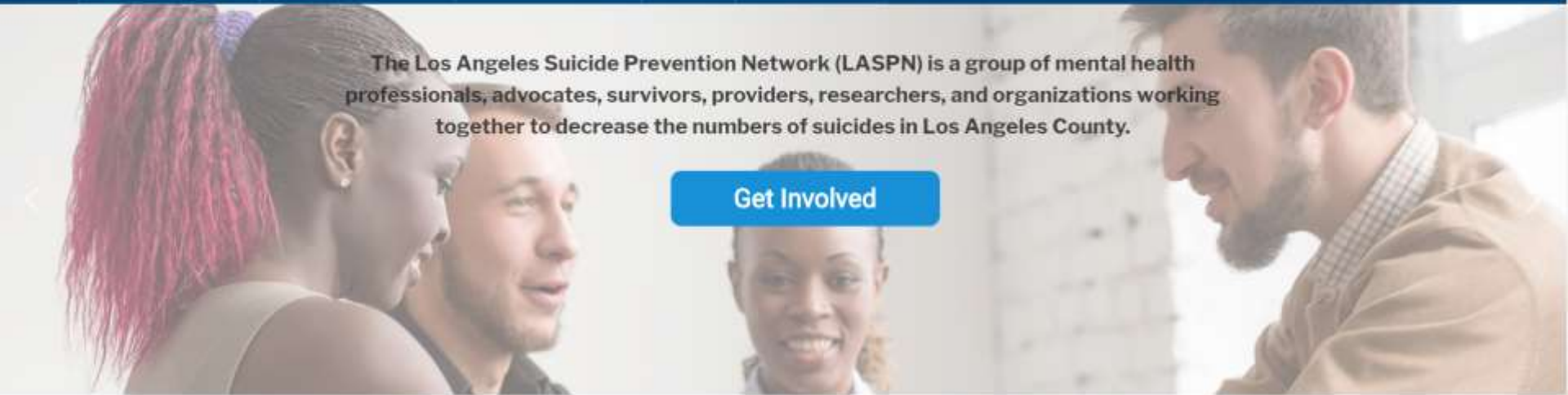




The Hero in Each of Us

LASuicidePreventionNetwork.org

Workgroup Update Aug 14th



The Los Angeles Suicide Prevention Network (LASPN) is a group of mental health professionals, advocates, survivors, providers, researchers, and organizations working together to decrease the numbers of suicides in Los Angeles County.

[Get Involved](#)

[Find Your Role in Suicide Prevention](#) = [Know the Signs](#) || [Get Trained](#) || [Participate in Events](#) || [Get Involved With LASPN](#)

