


LOS ANGELES
SUICIDE PREVENTION

SUMMIT 2023

**WE ARE BETTER TOGETHER:
WEAVING CONNECTIONS AND SUPPORTS**

LASuicidePreventionNetwork.org



About LASPN



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.

To get involved with LASPN, please contact: info@LASuicidePreventionNetwork.org.



Co-Chair Message

Welcome to the 13th Annual Los Angeles Suicide Prevention Network Summit!

As co-chairs we are committed to collaborative suicide prevention work between public and private entities that decreases stigma and improves prevention and postvention efforts. In a city as diverse as ours, it is important to be culturally competent and meet people where they are. Community-led suicide prevention initiatives, like ours, contribute to overall health and well-being by raising awareness, providing resources, and fostering supportive environments.



It is with our collective passion that we bring you two days of presentations and opportunities for connection. We strongly believe we all have a role to play in prevention – it takes all of us to break down stigma, shame, and misunderstandings associated with suicide. If today inspires you to join our network, please be assured that while the subject matter is heavy, we also find times for laughter, joy, connection, and friendship.

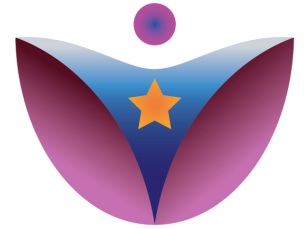
Thank you for being a part of this year's summit! We are **so** grateful that you are here.

Warmly,

Tracie Andrews & Cheryl Eskin

2023 Los Angeles Suicide Prevention Network Co-Chairs

CONTENT WARNING & LAND ACKNOWLEDGMENT



Content Warning & Calm Room

Please note that this summit will discuss suicide, self-harm, and loss. We understand that these can be difficult topics which impact each of us on both a professional and a personal level.

In order for us to address suicide as a community, we need to take care of ourselves first. If you need to step away for a moment to do so, feel free to visit the Calm Room (located in Big Sur) for a quick break and deep breath.

We see and care about you.

Land Acknowledgment

The County of Los Angeles recognizes that we occupy land originally and still inhabited and cared for by the Tongva, Tataviam, Serrano, Kizh, and Chumash Peoples. We honor and pay respect to their elders and descendants – past, present, and emerging – as they continue their stewardship of these lands and waters.

We acknowledge that settler colonization resulted in land seizure, disease, subjugation, slavery, relocation, broken promises, genocide, and multigenerational trauma. This acknowledgment demonstrates our responsibility and commitment to truth, healing, and reconciliation and to elevating the stories, culture, and community of the original inhabitants of Los Angeles County. We are grateful to have the opportunity to live and work on these ancestral lands. We are dedicated to growing and sustaining relationships with Native peoples and local tribal governments, including (in no particular order):

Fernandeño Tataviam Band of Mission Indians
Gabrielino Tongva Indians of California Tribal Council
Gabrieleno/Tongva San Gabriel Band of Mission Indians
Gabrieleño Band of Mission Indians – Kizh Nation
San Manuel Band of Mission Indians
San Fernando Band of Mission Indians

To learn more about the First Peoples of Los Angeles County, please visit the Los Angeles City/County Native American Indian Commission website at lanaic.lacounty.gov.

SUMMIT SCHEDULE

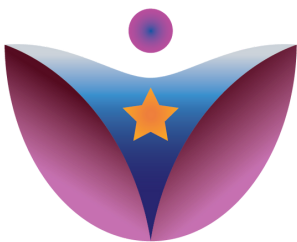
thursday september 14, 2023

| TIME | DESCRIPTION | PRESENTER | LOCATION |
|----------------------------|--|---|---------------|
| 7:30 am - 8:30 am | BREAKFAST | | Solis Hall |
| 8:30 am - 9:00 am | Morning Welcome & Opening Remarks | Jewel Forbes Elisabeth Nails Carolyn Kaneko Dr. Lisa Wong Dr. Barbara Ferrer | Solis Hall |
| 9:05 am - 9:35 am | Morning Keynote Speaker | Dr. D'Artagnan Scorza | Solis Hall |
| 9:35 am - 10:15 am | Planning for Living, Means Safety, and Firearm Suicide Prevention | Stan Collins | Solis Hall |
| 10:15 am - 10:20 am | BREAK | | |
| 10:25 am - 11:35 am | A Candid Conversation with Attempt and Loss Survivors | Ester Bryant James Espinoza Bridget McCarthy Nataly Melendez Pastor Michelle Wright Facilitator: Christina Ortiz | Solis Hall |
| 11:35 am - 11:45 am | BREAK | | |
| BREAKOUT SESSION #1 | | | |
| 11:45 am - 1:00 pm | Track 1: Neuroscientific Foundations of Restorative Practices: Fostering a Restorative Ecosystem for Crisis Intervention and Community Well-being | Carlos Alvarez | Cabrillo Room |
| | Track 2: ResponseABILITY: Centering BIPOC 2SQT+ and Collective Liberation | Dr. Laura Minero | Redwood Room |
| | Track 3: Suicide Intervention in Schools: Screening for Suicide Risk | Richard Lieberman Stephanie Murray | Catalina Room |
| | Track 4: Community Assessment During A Crisis | Nelly Arias Karon Austin Gina Haase | Mojave Room |

SUMMIT SCHEDULE

thursday september 14, 2023

| TIME | DESCRIPTION | PRESENTER | LOCATION |
|----------------------------|---|--|---------------|
| 1:00 am - 1:45 pm | LUNCH AND 2023 HERO AWARDS CEREMONY | | Solis Hall |
| 1:45 pm - 2:45 pm | Afternoon Keynote Speaker Sing My Soul Happy: Choosing Life. Choosing Song. | Dr. Ernest Harrison | Solis Hall |
| 2:45 pm - 2:50 pm | BREAK AND TRANSITION | | |
| BREAKOUT SESSION #2 | | | |
| 2:50 pm - 4:15 pm | Track 1: Contagion: What's a School to do? | Richard Lieberman Stephanie Murray | Catalina Room |
| | Track 2: Coping with Grief and Loss Around Suicide: The Role of Expressive Arts | Julyssa Guevara Dr. Asia Moore | Mojave Room |
| | Track 3: Changing "The System" to Improve Safety and Wellbeing for Transgender, Gender-Diverse, and Intersex (TGI) Youth | Jamie Estrada Dr. Katherine Gardner Dr. Rebecca Gitlin | Cabrillo Room |
| | Track 4: Substance Abuse, Suicide, and Recovery: Providing Education and Hope for Loved Ones | Dr. Daisy Gomez Dr. Robert Weathers | Redwood Room |
| 4:15 - 4:20 pm | Closing Remarks | Carolyn Kaneko | Solis Hall |
| 4:20 pm - 5:00 pm | NETWORKING | | |



Thank you for joining us for the first day of the **13th Annual LASPN Suicide Prevention Summit**. We look forward to seeing you tomorrow!



Still need to register for tomorrow's virtual session? Scan the code or visit <https://eventshub.dmh.lacounty.gov/Account/Events/Conferences/Splash/12104>.

