

Youth Workgroup Meeting Notes

February 7, 2022

10:00am to 12:00pm

Introductions of LASPN Youth Workgroup Co-Chairs:

Jana Sczersputowski, Directing Change
Stephanie Murray, Whittier Union High School District
Daisy Gomez, UCLA Prevention Center of Excellence
Jewel Forbes, LACOE

New meeting schedule – every 2 months and co-chairs will meet during off months
Next Youth Workgroup Meeting: April 4, 10am to 12pm. Teenline and DPH to present.

Workgroup Website: <https://lasuicidepreventionnetwork.org/workgroups/youth-and-schools/>

Action items:

- Share your ideas or specific requests for presentations/topics that would be beneficial to advance your organizations suicide prevention program. Email info@lasuicidepreventionnetwork.org or post in the Jamboard.
- Identify areas from the Youth Workplan that should be prioritized for this and next fiscal year. Workplan: http://lasuicidepreventionnetwork.org/wp-content/uploads/2021/04/2020-Work-Plan_updated-June-2020.pdf
- Chris from the Trevor Project offered no cost/reduced cost LGBTQ trainings for your organization. Please contact him for this amazing and generous offer: chris.bright@thetrevorproject.org
- To receive a **Find Your Anchor** box, please send your address to Ali Borowsky at ali@findyouranchor.us
- Promote TeenLine
If you're working with a school or district, how can you promote Teenline?
Ideas: Adding Teenline info on school ID cards, on school/district websites, resource materials your organization may give out. Posters in classrooms.
- If anyone has pocket sized suicide prevention resource cards, please email info@lasuicidepreventionnetwork.org or bring to next meeting. Responses:
 - Lisa Schoyer: idea for pocket-sized resources = have youth submit ideas (art 'competition')?

- Traute Winters: NAMI GLAC may be able to help fund a wallet type resource card
- Get more culturally diverse resources out to the community.

UPDATES

Jana Sczersputowski provided an update on what was accomplished during the 2019-2020 and 2020-2021 fiscal years on advancing the goals set out in the Youth Workgroup Strategic Plan. Please review separate pdf.

Action Item: Suggest priorities for the next two fiscal years!

Program Implementation Leads: Michelle Carlson and Jana Sczersputowski
Implemented:

- Finalized program selection
- Put a directory together
- Hosted virtual roundtable
- Shared directly to districts and schools

Next steps:

- Explore potential school survey to get baseline to what extent these programs are being used and are we meeting/working on meeting our goal

Question from Traute: how do we get additional programs into the guide?

Answer from Jana: programs to propose: we can consider an update to the director if someone has the time to take the lead on this. It would mean applying the criteria checklist and running it through a new workgroup vetting process. Jana also clarified that the directory focus is on programs that promote protective factors and did not include any gatekeeper trainings.

Suicide Prevention Policies and Practices Implementation Leads: Jewel Forbes and Susan Chaides. Over time they've provided a series of trainings and support

Social and Emotional Learning Implementation Leads: Dotti Ysais and Arlene Bates
 Provided 2020-2021 SPORT and 2020-2021 TEAL Outcomes

SPORT (Suicide Prevention Ongoing Resiliency Training) held a 1 day virtual conference on suicide prevention, intervention, and postvention and student resiliency content to teachers, school administrators and school based mental health support staff. Through TEAL (focuses on the arts integration including social and emotional learning practices integrated into the arts. They provided virtual conference and a lot of online learning modules and support to schools and districts.

Youth Engagement Implementation Leads: Devin Saragosa-Harris, Cheryl Eskin, Tracie Andrews, Carolyn Kaneko and Jana Sczersputowski

Tracie Andrews spoke about LASPN Youth Advisory Board

3 Co-Chairs: Carolyn Kaneko, Celeste Meza & Elisabeth Nails

3 youth leaders

23 youth members ages 16 to 23 years old

Goal to keep youth involved as participants and then grow into mentor roles.

- Working on setting goals
- 3 pillars:
 - Arts and Socials Media Pillar,
 - Outreach and Engagement Pillar,
 - Policy and Advocacy Pillar
- We try to ensure the board represented the entire LA county in all aspects, culturally, diversity, linguistically, etc.

Words from Youth Advisory Board Co-Chairs

- Carolyn Kaneko: Worked on series of self care playlist and for Valentines they're working on a self love playlist/reels.
- Elisabeth Nails - Looking to bring social and emotional arts facilitation, healing informed arts to YAB
- Celeste Meza: Has been assisting in providing training support

Upcoming events:

- LASPN YAB joining together with DPH YAB to have 30 youth trained in Youth Mental Health First Aid by NAMI this March 6th.
- The LASPN Youth Advisory Board Applications will be available the beginning of March 2022. We will send out the information to this group and through our LASPN distribution list. If you know some youth between 16 and 24, let them know of this opportunity.