Upcoming Events

Youth Workgroup Meeting

November 4, 2019
11 a.m. to 1 p.m.
Location: LACOE



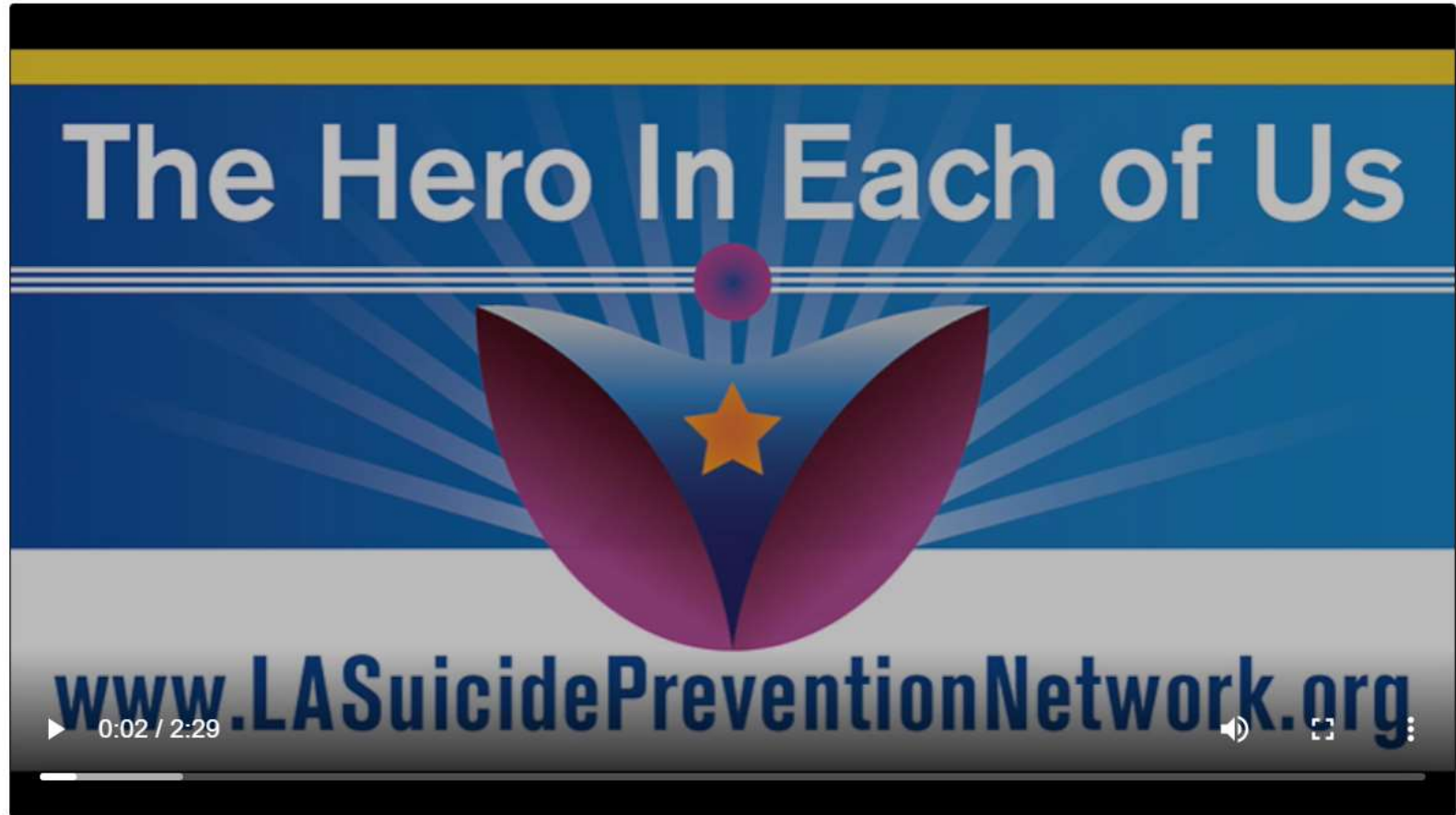
CA Secretary of State Alex Padilla joined County Supervisor Kathryn Barger and Los Angeles Suicide County Suicide Prevention Network to Release 2019 Suicide Prevention Report to the Community

[www.LASuicidePrevention
Network.org](http://www.LASuicidePreventionNetwork.org)

Connect with Us!

Videos

A message from Los Angeles County youth Shailen and Chris.



<http://lasuicidepreventionnetwork.org/videos/>



Strategic Planning and Data

- Published draft strategic planning
- <http://lasuicidepreventionnetwork.org/strategic-plan/>
- If you have not already, please provide feedback by August 29th, 2020





Summit Planning

- Meets weekly on Fridays

VIRTUAL EVENT

LOS ANGELES COUNTY SUICIDE PREVENTION NETWORK
10TH ANNUAL SUICIDE PREVENTION SUMMIT



Hope, Transformation & Well-Being
The Hero In Each of Us: Finding Your Role in Suicide Prevention

September 9th, 10th and 11th, 2020
Free virtual event.

