

L.A. County Suicide Prevention Network – Youth Workgroup Meeting – February 3, 2020

Sources of Strength: Scott LoMurray

Upstream prevention – Primary mission of Sources of Strength - building resiliency, increase connectedness, shift culture about getting help, teach healthy coping skills

Intervention – Sources of Strength benefit - Increase in suicide risk assessments and decrease in outside referrals to hospitals due to early intervention before crisis

Most strategies are risk focused – teaching risk factors to youth and adults who interact with youth – not a lot of discussion of what builds resilience or what it looks like – Sources of Strength teaches risks, but also focuses on building strengths/resiliency in youth

No use of sad, shocking or traumatic images or statistics – normalizes suicidal behavior – instead, Sources of Strength focuses on hope, help and strength – makes it more fun for youth to engage in

Peer led component

Sources of Strength Model:

- Uses supportive, positive adult advisors – interactive trainings for them (support staff, resource officers, bus driver, school psychologist, community member)
- Diverse Peer Leaders – influence social circles
- Moving people from being an audience member to an engaged youth in program
- Ajflf

Attitudes and behaviors can spread through social networks, which is the premise of this program

Peer leaders become those who model the positive behaviors and attitudes – Bridges: Those who are a part of many different peer groups and Central Members: Popular youth and Peripherals: those who are the early adopters; Isolated youth

How do we create a diverse group of peer leaders that encompass all of these different groups? Have to be able to reach all groups and adopting leaders from just one group won't necessarily reach the others

American Journal of Public Health – Research study on Sources of Strength –

Peer Leaders: Increased healthy coping attitudes/norms, more connections to adults, 4x more likely to refer peer to adults, largest gains for least connected or healthy peer leaders

School Population: Increased help seeking acceptability, increased perception that adults help suicidal peers, etc

CDC – Sexual Violence study based on interconnected risks and protective factors – working with the Sources of Strength Model

Provide upfront support to help train their adults & youth, help determine who the peer leaders will be; work with the team 2 x month to help implement it

Training is not just focused on different parts

Not a boxed program because what works in one school doesn't work in another – can use a multiple of different campaigns, which includes safe messaging teachings – one part fun, one part sharing, one part program

Peer leaders – teach them how to have authentic interactions with their peers through art, classroom presentations, events, videos, etc

\$5,000 per school – front end support, training, materials for training and campaigns, consulting

Train the trainer model allows the price to drop to \$500 per school – Sources of Strength trainer would train a few of the district people, then school pilots it – They would plan with district to roll out on wider level, but no additional discounts

Currently, not in southern California, but in northern CA (20 schools)

Marshall Student Wellness – Chris, John, Colby – JMHSWellness@gmail.com

Identifying students on campus to help their peers – Develop Peer Mentors

What they peer mentors do: make students feel welcome, prevent social isolation, create an open space for feelings, increase knowledge of community resources

Wellness center divided into 3 groups: Wellness Center (safe space for youth), Hey Day (Peace over Violence, Teen Line, etc – to learn about resources), Dialogue (pick a topic of the day – What can you do to help someone you think is depressed or suicidal?, family issues, school stressors, gang relations, immigration)

Hey Day – 3rd Thursday of every month – students, providers, & faculty have booths where they promote resources; Everyone wears name tags to get to know each other and/or creates connection and discussion; Games & Activities included, as well (Board games, therapeutic dogs, etc)

Dinner and Dialogue – Sponsored by Seeds of Peace – Event organized by Marshall HS and select schools – Students come together to engage in discussions about current problems: allows them to share views on the topic

Training: By school social worker – gatekeeper training; Confidentiality, Active Listening

First Hey Day in May 2018 – estimated 5,200 student interactions – have held 16 Hey Day events to date

2018/19 school year – 20 class presentations with community partners to promote positive health behaviors

120 students have participated in Wellness Advisory operations

LAUSD SES Survey results:

75% of students reported they were happy to be at school (vs 64% last year)

92% of students feel comfortable in school (up from 71%)

93% of students believe their sexuality or gender identity is respected on campus – 92% believe that LGBTQ+ students are welcome at school

Sustainability – gone from 15 to 70 student leaders from all grades involved

L.A. County Suicide Prevention Strategic Plan for Youth – Jana

Leads will report out at each meeting

Comments:

DATA – Are there members who want to join Data workgroup?

- CA Healthy Kids Survey – only 30 districts participating – How can we get more districts to participate? How can we get districts to look at their data? Someone has to take ownership of that for each district, since a point person doesn't exist
- Looking at the data by Service Area instead of singling out a district or school – Like Beach Cities Network does – getting more members involved in the Network to share the different types of data
- Community in Schools – 15 schools – they will be serving as the navigator of the data collection
- Looking at data from a strength-based approach, instead of a deficit-based approach – Where are they schools that are doing it well? What can we learn from them? Having them share their approaches at meetings

Partner Snapshot:

- LACOE – Need to update the description for LACOE on plan – Jewel will discuss with Jana

Suggestions to add to strategic plan:

Activity 3 – How do we bring our suicide prevention work into other networks we are members of? How can we bring those other network members to our meetings?

Throughout the plan – In order to build sustainability in our plan model, can we add a component of training/promoting wellness for staff to ensure there isn't burnout?

1. Compassion Fatigue training – 90 min, 4 hour, or 8 hour trainings – Follow up with Jewel or Susan of LACOE

Special populations – What will we do to ensure that specific needs of special populations are addressed?