

LOS ANGELES SUICIDE PREVENTION NETWORK

2024 SUMMIT

SHINING OUR LIGHT TOGETHER: DESTIGMATIZING AND PREVENTING SUICIDE
SEPTEMBER 10 - SEPTEMBER 11, 2024





WELCOME TO THE 2024 LOS ANGELES SUICIDE PREVENTION NETWORK SUMMIT

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

Thank you for joining us at the 14th Annual Los Angeles Suicide Prevention Network Summit, held at the California Endowment!

We are so glad that you are here. As co-chairs, we strongly believe that we ALL play a role in suicide prevention. Together, we can break down the stigma and shame around suicide and educate about resources and safe messaging.

In a city as large and diverse as Los Angeles, it is important to have a hub where all are welcome, we can work collaboratively and continue to ignite our collective passion for suicide prevention. Suicide prevention initiatives such as ours contribute to overall mental health and well being by ensuring that no one has to be alone in their pain and raising awareness of resources and prevention efforts.

Along with our leadership team, we bring you two packed days of presentations and connection opportunities. We hope that you will be inspired to join our network, where the topic is heavy, but true connection and friendship sustains us all.

Thank you for taking the time to be a part of our summit. We hope you bring what you learn into the communities you interact with.



Cheryl, Tracie, & Franklin

Warmly,
Tracie Andrews, Cheryl Eskin, & Franklin Romero
Los Angeles Suicide Prevention Network Co-Chairs

Content Warning & Calm Space for Grounding



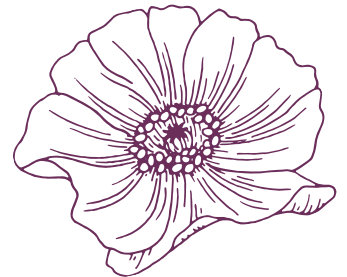
Please note that this summit will discuss suicide, self-harm, and loss. We know and understand that these can be difficult topics which impact each of us on both a professional and personal level.

In order for us to address suicide as a community, we need to take care of ourselves first. If you find that you need to step away for a moment, please feel free to find a supportive staff member to talk with (wearing teal shirts) or visit the calm space for grounding resources.

We see you and we care about you. Thank you for being here with us!

Los Angeles County 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 (lanaic.lacounty.gov).





CREATIVE WELLBEING: FEATURED ARTISTS

What is Creative Wellbeing?

Creative Wellbeing is a strategic collaboration between the Los Angeles County Department of Arts and Culture, Office of Child Protection, Department of Mental Health, Department of Children and Family Services, 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.



<https://www.lacountyartsedcollective.org/initiatives/creative-wellbeing>

Artists and arts-based approaches are embedded throughout this year's Summit to offer grounding, inspiration, and culturally-relevant healing-informed strategies to integrate into this crucial work of suicide prevention. In addition to dedicated sessions, short samples of Creative Wellbeing will be provided by:

STREET POETS INC. (TUE 9/10)

Street Poets Inc. is a Los Angeles non-profit, mostly serving system-impacted youth and their extended communities. Street Poets harnesses the healing power of poetry and music to build community and inspire our next generation to write, speak, and dream a new world into being for us all.

www.streetpoetsinc.com

FOSTERING DREAMS PROJECT (TUE 9/10)

Fostering Dreams Project uses dance and performing arts to transform the lives of youth in foster care. The organization partners with schools, government agencies, nonprofits, and rehabilitation/recovery centers to give youth a place to belong with a positive outlet.

www.fosteringdreamsproject.org

CENTER FOR THE EMPOWERMENT OF FAMILIES (WED 9/11)

Center for the Empowerment of Families Inc provides healing informed mentorship and therapeutic arts to systems impacted youth, their families, and the communities serving them.

www.empoweredfamily.org

JAIL GUITAR DOORS (WED 9/11)

Jail Guitar Doors brings the universal healing power of music to historically marginalized communities and underserved populations, including system-impacted youth and adults experiencing incarceration. Our programs provide a creative and holistic pathway to successful reentry, recovery from past traumas, and gainful employment.

www.jailguitardoors.org

suicide prevention hotlines & resources

988 SUICIDE PREVENTION AND MENTAL HEALTH CRISIS LIFELINE*◇	Call/Text 9-8-8 or visit 988lifeline.org Press 1 for the Veterans Crisis Line
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 (HOTLINE FOR TEENS BY TEENS)	Call 310-855-4673 (6-10 pm PST) 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 *◇ (GUIDE TO LA COUNTY SERVICES & REFERRALS)	Call 211 or visit 211la.org
COPLINE*	Call 1-800-267-5463 Visit copline.org
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

*Available 24/7 | ◇ Resource available in additional languages.

SCHEDULE

tuesday september 10, 2024



TIME	DESCRIPTION	PRESENTER	ROOM
BREAKFAST & NETWORKING (7:30 am - 8:00 am)			
8:00 am - 9:10 am	Morning Welcome & Opening Remarks <ul style="list-style-type: none"> LA County Land Acknowledgment Creative Wellbeing: Count It All Poetry Welcoming Remarks from Partners 	Elisabeth Nails Jewel Forbes Farrah Ferris Street Poets Dr. Lisa Wong Kristin Sakoda Dr. Priya Batra	Solis Hall
9:10 am - 10:10 am	Keynote: Join us in Song - Gay Men's Chorus of Los Angeles Sings of Survival and Joy	Dr. Ernest Harrison & Gay Men's Chorus of LA	Solis Hall
BREAK & REFRESHMENTS (10:10 am - 10:20 am)			
10:20 am - 11:20 am	A Candid Conversation: A Father's Journey From an Abyss	Tracie Andrews Pastor Michelle Wright	Solis Hall
LUNCH & NETWORKING (11:30 am - 12:05 pm)			
12:05 pm - 12:35 pm	<i>(Lunch Continues)</i> LASPN Hero Awards Ceremony <ul style="list-style-type: none"> Dr. Sam Chan and Dr. James Cunningham Hero Award for Outstanding Leadership Hero Award for Collaboration Hero Award for Innovation 	Tracie Andrews Cheryl Eskin Franklin Romero	Solis Hall
12:40 pm - 12:55 pm	Creative Wellbeing: Embodied Energy - Movement for Grounding and Vitality	Fostering Dreams Project	Solis Hall
12:55 pm - 1:40 pm	Keynote: My Suicide Intervention Education Journey	Laura Stricklin	Solis Hall
BREAK & TRANSITION (1:40 pm - 1:50 pm)			
TUESDAY BREAKOUT SESSION #1			
1:50 pm - 2:50 pm	Workshop 1: Faiths Moving From Stigma to Strength: A Jewish Perspective	Elan Javanfard Nathan Lichtman Elle Mendelson	Sequoia

SCHEDULE

tuesday september 10, 2024



TIME	DESCRIPTION	PRESENTER	ROOM
TUESDAY BREAKOUT SESSION #1 (continued)			
1:50 pm - 2:50 pm	Workshop 2: Saving Your Public Safety Heroes	David L. Spence	Cabrillo
	Workshop 3: Cultivating Compassionate and Caring Cultures in Work Environments to Promote Well-Being	Charmaine Dorsey	Cel Lombard
	Workshop 4: Workforce Development in Mental Health Careers for Structurally Marginalized Youth	Dr. Jocelyn Meza	Mojave
	Workshop 5: Embracing Emotional Expressions	Ashley Resurreccion	Beatrice A & B
	Workshop 6: Empowering Youth: Embracing Ancestral Wisdom and Native Healing Practices in Violence Interruption	Cecilia Urbina Johnny Torres	Catalina
	Workshop 7: Burnout Prevention for Mental Health Providers	Ana Amador Claudia Avalos-García	Joshua Tree
BREAK & TRANSITION (2:50 pm - 3:00 pm)			
TUESDAY BREAKOUT SESSION #2			
3:05 pm - 4:05 pm	Workshop 1: Suicide Prevention in Pregnancy and Postpartum	Dr. Verónica Chávez Alisha Manning	Mojave
	Workshop 2: Means Matters: The Preventable Trauma of Firearm Suicide	Mia Livas Porter Cuco Rodriguez	Cabrillo
	Workshop 3: Examining Suicidal and Homicidal Ideation within a Behavioral Threat Assessment and Management Framework	Jeff Cugno	Beatrice A & B
	Workshop 4: Not an Oxymoron: Social Media as Harm Reduction and Suicide Prevention	Sophia Szew	Cel Lombard