To register:
<https://laapn.10thannualsuicidepreventionsummit.eventbrite.com>

For more information, please contact:
info@lasuicidepreventionnetwork.org



Youth & Schools

- Meets monthly
- Updated 2020-2025 Workplan
- Started 6 implementation workgroups
 - School-based Programs and Peer-Based Clubs
 - Safe Alternatives for Teens and Youth - Acute (SAFETY-A)
 - SEL
 - Suicide Prevention Policies and Practices
 - Risk Assessment Checklist
 - Integrate Youth Suicide Prevention into Existing Networks



Veteran Workgroup

- The goal of the initial meeting is to collaborate with community members to discuss our goals, expectations, and structure of the workgroup. Meets third Thursday of the month from 11am to 12:30pm.
- First meeting: August 20, 2020 – 11 am to 12:30 pm



Media & Communications Workgroup

- Website updates- we need blog contributions!!!!
- Planning for SP Week 2020
- 2020 Suicide Prevention Kit: <https://www.eachmindmatters.org/spw2020/>





The Hero In Each of Us: Finding Your Role in Suicide Prevention

- About LASPN
- Annual Summit
- Find Your Role
- Help
- Resources

- About LASPN
- Members
- Workgroups
- Upcoming Events

Members

The LASPN is comprised of a wide range of professionals and organizations who are working together to prevent suicide in Los Angeles County. On this page we will regularly feature blogs written by our LASPN members. If you are interested in submitting a blog please email info@lasuicidepreventionnetwork.org.

Blogs From Our Members

[Measuring and Meeting Mental Health Needs in a Pediatric Emergency Department](#)

A distressed 17-year-old in tears who took a handful of pills following the break up with her boyfriend. A ruminating 13-year-old who has been bullied throughout middle school and wondering if the world would be better off without him. A restless 12-year-old who presents with breathing difficulty but later reveals...



Media & Communications Workgroup



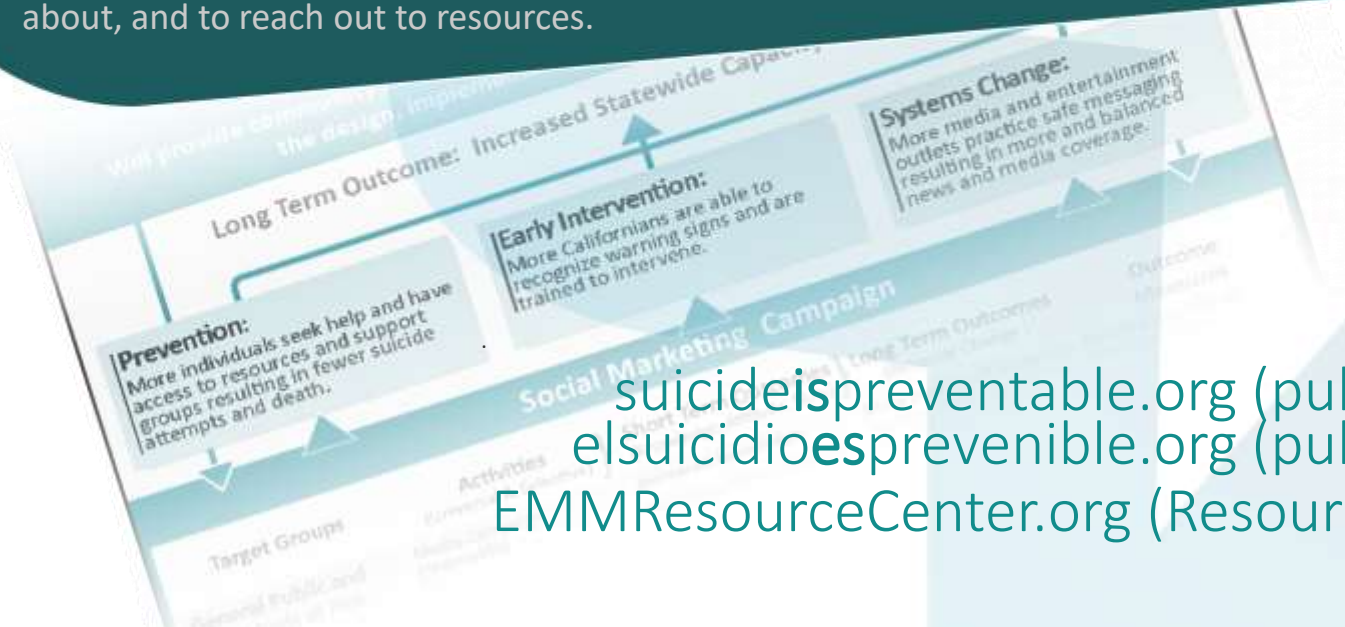
Together.

