



The Hero in Each of Us

LASuicidePreventionNetwork.org

Youth Workgroup Update

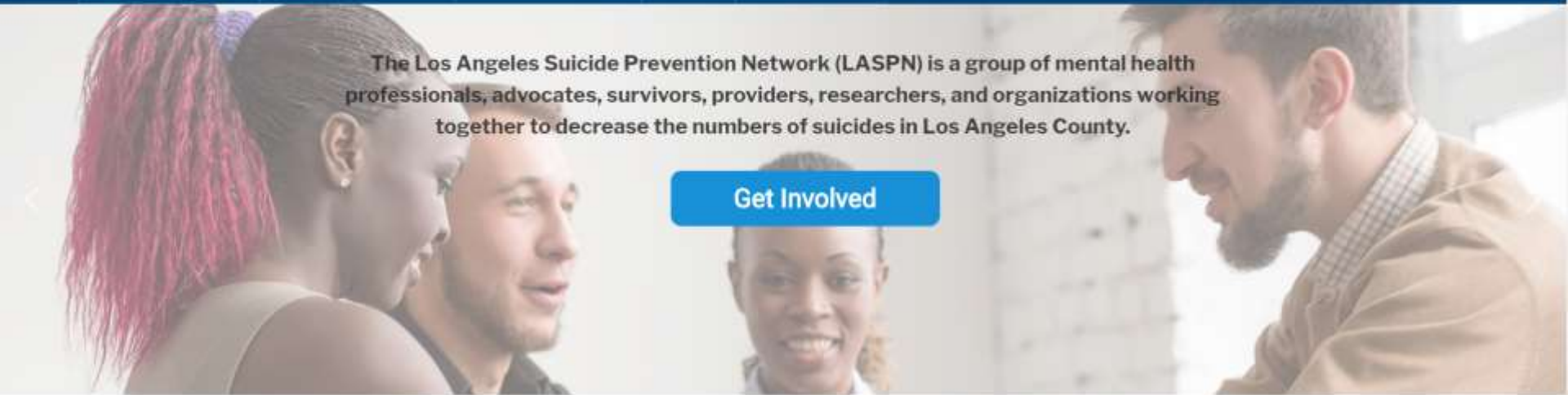
February 2022



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)

Connect with Us!



- [About LASPN](#)
- [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 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

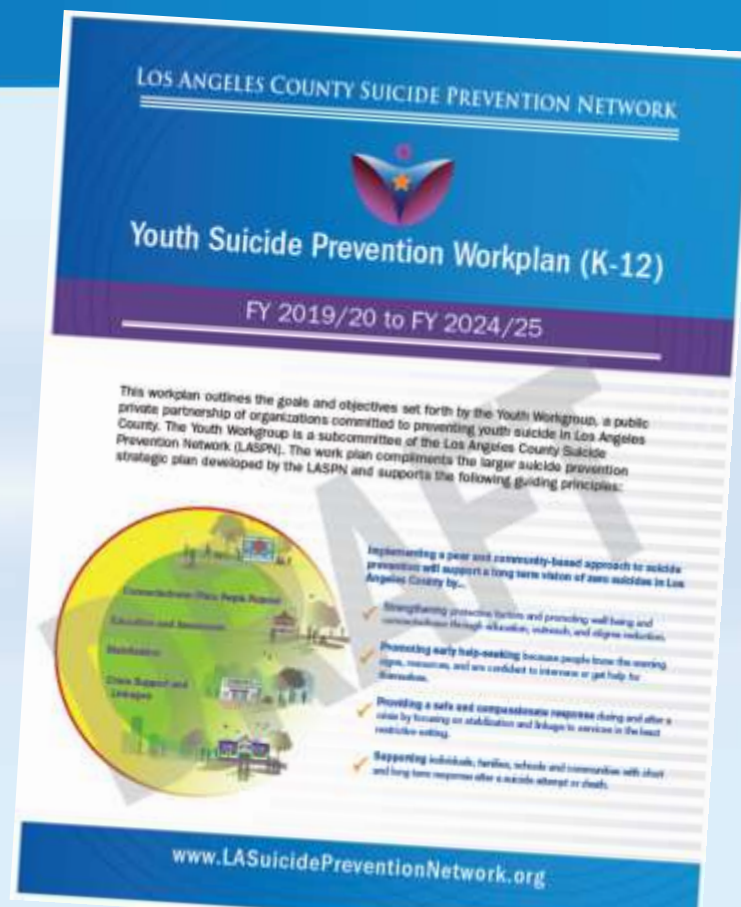
www.LASuicidePreventionNetwork.org

Connect with Us!



