



## **The Hero in Each of Us**

LASuicidePreventionNetwork.org

# **Youth and Schools Workgroup Update**

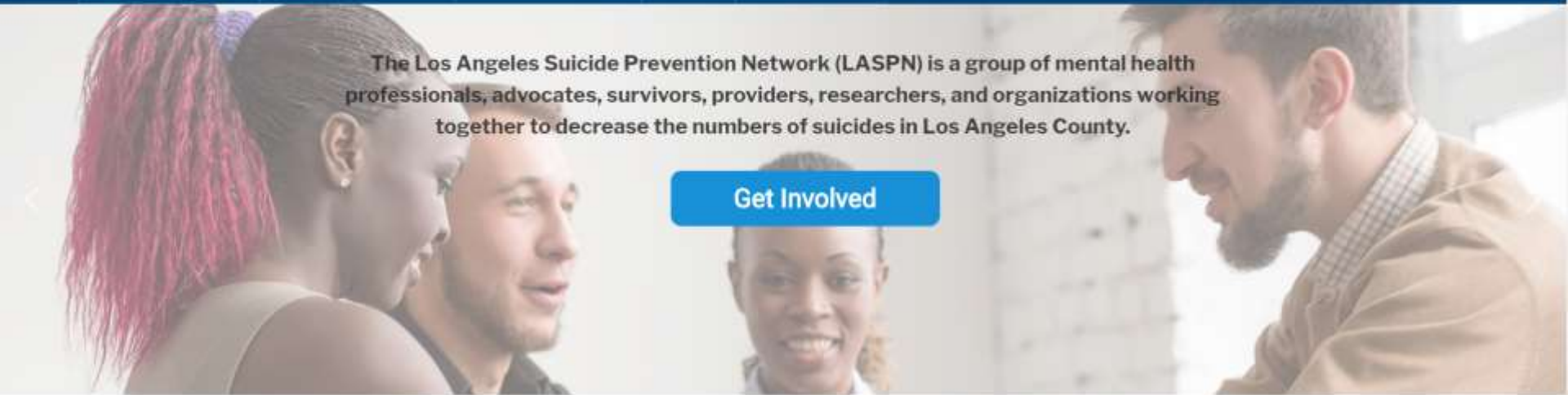
**April 2021**



# Los Angeles County Suicide Prevention Network

The Los Angeles County Suicide Prevention Network (LASPN) is a group of mental health professionals, advocates, survivors, providers, researchers, and representatives from various agencies and organizations working together to decrease the numbers of suicides in Los Angeles County. Our mission is to promote public and professional awareness, education, training, and engagement regarding suicide and suicide prevention, intervention, and postvention in Los Angeles County. Through the collaboration of the various members of the Network, the LASPN is working to leverage the talent and resources available locally to work towards comprehensive suicide prevention.





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)

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- [Members](#)
- [Workgroups](#)
- [Upcoming Events](#)

## Youth and Schools Workgroup

The focus of this workgroup is to inform strategic planning for youth suicide prevention efforts as well as to strengthen collaboration across systems and organizations serving youth and schools in Los Angeles County. Meets first Monday of the month from 11am to 1pm.

### Upcoming Events

#### Youth Workgroup Meeting

January 6, 2020

11 a.m. to 1 p.m.

Location: LACOE

12830 Columbia Way Downey, CA

Email [info@LASuicidePreventionNetwork.org](mailto:info@LASuicidePreventionNetwork.org) to RSVP

### Previous Meeting Minutes

[February 3, 2020](#)

[December 2, 2019](#)



#### Find Your Role in Suicide Prevention

- Join a LASPN workgroup
- Learn the warning signs for suicide
- Host a suicide prevention training
- Join a local suicide prevention walk

We Rise Los Angeles County

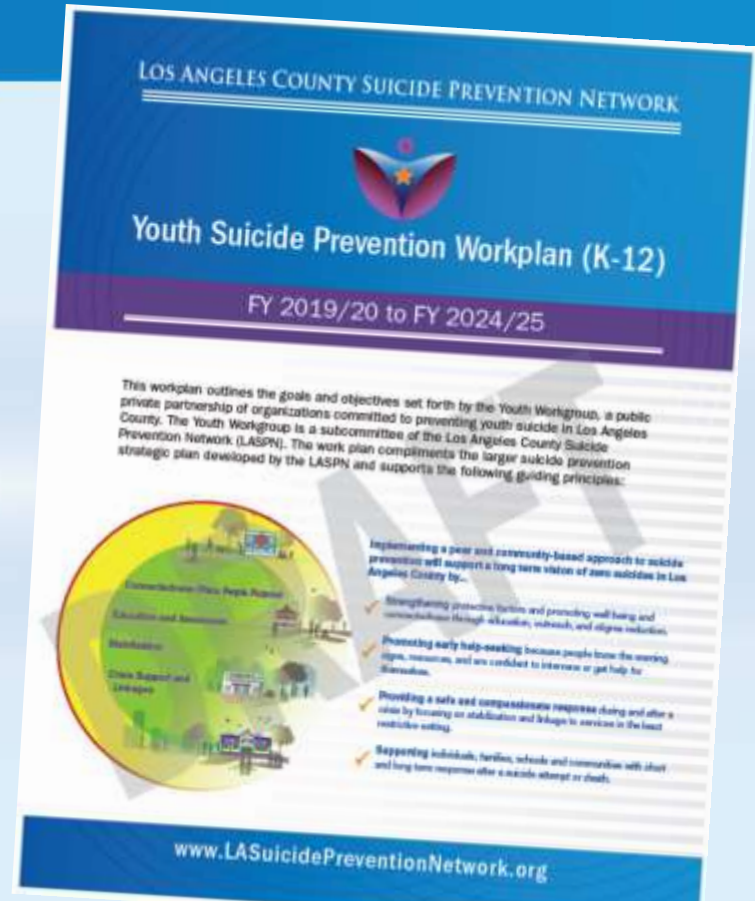
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Connect with Us!