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. We are California's Mental Health Movement.



Know the Signs is a statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about, and to reach out to resources.

KNOW THE SIGNS



50%

Californians were exposed to the Know the Signs campaign that was rated by an expert panel to be aligned with best practices and one of the best media campaigns on the subject.

"The results provide further evidence that the Know the Signs campaign is making Californians **more confident in their ability to intervene** with someone at risk of suicide."
(RAND Corporation, 2015)

suicideispreventable.org (public)
elsuicidioesprevenible.org (public)
EMMResourceCenter.org (Resources)

Suicide Prevention

A wide range of mental health and suicide prevention educational resources are available for diverse communities across the lifespan:

- African American
- API youth
- Cambodian
- Chinese
- Filipino
- General public
- Hmong
- Individuals in crisis
- Korean
- Lao
- LGBTQ youth and young adults
- Middle aged men
- Spanish-speaking
- Vietnamese
- Russian
- Punjabi



EMMResourceCenter.org



Hope, Resilience & Recovery

 EachMind
MATTERS
California's Mental Health Movement



 KNOW
THE SIGNS

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

suicideispreventable.org



Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020
World Suicide Prevention Day September 10
National Recovery Month September

 EachMind
MATTERS
California's Mental Health Movement



 KNOW
THE SIGNS

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

suicideispreventable.org

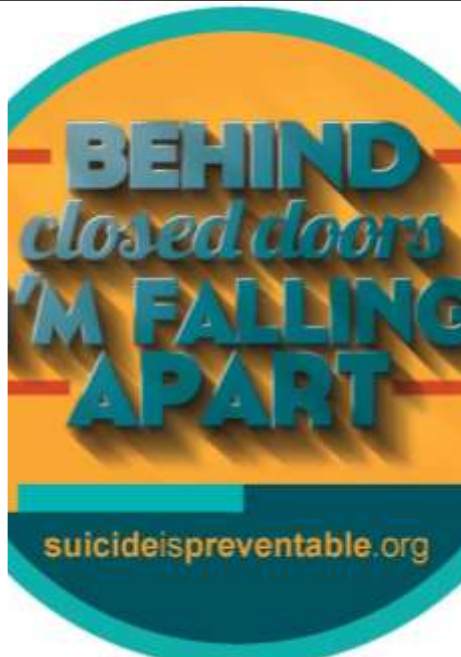
Suicide Prevention Activation Kit 2020- General Public

The Online Activation Kit Includes:

- Virtual Activity Guide
- Proclamation Template
- Social Media Posts (English and Spanish)
- Suicide Prevention Week Poster (English and Spanish)
- Digital Banners (English and Spanish)
- Drop-in Articles (English and Spanish)
- Daily E-mail Blasts (English and Spanish)
- Links to Helpful Resources & Messaging
- Links to Know the Signs resources



www.eachmindmatters.org/SPW2020/



Coaster & Coffee Sleeve Activities

Lotería/Bingo Game

New Activity: Trivia Game (English and Spanish)

Virtual Trivia

Trivia is a recognized social game in which teams are asked questions about different topics and they have to get as many correct answers as possible. This virtual trivia game is available as part of events, parties or fundraisers.

What's in the Game:

- Instructions
- Trivia PowerPoint

What You'll Need:

- Downloadable
- 1 - 2 people
- Piece of paper
- Timer or stopwatch

**KNOW
THE SIGNS**

Substance Abuse and Mental Health Services Administration
suicideispreventable.org

In 2017, the music artist Logic released a song featuring the National Suicide Prevention Lifeline number.

What was the name of the song?

ANSWER: 1-800-273-8255

The title of the song is the phone number for the National Suicide Prevention Lifeline. Skilled and trained counselors are available 24/7 to talk, answer questions, and help people navigate a suicidal crisis for themselves or someone they are concerned about. You are not alone.