SCHEDULE

tuesday september 10, 2024



TIME	DESCRIPTION	PRESENTER	ROOM
TUESDAY BREAKOUT SESSION #2 (continued)			
3:05 pm - 4:05 pm	Workshop 5: Building Mental Health Resilience through Maestro Games NeuroAesthetic Technology	Yael Swerdlow	Sequoia
	Workshop 6: Healing-Centered Arts Strategies for Postvention with Center for Empowered Families	Renee Curry	Joshua Tree
	Workshop 7: Circles of Support	Carlos Eduardo Gacharná	Catalina
CONCLUSION OF SUMMIT DAY 1			

NEED TO TAKE A MOMENT? TRY THESE GROUNDING ACTIVITIES!



Drink a Glass of Water

Drinking water can help you to feel your physical body in the present moment. Hot or cold water works!



4-7-8 Count Breathing

Breathe in for 4 seconds. Hold the breath for 7 seconds. Exhale for 8 seconds. Repeat!



Finger Tracing

Spread your fingers wide on one hand. Use your other hand to trace the entire outside perimeter of your spread hand. Trace each finger up as you breathe in and trace down as you breathe out.



Counting Backwards

Slow your thoughts by counting backwards by 3, starting with 100. (e.g. "100, 97, 94 ...")



5-4-3-2-1 Grounding Technique

Take a moment to look at what is around you. Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.



Enjoy a Creative Activity

Doodle in your event program, create a poem or story in your notes, or complete a coloring page. Enjoy the process - your creation is perfect as is!

SCHEDULE

wednesday september 11, 2024



TIME	DESCRIPTION	PRESENTER	ROOM
BREAKFAST & NETWORKING (7:30 am - 8:00 am)			
8:00 am - 9:00 am	Morning Welcome & Opening Remarks <ul style="list-style-type: none">LA County Land AcknowledgmentCultivating Mindfulness Strategies for WellbeingWelcoming Remarks from Partners	Cheryl Eskin Farrah Ferris Pineniece Joshua Andrea Welsing Dr. D'Artagnan Scorza Danielle Gautt Sarah Gilman	Solis Hall
9:00 am - 9:35 am	Keynote: What "Shining Our Light Together" Means To Me	Dino Alzadon	Solis Hall
9:35 am - 10:15 am	Keynote: Uplifting Foster Youth Voices for Mental Health and Wellbeing	National Foster Youth Institute	Solis Hall
BREAK & TRANSITION (10:15 am - 10:25 am)			
10:25 am - 11:00 am	Before the Crisis: Everyday Suicide Prevention	Eric Bigger Jonathan Gelfond Sarah Gilman	Solis Hall
11:00 am - 12:00 pm	A Candid Conversation: Suicide Loss and Attempt Survivors	Joseph Dwyer Christina Ortiz Miguel Serricchio Ann Taylor Tom Whitaker	Solis Hall
LUNCH & NETWORKING (12:00 pm - 12:30 pm)			
12:30 pm - 1:00 pm	(Lunch Continues) LASPN Hero Awards Ceremony <ul style="list-style-type: none">Sam & Lois Bloom Hero Award for Outstanding AdvocacyDr. Elaine Leader Hero Award for Outstanding YouthHero Award for Inspirational Mentorship	Tracie Andrews Cheryl Eskin Franklin Romero	Solis Hall

SCHEDULE

wednesday september 11, 2024



TIME	DESCRIPTION	PRESENTER	ROOM
1:00 pm - 1:15 pm	Creative Wellbeing: Chair Yoga and Breath Work	Center for the Empowerment of Families	Solis Hall
1:15 pm - 1:40 pm	Plenary: Sextortion, Online Enticement, & Other Exploitation Trends: Prevention Strategies & Resources	Tina Bigdeli Maurice Kwon Robin Richards	Solis Hall
1:40 pm - 2:20 pm	Plenary: Exploring The Connections Between Gender-Based Violence And Suicide Prevention	Nicolle Perras	Solis Hall

BREAK & TRANSITION (2:25 pm - 2:35 pm)

WEDNESDAY BREAKOUT SESSION #1

2:35 pm - 3:35 pm	Workshop 1: Navigating Crisis: 911, 988, and Co-Responder Strategies	Sandri Kramer Julian Canales	Catalina
	Workshop 2: Suicide Prevention Safe Messaging	Nelly Arias Karon Austin Aileen Montoya	Mojave
	Workshop 3: Why Means Safety Matters	Stan Collins	Sequoia
	Workshop 4: We All Have a Role to Play - Supporting Implementation of Suicide Prevention Strategies in Los Angeles County Schools	Jewel Forbes Rich Lieberman Stephanie Murray	Beatrice A & B
	Workshop 5: Public Health Approaches to Firearm Safety and Suicide Prevention	Nana Sarkodee-Adoo Andrea Welsing	Cabrillo
	Workshop 6: Mandala Meditative Art Ceremonial Gathering with Medicine Pathways Healing Arts	Stella Cruz	Redwood
	Workshop 7: Impact of Medical Conditions on Mental Health and Coping	Dr. Charlotte Sykora	Cel Lombard
	Workshop 8: Suicide Prevention in the Workplace: How to Care For Yourself and Your Colleagues	Dr. Hoda Abou-Ziab	Joshua Tree

SCHEDULE

wednesday september 11, 2024

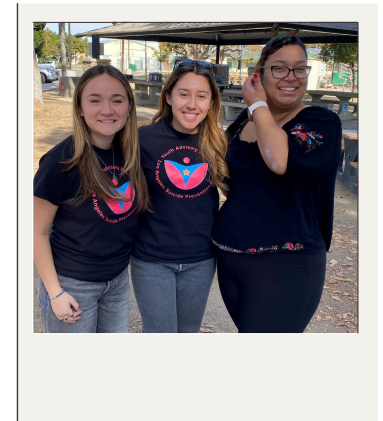


TIME	DESCRIPTION	PRESENTER	ROOM
3:45 pm - 4:30 pm	Creative Wellbeing: Closing Performance with Jail Guitar Doors Youth Artists	Jason Heath KZO - WORLD Raashey YNB- JC	Solis Hall

CONCLUSION OF SUMMIT DAY 2



INTRODUCING THE 2023-2024 LASPN YOUTH ADVISORY BOARD



Advisory Board Members: Danie Benard, Chelsea Dong, Paige Guzy, and Sophie Lee

Advisory Board Leaders: Britany Flores and Irma Rosa Viera

LASPN Leadership Co-Chairs: Tracie Andrews, Daisy Gomez, Elisabeth Nails, and Franklin Romero

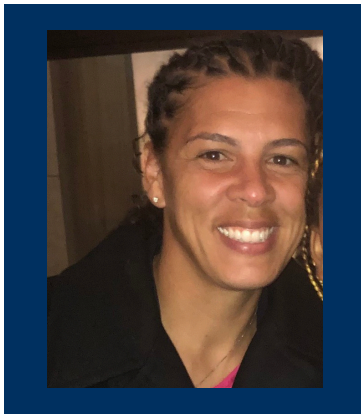
2024

LASPN HERO AWARD WINNERS



DR. SAM CHAN AND DR. JAMES CUNNINGHAM HERO AWARD FOR OUTSTANDING LEADERSHIP

Honoring an outstanding champion in the suicide prevention field. Their direct actions have strengthened suicide prevention awareness, mental health and stigma reduction, help-seeking, resource delivery, and collective community support.



