctly identifying youth at high risk for suicide to avoid unnecessary hospitalization.
 - Jana and Tracie provided a brief overview of the Family Intervention for Suicide Prevention (FISP). Best practices such as **Family Intervention for Suicide Prevention (FISP)** is a multicomponent cognitive-behavioral family intervention originally designed for use in emergency departments (ED), that reduces suicidal symptoms and improves rates of follow-up care by enhancing family motivation. FISP aims to de-escalate and stabilize individuals in a caring and compassionate setting, minimizing trauma and emphasizing safety planning, linkages to care and strengthening protective factors. *Family Intervention for Suicide Prevention*.
 - We discussed inviting Dr.Bear to provide an overview of FISP at the next Youth and Schools meeting.
 - Susan and Tracie provided a brief overview of the Community Schools Initiative and we discussed a presentation at an upcoming meeting.