You can learn more about it, here:
www.suicidepreventionlifeline.org



Hope, Resilience & Recovery



Hope Journal Bookmark Activity

Social and Emotional Learning (SEL) is the process, through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

What's included:

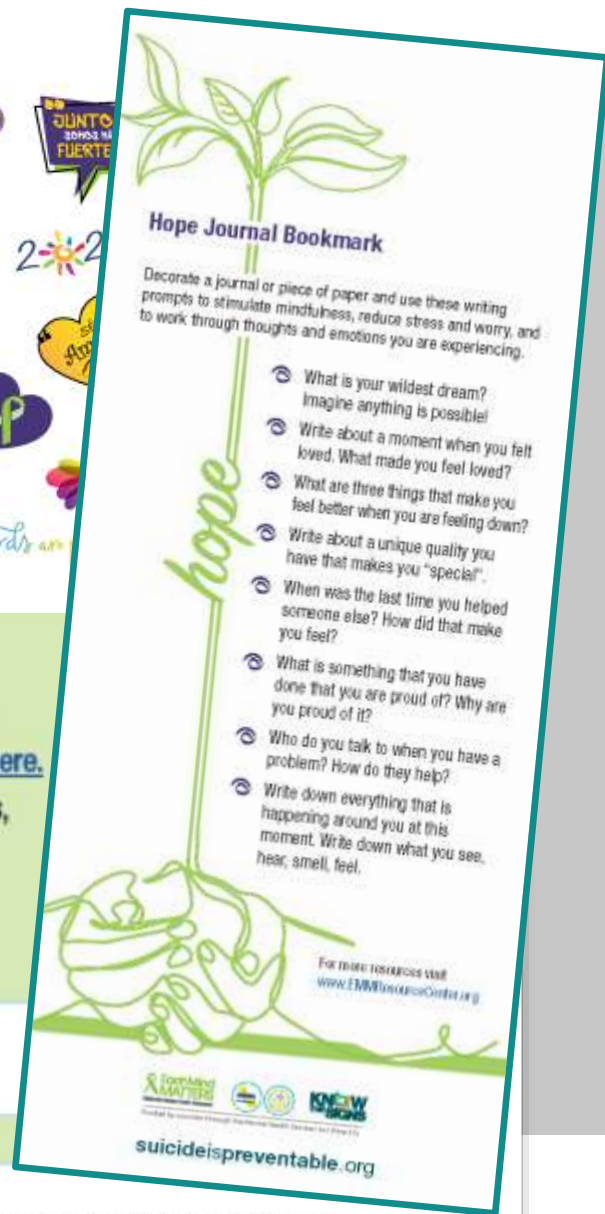
- 🌀 Social Emotional Learning Journal Bookmark with writing prompts

What You'll Need:

- 🌀 Journal, if you're unable to purchase a journal, you can learn how to make one using only one piece of paper [here](#).
- 🌀 Items to decorate your journal such as coloring utensils, stickers, magazines and glitter
- 🌀 Writing utensil

Follow these steps to do the journal bookmark activity:

1. To start, provide youth with their journal and items to decorate. Instruct youth to decorate the outside of their journal in a way that represents them. This is their space to dream, think and be whatever they want. They could utilize magazine clippings to make



