

Afternoon Program

Guns and Suicide: What Do We Know and What Can We Do?

Michael Anestis, Ph.D., Associate Professor, School of Psychology, University of Southern Mississippi

This presentation will provide the audience with a thorough background on the relationship between firearms and suicide. The discussion will be data-driven and will establish the magnitude of the relationship between firearms and suicide, will propose a theory-driven rationale for that relationship, and will propose solutions. Information will be drawn from both military and civilian samples and will cover a range of solutions.

Dr. Michael Anestis is an Associate Professor of Psychology and the director of the Suicide and Dysregulation laboratory at the University of Southern Mississippi. He received his bachelor's degree from Yale University and his Ph.D. from Florida State University. His research focuses on risk factors for suicide, with a particular emphasis on the role of firearms. He is the author of over 130 peer reviewed scientific publications as well as the recent book *Guns and Suicide: An American Epidemic*. Dr. Anestis received the 2018 Edwin Shneidman Award for early career achievement in suicide research from the American Association of Suicidology and is currently the principal investigator on a randomized clinical trial focused on increasing safe storage behavior among firearm owning members of the Mississippi National Guard.



Includes talk on Firearm Safety: How to Approach a "Loaded" Conversation by Shauna Springer, Ph.D.

Get Involved!

Find Your Role in Suicide Prevention:

Get Involved with the Los Angeles County Suicide Prevention Network

The Los Angeles County Suicide Prevention Network (LASPN) is a group of mental health professionals, advocates, survivors, providers, researchers, and representatives from various agencies and organizations working together to decrease the number of suicides in Los Angeles County. Our mission is to promote public and professional awareness, education, training, and engagement regarding suicide and suicide prevention, intervention, and postvention in Los Angeles County. Through the collaboration of the various members of The Network, the LASPN is working to leverage the talent and resources available locally to work towards comprehensive suicide prevention. The Network and its members work each year to coordinate the Los Angeles County Suicide Prevention Summit, which occurs annually in September. Each event highlights different perspectives, best practices and populations to help attendees better understand the role they can play in suicide prevention. With this year's summit, our goal is to support professionals from across multiple sectors and community members from various backgrounds to come together with a common vision to reduce suicides in Los Angeles County.

To learn more about how to get involved, visit: LASuicidePreventionNetwork.org

If you are in crisis, please contact the National Suicide Prevention Lifeline (Didi Hirsch) 24/7: **1.800.273.TALK (8255)**

TAPS Postvention Model: Best Practice Strategies to Support Grieving Veterans

Shauna Springer, Ph.D., Senior Director of Suicide Prevention and Postvention Initiatives, Tragedy Assistance Program for Survivors (TAPS)

This presentation will present the TAPS best-practice model of care for survivors of suicide loss, which has been refined over a decade of work with approximately 12,000 suicide loss survivors. Dr. Shauna Springer, the Senior Director of TAPS Suicide Prevention Initiatives, will highlight the clinical value of the model, and will bring each of the 3 phases of the model to life by tracing the common themes and frequently-observed struggles of surviving military family members and veterans who have lost battle buddies. Those who attend will benefit by gaining very practical guidance in the form of questions that can be used by clinicians and peer support specialists who work with suicide loss survivors.

Shauna Springer, Ph.D., is the Senior Director of Suicide Prevention and Postvention Initiatives at the Tragedy Assistance Program for Survivors. Dr. Springer is a licensed Psychologist with an undergraduate degree from Harvard University and a doctoral degree from the University of Florida. Prior to her current role at TAPS, she served as a front-line psychologist in a Department of Veterans Affairs behavioral health clinic. She helped launch the peer support program in her clinic, and continually innovated to better serve the veterans on her caseload. Known to many veterans as "Doc Springer," she has helped hundreds of warriors reconnect with their tribe, strengthen their most important relationships, and build lives that are driven by their deepest values.