"Tracie the Trailblazer" 🙌👉 **Tracie Andrews, LCSW** is a program manager for the Department of Mental Health and co-chair of LASPN. Tracie is beyond a doubt a beacon of leadership. As the first one in and the last one out, she is a true trailblazer who wears her heart on her sleeve. Her tenacity and unwavering passion to uplift others make her deserving of the highest honor possible. Tracie's dedication and commitment inspire everyone around her, setting a shining example of what it means to lead with integrity, compassion, and relentless drive. Her impact is profound and far-reaching, touching countless lives and fostering a community of support and empowerment. She is enthusiastic with the ability to energize others to give their very best.

HERO AWARDS FOR COLLABORATION

Honoring an individual or organization that prioritizes effective relationships and collaborations across disciplines to tackle difficult issues related to mental health and suicide prevention.



"Evelyn the Welcomer" 🧑🌿 **Evelyn Lemus, LCSW** is a Health Neighborhood Liaison at the Department of Mental Health and the lead for the Interfaith Roundtable Meeting in Service Area 3, which serves the San Gabriel Valley. This collective welcomes participation from all faith-based congregations and mental health providers that strive to recognize the connection between spirituality and mental health as an important component of recovery from mental illness. Evelyn is seen as a leader who is consistent, professional, empathetic, supportive, and "top shelf," guiding and creating an intentional space with compassion and care. She is passionate about connecting with community and helping address and remove barriers to those seeking mental health services.

"VSRT the Gatherer" 🤝🚨 The **Veterans Suicide Review Team (VSRT)** is a collaboration between Los Angeles County departments (Medical Examiner, Public Health, Mental Health) as well as federal colleagues from Veterans Affairs. VSRT volunteers who contribute their time, resources and skills help decrease veteran suicides in LA County by conducting veteran suicide mortality reviews with the goal of providing recommendations at a county level to improve communication among systems of care. So far, the VSRT has brought together twenty-five critical partners who have participated in the case reviews, providing information on deceased veterans and contributing to improving the responses to address suicide among veterans. This is the first of its kind in the state of California and we have been providing technical assistance to other counties.



HERO AWARD FOR INNOVATION

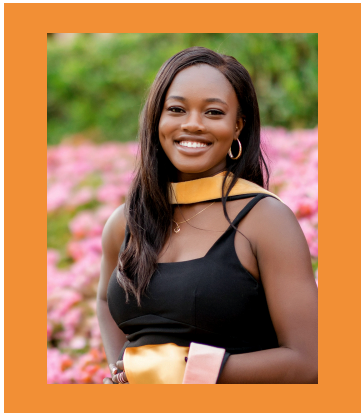
Honoring an individual who has implemented new, exciting, and innovative prevention strategies that are technology-driven, target inequities in communities, address emerging issues, foster previously unused methods of communication, and more.



"Sheri the Creative" 🚀🔧 **Sheri Koller, LCSW, LCSW-C, PPSC, NCSSW**, has over a decade of experience working in school settings as either a mental health clinician or school social worker and has pioneered and streamlined a universal suicide assessment to be utilized across the Long Beach Unified School District which previously did not exist. Ms. Koller is compassionate, kind, considerate of all humans, and is a humanist at heart. She has dedicated her life's work to the world of social work and specifically, the topic of suicide. She deep dives into systems of oppression, looking at barriers to health and overall wellbeing. She is a team player, go-getter, and fully comfortable leaning into the uncomfortable conversations needed to advocate for those in need. Sheri is compassionate, kind, leans into the uncomfortable, and considerate of all humans.

2024

LASPN HERO AWARD WINNERS



SAM & LOIS BLOOM HERO AWARD FOR OUTSTANDING ADVOCACY

Honoring those who have been a dedicated advocate for a specific group or community, including attempt or loss survivors, youth, communities of color, LGBTQI groups, the disabled community, or others with diverse and unique needs.

“Nana the Visionary” 🌟🗡️ **Nana Sarkodee-Adoo** is the Community Capacity Building Specialist at the Office of Violence Prevention. Her ability to think outside the box and turn innovative ideas into tangible results is commendable. This year she spearheaded five Youth Mental Health Summits, authored a report on youth suicide trends, and co-led DPH’s Youth Suicide Rapid Reporting and Crisis Response pilot. Internally, she has been an empathetic leader and advisor to staff, community, and youth, educating on best practices for addressing and discussing suicide. She brings a dual public health and social work lens to healing and wellbeing and consistently centers the needs of others. Her commitment to the LASPN and the larger issue of normalizing discussion of suicide prevention and upstream youth development efforts is unwavering.



DR. ELAINE LEADER AWARD FOR OUTSTANDING YOUTH

The Hero Award for Outstanding Youth is for a young person, council, or youth organization that is advocating, providing outreach, and/or facilitating educational opportunities to enhance suicide prevention efforts.

“Cadee the Resilient” ⚡🏠 **Cadee Baird** is a Teen App volunteer, known by others for her leadership and advocacy among her peers and others impacted by mental health concerns. Cadee uses her empathy, grit, and natural counseling skills to help her reach diverse communities and people in need. Cadee has been a volunteer with the Teen App for over a year and has demonstrated active listening skills, natural intuition, and resiliency. In addition to this work, Cadee excels as a speaker and has presented to multiple graduate level courses at the University of Southern California.



HERO AWARD FOR INSPIRATIONAL MENTORSHIP

The Hero Award for Inspiration Mentor honors an individual within the greater Los Angeles for their heart, extraordinary leadership, perseverance, and advocacy in inspiring future generations of mental health advocates.

“Elisabeth the Nurturer” ❤️🍷 **Elisabeth Nails** is a genuine creative and uplifting mentor to both youth and her colleagues. Her innovative spirit and nurturing guidance have profoundly impacted those around her. Elisabeth’s ability to inspire and support others with her creativity and warmth makes her an invaluable asset to our community. Her dedication to fostering growth and development in others truly sets her apart, and she is wholeheartedly deserving of this recognition. Her vision and passion have made creative arts and wellbeing an integral part of our network and summits.



CONGRATULATIONS TO OUR 2024 HERO AWARD WINNERS!

SUMMIT PRESENTERS



Dr. Hoda Abou-Ziab

(She/Her) Dr. Hoda Abou-Ziab prides herself on providing compassionate and authentic care to healthcare workers. She dedicated her training to working with underserved and marginalized communities, women's health, behavioral medicine, and healthcare worker's wellbeing and mental health. Dr. Abou-Ziab received her Doctor of Psychology in Clinical Psychology from Pepperdine University. She completed her predoctoral internship at the Downtown Los Angeles VA specializing in PTSD and Behavioral Medicine and her postdoctoral fellowship at Harbor-UCLA Medical Center in Women's Health and Behavioral Medicine. She has since served as a Clinical Psychologist in Graduate Medical Education (GME), responsible for institution-wide well-being programs and direct support to many large training programs at a teaching hospital. Dr. Abou-Ziab continues to pursue this line of work as Director of GME Wellbeing at Harbor UCLA. She implemented a grant-funded suicide prevention and depression awareness program for all staff at HUMC and continues to provide confidential short-term therapy services to residents and fellows. She is also the Well-Being Champion for HUMC in DHS, the Co-Chair of the GME Resident Well-being Committee, and a lead member of the H3 team. Dr. Abou-Ziab is committed to creating a culture of well-being at HUMC and fostering a sense of connection, safety and belonging in the workplace.