Workplan 2020-2025

- 5-Year Workplan
- FYs 2019-2021 Priorities
 - Establish Youth Council
 - Peer-based clubs, programs and wellness centers
 - Programs that promote protective factors/reduce risk factors
 - SEL
 - Suicide prevention policies, practices and trainings
 - SAFETY-A





Program Implementation

- Implementation 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

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

- ✓ 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://lacoek12oms.org/2035-200535>



Program Implementation Workgroup

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 10.30 a.m. to 12.30 p.m. via zoom.

- [5 Year Workplan](#)
- [Prevention Program Directory](#)
 - [Bring Change to Mind](#)
 - [Second Step](#)
 - [Directing Change](#)
 - [Erika's Lighthouse](#)
 - [Sources of Strength](#)
 - [Teen Line](#)
 - [The Wellness Center](#)
 - [Paxis Institute](#)
- [Cover Letter](#)

Next Steps

- ✓ Resend program directory
- ✓ Ask districts to send out a school survey

TABLE OF CONTENTS

| | |
|---|-----------|
| INTRODUCTION (Cover Letter) | 3 |
| PROGRAMS THAT ADDRESS RISK & PROTECTIVE FACTORS FOR SUICIDE PREVENTION | 4 |
| Break Free From Depression | 4 |
| CAST (Coping and Support Training) (Special Focus: At Risk Youth) | 5 |
| Directing Change Program | 6 |
| Erika's Lighthouse | 7 |
| Finding Focus | 8 |
| GRIEX | 9 |
| Reconnecting Youth | 10 |
| RULER | 11 |
| Second Step | 12 |
| Sources of Strength | 13 |
| The PAX Good Behavior Game (PAX GBG) | 14 |
| The Trevor Project Trainings | 15 |
| PEER BASED PROGRAMS | 16 |
| Bring Change to Mind | 16 |
| GLSEN Training (Special focus: LGBTQ) | 17 |
| Kognito Friend2Friend | 18 |
| Life Savers Training Program | 19 |
| NAMI on Campus High School Club (NCHS) | 20 |
| Teen Line | 21 |
| Wellness Center | 22 |
| ADDITIONAL RESOURCES | 23 |



Suicide Prevention Policies and Practices

- Implementation Leads: Jewel and Susan

Activity 2: Assist districts with implementing comprehensive and effective suicide prevention strategies.

Objective 2.1, 2.2. and 2.3: By the end of the 2024/2025 school year, 100% of districts will answer **yes** that they have provide some type of suicide prevention staff training to their staff on annual basis, provide suicide prevention informational events and resources to parents, implement at least one suicide prevention youth engagement program, and have a comprehensive plan to handle a death by suicide on campus.

**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 mental CDE policy, administrative requirements, staff training, 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 8th, 2021
For Elementary Schools
Register: <http://www.sd.gov.org/2021-04-08>

April 16th, 2021
For Elementary Schools
Register: <http://www.sd.gov.org/2021-04-16>

April 20th, 2021
For All Grades K-12
Register: <http://www.sd.gov.org/2021-04-20>

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://www.sd.gov.org/2021-05-05>

For more information, please contact Stan Collins at stan@suicidepreventionhhs.org



Social Emotional Learning

- Implementation Leads: Dotti and Arlene

Objective 1.3. By the end of the 2024/2025 school year, some staff in every school are trained in Social Emotional Learning (SEL) teaching techniques, and implement research-based SEL strategies.

Los Angeles County Office of Education (<https://www.lacoe.edu>)

The Los Angeles County Office of Education (LACOE) and the Center for Distance and Online Learning (CDOL) in the Division of Curriculum and Instructional Services (CIS) continued to support the mental health needs to our school districts, charter schools, and private schools through the Suicide Prevention Ongoing Resiliency Training (SPORT) project. Many school districts, charter school networks, and private schools depend on the SPORT project for continued guidance and support in complying with the mandates of AB2246 and AB 1767. For the 2020-21 school year, CDOL focused SPORT training and implementation for districts that were identified for support under the Every Student Succeeds Act (ESSA). Additionally, CDOL offers Technology Enhanced Arts Learning (TEAL), which focuses on arts integration, social-emotional learning and trauma-informed practices to build capacity in arts education, utilizing the same successful blended learning format.

2020-2021 SPORT Outcomes (<https://preventsuicide.lacoe.edu/>):

- 1-Day Virtual Conference provided suicide prevention, intervention, postvention, and student resiliency content to teachers, school administrators, and school-based mental health support staff.
- 33 LEAs including school districts, charter schools, CDE Suicide Prevention Team Leads, and San Bernardino Superintendent of Schools COE Mental Health Team received professional development and support.
- 28 customized coaching sessions were provided designed to support suicide prevention, intervention, and postvention needs of the participating school districts
- Provided Student Mental Wellbeing (SMWB) asynchronous online training modules

2020-2021 TEAL Outcomes (<https://tealarts.lacoe.edu/>):

- Two 2-Day Foundational Virtual Conferences reached 225 participants from 36 districts representing 89 schools within LA County
- Transformative Virtual Conference serviced at 21 districts/charter networks and 37 schools
- Provided access to TEAL Online Learning Modules and Compassionate Care Packages to increase equitable capacity in the areas of culturally inclusive and diverse arts integration embedded with social emotional learning competencies.