SUMMIT SCHEDULE

friday september 15, 2023

| TIME | DESCRIPTION | PRESENTER |
|---------------------|---|-----------------------------------|
| 8:15 am - 8:30 am | Opening Remarks | Lyn Morris |
| 8:30 am - 8:50 am | Morning Moment of Creative Wellbeing | X.ARI |
| 8:50 am - 8:55 am | Welcome Remarks | Carolyn Kaneko |
| 8:55 am - 10 am | Morning Keynote Speaker | Dr. Rheeda Walker |
| 10:00 am - 10:05 am | BREAK | |
| 10:05 am - 11:10 am | Honoring Traditions, Saving Lives: The Power of Native American and Indigenous Approaches in Suicide Prevention | Dr. Debora Villanueva |
| 11:10 am - 11:15 am | BREAK | |
| 11:15 am - 12:15 pm | Empowering Community Partners in Research and Treatment Development for Youth and Families | Dr. Jocelyn Meza |
| 12:15 am - 12:45 pm | LUNCH | |
| 12:45 pm - 1:00 pm | Afternoon Moment of Creative Wellbeing | Akuyoe Graham |
| 1:00 pm - 2:00 pm | Beyond the Buzzword: De-mystifying "The Algorithm" and Its Impact on Youth Mental Health | Sophia Szew |
| 2:00 pm - 2:05 pm | BREAK | |
| 2:05 pm - 3:05 pm | Helping Healers Heal: Proactively Identifying and Developing Relevant Prevention and Intervention Strategies | Charmaine Dorsey |
| 3:05 pm - 3:10 pm | BREAK | |
| 3:10 - 4:10 pm | Coping with Grief and Loss Around Suicide: The Role of Expressive Arts* (*additional presentation of 9/14 session) | Julyssa Guevara Dr. Asia Moore |
| 4:10 pm - 4:30 pm | Closing and Departure | |

WORKSHOP DESCRIPTIONS

thursday, september 14

9:40am - 10:15am Thursday

Planning for Living, Means Safety and Firearm Suicide Prevention

Presented by: Stan Collins

Reducing access to lethal means is one of the most effective strategies for suicide prevention. During the presentation, attendees will learn about foundational research to support means safety as part of a comprehensive strategy for suicide prevention. Attendees will explore programs and opportunities to engage the community in means safety. Particular focus will be provided on firearm suicide prevention strategies and efforts.

10:25am - 11:35am Thursday

A Candid Conversation on Loss and Survival Loss/Attempt Survivors

Panel: Michelle Wright, Bridget McCarthy, Ester Bryant, Nataly Melendez, and James Espinoza; **Facilitated by** Christina Ortiz

This panel includes loved ones who experienced the death of a loved one to suicide and individuals that experience suicidal ideations and/or previously attempted suicide. The panel will provide insight into their own unique experiences and their journey through life and transitions.

TRAINING WORKSHOP 1 | 11:45am - 1:00pm Thursday

Neuroscientific Foundations of Restorative Practices: Fostering a Restorative Ecosystem for Crisis Intervention and Community Well-being

Presented by: Carlos Alvarez

This presentation aims to equip all staff, regardless of their level of expertise, with a comprehensive understanding of the neuroscientific principles behind building a restorative ecosystem. By evaluating the continuum of care and redeveloping protective factors, we can effectively address any challenge by applying restorative strategies, drawing from the latest research on Right-Brain Restorative practices.

During this presentation, we will explore the fundamental principles that underlie restorative practices. These principles can be universally applied in various settings, including homes, communities, schools, and interpersonal interactions. By integrating these principles into our approach, we can contribute to suicide prevention and promote overall community well-being. Through an engaging and accessible format, participants will gain insights into the neuroscientific basis of restorative practices. By understanding how these practices positively impact the brain and nervous system, participants will be empowered to utilize restorative strategies in their daily interactions, whether one-on-one or in group settings. This presentation seeks to bridge the gap between neuroscience and practical application, ensuring that all staff members, regardless of their level of expertise, can contribute to building a restorative ecosystem and effectively address crisis situations through the implementation of evidence-based restorative techniques.

TRAINING WORKSHOP 2 | 11:45am - 1:00pm Thursday

ResponseABILITY: Centering BIPOC 2SQT+ and Collective Liberation

Presented by: Dr. Laura Minero (CEUs Available)

This session will focus on uplifting and centering the experiences and historical significance and contributions of BIPOC 2SQT+ folx. Participants will learn how principles of accountability, 2SQT+ affirming, anti-racist frameworks can be utilized to actively resist everyday aggression and abuse towards BIPOC 2SQT+ folx and create communities and environments where BIPOC 2SQT+ can fully thrive and reduce incidences of suicide. Presenter will share from her own experiences as a queer and gender expansive Latinx immigrant muxer and engage audience in processing scenarios commonly experience by BIPOC 2SQT+ folx and equip them with response tactics and tools for becoming active advocates to resist BIPOC 2SQT+ oppression.

TRAINING WORKSHOP 3 | 11:45am - 1:00pm Thursday

Suicide Intervention in Schools: Screening for Suicide Risk

Presented by: Stephanie Murray and Richard Lieberman

This workshop will focus on suicide intervention in the schools and screening for suicide risk utilizing the materials and resources of LACOE's SPORT (Suicide Prevention Ongoing Resiliency Training) program. Additional topics addressed will include the challenges of notifying parents or DCFS, collaborating with community mental health and County psychiatric mobile response teams, providing safety planning and re-entry guidelines for students returning from hospitalizations.

TRAINING WORKSHOP 4 | 11:45am - 1:00pm Thursday

Community Assessment

Presented by: Nelly Arias, Karon Austin & Gina Haase

A review of community assessment tool CARS when conducting mental health evaluations.

2:00pm - 2:45pm Thursday

KEYNOTE: Sing my Soul Happy: Choosing Life. Choosing Song.

Presented by: Ernest Harrison

Dr. Ernest Harrison will lead a keynote entitled "Sing my Soul Happy: Choosing Life. Choosing Song" where in, he will use music and poetry to tell his own story of daily battling mental health, neurodivergence, self hatred, internalized homophobia, racism, resultant suicidal ideations, and his efforts to overcome these hurdles daily through the power of faith, creativity, music, community, and building and maintain honest and healthy relationships with yourself. Ernest will lead group songs, tell stories, and encourage attendees to share in whatever ways they feel comfortable as he advocates for healing through the power of ones own voice. Ernest is a poet, musician, educator, advocate for social justice through diversity and equity and inclusion, and a choral clinician focused on building and maintaining safe spaces for all marginalized individuals across all spectrums but most especially BIPOC and LGTQIA+ individuals. Ernest is dedicated to making change in anyway that he can.

TRAINING WORKSHOP 1 | 2:50pm - 4:15pm Thursday

Contagion: What's a School to Do?

Presented by: Richard Lieberman and Stephanie Murray

Exposure to suicide is a significant risk factor of youth suicide and there is considerable evidence the suicidal behavior in some can lead to a contagion effect among vulnerable youth. Research has focused on the media and unsafe messaging in news reporting, books, movies, television and most recently, social media platforms. This workshop will focus on the phenomenon of contagion and how it can lead to community clusters. Most illuminating, in response to a devastating cluster in their community, one school district's immediate and long-term interventions will be chronicled to serve as an example of school postvention.

TRAINING WORKSHOP 2 | 2:50pm - 4:15pm Thursday

Coping with Grief and Loss around Suicide: The Role of Expressive Arts

Presented by: Dr. Asia Moore and Julyssa Guevara

Through experiential learning and discussion with Maru Serrichio-Joiner, PhD, LMFT, ATR-BC and Asia Moore, MSW, MA, PhD(c), this session explores the power of the expressive arts to support healing, resilience, and growth in the face of trauma, loss, and grief. We will begin with discussing overall concepts of the Interpersonal Theory of Suicide, then focus on the transformative tools of visual art and creative writing while also providing self-care for LASPN members. No prior art experience is necessary; the emphasis is on personal exploration and self-expression.