contact: habou-ziab@dhs.lacounty.gov



Dino Alzadon

(He/They) "I bring my experiences as an Asian immigrant, a gay man, a veteran of the Navy, a survivor of a suicide attempt and living with depression and anxiety to inform my work as a Program Coordinator of 988 Crisis Chat & Text Services at the Didi Hirsch Mental Health Services Suicide Prevention Center. I have been at Didi Hirsch for over ten years. Recently, I joined ICH, the International Council of Helplines, as an Accreditation Examiner. Prior to working in mental health, I was a Product Designer for Chrome Hearts for over ten years. Before gaining two decades experience in the field, I earned my Bachelor of Science Degree in Industrial Design from Art Center College of Design in Pasadena, California. When not working, I like to spend my time with my husband, Stephan, and our two cats, PopTart and LolliPop, restoring classic cars, making artisanal ice cream and learning to ride my electric unicycle "Wheelbert" at our home in Palm Springs."

contact: dalzadon@didihirsch.org



Ana Amador, LCSW

(She/Her) I am a first-generation college graduate and business owner passionate about supporting healing and well-being on both individual and collective levels. Inspired by the resilience of the human spirit and the power of community, I strive to foster personal and systemic transformation. I take a present-centered and person-centered approach, utilizing techniques from Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy. I employ evidence-based treatments for trauma, including Trauma-Focused Cognitive Behavioral Therapy, Cognitive Processing Therapy, and Skills Training in Affective and Interpersonal Regulation. In addition to my clinical and consulting work with Resilient Therapy Center, I serve as the Assistant Director of Education and Training for the UCLA-UCSF ACEs Aware Family Resilience Network. As a trauma-informed trainer and consultant, I create and disseminate curricula for health professionals and other audiences to understand, address, and prevent the health impacts of toxic stress. I am dedicated to elevating protective factors, strengths, and resilience across all networks of care in California. My work is driven by a commitment to transformation and healing, drawing on the collective strength of communities and the inherent resilience within each individual.

contact: ana@resilienttherapycenter.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 in 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



Claudia Avalos-Garcia, LMFT

(She/Her) Claudia is a Licensed Marriage and Family Therapist specializing in providing a vast variety of therapeutic modalities in English and Spanish to Transitional-Aged Youth, college students, and adults. Claudia has over 15 years of experience working in community based mental health services including employment support, case management, and therapeutic services in a variety of settings: outpatient, field-based, in-home and school-based services servicing communities in need. Claudia's theoretical approach is eclectic: focusing on Cognitive Behavioral and Cognitive Processing Therapies, Narrative, Solution-Focused, and Post-Modern modalities. Claudia is also a Clinical Trainer, Curriculum Developer, and Consultant with the UCLA Prevention Center of Excellence and UCLA-UCSF ACEs Aware Family Resilience Network. As a trainer and curriculum developer, she provides professional development to professionals in health care, mental health, and various other settings, through evidence-based trainings, consultations, and coaching, designed to improve community mental health and well-being through Trauma and Resilience Informed Care by understanding the impact of toxic stress, recognizing and strengthening protective factors, and resiliency. Claudia is very passionate about destigmatizing mental health in all communities as well as empower and motivate to strengthen individuals' confidence in self-discovery.

contact: habou-ziab@dhs.lacounty.gov





Dr. Priya Batra

(she/her) Priya Batra, MD, MS, FACOG Deputy Director, Health Promotion Bureau – Los Angeles County Department of Public Health About Priya: Dr. Priya Batra joined the Los Angeles County Department of Public Health in 2022 and serves as the Deputy Director of the Department’s Health Promotion Bureau. Prior to joining the Department of Public Health, she worked for several years in Medi-Cal managed care leadership for the Inland Empire Health Plan. She has a background in health services research and is an Adjunct Physician Policy Researcher with the RAND Corporation. Dr. Batra – an Obstetrician and Gynecologist – still sees patients; you can find her in clinic on Wednesday nights in South Los Angeles at the Martin Luther King, Jr. Outpatient Center County site. Dr. Batra brings a strong commitment to health equity and community engagement to all of her work. Dr. Batra completed her undergraduate degree at Brown University and medical school at the Columbia University College of Physicians and Surgeons. She completed residency at UCLA, where she also attained a Master’s degree in Health Policy and Management from the Fielding School of Public Health.

Tina Bigdeli, MSW

(She/Her) Tina Bigdeli joined the National Center for Missing & Exploited Children (NCMEC) in 2017. As the Senior Program Manager of Outreach, she is responsible for developing and implementing a national outreach strategy to increase awareness and use of NCMEC’s services, resources, and programs. Prior to joining NCMEC, Tina served as the Director of Prevention Education at FAIR Girls, where she led the strategic planning, evaluation and implementation of FAIR Girls’ human trafficking prevention education initiatives in Washington, DC and Maryland. She is a seasoned trainer and community educator, with over 15 years of experience working to end sexual violence and exploitation. Tina earned a Bachelor of Science from the University of Mary Washington and a Master of Social Work from Howard University.

contact: www.resilienttherapycenter.com



Eric Bigger

(He/Him) Eric Bigger is a multi-talented TV personality, fitness expert and motivational speaker. Dedicated to helping others achieve personal development, Eric also runs an executive coaching business, has authored three inspirational books, and is guided by a philosophy he coined called It’s Miracle Season, which represents transformation, metamorphosis, and the evolution of mind, body, and spirit His core areas of focus include advancing financial literacy, championing mental health, embracing wellness, and helping executives and entrepreneurs develop and scale their businesses. Adept at working with blue-chip brands, Eric has served as both a brand ambassador and also as advisor to c-suite executives, sharing best practices on influencer strategy and DEI.

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Melanie Buttarazzi

(She/Her) Melanie Buttarazzi, a Toronto native residing in Los Angeles, has built a dynamic career as a dancer in TV, film, and live performances. She has worked with artists like Jennifer Lopez, Pharrell, Pitbull, and Ne-Yo, as well as award-winning musician Robert Michaels. Holding a BFA in Dance and Performing Arts from York University, Melanie has taught, adjudicated, and choreographed across Canada and the US. Her lifelong passion for dance inspired her to establish Fostering Dreams Project, a nonprofit dedicated to supporting youth in underserved communities. This organization collaborates with nonprofits, government agencies, and school districts to deliver a comprehensive curriculum that enriches foster youth both academically and socially. Fostering Dreams programs have reached over 260 schools in LA County and served more than 20,145 students. Melanie's work has been featured in TedX talks and Blue Shield of California commercials, highlighting the impact of her programs on foster youth. In 2023, she was awarded Executive Director of the Year for the Burbank Women in Business by Senator Portantino. In the diverse city of Los Angeles, she has successfully united communities and fostered cultural understanding through dance. With over a decade of dedication, Melanie continues to provide essential support systems and a sense of belonging to youth, helping them realize their potential beyond their circumstances.

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Julian Canales, LAPD Senior Lead Officer

(He/Him) Officer Canales has been with LAPD for 24 years. He began his career as a patrol officer working diverse communities from south Los Angeles to West Los Angeles. Officer Canales briefly transitioned to Recruitment and Employment Division of LAPD, recruiting the next generation of police officer. In 2012, Officer Canales was assigned to the Mental Evaluation Unit (MEU), where he served as a SMART (System-wide Mental Assessment Response Team) officer. This role allowed him to develop specialized skills in managing complex mental health crises and coordinating with mental health professionals to ensure effective and compassionate responses to those in need. Officer Canales, promotion to the position of Senior Lead Officer. In this capacity, he is responsible for coordinating and serving as a liaison on law enforcement and mental health issues within the Central Bureau of the City of Los Angeles. His role involves bridging the gap between law enforcement and mental health services, working collaboratively to address the needs of the community and improve overall public safety.