Cheryl Eskin provided info on Teen Line

- Teen line provides peer phone hotline also provides support through text, email, social media, message boards.

TEEN LINE | *Teens Helping Teens* | www.teenlineonline.org | [Find us on Facebook & Twitter](#)

[CALL 800-852-8336](tel:8008528336) *Nationwide (6 PM - 10 PM PST)*

[TEXT TEEN to 839863](tel:839863) *(6 PM - 9 PM PST)*

[EMAIL US](#)

- Teens turn to their peers much more than adults.
- 60-80 LA based teens as "Listeners" for the Teenline hotline every year.
- Teenline yellow pages app: <https://teenlineonline.org/yyp/>.

Action Item: Those interested in helping update our Youth Yellow Pages, please contact Cheryl at cheryl@teenlineonline.org

Devin Saragosa-Harris provided update on Direction Change

- Directing Change is a free and evaluated suicide prevention program that prepares young people to know the warning signs of suicide and support a friend.

- Middle School, High School and College Students
- Directing Change covers all parts of LA County
- Works with 40 schools, private, public and charter schools, middle and high school level and organizations outside of schools like boys and girls clubs
- Holds an annual film contest and monthly art contest
- The Hope and Justice Category: youth voice and making sure they have space to be heard.

Action Item: Schools/districts/principals or anyone interested in creating films/youth pieces or talking about how to start more conversation about suicide prevention or mental health on campus, please contact Devin at devin@directingchange.org.

Family Intervention for Suicide Prevention Pilot (SAFETY-A Safe Alternatives for Teens and Youth – Acute) Lead: Dr. Laurel Bear who provided an update

- Research only project. As research is conducted they've been able to implement and provide support.
- Duke University, one of their partners, will be facilitating trainings
- SAFETY-A compliments suicide prevention procedures already used in school districts
- Dr. Bear & team meet weekly – redesigning the curriculum that can be adapted in schools.
- Half the students that are screened and transported decline after care services.
- Focus of SAFETY-A: How do we facilitate a dialogue with the care provider to ensure more success with linkage of services and avoid additional barriers.
 - Identify youth experiencing self-harm or suicidal ideations
 - How do we prevent immediate risk, from strength based approach
 - Connect the students to resources and treatment through the facilitation of the training that will be provided to the districts that will be participating
- 3 phases
 - Phase 1: Focus groups with school districts (school leaders, parents, students) that help capture their needs to design SAFETY-A within schools
 - Phase 2: Identify the 2 districts that will receive the SAFETY-A trainings.
 Goal to pilot in underrepresented communities; equity with services, MH , physical health services; schools with higher number of African America, Asian and Latinx students
 Trainings tailored to school officials, school psychologists, district social worker or administrator
 - Phase 3: (for next year) Wedge pilot trial – with remaining districts and look at their needs, challenges this school year and collaborate with research team to further enhance their strengths
- Summary of SAFETY-A
 - Will change how Screenings in schools are facilitated.

- Increase and improve linkages of services for after care
 - Focusing on students and family strengths
 - Providing more resources of support for students and schools
 - Relationship building for the vulnerable students so they know who they can identify on campus
 - Promotion of help seeking behavior
 - Empowerment of students
 - Instead of relying on PMRT, what can the schools do?
 - Smooth school re-entry and transition plan for every student that has experienced ideations or engaged in self harm even if they're not transported.
- o Dr. Bear will share link to the publication

Upcoming Events:

Elisabeth Nails shared link for free event to kick off a 6 month series of 2 hour workshops.

[Arts Education Forum: The Role of Arts in Healing-Centered Engagement for LA County Youth](#)

Tuesday, February 15, 2022

1:00 – 3:00pm

<https://socialgrantmakers.org/events/arts-education-forum-role-arts-healing-centered-engagement-la-county-youth>

Flyer for the 6 month series to follow

Support/Needs and Contacts:

For school districts that need support writing a comprehensive school wide plan, available programs for elementary level, ect., **what is best way for schools to get support?** Contact: Stephanie Murray. Stephanie.murray@wuhsd.org and/or Jewel Forbes Forbes_jewel@lacoedu

Nana Sarkodee-Adoo (Office of Violence Prevention) **Looking for cultural and identity specific suicide prevention resources in LA County** especially LatinX and/or Native American youth. Email: nsarkodee-adoo@ph.lacounty.gov

Those looking for trainings for family & caregivers – SPORT website has **recorded parent/caregiver trainings** that you can direct families to. Contact Stephanie at Stephanie.murray@wuhsd.org for more info or go to <https://preventsuicide.lacoedu/>

Resources from Traute Winters of NAMI

<https://nami.org/Support-Education/Mental-Health-Education/NAMI-Sharing-Hope-Mental-Wellness-in-the-Black-Community>