Afternoon Program

The Mayor's Challenge: A Call to Action

Lisa Salazar, Policy Director, Workforce Development & Economic Opportunity, Office of Los Angeles Mayor Eric Garcetti

Sharon Birman, Psy.D., Clinical Psychologist, Department of Veterans Affairs

Sandri Kramer, Suicide Prevention Project Manager, Didi Hirsch Suicide Prevention Center



Lisa T. Salazar is a Policy Director for Los Angeles Mayor Eric Garcetti, overseeing his agenda for workforce development, education, and veteran suicide prevention. Her primary responsibilities include the development and advancement of career opportunities in high-growth industries for vulnerable populations, with an emphasis on cross-system collaboration. Salazar has nearly three decades of experience crafting and implementing equity-driven public policy in job training and skills development, youth and adult employment, education access and success, and the future of work. Her extensive experience also includes leading large-scale systems change to achieve data-driven results, as well as improving government services through participatory leadership and strategic thinking. Salazar holds a master's degree in Executive Leadership from the University of Southern California and a Bachelor of Science degree in Organizational and Industrial Psychology from Saint Mary's College of California.

Sharon Birman, Psy.D. is a clinical psychologist working at the Department of Veterans Affairs. She has become dedicated to serving homeless Veterans, who have typically fallen between the cracks of our system. She has been devoted to 'upstreaming' patient care and has been integral in the Homeless Patient Aligned Care Team (HPACT) program and the development of Medical-Legal Partnership (MLP) programs. Currently, she serves as the Chief of Suicide Prevention for the VA Greater Los Angeles Medical Center working on the development of innovative strategies to help improve Suicide Prevention efforts. She is also a CBT trainer working with the Military Training Programs at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Birman received her bachelor's degree in psychology from the University of Southern California and her master's and doctorate degrees in clinical psychology from Pepperdine University. She completed her pre-doctoral internship at Didi Hirsch Mental Health Center, focusing her training on suicide prevention and evidence-based interventions for the treatment of individuals with severe, chronic mental illness.



Association of Crisis Organization Directors (NASCOD), a member of the Board of the Los Angeles Region Long-Term Recovery Group, and as a member of the Board of the Emergency Network Los Angeles (ENLA).

LOS ANGELES COUNTY SUICIDE PREVENTION NETWORK

9th Annual Suicide Prevention Summit



The Hero in Each of Us: Finding Your Role in Supporting Veterans, Military, and Their Families

Wednesday, September 25, 2019

The California Endowment – Yosemite Hall

1000 N. Alameda Street, Los Angeles, CA 90012

A big thank you to the LASPN Suicide Prevention Planning Workgroup and to the Los Angeles County Department of Mental Health for funding the event.



Funded by counties through the Mental Health Services Act (Prop 63).



The Hero in Each of Us:

Finding Your Role in Supporting Veterans, Military and Their Families

To address suicide prevention using a public health approach, everyone in our communities needs to understand what role they can play. The goal of the 2019 Suicide Prevention Summit is to help individuals and organizations gain a better understanding of military culture and the challenges faced by our members of the Military, Veterans, and their families in an effort to inform suicide prevention efforts.

To stay involved visit LASuicidePreventionNetwork.org

SCHEDULE

7 a.m. to 8 a.m. Registration and Light Breakfast

8 a.m. to 11:30 a.m. Morning Program

Welcome by Carolyn Kaneko and James Zenner, Los Angeles County Department of Mental Health, and Stephen Peck, U.S.VETS Performance of the National Anthem and a Color Guard Presentation

Understanding the Military and Veteran Culture

David Weiner, Retired Chief of Police, Long Beach Veteran Affairs and currently CEO of Secure Measures, LLC

Suicide Prevention: The State of Today's Veterans – Panel Discussion

Panel Moderator: Robert Stohr, Executive Director, U.S.VETS

Transitional Issues Facing Veterans Today

Nathan Graeser, MDiv, LCSW, DSW, CAARNG Chaplain/Social Worker

Suicide Risk Factors for Women Veterans

Tess Banko, Executive Director, Veteran Family Wellness Center

Supporting Homeless and Dishonorably Discharged Veterans

Eric Barrera, Community Health Worker, V.A.L.O.R.