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Verónica Chávez, PhD

(She/Her) Dr. Verónica Chávez is a licensed clinical psychologist who earned her Ph.D. in clinical forensic psychology from the University of Nebraska –Lincoln. She has direct service experience working in inpatient, outpatient mental health clinics, and field-based settings. Dr. Chávez has extensive training in working with the birth to five population including training and expertise in evidenced based practices such as Child Parent Psychotherapy, Parent-Child Interaction Therapy, and Reflective Parenting Program. Additional trainings and certifications include Somatosensory Attunement Model (Infant massage), NCAST feeding scales, and ZERO TO THREE Certified DC:0-5™ Trainer. She is endorsed in the state of California as an Infant-Family and Early Childhood Mental Health Specialist and as a Reflective Practice Facilitator II. Dr. Chávez also routinely collaborates with the Partners in Suicide Prevention team providing suicide prevention training to the community and providers. Currently, Dr. Chávez works as a Clinical Psychologist II and birth-to-five subject matter expert for the Los Angeles County Department of Mental Health in the Prevention Services Division's Family and Community Partnerships unit (FCP). Her role within FCP is providing countywide support to providers who work with the birth to five population, including consultation, reflective supervision, and training clinical providers and allied professionals.





Stan P. Collins

(He/Him) Stan 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 it's substantial evidence backing, Stan has led multiple efforts on the topic. He currently is the lead on a statewide funded project for means safety with an emphasis on firearm suicide prevention.

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Stella Cruz, @medicine_pathways

(She/Her) Stella Cruz founded "Medicine Pathways – Aqui y Ahora Healing Arts", for the purpose of cultivating Self-Awareness and Wellbeing. Stella offers meditation and mindfulness classes utilizing traditional and innovative practices, incorporating art, song and nature. Current offerings include Monthly day retreats, Weekly Meditations, One-on-One Mentoring, Energy Medicine, and Ceremonial Song Drumming Circles.

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Jeffrey R. Cugno

In 2023, Jeffrey R. Cugno completed a nearly 30 year career with the FBI Los Angeles Field Office (FBILA). Subsequently, Mr. Cugno founded SOS Global Consulting, Inc., which was established to create strategic partnerships with private and public sector stakeholders to manage risks of harm through consultative assistance. Mr. Cugno and his clients collaborate to design and implement holistic initiatives, including foundational and advanced curriculum, to educate and safeguard any given environment. For over 17 years, Mr. Cugno maintained the position of the FBILA's Primary Behavioral Analysis Unit (BAU) Coordinator. In this role, Mr. Cugno assisted with the investigation of repetitive and violent crimes, counterterrorism, and threatening communications. In addition to his primary role as the BAU Coordinator, Mr. Cugno also provided leadership and consultation in the following five specialized areas concurrently: Threat Management Coordinator, Child Abduction Rapid Deployment Team – West Team Leader, Adjunct Faculty Instructor, Crisis Negotiator, and Threat Assessment ReGional Evaluation Team (TARGET) Working Group – Director. In 2022, Mr. Cugno was selected to be a member of the Los Angeles County's Veteran Suicide Review Team (VSRT). Mr. Cugno holds a Master of Science Degree in Justice, Law, and Society from The American University.

contact: jrcugno@sosglobalconsulting.com

Renee Curry M.S, LMFT

(She/Her) Renee Curry M.S, LMFT is the Executive Director of Center for the Empowerment of Families (CFEF) where she leads mentorship programs, healing-centered workshops and artist residencies for youth, family and adults, arts-based grief and loss work, and certified professional development trainings for educators, mental health professionals, and youth development staff. Curry is a licensed marriage and family therapist and the architect of In Defense of Girlhood, a therapy group that aims to support the social-emotional development of young Black girls through doll play. Through a systems-approach the program aims to lower adultification perceptions in schools and family systems, by increasing awareness of bias and informing educators about how to teach in an environment where Black girls have an equal opportunity to succeed. Working throughout Los Angeles County, and in partnership with schools, community-based organizations, and the Los Angeles County Department of Arts and Culture, Center for the Empowerment of Families meets people where they are at and helps individuals and communities develop safety, connectedness, and build skills to imagine and reach their highest potential.

contact: www.empoweredfamily.org and www.reneecurry.com





Charmaine Dorsey, MSW, LCSW



(She/Her) Charmaine Dorsey is a Licensed Clinical Social Worker, and earned both her Bachelor and Master Degrees from the University of Southern California. She has served with the Los Angeles County Department of Health Services, the second largest municipal health system in the country, since 2001. She was recently appointed as the inaugural Chief Wellness Officer for DHS and will be leading the priority of workforce well-being for over 30,000 employees. Prior to this appointment, she served as the Director of Patient and Social Support Services. Her work centered around advocacy and support for vulnerable populations including those experiencing homelessness. She led and supported collaborative work towards providing integrated healthcare, mental health, substance use services and identifying and addressing social needs in the Emergency Departments, Inpatient and Outpatient settings. In 2017, Charmaine was chosen as a Fellow in the Robert Wood Johnson Foundation Clinical Scholars Program. Her team's work was focused on creating health equity for all by developing pathways to address barriers, increase accessibility, and enhance community-based partnerships with meaningful connections to resources with a priority of Equity, Diversity, Inclusion and Anti-Racism. She has a passion for creating a culture of well-being for all.

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Joe Dwyer

(He/Him) Multiple attempts Survivor and loss Survivor, as well as in addiction recovery, working with Didi Hirsch Mental Health Services as a Peer Facilitator for groups of attempt survivors. Going back to school for psychology counseling and research with focus on Suicide and neurobiology. Currently a Teacher and Editor, with degrees in Math and Philosophy and neuroscience research.



Farrah Ferris, MSW

(Hupa/Yurok/Karuk/Redwood Creek; She/Hers) Farrah Ferris is enrolled with Hoopa Valley Tribe; descendant of Yurok, Karuk, and Redwood Creek Tribes. Farrah humbly works within Tongva/Chumash/Tataviam territories. She has a Master of Social Work (Mental Health Concentration) from University of Southern California and Bachelor of Social Work from California State University, Puvungna (CSULB). Farrah advocates for underserved communities, to honor our strong relatives before us - and - empower current relatives to THRIVE and RISE through meaningful community/cultural connection. Farrah has experience as a micro/macro social worker and mental health clinician with urban/reservation/rural communities across lifespans. Farrah has worked with older adults living with dementia; trauma informed care for children/adults; individuals living with severe persistent mental illness; displaced community members; transitional living shelter and adult/family wraparound; DV/IPV; tribal TANF program; creating a collaboration network for tribal and non-tribal agencies. Farrah serves as co-Chair LACDMH AI/AN UsCC; Wisdom Advisory Board. Farrah is an adjunct lecturer at CSULB that promotes diversity and equity. Farrah is a proponent of wellness and environmental centered healing via Pathways of Wellness, Empowerment and Resilience (POWER). Farrah also develops programs to increase equity, integrates cultural and community interventions to prevent and/or reduce disparities to decrease health, mental health, child abuse and neglect.

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Jewel Forbes, MA, P.P.S.

(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.

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Carlos Eduardo Gacharná

(He/Him) From ceramics to glassblowing to black-light photography of colorful flames, fire has long been the animating force behind Carlos Eduardo Gacharná's art. His ongoing interest in forging and recasting raw materials and light into new forms is closely tied to his preoccupation with migration and identity-making in foreign or hostile places — a perspective that now makes him a deeply empathic teacher and community builder. In 2017, Carlos moved to the Los Angeles ecosystem, where he now runs after-school programming at artworxLA. Carlos also teaches weekly art workshops through Angels Gate Cultural Center's Artists in Classrooms program in San Pedro and West Long Beach.