TRAINING WORKSHOP 3 | 2:50pm - 4:15pm Thursday

Changing "The System" to Improve Safety and Wellbeing for TGI Youth

Presented by: Dr. Rebecca Gitlin, Dr. Katherine Gardner, and Jamie Estrada

With record numbers of anti-trans bills being proposed and passed nationwide, we are navigating an unprecedented sociopolitical landscape affecting transgender, gender nonconforming, and intersex (TGI) community members. It can be challenging to fully grasp the meaning and impact of this legislation on the wellbeing of TGI young people and their allies, including in places like Los Angeles County that have thus far resisted the harmful systemic practices we are seeing across the United States. You will hear from professionals who are immersed in cultural and systemic transformation within Los Angeles County Departments of Mental Health (DMH), Health Services (DHS), and Children and Family Services (DCFS), who will describe successes and barriers related to expanding and improving services for TGI young people. This presentation will increase participants' understanding of what safe access to gender affirming care looks like and why fostering an affirming, inclusive, and effective public sector is crucial to improving health-related and social outcomes. Presenters will also offer their perspective on our collective roles, responsibilities, and opportunities to support the wellbeing and empowerment of TGI young people.

TRAINING WORKSHOP 4 | 2:50pm - 4:15pm Thursday

Substance Abuse, Suicide, and Recovery: Providing Education and Hope for Loved Ones

Presented by: Dr. Daisy Gomez and Dr. Robert Weathers (CEUs available)

The co-presenters of this workshop, Drs. Weathers and Gomez, have been working together this past year to both identify and answer 4 key questions which often arise for individuals in substance abuse recovery and their loved ones. At last year's LAPSN Summit, Dr. Weathers made clear how essential the support of loved ones can be when successfully addressing both substance abuse and suicidality. What may be missing for many such loved ones is a solid, foundational grounding in the latest scientific information, much of it based on innovations in brain-scan technology, trauma studies, and attachment theory (the bulk of it in this current century), focused on understanding substance abuse's impact on the brain and the body, including heightened suicidal risk. In fact, as again Dr. Weathers made clear at last year's LAPSN Summit, substance abuse and suicidality often tend to go hand-in-hand; address one effectively, and the other will oftentimes also receive preventive support. The goal then, throughout this workshop, is to aid in in deepening loved ones' (and their healthcare providers') understanding of, and empathy for, those in early recovery, including in and around potential slips and relapses. Practical applications of co-regulation – where individuals in recovery learn to engage helpfully with their loved ones, and vice-versa – will not only be detailed, but will be put into action, by means of multiple, hands-on exercises during this workshop. All such tools will be directed toward one, primary goal: increased resilience and reduction of suicidal risk for individuals in substance abuse recovery, as enhanced by active and effective contributions from loved ones.



The Los Angeles Suicide Prevention Network would like to thank the **California Endowment** for letting us use this beautiful venue.

Remember, Friday's activities are all virtual. Please use this QR code to register for the online portions.



WORKSHOP DESCRIPTIONS

friday, september 15

9:00am - 10:00am Friday

KEYNOTE

Presented by: Rheeda Walker

Understanding unique suicide vulnerability is critical for utilizing culturally informed strategies for suicide prevention. Participants will gain insight to contemporary challenges associated with suicide risk particularly for underserved African American communities. Though suicide is immensely complex, participants will be empowered to employ strategies to promote hope and resilience among individuals who may be at risk.

10:10am - 11:10am Friday

Honoring Traditions, Saving Lives: The Power of Native American and Indigenous Approaches in Suicide Prevention

Presented by: Deborah Villanueva

This presentation delves into the profound impact of incorporating Native American and Indigenous practices in suicide prevention strategies. Through culturally responsive approaches and ancestral wisdom, we explore how these time-honored traditions can strengthen mental health initiatives and build resilience within communities. Gain valuable insights on bridging cultural gaps, fostering understanding, and empowering individuals through the preservation of heritage. Together, we'll uncover the transformative potential of honoring traditions as a powerful means to save lives and create a more inclusive, supportive future for all.

11:15am - 12:15pm Friday

Empowering Community Partners in Suicide Prevention Research and Treatment Development for Youth and Families

Presented by: Jocelyn Meza (CEUs Available)

Community based participatory research (CBPR) has been proposed as a research framework that focuses on community strengths and can be employed to disrupt mental health disparities (specifically suicide) that disproportionately impact ethnoracially minoritized youth. In this workshop, participants will learn to define CBPR, will learn about the guiding principles, and will be able to describe the pros and cons of using CBPR when working with suicidal people. This workshop will also review two UCLA initiatives that have used CBPR approaches, and will discuss key recommendations for empowering community members through CBPR and will highlight community efforts for mental health suicide prevention and supports.

1:00pm - 2:00pm Friday

Beyond the Buzzword: Demystifying "The Algorithm" and its Impact on Youth Mental Health

Presented by: Sophie Szew

This session will provide participants with a radical safe space to discuss and learn about the impact of social media on youth mental health and dive into the nuances that we often neglect to pay attention to when talking about gen z's relationship to social media. We will talk about the intersection between social media and the systematic and intentional equating of people with profit, capitalization upon vulnerability, and how to build solidarity, find community, and create change.

2:05pm - 3:05pm Friday

Helping Healers Heal: Proactively Identifying and Developing Relevant Prevention and Intervention Strategies

Presented by: Charmaine Dorsey

Healthcare workers at all levels and roles within the health care system, are impacted by the day- to-day trauma, crisis, emergency and health experiences of the communities we serve. We are the communities we serve, and experiences can be paralleled including mental health, substance use, food and housing insecurity and other social needs. These experiences were exacerbated by the health emergency and highlighted the importance of helping those who help others heal. This needs to be done by integrating the input from the health care teams about what they feel would be most helpful, as a complement to overall comprehensive care. We value our healthcare teams and want them to experience overall well-being in all parts of their life including work and personal life. This interactive discussion will highlight some of the real experiences from the front line, as well as some tools and strategies for helping healers heal post-pandemic and beyond.

3:10pm - 4:10pm Friday

Coping with Grief and Loss around Suicide: The Role of Expressive Arts (Replay)

Presented by: Dr. Asia Moore and Julysa Guevara

Through experiential learning and discussion with Maru Serrichio-Joiner, PhD, LMFT, ATR-BC and Asia Moore, MSW, MA, PhD(c), this session explores the power of the expressive arts to support healing, resilience, and growth in the face of trauma, loss, and grief. We will begin with discussing overall concepts of the Interpersonal Theory of Suicide, then focus on the transformative tools of visual art and creative writing while also providing self-care for LASPN members. No prior art experience is necessary; the emphasis is on personal exploration and self-expression.

The Los Angeles County Department of Arts and Culture is thrilled to partner with the Los Angeles Suicide Prevention Network on the 2023 Summit We Are Better Together: Weaving Connections and Supports. Through our partnership, we uplift silo-breaking suicide prevention efforts, center the voices of people with lived experience, and acknowledge the tremendous role that artists, culture bearers and cultural resources play in nurturing wellbeing. Artists and arts-based approaches are embedded throughout this year's Summit to offer grounding, inspiration, and healing-informed strategies to integrate into prevention and post-vention work. These contributions stem from Creative Wellbeing, a strategic collaboration between the Los Angeles County Department of Arts and Culture, Office of Child Protection, Department of Mental Health, and the Arts for Healing and Justice Network, as part of the LA County Arts Education Collective to advance the goals of Arts for All Children, Youth, & Families: Los Angeles County's New Regional Blueprint for Arts Education. For more information on Creative Wellbeing, visit: lacountyartsedcollective.org/initiatives/creative-wellbeing

MEET THE SPEAKERS



Carlos Alvarez

(He/Him) Carlos Alvarez, a visionary scholar and founder of The Los Angeles Institute for Right Brain Practices and Research, is at the forefront of integrating neuroscience with Restorative Practices. His approach, known as Right Brain Restorative Practices (RBRP), leverages the power of the brain's right hemisphere for conflict resolution and fostering empathy-driven accountability. Carlos's work, influenced by esteemed psychologists like Allan N. Shore, Ph.D., promotes deep introspection, genuine remorse, and transformative growth. Through training and mentorship, he equips practitioners to apply this neurobiological understanding of accountability. Carlos's contributions inspire healing, growth, and restoration in individuals and communities.

