

# LAC Suicide Prevention Network



**Next Meeting: Friday, December 6, 2019 at the California Endowment**

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

## Notes and Action Items from September 6, 2019 Mtg

### Discussion Question: What does your organization have planned for Suicide Prevention Week

Members engaged in a discussion around plans for Suicide Prevention Week (September 8-14).

- Members are asked to share any events and activities they would like to promote to LASPN members with [info@LASuicidePreventionNetwork.org](mailto:info@LASuicidePreventionNetwork.org).
- Traute Winters from AFSP shared information about their Suicide Prevention Week Toolkit which can be found here: <https://afsp.org/campaigns/national-suicide-prevention-week-2019/>
- Jana Sczersputowski shared information about Each Mind Matter's Suicide Prevention Toolkit, which includes email templates, banners, posters and more in English and Spanish as well as resources for suicide prevention among first responders and for self-care. Access the resources here. <https://www.eachmindmatters.org/spw2019/>

### Advocacy Update

- AFSP provided an update on important legislation.

### Workgroup Updates

Messaging, Media and Communications Workgroup:

- Stan Collins and Traute Winters provided the update that a press conference around the theme: The Hero in Each of Us: Finding Your Role in Suicide Prevention will be hosted in September during Suicide Prevention Week. This is tentatively scheduled for September 24, 2019. The first annual Suicide Prevention "Report to the Community" will be released. A draft copy of the report was reviewed with members.

- In addition, this workgroup is working on identifying a small speakers bureau to respond to media requests for interviews, reviewing LA media coverage on suicide, and creating an outreach plan to promote safe messaging to local journalism students, PIOs, media outlets, and others as appropriate.
- Currently information about the LASPN can be found within the DMH website: [www.LASuicidePreventionNetwork.org](http://www.LASuicidePreventionNetwork.org). Jana Sczersputowski walked through the new website and asked for volunteers to test the site.
- To get involved with this workgroup email [info@LASuicidepreventionnetwork.org](mailto:info@LASuicidepreventionnetwork.org)

#### Youth and Schools Workgroup:

- Michelle Carlson provided an update that the workgroup is finalizing a workplan. This workgroup meets the first Monday of month and the next meeting is on October 7<sup>th</sup> from 11am to 1pm.

#### Summit Planning Workgroup:

- This 9<sup>th</sup> annual summit is scheduled for September 25<sup>th</sup> and 26<sup>th</sup>. The theme is: Finding Your Role in Supporting Military, Veterans and Their Families. The second day of the summit will be focused on education (K-12).
  - [September 25th Event](#): Recommended for mental health and health care professionals, employers, law enforcement, and county, community or faith-based agencies.
  - [September 26th Event](#): Recommended for school districts, school-based providers, and educators (K-12).
- For more information, email: [info@LASuicidepreventionnetwork.org](mailto:info@LASuicidepreventionnetwork.org)

#### Data and Strategic Planning:

- Jana shared an update that we are currently reviewing the stakeholder survey and writing up an overview of local resources. The survey will be resent to LASPN members. In addition, individual interviews will be scheduled to inform the strategic plan and suggested strategies.
- The data workgroup is currently working on identifying data sources to describe the problem of deaths, attempts and ideation across the lifespan and different demographics.

## SPN Strategic Planning Small Group Discussions

Members were asked to review a draft copy of the strategic plan for suicide prevention and provide written feedback on a hand-out. This was followed by a group discussion, which identified some of these priorities. All feedback will be incorporated into a revised draft.

- Reducing stigma about seeking help, and once someone is ready to seek help, ensure they know what services are available to them, service are easy to access and available.
- Reducing ER visits for suicide ideation and associated traumatic responses and increase interventions in less restrictive environments such as schools and communities.
- Training and capacity building in suicide prevention
- Postvention support and bringing a LOSS Team model to LA
- Education about and promotion of resources- making sure people are aware of crisis lines and other resources when they need them
- Increase bed capacity for all, not just Medi-Cal patients

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

David provided an update on the Mayor's Challenge.

The Mayor's Challenge to Prevent Suicide Among Service Members, Veterans and their Families (Mayor's Challenge), has brought together community, government, law enforcement and veteran service organizations to create opportunities for more collaboration, trainings, and community engagement so that veterans have better access to mental health and community support. On March 16, 2018, the Substance Abuse and Mental Health Services Administration and the U.S. Department of Veterans Affairs sponsored a task force meeting in Washington D.C. for seven cities to develop their own interagency plan to "improve local suicide prevention efforts for veterans and their families". The Mayor's Challenge has grown to 23 cities across the country. Los Angeles Mayor's Challenge led by Mayor Eric Garcetti included but was not limited to Mayor Garcetti's Crisis Response Team, the LA County Sheriff's Department, the Los Angeles Police Department, Didi Hirsch Mental Health Services, 211 LA, LA County's Veteran Administration, West LA's VA Medical Center, Veterans Administration of Greater Los Angeles' Office of Suicide Prevention and Police Department, Long Beach Veterans Administration Police Department, the LA County Department of Mental Health and the Red Cross. They developed a seven step action plan to carry this initiative out, based on the Seven CDC Strategies for Suicide Prevention and SAMHSA's successful guidance model on enhancing service systems in behavioral health.

1. Strengthen access and delivery of behavioral health care
2. Create protective environments through smoother means restriction
3. Promote connectedness through the mayor's crisis response team and peer support programs
4. Teaching coping and problem-solving skills through training and evidence-based interventions
5. Identifying and supporting people at risk through the Mayor's "Just Ask" campaign
6. Lessening harm and preventing future risk: Creating a suicide safer community by learning from survivors how to recognize and intervene before it's too late
7. Strengthening economic supports: Creating opportunities to support and employ veterans who are transitioning or unemployed.