**10th Annual LA SPN Suicide Prevention Summit**

Hoping, Transforming, and Recovering (working title/theme)

“Providing… during COVID-19…” (finish this line – need to work on this)

**Action Items**

1. Identify target audiences –
* Would like to target at minimum 1,000.
* Would like to make the Summit for “all” – not specify a specific demographic; however, have some specific tracks
1. Number of specialty tracks

Need to confirm platform and how many individuals it can hold.

Ideas:

Subgroups identified:

LGBTQ

TAY

Parents

Elderly

Isolation
Cognitive Disabilities/Learning Disabilities
Domestic Violence
Murder-Suicide

1. Identify who you want to speak

Ideas:

Mike Annestis – Fire Arm

Seth from Colorado –

Sally Spencer Thomas- Man Therapy

Mike Alba – Cindy & Donna

1. Identify self-care activities throughout the day

Ideas:

* Would like to have self-care interweaved throughout each session; however, open to specific self-care activities
* Would like to include one, if not two, self-care sessions (Daphne and Lisa would be one presenter)
* Self-Care component / mindfulness& meditation
* Comfort room with the therapy dogs – in one of the breakout rooms
* Start session – meditation
* End session – meditation
* Between sessions - Open comfort rooms/music room
1. Identify A-B list celebrities/athletes who could do cameos/plugs for the event (realistically – we need access to these folks for real, for real)

Have not determined yet

How many days could this Summit be (i.e. 1 day, 2 days, 3 days) and what would it look like (be able to describe what your ideal schedule would look like)

Discussed Morning Session / Afternoon Session, No more than 90 minutes per workshop.

1. Takeaways
* Themes that unite all of us
* Kick off event on September 10th - Each session the following weeks
* Suicide prevention week – culminating in September 10th
* Need ability for breakout
* New virtual environment – how to assess for suicide, substance abuse, child abuse, domestic violence in the virtual experience/services
* Proactive suicide prevention in the COVID world - virtual
* Moral distress- ethical / legal
* Implementation of best practices in the time of this collective trauma
* How do we harvest these skills in this time of COVID
* The Hero in Each of Us – linking the virus
* What are our new normal techniques?
* We are looking for best practices but we don’t know what they are
1. Follow up tasks
* CEU’s Virtual – have a way to register, check in, mid-way check-in, check out – Daphne will check
* Robert is checking in with USC, Cal Vets/Cal Tab regarding being the host for the platform
* Daisy is checking in with UCLA regarding being the host for the platform
* Will meet weekly on Wednesdays