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Danielle Gautt, LCSW, MPA

(She/Her) Danielle Gautt is a passionate advocate for wellbeing and health equity. As the Director of Equity, Diversity, Inclusion, and Anti-Racism (EDIA) for the Los Angeles County Department of Health Services, she leads initiatives across one of the nation's largest municipal health systems to create a more inclusive and supportive healthcare environment. Her work is driven by both personal and professional experiences, particularly her time on the LA County psychiatric mobile response team, where she witnessed the urgent need for compassionate mental health care.

Danielle is deeply committed to reducing stigma around mental health and promoting suicide prevention. Her role involves developing and guiding EDIA initiatives, enhancing recruitment processes to support diversity, and directing community engagement programs that emphasize mental health and wellbeing. Having personally felt the impact of suicide on loved ones and colleagues, Danielle is dedicated to building robust support systems for healthcare professionals and the broader community.

Through her leadership, Danielle strives to create a resilient, stigma-free environment where mental health is prioritized, and everyone feels supported in their journey toward wellbeing. Her efforts are vital in advancing health equity and reducing barriers to mental health care in Los Angeles County.

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Sarah Gilman

(She/Her) Sarah Gilman is a film and television actress, USC alum, public speaker, and mental health activist. As an actress, she's best known for her roles in CBS's CSI: Vegas, the Disney Channel sitcom I Didn't Do It, the Scooby-Doo spin-off Daphne & Velma, and for her recurring role on FOX's Last Man Standing. In her effort to spread awareness around suicide and mental health in the youth population, Sarah began publicly speaking and posting about her own experiences, speaking on multiple podcasts, and partnering with various organizations like the American Foundation of Suicide Prevention, Fountain House, Get Lit, the Center for Scholars and Storytellers at UCLA, Self Care is For Everyone, and To Write Love On Her Arms. She is a Mental Health Coalition Champion and Co-Founder and Chair of Didi Hirsch Mental Health Services' new Next Gen Advisory Council.

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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.

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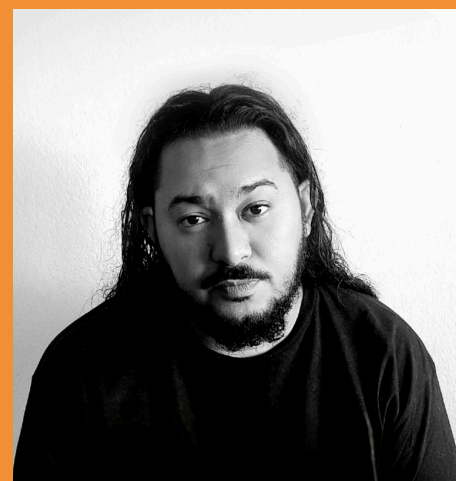
Jason Heath

Jason is a singer/songwriter born and raised in Southern California. He currently holds the position of Executive Director of Programming and the C.A.P.O Center at Jail Guitar Doors USA where he teaches songwriting as a tool for rehabilitation in prisons, jails and youth camps. He's toured the US and Canada many times and released 8 full length albums in various different musical collaborations. He currently fronts the outfit Jason Heath & The Greedy Souls who have released their last 2 records on Wayne Kramer's Industrial Amusement label. Their latest release 'But There's Nowhere To Go' is being played on radio stations around the US and Canada.

contact: www.jasonheathandthegreedysouls.com/

Matthew Cuban Hernandez

(He/Him) Matthew 'Cuban' Hernandez is a poet, emcee, speaker, actor, and performance coach from Jacksonville, Florida. He has toured as far as Abu Dhabi and nearly every major city in the United States and Europe, performing, teaching and coaching poetry. A teaching artist for over 15 years, Matthew has spent the last ten years working in youth detention centers across Los Angeles County, currently serving as the Director of Camp Programming for Street Poets, Inc. In addition, he is a current Lead Teacher and Co-Founder of Spoken Literature Art Movement. Cuban has opened for artists such as Wu-Tang, performed for platforms such as BuzzFeed and NPR and even appeared on the award-winning television show, Better Things. For the last two summers Matthew lead an arts and culture delegation to perform, teach and speak in Havana Cuba. Matthew is also a three time Southern Fried poetry slam champion and an award-winning poetry coach. Cuban's favorite activity is making people feel great; sometimes he does this through hip hop and poetry.





Briauna Holmes, Certified Yoga Instructor

(She/Hers) Briauna Holmes is a certified lead yoga instructor with the Center for the Empowerment of Families, Inc. CEF is a healing centered art and wellness non-profit organization that was founded by her late grandmother Dr. Sharon Jacques-Rabb. Briauna has worked with CEF since it was founded in 2006. Briauna's yoga journey began when she was 12 years old. Today, she holds a 200 hr Yoga Alliance Certification with over 700 hours of teaching instruction. Briauna specializes in various yoga styles such as yin, Restorative, and Vinyasa. Her passions center around working with youth with diverse abilities, specifically in schools. She also loves to create wellness travel experiences for individuals seeking alternative healing methods. In 2021, Briauna founded Yogitherapi, a wellness experience and travel corporation.

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Professor Elan Javanfard, L.M.F.T.

(He/Him) Elan Javanfard is a Consulting Psychotherapist (LMFT # 87054) who specializes in reintegrating the whole self, by utilizing present focused methods of discovery and coping. He received his training in multiple highly sought after clinical rotations working along side a multi-disciplinary clinical team to treat chronic and severe mental illness in a low to no cost community based clinics. Mr. Javanfard has a broad range of clinical trainings that he has utilized in multiple settings such as Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Interpersonal Psychotherapy (IPT), Seeking Safety, Crisis Oriented Recovery Services (CORS), Narrative Family Therapy, and Program for the Education and Enrichment of Relational Skills (PEERS). Furthermore, he has advanced specialized training in Dialectical Behavioral Therapy (DBT), Applied Suicide Intervention Skills Training (ASIST), and Recognizing and Responding to Suicide Risk. Currently, he holds a seat on the Board of the Crisis Residential Association, is the Division Director of Residential & Substance Services at Didi Hirsch Mental Health Services and is an Adjunct Professor at Pepperdine University's Graduate School of Education and Psychology.

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Pineniece Joshua, BA - Cultural Anthropology

(She/Hers) Pineniece Joshua (she/her) is a cultural anthropologist, community mental health educator and teacher. A native of Los Angeles, she attended the University of Hawaii at Monoa, and has conducted graduate fieldwork with indigenous elders in Peru, Canada, Nepal, East Africa and Hawaii. Her global mental health advocacy focuses on documenting traditional knowledge and worldviews related to holistic mental health wellbeing. Pineniece has taught and lectured at colleges and universities around the world, and has worked with NGOs and educational institutions to advance a wide range of community capacity building initiatives. As the Didi Hirsch Suicide Prevention Center (SPC) Training and Outreach Coordinator II, Pineniece researches, develops, and presents content for community-facing suicide prevention trainings, with audiences including clinicians, adults, adolescents, parents, and others. These presentations promote evidence-based best practice models for suicide prevention, intervention and postvention; explore suicide and culture, intersectionality, and identity; and highlight more culturally responsive and equitable mental health care. She also developed a Mindfulness component for the trainings to foster whole-person wellbeing. Pineniece teaches the Cultural Humility Training module for SPC/988 Suicide Crisis Line Counselors. She also trains clinical and non-clinical volunteer presenters who participate with the SPC Speakers Bureau.