contact: alvarez@larightbrain.org

X. Ari

(She/They) X. ARI is a queer sound healer, alt-pop singer-songwriter, public speaker, mental health advocate, and founder of non-profit WisdoMania Foundation. Her life motto is all about turning "Pain Into Power" through art and self-care. X. ARI's mission is to use creativity to empower and raise awareness to encourage others to turn their Pain into Power by finding their conduit for healing. Her goal is to make an impact in our community by spreading her message, light, and healing & by teaming up with others to make a meaningful difference.

contact: xari@wisdomaniafoundation.com

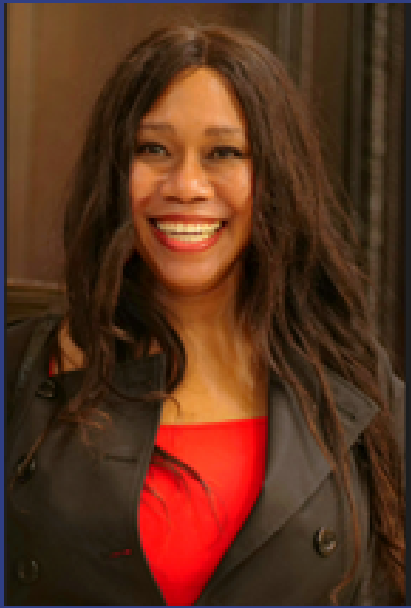


Nelly Arias

(She/Her) Nelly received her Bachelors Degree in Social Work from California State University, Los Angeles in 2004. In that same year, she joined the Department of Children and Family Services as a Children's Social Worker. In 2006, she joined the Department of Health Services and worked at Olive View Medical Center in the Psychiatric Emergency Room as a Medical Case Worker. In 2008, Nelly transferred to Los Angeles County +USC Medial Center and was part of the Clinical Social Work Department. She now works for the Department of Mental Health and is part of Partners is Suicide Prevention. Some of her primary duties are to promote public awareness about mental health, suicide prevention, and available resources through presentations, trainings, and community engagements. Nelly enjoys working with the community and is happy to be part of this amazing team.



Karon Austin



Karon Austin is a Licensed Clinical Social Worker and is currently employed with the Los Angeles County Department of Mental Health. Ms. Austin received her Masters in Social Work from California State University, Long Beach. Currently, Ms. Austin is a staff member of the Partners in Suicide Prevention team with the Los Angeles County Department of Mental Health. She provides mental health and suicide intervention and prevention education and training throughout Los Angeles County. Ms. Austin is a certified Trauma Informed Care Instructor, an Assessing and Managing Suicide Risk (AMSR) Clinical Training Instructor, as well as a Recognizing and Responding to Suicide Risk (RRSR) clinical training instructor. Additional certifications Ms. Austin has obtained include Applied Suicide Intervention Skills (ASIST) Instructor, Mental Health First Aid Instructor, and Question, Persuade and Refer (QPR) Suicide Prevention Instructor. In addition, Ms. Austin is a NAMI Connect Suicide Prevention and Postvention Training Instructor, as well a Contextual Conceptual Training Instructor. She has worked with mental health and social service agencies contracted with the Los Angeles County Department of Mental Health and, as a Clinician at these agencies, she provided mental health and substance abuse treatment. Ms. Austin was previously a Children's Social Worker with the Los Angeles County Department of Children and Family Services. In her private time, Ms. Austin does volunteer work, which includes serving on short term mission trips to countries like Africa, serving children and families at a local homeless shelter in Venice, CA, and working as a mental health worker at annual summer youth camps for foster children.

contact: kaustin@dmh.lacounty.gov

Ester Bryant

(She/Her) Ester's 13-yr-old son, Nathan, died by suicide 26 years ago. Her grief turned into depression. She became inconsolable and suicidal. Ester received the help she needed at Didi Hirsch Suicide Prevention Center. Since then, Ester has been a Suicide Prevention Advocate and volunteer.

Ester is bi-lingual. She co-facilitates bereavement support groups for survivors; does community outreach; is a member of the 24/7 Suicide Response Team; and comforts grief-stricken family members as-needed by telephone.

Ester is a recipient of Congresswoman Grace Napolitano's Woman of the Year Award, and President Barack Obama's Volunteer of the Year.

Ester attended St. Mary's College and retired from the Los Angeles County Board of Supervisor's Office. She is a widow and a loving Mom to two adult children and grandchildren. Ester remains an avid Suicide Prevention Advocate devoting her time to suicide survivors.



Stan Collins

(He/Him) Stan Collins has worked in the suicide prevention field for more than two decades since losing a friend to suicide in high school. Understanding the value of restricting access to lethal means during times of crisis (also known as means safety), and its substantial evidence backing, Stan has led multiple programs towards such efforts. He currently is the lead on a statewide funded project for means safety including an emphasis on firearm suicide prevention.

contact: stanpcollins@gmail.com





Charmaine Dorsey

(She/Her) Charmaine Dorsey is a Licensed Clinical Social Worker who has served in a variety of Clinical and Administrative roles within Health Services, Los Angeles County, for over 21 years including the implementation of Behavioral Health Integration. She currently serves as Director of Patient and Social Support Services. She is also a graduate of the Robert Wood Johnson Foundation Clinical Scholar Fellowship. Charmaine sees one of most important roles as helping to mitigate barriers, create and optimize resources and provide support to overall well-being of the teams, so they can continue to provide excellent care to our communities served.

contact: cdorsey@dhs.lacounty.gov

James Espinoza

James Espinoza is a southern California native, U.S. Army veteran, and is in his 20th year of law enforcement. He currently works as the Major Fraud Unit Supervisor in a southern California law enforcement agency, where he is also the Crisis Intervention Team Liaison and Peer Support Supervisor. James has worked various assignments including patrol officer, gang detective, violent crime/homicide detective, Crisis Intervention Team member/instructor, firearms instructor, active shooter response instructor, arrest & control instructor, and served as SWAT Crisis Negotiator. Since the tragic loss of his Army veteran brother to death by suicide in 2018, James co-founded a nonprofit serving veterans and first responders in transition from service back to civilian life in 2021. James has become a dedicated advocate, public speaker, Ventura County Behavioral Health Advisory Board member, and trainer on veteran and first responder mental health solutions. In addition to serving America's heroes, James proposed and advocated for a firearm suicide prevention bill, CA AB645 (Irwin 2019), which successfully passed and was signed in law in 2019.

contact: james.espinoza@ventura.org



Jamie Estrada

(He/His) Jamie Estrada graduated from Azusa Pacific University in 2003 with a Bachelor's degree in Sociology. Jamie joined the LA County Department of Children and Family Services (DCFS) in 2004 and spent 15 years at the DCFS South County Office as an Emergency Response Social Worker, Supervisor and Assistant Regional Administrator. As a child, Jamie was often visited by social workers due to concerns of family drug use, domestic violence, and housing instability and was adopted at age 12. Jamie and his partner of 15 years, Jonathan, adopted two brothers from foster care in 2014. For the last three years, Jamie has served as the very first DCFS Office of Equity LGBTQ+ Program Manager. Jamie is passionate about advancing equity and justice for children, youth, and young adults in the child welfare system with an emphasis on those disproportionately represented. As the LGBTQ+ Program Manager, Jamie is proud to lead initiatives establishing formal support services for LGBTQ+ youth, increasing the number of safe and affirming resource homes, and the creation of the Sexual Orientation and Gender Identity (SOGI) dashboard.



Dr. Barbara Ferrer

(She/Her) Dr. Barbara Ferrer is a nationally recognized public health leader with over 40 years' experience as a public health director, educational leader, researcher, philanthropic strategist, and community advocate.