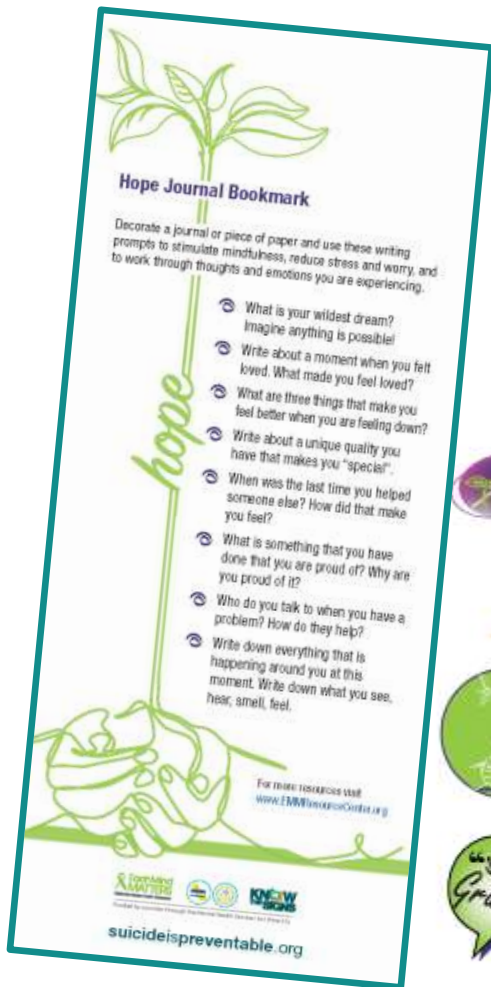
Hope, Resilience & Recovery

– Heart Wall Installation

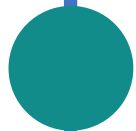


September holds **National Suicide Prevention Awareness Week**, as well as **National Recovery Month** – a time for individuals, organizations and communities to join their voices to broadcast the message that suicide can be prevented and recovery is possible. As part of the many activities taking place this month, we are encouraging everyone to show their support by sharing their stories and resources. Together we can build a heart for recovery.

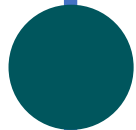




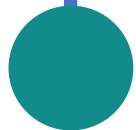
Research briefing and talking points, including ways to partner with parents and educators



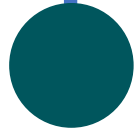
Email and Drop-in article



Resources for parents and educators to promote Social Emotional Learning



Suicide prevention webinar for parents and building resilience webinar for educators

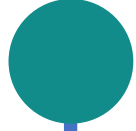


New Activity: Hope Journal Bookmark

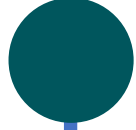
Shared Risk Factors	Shared Protective Factors
<ul style="list-style-type: none"> Academic failure Aggressive tendencies or history of violent behavior Bullying, victimization Family conflict History of trauma or abuse Hopelessness, impulsivity, low self-esteem Mental illness and/or substance use disorder Peer rejection Physical illness or chronic pain Previous suicide attempt(s) Relational, social, work, or financial losses Social withdrawal 	<ul style="list-style-type: none"> A trusting relationship with a counselor, physician, or other service provider An optimistic or positive outlook Childrearing responsibilities Coping and problem-solving skills Cultural and religious beliefs that discourage suicide Employment Involvement in community activities Perceiving that there are clear reasons to live Receiving effective mental and/or substance use disorder treatment/care Resiliency, self-esteem, direction, perseverance Sobriety Strong family bonds and social skills



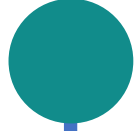
Research briefing and talking points, including ways to partner with AOD providers and the Restaurant Industry



Email and Drop-in article (for blogs and internal/external newsletters).



Resources for AOD providers, including a psychoeducational / process Client Group Activity



Resources for the Restaurant Industry to share with employees



New Activities: Trivia Game & Heart Installation

Suicide Prevention Week (September 6-September 12, 2020)

Monday, September 7th, 2020 (Hope)

- 🕒 Send out daily email "Hope"
- 🕒 If possible, set up a resource table to promote local and statewide resources, or share resources via social media
- 🕒 Implement the Heart Wall Installation Activity, in public places if appropriate or in your own home
- 🕒 Create a message, video, photo, song, dance — whatever you can imagine — sharing a message of hope. Post to any social media channel with the hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth



*Inspired by Fresno
County Behavioral Health*



Thursday, September 10th, 2020 (World Suicide Prevention Day!)

- 🕒 Send out daily email (World Suicide Prevention Day).
- 🕒 Join in World Suicide Prevention Day celebrations and light a candle near a window at 8PM.
- 🕒 Find "Light a Candle Near a Window at 8 PM" postcards in various languages at www.iasp.info/wspd2020/light-a-candle/.
- 🕒 Put together bags with resources, including materials from the kit, and host a 'World Suicide Prevention Day Drive Through' where people can come and pick up free resource kits.
- 🕒 Take Each Mind Matters Pledge to share how you're strengthening California's Mental Health Movement.
- 🕒 Play "The Rock" or "Reconozca Las Señales" 30-second radio spots while callers are placed on hold to local 2-1-1 or county access lines or reach out to a local radio station. The spots can be customized.