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Sandri Kramer

(She/Her) Sandri Kramer, a founding member of the Los Angeles Suicide Prevention Network (LASPN), has over 25 years of experience in suicide prevention/intervention and crisis center work. A native of the Netherlands, Sandri's first passion was anthropology and her work as an environmental documentary producer took her all around the world—until she settled into directing the oldest suicide crisis line in the U.S. and one of the busiest Crisis Call Centers in the nation. Now, as Didi Hirsch's Director of Community Relations, she focuses on Program Development, Community Partnerships, and Public Awareness/Training. After many years of grassroots work with law enforcement partners, overseeing the launch of LAPD's 911 call diversion project is one of her proudest achievements. She is also currently working on expanding SPC's role in emergency management as a core center of the national Disaster Distress Helpline, strengthening and expanding the center's collaborative partnerships with numerous law enforcement agencies on alternative crisis response, and the implementation and growth of 9-8-8. She serves on numerous coalitions and task forces, including as past-president on the Board of Directors for the National Association of Crisis Organization Directors (NASCOD), as a member of the Board of the Emergency Network Los Angeles (ENLA), as a lead trainer for CopLine, and as a member of LA's Office of Violence Prevention (OVP) Community Partnership Council.

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Nathan Lichtman, MSW

(He/Him) Nathan Lichtman began his crisis line journey as a volunteer in 2017 after losing a close friend to suicide in 2008. Since then, Lichtman has served the Didi Hirsch Suicide Prevention Center as a Shift Supervisor, the Training and Volunteer Coordinator, and now the Training and Outreach Program Manager. He is also an 'on-call' manager for the crisis line. Lichtman serves as an International Council for Helplines accreditor, and he is also an Applied Suicide Intervention Skills Training (ASIST) trainer. Additionally, he serves as a peer facilitator for Survivors After Suicide, Didi Hirsch's suicide loss bereavement support group. He has been a speaker at previous American Association of Suicidology conferences, CrisisCon, and the California Mental Health Advocacy for Children and Youth Conference. He is also on the leadership team for the Los Angeles Suicide Prevention Network. He is a sought-after presenter on suicide prevention and volunteer engagement topics, with presentations to the Los Angeles County Department of Mental Health-UCLA Wellbeing for L.A. Learning Center, the Los Angeles Veterans Collaborative, behavioral health agencies, universities/schools, and many other organizations. Lichtman is a deeply rooted ally for oppressed populations and strongly believes in countering injustice. He graduated with distinction with his master's in social work (MSW) from Arizona State University, and he lives in Los Angeles with his spouse and their young daughters.

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Richard Lieberman MA, NCSP

(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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Mia Livas Porter

(She/Hers) Mia Livas Porter is a Gun Violence Survivor; a long-time volunteer and a National Training Leader with Moms Demand Action; and an Everytown Survivor Fellow speaker. Her brother Junior died over 30 years ago to Gun Suicide after a 5 year battle with Schizophrenia. She has helped create and led dozens of state, regional, and nation-wide trainings on gun violence prevention work, especially on suicide prevention. And she has shared her survivor story on television, podcasts, panels, and on the steps of the US Capitol. She also works for the LA County Office of Violence Prevention as a Policy Analyst, advising on Gun Violence Prevention efforts.

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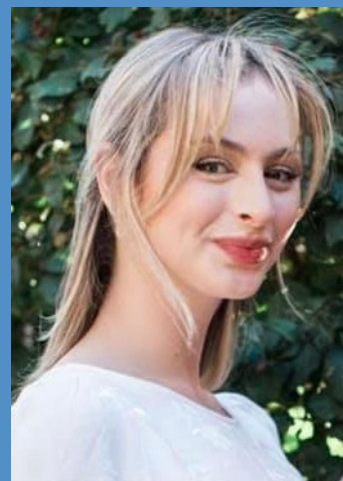
Alisha Manning, LCSW, PMH-C

(She/Hers) Alisha Manning is a Licensed Clinical Social Worker at Los Angeles County Department of Mental Health. Currently, she serves as a trainer for the Partners in Suicide Prevention team at DMH, where she provides suicide prevention trainings to the community and fellow mental health professionals. Alisha is dedicated to providing specialized care, as evidenced by her certification in perinatal mental health, where she has demonstrated her ability to support and empower expecting and new mothers during their crucial journey. With a passion for improving mental health outcomes and a commitment to ongoing education and training, Alisha is dedicated to making a positive impact in the lives of individual and communities she serves.

Elle Mendelson

(She/Her) Elle Mendelson, BS, sits on the Caring for Jews in Need team at the Jewish Federation of Greater Los Angeles as the Assistant Director. Mendelson oversees and manages multiple partnerships with organizations providing mental health services, job and life skills for people with intellectual and developmental disabilities, and case management services. She developed and launched the Los Angeles Resiliency Roundtable, a program focused on bringing together organizations providing mental health services for young adults with organizations across the Jewish education and engagement space to learn, strategize, and create a collaborative professional network. Before coming to The Jewish Federation, Mendelson synthesized research in Neuropsychology to create continuing education courses for LMFTs/LCSWs. She graduated from UCLA with a Bachelor of Science in Molecular, Developmental, and Cellular Biology and a minor in Gender Studies. She is passionate about mental health education and reducing the stigma surrounding mental illness.

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Dr. Jocelyn Meza

(She/Hers) 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. In addition, Dr. Meza is expanding her research to adapt evidence-based psychosocial interventions for ethnoracially diverse youth, particularly Black and Latinx youth and systems involved youth (i.e., dually involved youth in the child welfare and juvenile justice systems). Dr. Meza is a certified bilingual psychologist trained at UC Berkeley and UCSF in cognitive-behavior and dialectical behavior therapies. Dr. Meza's work in advancing mental health treatments among ethnoracially minoritized families has been recognized by the National Latinx Psychology Association, the National Hispanic Medical Association and has also received the prestigious Early Career Award from the American Psychological Association.

contact: www.heart.semel.ucla.edu

Aileen Montoya, MPA

(She/Her) Aileen Montoya holds a Master's degree in Public Administration and currently works with the Partners in Suicide Prevention Unit at the Los Angeles County Department of Mental Health. She has over 10 years of experience in the community, providing suicide prevention, education, and training throughout Los Angeles County. Aileen is certified and trained in a variety of evidence-based trainings for both suicide prevention and suicide postvention. Previously, Aileen served as a Children's Social Worker with the Department of Children and Family Services and as a Detention Officer with the Los Angeles County Probation Department. She is passionate about promoting self-care and work-life balance for mental health professionals. In her free time, Aileen enjoys being out in nature, hiking, and fishing with her family.



Stephanie Murray, MA, PPS, LEP

(She/Her) Stephanie Murray has been a practicing school psychologist for over 30 years with the Whittier Union High School District, and is a Licensed Educational Psychologist. She serves as a Co-Chair of the Youth and Schools Workgroup for the LA Suicide Prevention Network, 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, 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 over 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.



Elisabeth Nails, MSW, PPSC

(She/Hers) Elisabeth Nails, MSW, PPSC is a program specialist at the Los Angeles County Department of Arts and Culture where she manages Creative Wellbeing, an approach that integrates arts and mental health strategies to support social-emotional development, community connections, and healing from trauma. Co-developed by the Los Angeles County Department of Arts and Culture, Department of Mental Health, Office of Child Protection and the Arts for Healing & Justice Network, Creative Wellbeing is being implemented in school districts, in congregate care sites for foster youth, and piloted within County departments to serve systems-impacted young people and the adults who support them. Elisabeth co-chairs the Los Angeles Suicide Prevention Network's Youth Advisory Board and is a UCLA Arts & Healing certified Social Emotional Arts facilitator. 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: www.lacountyartsedcollective.org/initiatives/creative-wellbeing

Christina Ortiz, Psy.D.