Currently, as the Director of the Los Angeles County Department of Public Health, which prevents disease and promotes health equity and well-being among more than 10 million county residents, Dr. Ferrer oversees a budget of \$2 billion, directs a workforce of 4,600 staff, and works to integrate services with the County Mental Health and Health Services Departments. She guides the region's COVID-19 pandemic response in collaboration with county and community-based partners.

Prior to directing the LA County Public Health Department, Dr. Ferrer spent decades leading public health efforts in Massachusetts. She served as the Executive Director of the Boston Public Health Commission, the city's health department where, under her leadership, the City of Boston saw significant improvements in health outcomes, including a decrease in rates of childhood obesity, smoking, and infant mortality.

Dr. Ferrer also held leadership positions at the Massachusetts Department of Public Health, including Director of Health Promotion & Chronic Disease Prevention, and Director of the Division of Maternal & Child Health.

As a headmaster of a district high school in Boston, Dr. Ferrer secured funding from the Gates Foundation to amplify services and supports for students; over 90% of students graduated and of those graduating, 95% gained admission to college.

Dr. Ferrer also served as the Chief Strategy Officer for the W.K. Kellogg Foundation, overseeing programming and mission-driven investments. Dr. Ferrer received her Ph.D. from Brandeis University where she was awarded a PEW fellowship in Health Policy. She also holds a Master's in Public Health from Boston University, Master's in Education from the University of Massachusetts, Boston, and Bachelor of Arts degree in Community Studies from the University of California, Santa Cruz.



Julyssa Guevara

(she/hers) Julyssa Guevara, MSW, LCSW, LISW is a first generation, Guatemalan-American from Los Angeles, CA. She is a bilingual Licensed Clinical Social Worker in the states of California and Iowa who has provided services to folks in educational institutions, domestic violence shelters, juvenile justice facilities and community clinics for over 12 years. She has devoted her career in providing mental health and case management services, and program development to help support our BIPOC, LGBTQ+, Spanish speaking, and underserved population utilizing a strength-based, trauma-informed, and holistic approach. Julyssa's passion is working with folks who identify as first generation, our immigrant population and formerly incarcerated. She focuses on using expressive art practices to help foster resiliency, break cycles of abuse, and heal in community.



Jewel Forbes

(She/Her) Jewel Forbes, Project Director II, Los Angeles County Office of Education (LACOE), Division of Student Support Services. Jewel Forbes has worked in the area of student services and education for over twenty years. Jewel Forbes is the lead for school counseling and school-based mental health. As a part of the Community Health and Safe Schools Unit, Jewel Forbes provides technical assistance and support to the 80 school districts in the Los Angeles County including the areas of mental health, school counseling, violence prevention and gangs. Jewel Forbes also supports the human trafficking efforts at the Los Angeles County Office of education and oversees the HType Human Trafficking Grant Funding.

contact: forbes_jewel@lacoed.edu



Dr. Katherine Gardner

(They/Them) Dr. Katherine Gardner is a lead of the new Gender Health Program at LA County Department of Health Services where they are involved in program development as well as clinical care. LA County Department of Health Services' Gender Health Program provides gender affirming medical services to people of all ages. Dr. Gardner has worked to team with colleagues across LA County Departments to enact system change around safe access to services for transgender, nonbinary and gender diverse people and communities.



Dr. Rebecca Gitlin

(She/Her) Dr. Rebecca Gitlin is a licensed psychologist with LA County Department of Mental Health (DMH)'s Anti-Racism, Diversity, and Inclusion (ARDI) Division. She currently as DMH's LGBTQ+ Services Specialist, and she is a member of the DMH Speakers Bureau and the DMH ARDI Staff Advisory Council. Dr. Gitlin's current work focuses on expanding and improving DMH's provision of culturally responsive, trauma-informed clinical services for LGBTQ+ communities. She provides training and consultation for DMH providers and local agencies on gender affirming behavioral health, intersectional practice with LGBTQ+ communities, and trauma-informed frameworks. Dr. Gitlin is passionate about engaging with healthcare providers and community members to improve our systems of care.

contact: rgitlin@dmh.lacounty.gov



Dr. Daisy Gomez



(She/Her) Dr. Daisy Gomez is a training manager for the DMH+UCLA Prevention Center of Excellence within the Division of Population Behavioral Health and Nathanson Family Resilience Center at the Semel Institute for Neuroscience and Human Behavior. Dr. Gomez is a proud native of South Los Angeles, while working in her community doing gang-intervention and prevention, Dr. Gomez received her Master's in Forensic Psychology and Doctor of Education in Counseling Psychology. Dr. Gomez specializes in restorative practices, working with high-risk and vulnerable populations, adults and families affected by trauma, gang-involvement, the criminal justice system, the foster care system, substance abuse, racial injustice and those affected by incarceration. Dr. Gomez collaborates with researchers, community-based organizations, national organizations, and law enforcement agencies at all levels of government in creating and implementing reformative initiatives to increase education and access to mental health within underserved populations. Dr. Gomez is also the founder and president of the non-profit organization, Coalition for Advanced Restorative Equity (CARE).

contact: daisgomez@mednet.ucla.edu

Akuyoe Graham

(She/Her) Akuyoe Graham is an award winning interdisciplinary artist, spiritual counselor, educator, and advocate for healing through the arts who has dedicated her life to helping exploited, abused and neglected youth in the foster and juvenile justice system realize their value and worth. Akuyoe has appeared in a wide variety of productions, both on stage and on screen and a TedX speaker internationally. She is the Founder/CEO/ED of Spirit Awakening Foundation and is currently in post production with her critically acclaimed story, now a major motion picture.

contact: akuyoe@spiritawakening.org



Gina Haase

(She/Her/ella) Gina Haase is a Licensed Clinical Social Worker with LA County Department of Mental Health (DMH). Gina currently serves as a Mental Health and Suicide Prevention Trainer for the Partners in Suicide Prevention Program within the DMH Prevention Division. Gina has served locally, nationally, and globally in the field of Social Services and Mental Health for over twenty-five years. Some of the roles Gina has served in include Psychotherapist for nonprofits, community agencies, government institutions, and corporate settings, Trauma Responder and Corporate Trainer for Fortune 500 Companies, Wisconsin Women Equals Prosperity Milwaukee Regional Leader, Mount Mary College Leadership Advisor, Parental and Family Responsibility Supervisor, Supervisor of Ongoing Services for the Milwaukee Department of Child Welfare, CEAP Employee Assistance Professional, PMYC Board Member, and PMYC elected Officer.





Dr. Ernest Harrison

(He/Him) Dr. Ernest Harrison is a poet, musician, and teacher, committed to and specializing in the intersection of music and social justice. Ernest has been the Music Director and Head of Education and Outreach of the Gay Men's Chorus of Los Angeles since 2019. As professor, conductor, and community leader, Ernest leans on his unique knowledge of Music of the African Diaspora, including spirituals, gospel, R&B, Jazz, blues, rock & roll, and hip hop, to advocate for equity and inclusion in choral classroom, on the concert stage, and in the world. No matter the setting, his capacity to love is guides his leadership and his music making.

contact: ernest@gmcla.org

Richard Lieberman

(He/Him) Richard Lieberman MA, NCSP is a Lecturer in the Graduate School of Education at Loyola Marymount University and the Lead Suicide Prevention Expert for the SPORT program from the Los Angeles County Office of Education. He has co-authored numerous book chapters, articles and curricula on suicide prevention in the schools; consulted nationally with districts and communities experiencing suicide clusters; served on the Steering Committee for the Suicide Prevention Resource Center and contributed to the SAMHSA Preventing Suicide and SPRC/AFSP After a Suicide school toolkits, and the AFSP & California Department of Education's Model Youth Suicide Prevention Policy.

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Bridget McCarthy

"I lost my only child to suicide, September 2020, less than 2 weeks after his 16th birthday. Riley was a talented artist and a proud member of the LGBTQ community.