Inspired by www.iasp.info/wspd2020

Interested in Receiving a Kit? Email EdgullDR@co.monterey.ca.us

- SP Week Poster English (2)
- SP Week Poster Spanish (2)
- Know the Signs Tent Cards English (50)
- Know the Signs Tent Cards Spanish (50)
- Know the Signs Brochures English (25)
- Know the Signs Brochures Spanish (25)
- Pin Buttons (40)
- Selection of Know the Signs Posters (8)
- Overview Activity Tip Sheet (1)
- Purple Post-It Notes (1)
- Know the Signs Coasters Bilingual (50)
- Know the Signs Coffee Sleeves Bilingual (50)
- Journaling Tip Sheet English / Spanish (2)
- Heart Wall Activity Tip Sheet English / Spanish (1)
- Trivia Game (1)
- Directing Change Parent Brochure (10)
- Lime Green Ribbons (25)
- Bookmark English / Spanish (5)
- Journal (1)
- Sticker Sheet Bilingual (5)
- Tealight (1)



Let's Celebrate Suicide Prevention Week Together!

- Share the online kit link, social media posts and daily emails with your networks!
- Create a message of hope using photo, song, dance, anything you can imagine and post to any social media channels with the hashtag #SuicidePreventionWeek2020
- Ask us to present the kit to other partners!

www.eachmindmatters.org/SPW2020

/



Please take care of yourself

Please take care of yourself!
 Tips and tools can be found in the EMM Self Care Collection.

COVID-19 期间做好自我照顾的建议
 在这样有很多不确定性的多变时期，尽全力照顾好自己 的身心比以前更加重要。以下是几点建议。

- 锻炼**：继续保持力所能及的锻炼。更健康，更能努力参与一些户外活动——去散步，种花草，站在打开的窗户外或阳台上晒太阳。
- 营养**：我们选择的食物不仅能为身体提供营养，还在我们享受美食的过程中，带给我们身心健康和巨大的乐趣。在结束奔波和性的食物时，有意识地选择健康、高纤维、高蛋白质、低脂肪食物。
- 睡眠**：研究更倾向于学习的人感觉更自信。可人正在渴望、学习时，大脑会处理数据、阅读、思考和整理思维。保持头脑清醒。
- 体系和常规活动**：一天当中做一件事，起床前先试试冥想或深呼吸，这在当下，练习深呼吸、冥想“当下”，总让我们感觉更有力和健康心态的冥想。因为这么做能帮助减轻压力，没有那么多焦虑，更想做出事情。
- 与朋友聊天**：人与人之间的关系有助于我们应对人生起伏。保持电话或视频聊天与朋友、家人和同事保持联系。

1.800.273.8255

Mga Payo sa Pangangalaga sa Sarili sa Panahon ng COVID-19
 Sa mga oras ng pagbabago at kawalan ng katipakan, ligt na mahalaga na alagaan ang ating isip at katawan hangga't makakaya natin. Narito ang ilang payo.

- Ehersisyo**：Ang mga pagiging ginhawa, igangmagalingan ang ating katawan at kasayang magkaroon ng masidag ayon sa ating pagkain at pagkatipon ng katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.
- Pangkalusugan**：Ang pagiging ayus ng pagkain ay hindi lang nagpapaligay sa ating katawan, at pangalugay ng ating katawan ayon sa ating pagkain. Siguradang pagkain na angkop sa ating katawan at katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.
- Paglalag**：Ayon sa pananaliks, ang mga larang pangalugay ang katawan ayon sa ating katawan at katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.
- Palawakin ang Kaalaman**：Ang pagkaroon ng mga regular na oras sa pagbabasa, paglalag at paglalag ayon sa ating katawan at katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.
- Samayin ang Sarili**：Magsabing ng ligt sa ating katawan, oras sa ating katawan at katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.
- Pagsasanay ng Pag-iip**：May mga aplikasyon ang paglalag na angkop sa ating katawan at katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.
- Makipag-usap sa Kalibigan**：Magsabing ng ligt sa ating katawan, oras sa ating katawan at katipagan. Siguradang pagkain na angkop sa ating katawan at katipagan.

1.800.273.8255