After a rigorous screening process, the LASPN created a Youth Advisory Board comprised of 23 teenagers and young adults from across greater Los Angeles. The group participates in monthly trainings by community partners about various mental health issues, to help build their knowledge and advocacy as mental health ambassadors in their communities. They are currently planning projects for 2022 related to mental health in the areas of art and film, outreach and education, and advocacy.



Youth Engagement

- Implementation Leads: Devin, Cheryl, Tracie, Carolyn, Jana

Objective 2.3: By the end of the 2024/2025 school year, schools in districts with above average suicide ideation, as identified by the Healthy Kids Survey or other data, implement at least one youth suicide prevention program on an ongoing basis.

- Obtain baseline of current practices by public school districts by September 2019 through district survey, and by June 2021 for private and charter districts.
- Compile a list of evidence-based or promising suicide prevention youth engagement programs and review with school and youth stakeholders.
- On an annual basis provide information to implement the free Directing Change Youth Suicide Prevention Program to schools. As resources permit, provide mini grants to schools, prioritizing schools with no existing youth engagement programs.
- Provide districts, schools, and Parent Teacher Associations with information about Teen Line as a resource for their children.



Teen Line (www.teenline.org)

Teen Line is an anonymous hotline for teenagers that operates every evening from 6 p.m. to 10 p.m. PST. Teen Line volunteers who answer the calls, emails and texts are Los Angeles teenagers who have received specialized training. In addition to operating the crisis line, Teen Line supports teens through online message boards, outreach, education and professional trainings.

2020 Outcomes

- 17,354 calls, emails and texts with 980 suicidal teens helped on the hotline
- 24,378 parents, school, staff, youth organization staff and law enforcement officers trained in suicide prevention
- 5,336 youth participated in outreach programs

Directing Change Program (www.DirectingChangeCA.org)

The Directing Change Program educates youth ages 12-25 about the warning signs of suicide, mental health, and how to help themselves or a friend with an initiative that engages them in the creation of short films on these topics. Additional services by Directing Change include outreach, parent engagement, and trainings for educators and districts focusing on implementing comprehensive school-based suicide prevention policies.

Outcomes

- 42,589 youth, parents, and community members reached through program, mini grants, and events
- 332 films about suicide prevention and mental health created by Los Angeles County youth
- 211 school administrators from 56 Los Angeles County schools/districts trained virtually on implementing suicide prevention policies

the Hope & Justice

Category



In 2020, Directing Change launched a new category titled Hope and Justice that asked youth to create art pieces in any medium about either what brings them hope, a social justice topic they feel passionate about, or a rotating monthly submission topic around the social distancing, election, self-love, representation, substance use, mental health and other topics.

- 164 art pieces by 175 Los Angeles County youth in the 2020-2021 program year.



Family Intervention for Suicide Prevention Pilot

Safe Alternatives for Teens and Youth - Acute (SAFETY-A)

- Workgroup Lead: Dr. Bear

Objective 3.4: By the end of the 2024/2025 school year, the Family Intervention for Suicide Prevention (FISP) or similar intervention, will have been adapted for a school-setting, implemented and evaluated in at least one public school district.

- Develop an implementation model to adapt the Family Intervention for Suicide Prevention (FISP) or similar intervention, for a school setting by December 2020.
- Develop an implementation model to adapt the Family Intervention for Suicide Prevention (FISP) or similar intervention, for a school setting by December 2020.

Focus Group: Safe Alternatives for Teens and Youth-Acute (SAFETY-A)

DR. ANNA LAU, UCLA Department of
Psychology

Dr. LAUREL BEAR, Education Consultant

DR. JOAN ASARNOW, UCLA David
Geffen School of Medicine

Duke University School of Medicine



SAFETY-A

(Safe Alternatives
for Teens & Youth
- Acute)

Evidence-based intervention for suicidal youth



Rooted in cognitive-behavioral and family systems theory



Involves caregivers/parents throughout the therapeutic assessment and intervention process



Initially designed for use in the ED and adapted for use in other settings



Effective in enhancing linkage to mental health care



Safety-A Target Population

NOT for students you are sure will require hospitalization

USE with students with identified risk that require continued screening to identify next steps when it is not immediately clear that they will require hospitalization

USE with student as part of school reintegration plan





Workplan 2020-2025

Next Steps

- Continue existing implementation priority areas
- Work together to establish priority implementation areas for FY 2021-22 and FY 2022-23.