Since then, I have been on a mission to spread suicide awareness and prevention programs to all corners of our community, including co-chairing the signature, Santa Monica "Out Of The Darkness" Walk and facilitating 'More than Sad' and 'Talk Saves Lives' training for parents and teachers in our community.

I am the proud recipient of the LASPN/DMH Outstanding Hero Award for Advocacy - 2022. In 2023, I joined the Board of the Greater Los Angeles Chapter of the American Foundation for Suicide Prevention and became a member of the California Public Policy team, traveling to Sacramento and Washington DC to meet with legislators and advocate for student mental health."



Nataly Melendez

(She/Her/Ella) Nataly Melendez is a Salvadoran first-gen who works at the intersection of creative and community. With experience as a Social Media Strategist in B2B technology, Community Building for 501(c)(3) nonprofit GirlGangCrazy, and Production Coordination for brands + campaigns, she has established herself as a passionate voice in the community. Born and raised in Los Angeles, she is constantly inspired to bring representation to the table.

contact: natalym.melendez@gmail.com

Dr. Jocelyn Meza

(She/Her) Dr. Meza is an Assistant Professor In-Residence in the Department of Psychiatry and Biobehavioral Sciences and a bilingual licensed clinical psychologist at UCLA. Currently, she is the Associate Director of the Youth Stress and Mood (YSAM) Program and the Principal Investigator of the Health Equity & Access Research & Treatment (HEART) lab at UCLA. Her research interests include studying socio-ecological risk and protective factors for suicide and self-harming behaviors among Black and Latinx youth. She aims to integrate psychological, cognitive, and sociocultural influences to predict suicide and self-harm behaviors and, importantly, to identify therapeutic targets for culturally responsive interventions for ethnoracially minoritized youth.

contact: jimeza@mednet.ucla.edu



Dr. Laura Minero

(She/Her/Eur/Ella) Dr. Laura Minero is Latinx, queer, gender expansive and formerly undocumented bilingual and bicultural licensed psychologists who specializes in working with BIPOC, 2SQ+, Spanish-speaking and immigrant youth and adults via her independent practice Yolotl Libre Therapy, Training, and Consulting. She earned her PhD in Counseling Psychology from University of Wisconsin-Madison and contributed to scientific studies used to inform national policy as a Science Policy and Technology Fellow with the National Academies of Sciences, Engineering, and Medicine. Her dissertation critiqued U.S. Detention and Asylum-seeking processes for incurring trauma and psychological sequela on Latinx, transgender immigrants and earned APA's Division 44's (Society for the Psychology of Sexual Orientation and Gender Diversity) 2020 Transgender People and Gender Diversity Research Award, the National Latinx Psychological Association's Outstanding Dissertation Award, Association for Hispanics in Higher Education 1st Place Dissertation Award, and the 2022 Outstanding Dissertation Award from the Committee for Global Psychology, American Psychological Association.

She serves as an anti-racist, community healing, liberation, 2SQ+ and trauma-informed, culture of health consultant and has given numerous keynote speeches and trainings for international and national audiences. Dr. Minero has received several state and national service awards from the National Latinx Psychological Association, and the American Psychological Association's Division for Counseling Psychology and the Society for the Psychological Study of Culture, Ethnicity, and Race. To learn more about Dr. Minero's prior and ongoing experience, visit lauraminero-phd.com.

contact: lauraminero-phd.com





Dr. Asia Moore

(She/Her) Asia Moore, MSW, MA, PhD(c) is a multicultural story-warrior who believes telling and sharing stories has the power to change the world, one person, one place, one program at a time. From her background as an expressive arts therapist and clinical social worker with expertise in trauma-informed care to her current doctoral studies in Positive Developmental Psychology and Evaluation, you can find Asia in the gaps, cracks, and shadows looking for ways to uplift the voices being personally and systemically silenced. In Asia you will find a passionate co-conspirator ready to help and to listen, a creative problem-solver who sees opportunities where others see obstacles, and a practical optimist dedicated to seeing and celebrating the strengths and beauty in the communities up against the most challenging of circumstances.

contact: info@artsandhealinginitiative.org

Lyn Morris

Lyn Morris, LMFT is the Chief Executive Officer of Didi Hirsch Mental Health Services. Lyn joined the agency in 2000 as a Program Director for Adult Outpatient Services. In 2005, she became the Division Director for the Suicide Prevention Center, and a leading advocate in the field of suicide prevention. In 2013, she became the Senior Vice President of Clinical Operations overseeing Adult, Child/Family, Substance Use, Residential and Suicide Prevention services. And most recently, she was the Chief Operating Officer, overseeing all operational, clinical and administrative functions of the agency. She earned her Master's degree in Clinical Psychology from Pepperdine University and has been a licensed Marriage and Family Therapist since 1999.

She has testified before the California Legislature and secured \$4.3M of statewide suicide prevention funding for all California Lifeline Centers. She also established the California Suicide Prevention Network (CSPN) in collaboration with 10 statewide crisis centers to help build local capacity in suicide prevention and to encourage widespread adoption of best practice programs, interventions, curricula and protocols.

She collaborated with Suicide Prevention Center co-founder Dr. Norman Farberow on a chapter in the book *Grief After Suicide: Understanding the Consequences and Caring for the Survivors*, which was published in 2010. She was also a lead author on the *Survivors of Suicide Attempts* support group curriculum which has been shared with mental health professionals in all 50 states and 36 countries and the *Teen Survivors after Suicide* support group curriculum.

Her passion and dedication to suicide prevention comes from personal experience. Lyn Morris is a survivor of suicide having lost a cousin in 1999 and a close friend in 2004.



Stephanie Murray

(She/Her) Stephanie Murray has been a practicing school psychologist for 30 years with the Whittier Union High School District, is currently the lead psychologist, and is a Licensed Educational Psychologist. She serves as a Co-Chair of the Mental Wellness Committee for the California Association of School Psychologists, a Co-Chair of the LA County Child and Adolescent Suicide Review Team, a Co-Chair of the Youth and Schools Workgroup for the LA Suicide Prevention Network, and consults with the LA County Office of Education, Center for Distance and Online Learning as a content expert and trainer for their Suicide Prevention Ongoing Resiliency Training (SPORT). Stephanie has been very active in suicide prevention in Los Angeles County for the past 25 years. Stephanie received her bachelor's degree in Sociology from UCLA, and both Masters' degrees, in School Counseling, and in Educational Psychology from Loyola Marymount University.

contact: stephanie.murray@wuhsd.org

Elisabeth Nails

(She/Her) Elisabeth Nails, MSW, is a program specialist at the Los Angeles County Department of Arts and Culture, as well as a Co-Chair for the Los Angeles Suicide Prevention Network's Youth Advisory Board. Elisabeth is a co-founder of Typewriters Anonymous, where she designs typewriter poetry installations, and is a certified Social Emotional Arts facilitator, trained by UCLA Arts & Healing. Prior to earning her master's degree in Social Welfare from UCLA Luskin School of Public Affairs she served as assistant director at the UCLA Art & Global Health Center and co-produced arts-based public health interventions in Los Angeles and in global cities on four continents.

contact: enails@arts.lacounty.gov



Christina Ortiz

(She/Her) Christina Ortiz, PsyD, is a Licensed Clinical Psychologist at the Didi Hirsch Suicide Prevention Center. She provides individual psychotherapy to adults, teens, and children affected by suicide and/or mental illness. She also co-facilitates the Teen Survivors after Suicide and adult Survivor of Suicide Attempt support groups, and provides clinical trainings to community organizations, schools, and businesses, offering them a view of suicide prevention, intervention, and postvention from the clinical perspective. She was a volunteer suicide crisis intervention counselor for Didi Hirsch Mental Health Services' National Suicide Prevention Lifeline for three years prior to beginning graduate school and obtaining her doctorate in Clinical Psychology.