# Workplan 2020-2025

- Final 5-year workplan- copy mailed out
- Started several implementation workgroups
  - Peer-based clubs, programs and wellness centers (Youth Council, Michelle, Devin)
  - Programs (Michelle, Jana)
  - SEL (Dotti, Arlene)
  - Suicide prevention policies, practices and trainings (Jewel, Susan, Tracie, Jana, Stan, Dr. Bear)
  - FISP (now ACUTE)- Dr. Bear- Received Grant Funding!!!!!!





# Program Implementation Workgroup

- Workgroup Leads: Michelle and Jana

Objective 1.1. By the end of the 2024/2025 school year, a minimum of 25% of schools have a peer-based club, program, wellness center, or are actively promoting Teen Line on campus.

Objective 1.2. By the end of the 2024/2025 school year, a minimum of 25% of schools implement at least one effective program or strategy intended to reduce risk and strengthen protective factors suitable to meet the needs of their student body..



# Program Implementation Workgroup

- Finalized program selection
- Once finalized will send out list to districts and schools
- Scheduled virtual round table

- ✓ Evidence-base
- ✓ Risk and protective factors the program addresses
- ✓ Culturally a fit for LA County
- ✓ Cost and Sustainability
- ✓ Virtual application

## ***Youth Suicide Prevention Program Roundtable: Building Protective Factors and Reducing Risk Factors***

This virtual workshop will provide an overview of evidence-based and promising programs that build protective factors and reduce risk factors for suicide prevention, as well as peer-based approaches. Participants will have an opportunity to learn about a selection of programs and engage with program administrators to discuss their questions.

**Roundtable: 9 a.m. to Noon**

This is a free workshop.

**May 5th, 2021**

**For All Grades K-12**

Register:  
<http://lacoec.k12oms.org/2035-200535>



# Program Implementation Workgroup

## **RISK & PROTECTIVE FACTOR-BASED PROGRAMS**

- Break Free From Depression
- CAST (Coping and Support Training) (Special Focus: At Risk Youth)
- Directing Change Program
- Erika's Lighthouse
- Finding Focus
- GritX
- Reconnecting Youth
- RULER
- Second Step
- Sources of Strength
- The PAX Good Behavior Game (PAX GBG)
- The Trevor Project Trainings

## **LIST OF PROGRAMS PEER-BASED**

- Bring Change to Mind
- GLSEN (Special Focus: LGBTQ training)
- Kognito Friend2Friend
- Life Savers Training Program
- NAMI on Campus
- Teen Line
- Wellness Center

<https://docs.google.com/document/d/1vQ3w2Mq5iGnwNruKvydPmrUUvtPjC0Oibf9RXRRHXHc/edit>





## Implementing Policy Change: Suicide Prevention, Intervention and Postvention

All trainings are intended for district staff responsible for decision-making and implementing suicide prevention efforts at the district level.

### ***Framework for Suicide Prevention: Putting Policy Into Practice.***

During this virtual training attendees will be introduced to the key principles of comprehensive suicide prevention practices in the school setting. This will include the model CDE policy, administrative regulations, staff trainings, risk assessment, youth and parent engagement. The training will also briefly touch on postvention practices.

Training: **9 a.m. to Noon**  
Q&A: **12 p.m. to 1 p.m.** These are free trainings.

**April 6th, 2021**

**For Elementary Schools**

Register:

<http://lacoec.k12oms.org/2035-200532>

**April 16th, 2021**

**For Elementary Schools**

Register:

<http://lacoec.k12oms.org/2035-200533>

**April 20th, 2021**

**For All Grades K-12**

Register:

<http://lacoec.k12oms.org/2035-200534>

### ***Youth Suicide Prevention Program Roundtable: Building Protective Factors and Reducing Risk Factors***

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Roundtable: **9 a.m. to Noon**  
This is a free workshop.

**May 5th, 2021**

**For All Grades K-12**

Register:

<http://lacoec.k12oms.org/2035-200535>

For more information, please contact Stan Collins at [stan@suicideispreventable.org](mailto:stan@suicideispreventable.org)