11:30 a.m. to 12:15 p.m. Lunch (provided) and Resource Tables

12:15 p.m. to 3:30 p.m. Afternoon Program

Guns and Suicide: What Do We Know and What Can We Do?

Michael Anestis, Ph.D., Associate Professor, School of Psychology, University of Southern Mississippi

TAPS Postvention Model: Best Practice Strategies to Support Grieving Veterans

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The Mayor's Challenge: A Call to Action

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Thank you!
Elliott McKenzie for performance of the National Anthem and to the Marine Corps Color Guard from the 4th Marine Division.



Morning Program

Welcome

Carolyn Kaneko and James Zenner, Los Angeles County Department of Mental Health, and Stephen Peck, U.S.VETS

James Zenner was with the Greater Los Angeles VA Medical Center in Los Angeles from '17-'18 serving as the Peer Coordinator for the largest homeless veteran program in the country until joining the LA County Department of Mental Health team July of 2018 where he is in charge of leading the County's effort to create the Veteran Peer Access Network. James' educational background includes a BA in Psychology from Saint Martin's University, and an MSW from University of Southern California. Mr. Zenner served in the United States Army from 2004 to 2008 with 1-14 Cavalry 3rd SBCT 2nd Infantry Division as an all source intelligence analyst. He deployed in June of 2006 with his unit to Iraq in support of Operation Iraqi Freedom.



Carolyn Libao Kaneko is a Licensed Clinical Social Worker with the Los Angeles County Department of Mental Health. She has worked extensively with ethnically diverse and underserved children, adolescents and families as both a clinician and supervisor. In her current role as Program Manager with the Prevention and Outcomes Division – Family and Community Partnerships Unit, Carolyn is responsible for implementation, oversight, and management of Prevention and Early Intervention Programs for those 0 to 15 years of age with the goal of improved outcomes. Additionally, she is responsible for Anti-Stigma and Suicide Prevention for Los Angeles County and is a champion for Birth to Five Workforce Development.



Stephen Peck, who served as a Marine officer in Vietnam, heads the nation's largest nonprofit devoted to providing housing and other essential services to at-risk veterans. United States Veterans Initiative (U.S.VETS), which opened its first facility in Los Angeles in 1993, has grown to 11 sites in five states and the District of Columbia, serving more than 4,000 veterans a day. Yearly, U.S.VETS helps 8,000 veterans find housing and more than 1,500 veterans gain full-time jobs. Peck graduated from Northwestern University in 1968 and entered the Marine Corps that same year. In Vietnam, he was a first lieutenant in the 1st Marine Division, serving as a forward observer outside of Danang in 1969, receiving the Navy Commendation Medal. After his service, Peck followed his father into the movie business, devoting his talents to documentary films. Eventually, a series of films on homelessness and veteran's issues compelled him to move from behind the camera to become a full-time advocate.

Understanding the Military and Veteran Culture

David Weiner, Retired Chief of Police, Long Beach Veteran Affairs and currently CEO of Secure Measures, LLC

David Weiner has served both military and civilian communities passionately for well over 26 years in military, law enforcement and corporate security service. Mr. Weiner started his law enforcement career in the United States Air Force in 1993. As his career progressed, he worked a variety of assignments such as a patrol officer, field training officer, K-9 handler, Special Response Team, Training Coordinator and in supervisory positions over both Patrol and Investigations. Mr. Weiner also has many years of senior leadership experience in law enforcement, rising to the level of Chief of Police, as well as expert knowledge in Emergency Preparedness and Management, Workplace Violence prevention and threat assessment and management. In his career he created police department programs to keep the communities in which he served, safer. Notably, he implemented a mental health outreach program for Veterans called VMET (Veteran Mental Evaluation Unit) and a Threat Management Unit to proactively prevent acts of violence in a healthcare setting. After working in law enforcement, Mr. Weiner founded and is currently the CEO of Secure Measures, LLC, a risk management advisory firm that currently serves all Southern California.