contact: cortiz@didihirsch.org

Dr. D'Artagnan Scorza



Dr. D'Artagnan Scorza is the inaugural Executive Director of Racial Equity for Los Angeles County overseeing the Anti-Racism, Diversity, and Inclusion (ARDI) Initiative and working to expand the County's work on anti-racism, equity, and inclusion. The Inglewood, CA native brings years of experience to his role as a national expert on issues focused on poverty, education and public health. Currently, a lecturer in the UCLA Fielding School of Public Health, Dr. Scorza works prepares students to apply community organizing to center community voice and change health policy. Previously, Dr. Scorza served 14 years as the Executive Director and Founder of the Social Justice Learning Institute (SJLI) leading health, environmental, housing and educational justice. He was a Business Alliance for Local Living Economy Fellow (BALLE), an Education Pioneers Fellow, a UC Regent Emeritus and a former President of the Board of Education for the Inglewood Unified School District. In these positions, he worked to launch programs that helped youth of color become social justice leaders and college graduates, passed policies that prioritized \$160 million for student services across UC campuses, and secured \$350 million to support school construction for K-12 schools. A U.S. Navy Iraq-War Veteran and civic leader, he has been recognized as one of the 40 Emerging Civic Leaders under 40 in 2018 and received the UCLA Recent Graduate Achievement Award in 2016. Dr. Scorza attended both UCLA and National University and earned his Ph.D. in Education from UCLA. His work is cited in multiple publications including The New York Times, Los Angeles Times, Huffington Post, Los Angeles Magazine, and you can hear him in several podcasts.

Dr. Maru Serricchio-Joiner

(She/Her) Maru Serricchio-Joiner, PhD, LMFT, ATR-BC is an active clinical art psychotherapist, marital and family therapist, and full time professor at Loyola Marymount University in Los Angeles. Born in Buenos Aires, Argentina and growing up in Mexico City, Maru has a diverse background and multi-systemic lens. Maru recently completed her PhD in International Psychology, with a concentration in Organization and Systems, at The Chicago School of Professional Psychology, where she researched bereavement support in Mexican workplaces. Maru is very interested in helping communities and organizations creatively lead and function with intention and awareness, in order to create safe, healthy, and compassionate spaces when faced with grief and loss. Some of Maru's prior workshops include: Suicide Assessment, Treatment, and Care Through a Creative and Socially Just Lens, Transforming Grief and Loss Creatively, Creative Ways to Transform and Discuss Social Justice and Liberation, Exploring Self-Love for Cancer Survivors, Transforming Loss and Grief for those with Stage 4 Cancer, to name a few.

contact: info@artsandhealinginitiative.org



Sophie Szew

(She/They) Sophie Szew is a Los Angeles-born mental health activist, writer, and public speaker. She was a youth leader at MTV's Mental Health Youth Action Forum at the White House, where she helped guide the Biden-Harris administration on how to best serve the needs of youth in the mental healthcare system. Sophie is an internationally recognized poet, serving as an inaugural poet to Mayor Karen Bass. She has advised numerous organizations on their youth mental health policies, including Lady Gaga's Born This Way Foundation, Mental Health America, and the National Alliance on Mental Illness (NAMI), and has advocated for policies to support youth mental health in both the California state and federal government. As an incoming sophomore at Stanford University, she is pursuing a double-major in American Studies and Comparative Studies in Race and Ethnicity, with two minors in Human Rights and Creative Writing. Sophie hopes to combine their own experiences with injustice brought about by mental healthcare inequity with her passion for writing, advocacy, and leadership to advance social justice.

contact: sophieszew7@gmail.com





Dr. Deborah Villanueva

(She/Her/Ella) Dr. Deborah Villanueva, an LCSW in California, specializes in working with Native American, Alaskan Native, and Indigenous Latin American Families, providing tailored and culturally sensitive support to children, young adults, and their families. With expertise in child and adolescent Psychotherapy focused on Trauma and PTSD, Dr. Villanueva believes in empowering individuals by nurturing their strengths and unlocking their potential for a fulfilling life. Her compassionate and supportive approach fosters an environment for overcoming obstacles and thriving, guiding her clients towards positive change and growth.

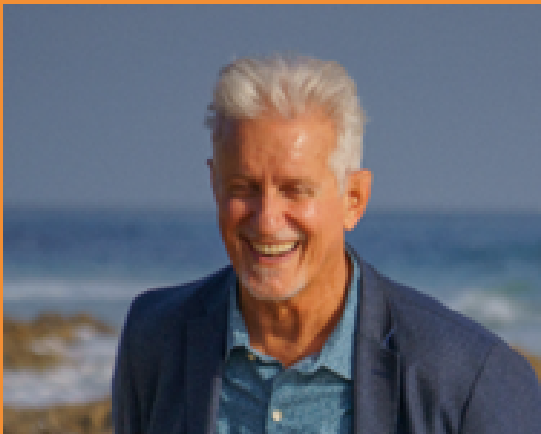
contact: dvillanueva@dmh.lacounty.gov

Dr. Rheeda Walker

(She/Her) Dr. Rheeda Walker is an award-winning professor of psychology, fellow in the American Psychological Association, and author of the best-seller, *The Unapologetic Guide to Black Mental Health*. She is also an expert scholar who has published more than 60 scientific papers on African American mental health, suicide risk, and emotional resilience.

Dr. Walker's expertise has been cited in countless media outlets including *The Washington Post*, *Los Angeles Times*, and NPR. She has also been a frequent guest expert on *Good Morning America* and the syndicated *Breakfast Club* radio show. She is well known for engaging audiences to advance emotional wellness.

contact: drrheedawalker.com



Dr. Robert Weathers

(He/His) A highly regarded addiction educator, recovery coach, author, and public speaker, Dr. Bob Weathers holds a Ph.D. in clinical psychology. Over the course of his professional career, "Dr. Bob" has provided tens of thousands of hours of therapeutic counseling and recovery coaching to satisfied clients. He has also committed over four decades to teaching, training, and inspiring graduate-level mental health providers at several southern California universities, including helping to develop their nationally accredited substance abuse studies certificate and mindfulness-based clinical training coursework. His two most recent books on substance abuse "recovery resilience" are currently in press with Cambridge University Press.

contact: drbobweathers.com

Dr. Lisa Wong



Lisa Wong, Psy.D., is the Director of the Los Angeles County Department of Mental Health (LACDMH) as of February 28, 2023, after serving as Interim Director since July 2022. Prior to this role, Dr. Wong was LACDMH's Senior Deputy Director overseeing the Department's clinical programs and community-based services over a broad range of settings throughout Los Angeles County.

Concurrent with her Senior Deputy Director role, Dr. Wong was also the interim Chief of the Full-Service Partnership (FSP) program, a 24/7 intensive outpatient service aimed at helping clients at risk for homelessness, incarceration, and hospitalization, among other negative life outcomes.

Starting in the County as a student over 30 years ago, Dr. Wong spent more than two decades working in the Skid Row area of Los Angeles providing care to some of the County's most vulnerable and high-risk individuals experiencing serious mental illness and homelessness. Prior to her current role, she served as the Mental Health Clinical Program Head Over Downtown Mental Health Center general outpatient services, CalWORKs/GROW, and Prevention & Early Intervention programs before becoming a Service Area Chief over Service Areas 2 and 3. Dr. Wong has also served as Acting Chief for Outpatient Services.

Dr. Wong earned her Psy.D. from the Pacifica Graduate Institute and her M.A. in clinical psychology from California State University, Los Angeles, and she is a lifelong advocate for vulnerable populations and social justice issues.

