

## Veteran Workgroup Meeting Notes: August 20, 2020

Dear colleagues,

I want to thank each of you for attending our first Los Angeles County Suicide Prevention Network (LASPN) Veterans Workgroup!!! I am so excited about this collaboration and our future work together. I just wanted to provide a brief overview of what was discussed.

### Overview

Brief Introductions  
Discussion about potential action steps for the workgroup  
Recap of discussed topics  
Goal for the next meeting

### Potential Action Steps

Desire to cross-collaborate with various systems to gather real-time data regarding veteran suicide rates in LA County  
Develop/identify/advocate for more prevention, intervention, and postvention services for veterans and their families, specifically interventions that address the family as a unit  
Develop/identify/advocate for grief services, support groups, and other postvention services for veterans and their families  
Outreach and collaborate with local military bases  
Increase cultural awareness  
Identify available services and ensure that veterans are aware of these services  
Change the messaging around veteran suicide and accessing mental health services  
Increase social connections and provided services to targeted populations within the veteran community (e.g. vets under age 35, survivors of MST, etc.)  
Provide more opportunities/platforms for veterans and their family members to share their experience with suicide attempts/loss

### Resources shared during the meeting:

<https://womenvetsonpoint.org/newsletter/> - Women Vets on Point  
<https://www.stackup.org/> - Veteran Suicide Prevention Through Gaming  
<https://www.militarytimes.com/news/your-military/2020/04/28/soldiers-and-marines-die-by-suicide-50-percent-more-often-than-sailors-and-airmen-report-finds/> - Military Times Article about Marine and Solider Suicide Rates  
<https://benefits.va.gov/transition/solid-start.asp> - VA Solid Start for Veterans Transitioning Out of the Military  
<https://etssponsorship.com/> - ETS Sponsorship  
[https://www.dspo.mil/Portals/113/2018%20DoD%20Annual%20Suicide%20Report\\_FINAL\\_25%20SEP%2019\\_508c.pdf](https://www.dspo.mil/Portals/113/2018%20DoD%20Annual%20Suicide%20Report_FINAL_25%20SEP%2019_508c.pdf) – DOD Annual Suicide Report 2018  
<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5484> – Federal PREVENTS REACH Initiative

### Upcoming Events

September 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> Los Angeles County Suicide Prevention Network 10<sup>th</sup> Annual Summit  
Link for 9<sup>th</sup> and 10<sup>th</sup> Summit – <https://www.eventbrite.com/e/los-angeles-county-suicide-prevention-10th-annual-suicide-prevention-summit-tickets-116927472217>

Link for the 11<sup>th</sup> Veterans and First Responders Event - [veteran-first-responder-suicide-prevention-summit](#)

**Next Meeting**

3<sup>rd</sup> Thursday of the Month from 11:00 a.m. – 12:30 p.m.  
September 17, 2020

Please review LASPN Workplan and the California State Suicide Prevention Plan. If you are able to read the [LASPN Workplan](#) before the next meeting that would be great! It would help us in identifying our hopes and potential action plans for the workgroup that are in alignment with the plan.

**Please do not hesitate to contact me if you have any questions. I look forward to our next meeting!  
Great job everyone!**