Morning Program

Suicide Prevention: The State of Today's Veterans

Panel Moderator: Robert Stohr, Executive Director, U.S.VETS

Transitional Issues Facing Veterans Today

Nathan Graeser, MDiv, LCSW, DSW, CAARNG Chaplain/Social Worker



Robert Stohr is the Executive Director for U.S.VETS and oversees programs and operations at U.S.VETS at Bob Hope Patriotic Hall in downtown Los Angeles. Currently, Mr. Stohr is incoming President on the Board of Directors for the Greater Los Angeles Chapter of the American Foundation for Suicide Prevention and serves on their National Council for Healing and Loss. Mr. Stohr has a 25-year career as a psychotherapist, and formally acted as Division Director for the Suicide Prevention Center of Los Angeles at Didi Hirsch Mental Health Services. As Director of the suicide prevention center, he managed the operation of one of the largest Suicide Prevention Crisis lines in the country. He has presented at national conferences on a manual that he co-authored about working with suicide attempt survivors and is now active in bringing this information to the veteran community.



Nathan Graeser served as both a Social Worker and an Army Chaplain in the California National Guard. He is a national expert on policies and programs for supporting service-members transitioning out of the military. He has been featured on NPR, ABC, and numerous other media outlets. He currently serves as the Executive Director for the Wadsworth Chapel the 1887 Fund, a non-profit dedicated to restoring the old soldiers home on the 388 acres of the West Los Angeles VA campus. As a Licensed Clinical Social Worker, and former Director of the Los Angeles Veterans Collaborative, he has counseled and educated hundreds on the intersection

between transition, spirituality, and military culture, building better community policies for veterans who return home from war. He obtained a

Master of Divinity from Fuller Theological Seminary, a Masters in Social Work, and a Doctorate in Social Work from the University of Southern California. He serves on numerous local and national boards and just returned from a deployment with an Infantry Brigade in November 2018. His has a rock star wife and three kids who make it all possible.

Suicide Risk Factors for Women Veterans

Tess Banko, Executive Director, Veteran Family Wellness Center

Tess Banko, with over fifteen years' experience (including active-duty Marine Corps service) serving the active duty Military, Veterans and their families is also passionate about strategy, systems analysis, troubleshooting, technology integration and the conception and implementation of well-managed, equitable, innovative and fiscally responsible programs and policies that are built to last. As the Executive Director of the nation's first VA-partnered Veteran Family Wellness Center (VFWC) serving Veterans and their families (including children) aboard the West Los Angeles VA campus, Tess deeply identifies with challenges on paths to wellness and empowerment. A devastating spinal injury in the Marine Corps at age 22 led to a tumultuous return to civilian life and passionate pursuit of continued public service through social work and organizational leadership. Tess lost her husband, an active duty Marine, to suicide while he was deployed overseas in 2004. In 2013, her own complex PTSD surfaced in part due to sexual trauma experienced during military service. Regardless of circumstance, Tess wholeheartedly believes that resilience is possible and that none of us are ever alone in our struggles.



Supporting Homeless and Dishonorably Discharged Veterans

Eric Barrera, Community Health Worker, V.A.L.O.R.



Eric Barrera is a Homeless Veteran's Outreach Worker with V.A.L.O.R, DMH – Adult System of Care. Barrera works with homeless veterans wherever they are mentally and physically, to bring them a message of hope and recovery. His personal experience with untreated mental illnesses, self-medication, homelessness, addiction and recovery helps him connect with others that may be giving up on life. Recovery has become a beautiful part of Barrera's life and he is at his happiest when he is able to share that with others.