Pastor Michelle Wright

(He/His) "My name is Michelle 'Michael' Wright. I am a retired Pastor, Martial Artist Instructor and Father of 5 (Angela, Michael, Ebony, Simone and Dejuan). Great grandfather of 2; And grandfather of 5.

Currently I am serving as Town Council Member for the Monrovia, Arcadia, and Duarte Town Council, Public Safety Commissioner for the city of Duarte, and Board member for the Black Karate Federation, and Co-founder of the California Karate Federation."

contact: pas.mwright@gmail.com



MEET THE EMCEE Carolyn Kaneko, LCSW

(She/Her/Siya) Carolyn L. Kaneko, LCSW is a Mental Health Program Manager II with the Los Angeles County Department of Mental Health, with oversight of Hollywood Mental Health Program. She continues to be an active member of the Los Angeles Suicide Prevention Network (LASPN), as a co-chair for the LASPN Youth Advisory Board. Carolyn is also the co-secretary for the LAC DMH Anti-Racism, Diversity, and Inclusion (ARDI) Staff Advisory Council.

2023

LASPN HERO AWARD WINNERS



LAURA ABBASI
OUTSTANDING
LEADERSHIP

Laura Abbasi (she/hers) is an Associate Regional Field Director with Everytown for Gun Safety, the largest gun violence prevention organization in the country. She works to elevate suicide prevention and awareness in support of the efforts of Moms Demand Action Chapters across the country and also manages the California Chapter. She holds a Bachelor's degree in journalism from Hofstra University and a Master's degree in Political Science from the New School for Social Research. Laura is a passionate community organizer, honoring with action her brother Jeffrey Banish, who died by suicide. Laura lives in Thousand Oaks with her husband Siddique Abbasi and their three young children, Aamina, Elijah, and Rayah.

I'm **Cloe Robinson** (she/they), a teen advisor for Teen Talk App. Mental health has always been an important factor in my life, whether it be my own, or that of a loved one. I am so fortunate to have been able to work with Teen Talk and JBBBSLA for the last three years to make a tangible difference in my community. I've been able to support myself, and to make meaningful connections with users and people in my life who are struggling. This fall, I am attending UC Davis to study animal science on a pre-veterinary track. I hope to continue my work with Teen Talk and the topic of mental health during my college career.



CLOE ROBINSON
OUTSTANDING
YOUTH



SUSIE ORIENTE
OUTSTANDING
ADVOCACY

Susan Oriente (she/hers) is a High School Specialist and classroom instructor with an B.A. from Wesleyan University and a M.A. from California State University Dominguez Hills. In her free time, she enjoys spending time with her husband, daughter, and beagle. Susie joined a New Hope Suicide Grief Support group after the suicide loss of her baby brother in 2019. She went on to become a facilitator who led many groups before co-authoring the New Hope Suicide Grief Support Handbook. Along with this leadership in the adult Survivors After Suicide (SAS) community, she created curriculum and facilitated New Hope's first on-campus teen SAS group following a suicide loss on campus. Susie has now joined the New Hope SAS Training team and was able to train over 30 community health workers in LAC DMH to facilitate groups throughout LA.

2023 SUMMIT PLANNING TEAM

A GROUP THAT IS BETTER TOGETHER



Tracie Andrews

(she/hers)

LA County Department of
Mental Health



Cheryl Eskin

(she/hers)

Teen Line, a program of Didi
Hirsch Mental Health Services



Tiffany Buan

(she/hers)

LA County Department of
Mental Health



Jewel Forbes

(she/hers)

LA County Office of
Education



Daisy Gomez

(she/her/ella)

UCLA Prevention Center of
Excellence



Jeff Gorsuch

(he/him)

LA County Department of
Mental Health



Ana Verdin Hernandez

(she/hers)

LA County Department of
Mental Health



Carolyn Kaneko

(she/her/siya)

LA County Department of
Mental Health



Jae Kim

(he/him)

LA County Department of
Mental Health



Sandri Kramer

(she/hers)

Didi Hirsch Mental Health
Services - Suicide
Prevention Center



Joo "Eric" Lee

(he/him)

LA County Department of
Mental Health



Nathan Lichtman

(he/him)

Didi Hirsch Mental Health
Services - Suicide
Prevention Center



For more information about the Los Angeles Suicide Prevention Network please visit:
<https://lasuicidepreventionnetwork.org/>

2023 SUMMIT PLANNING TEAM

A GROUP THAT IS BETTER TOGETHER



Alisha Manning
(she/hers)

LA County Department of
Mental Health



Richard Mogil
(he/him)

Didi Hirsch Mental Health
Services - Suicide
Prevention Center



Stephanie Murray
(she/hers)

LA County Department of
Mental Health



Elisabeth Nails
(she/hers)

LA County Department of
Arts and Culture



Elmer Ornelas
(he/him)

LA County Department of
Mental Health



Nicole Perras
(she/hers)

LA County Department of
Public Health



Daphne Quick-Abdullah
(she/hers)

LA County Department of
Mental Health



Franklin Romero
(he/him)

LA County Department of
Mental Health



Brigida Salinas
(she/hers)

LA County Department of
Mental Health



Nana Sarkodee-Adoo
(she/hers)

LA County Office of
Violence Prevention



Allen Ward
(he/him)

LA County Office of
Education



Adrina Zeinalvand
(she/hers)

LA County Department of
Mental Health



For more information about the Los Angeles Suicide Prevention Network please visit:
<https://lasuicidepreventionnetwork.org/>

HOTLINES

& additional
resources

| | |
|---|---|
| Suicide and Crisis Lifeline* | Call/Text 9-8-8 or visit 988lifeline.org Press 1 for the Veterans Crisis Line Press 2 for Spanish All languages served, 24/7 |
| Crisis Text Line* | Text "HOME" to 741-741 |
| DMH Access Warm Line* | Call 1-800-854-7771 |
| Disaster Distress Hotline* | Call 1-800-985-5990 |
| Teen Line | Call 310-855-4673 (6-10 pm PST) or Text "TEEN" to 839-863 (6-9 pm PST) |
| California Youth Crisis Line* | Call/Text 1-800-843-5200 |
| Trevor Project* | Call 1-866-488-7386 or Text "START" TO 678-678 |
| 211 LA County* | Call 211 or visit 211la.org |
| CalHOPE Connect Warm Line* | Call 1-833-317-HOPE (4673) |
| DMH Older Adult Services | Visit dmh.lacounty.gov/our-services/older-adults |
| Suicide Prevention Lifeline - Native Americans and Alaskan Natives | Visit 988lifeline.org/help-yourself/native-americans |
| Los Angeles County Youth Suicide Prevention Project | Visit preventsuicide.lacoe.edu |
| Know the Signs | Visit suicideispreventable.org |
| Los Angeles Suicide Prevention Network | Visit lasuicidepreventionnetwork.org |
| CopLine* | 1-800-267-5463 or visit copline.org |

*This hotline is available 24/7.

THANK YOU

A special thank you to all of those who made this Summit possible, including:

- Didi Hirsch Suicide Prevention Center
- LA County Arts Education Collective
- LA County Department of Arts and Culture
- LA County Department of Mental Health
- LA County Department of Mental Health Family and Community Partnership (FCP) Support Team
- LA County Department of Mental Health Training Team
- LA County Department of Public Health
- LA County Department of Public Health Office of Violence Prevention
- LA County Office of Education
- Teen Line, a program of Didi Hirsch

and the entire LA Suicide Prevention Network Summit Planning Committee.

Additionally, thank you to our wonderful summit attendees, speakers, presenters and to our hosts at the California Endowment.

We'll see you next year
for the 14th Annual
LASPN Suicide
Prevention Summit!





**Thank you for joining us for the 13th Annual LASPN
Suicide Prevention Summit!**

For more information about the Los Angeles Suicide Prevention
Network, please visit <https://lasuicidepreventionnetwork.org/>.