(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 mental health challenges. She also co-facilitates Teen Survivors after Suicide, Adult Survivors after Suicide, Health and First Responders, and Survivor of Suicide Attempt support groups. Dr. Ortiz 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.

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Nicolle Perras, MPH, MA, LMFT

(She/Hers) Nicolle Perras has worked at the intersections of public health and mental health for 20 years; with specializations in suicide prevention, gender-based violence, the impact of trauma on health and wellbeing, systems of care and employee wellbeing. She has extensive education, clinical training, and public health experience in addressing the intersections between various forms of violence and social determinants of health, health equity, trauma, resiliency, and posttraumatic growth. She frequently provides presentations, trainings, and consultation to government and community partners on suicide prevention, gender-based violence prevention, utilizing data and trauma informed messaging, and the connections between multiple forms of violence. Nicolle received her BA and Master of Public Health (MPH) from UCLA, and is also a Licensed Marriage and Family Therapist in Los Angeles, California. Nicolle received her BA and masters of public health (MPH) from UCLA, and is also a Licensed Marriage and Family Therapist in Los Angeles, California.





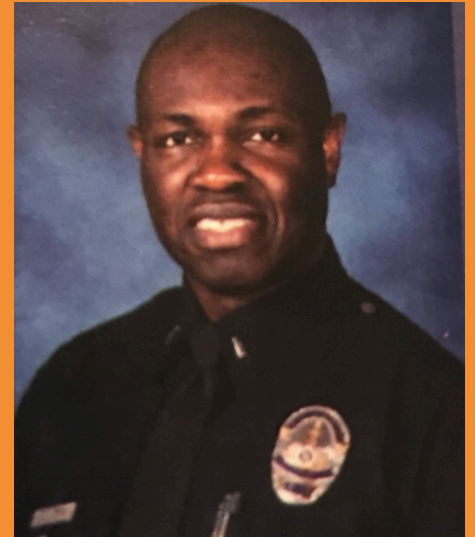
Ashley Abigail Gruezo Resurreccion

(she/her) PAshley Abigail Gruezo Resurreccion is a 2nd-generation Filipino/American and Hiking Art Therapist who works in community spaces to facilitate programs for education, mental health, nature, and art. They served in Thailand from 2018-2020 for the United States Peace Corps Volunteer and completed their MA in Art Therapy and Counseling in 2023. Ashley is also a certified California Naturalist and holds certifications with NOLS Wilderness First Aid, Leave No Trace, Catalina Island Conservancy Naturalist 1 Training, and Wild Wonder Nature Journaling. As a TreePeople Volunteer Supervisor, Keep Nature Wild Cleanup Ambassador, and Theodore Payne Foundation Native Gardens Docent, Ashley supports social and environmental justice endeavors to help make the world a better place. Support them on IG @twiichii or X @twiischibis or email them for more information.

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Lieutenant Robin Richards

(He/Him) Lieutenant II Robin Richards, Serial No. 33072 Los Angeles Internet Crimes Against Children (ICAC) Task Force Commander. Robin Richards joined the Los Angeles Police Department in June 1996. His patrol assignments include Harbor and Wilshire Division, undercover assignments in Narcotics and Pacific Division Vice. In 2006 he worked as a Senior Lead Officer, supporting the Venice Beach Community. In 2009, Robin Richards was promoted to Sergeant and worked in Southwest, West Los Angeles, and Pacific Divisions. He gained his administrative experience from his assignment at Policy and Procedure Division in 2017. Richards would return to West Los Angeles Division where he was the Officer in Charge of the Vice unit. In 2018, Robin Richards was promoted to the rank of Lieutenant and returned to Harbor Division as the Patrol Watch Commander. In 2020, Robin Richards was elevated to the rank of Lieutenant II, and became Harbor Division Detective Commanding Officer. In 2021, Robin Richards worked at Operations South Bureau and was the Officer in Charge of Vice and Human Trafficking, Community Relations, and Special Events. In June 2023, Robin Richards became Los Angeles Internet Crimes Against Children Task Force Commander.



Refujio "Cuco" Rodriguez

(He/Him) Refujio "Cuco" Rodriguez is the Chief Equity & Program Officer at Hope and Heal Fund. Prior to joining the fund, Cuco served as a Program Officer for the W.K. Kellogg Foundation and was a member of the foundation's Racial Equity and Community Engagement team. He was responsible for developing and coordinating strategic grantmaking aimed at addressing racial equity, community engagement, and nurturing opportunities for positive systemic change for historically marginalized communities. Cuco supported the development of a Racial Equity Leadership Curriculum for the W.K. Kellogg Fellowship Program; leading research and developing curriculum models; and developing strategic external partnerships with other foundations, businesses, governmental agencies, and other key partners. He led efforts to integrate racial equity principles into technology initiatives including working on new collaborative platforms and developing a racial equity-focused grantee application. Prior to joining the field of philanthropy, Cuco served as division chief and ethnic services manager with the Santa Barbara County Department of Behavioral Wellness, and as department director for Family and Youth Services with the Community Action Commission. Cuco obtained a bachelor's degree in agricultural engineering technology and a master's degree in education, both from California Polytechnic State University, San Luis Obispo.

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Kristin Sakoda, J.D.



(She/Hers) Kristin Sakoda is Director of the Los Angeles County Department of Arts and Culture, the local arts agency with a mission to advance arts, culture, and creativity throughout the most populous county in the U.S. The Department's programs include grants and technical assistance to nonprofit organizations; creative career pathways including the nation's largest arts internship program; public-private arts education initiatives; commissioning artists for the LA County Civic Art Collection; professional development; research and evaluation; and cross-sector arts strategies to address civic issues—all with a lens of cultural equity and inclusion. Ms. Sakoda is an arts executive, attorney, and performing artist with over 25 years in the field. As an artist she appeared on stages around the world including with dance and social justice company Urban Bush Women, in *Rent* and *Mamma Mia!* on Broadway. Prior to her work at LA County, she served at New York City Department of Cultural Affairs overseeing a \$200M portfolio of strategic, programmatic, policy, and legislative projects on diversity and inclusion; public art; creative aging; cultural facilities; grants; and affordable workspace for artists. She holds a J.D. NYU School of Law with honors in Entertainment Law, and B.A. Stanford University with a specialization in Race and Ethnicity and secondary major in Feminist Studies. Visit www.lacountyarts.org and follow @_kristinsakoda on Instagram.

contact: www.lacountyarts.org; @_kristinsakoda (Instagram)

Nana Sarkodee-Adoo, MPH, MSW, CHES

(She/Hers) Nana Sarkodee-Adoo is a driven advocate for health equity and wellbeing for all people. She is passionate about the intersection between public health, community-driven interventions, and mental well-being, particularly for communities of color. In her current role as Community Capacity Building Specialist at the LA County Office of Violence Prevention, Nana uses her background in both public health and social work to provide capacity-building support to community partners related to suicide prevention and mental health, trauma-informed care, and public health program development, implementation, and evaluation. She also leads work in her community related to strengthening social connections and access to healing as a gun violence prevention strategy. She is the proud daughter of Ghanaian immigrants, loves laughing with friends and family, and can be found enjoying fresh air, listening to music, or participating in a sporting event on the weekend.

contact: nsarkodee-adoo@ph.lacounty.gov; www.linkedin.com/in/nanasarkadoo/



D'Artagnan Scorza, Ph.D.

(He/Him) Dr. D'Artagnan Scorza currently serves as the inaugural Executive Director of Racial Equity for Los Angeles County. In this capacity, he is tasked with championing the elimination of structural racism while also promoting efforts to deepen the County's work to eliminate structural racism and bias in all its forms and dimensions. Dr. Scorza's life's work is centered on building leaders who fight for equity in communities and schools. In his previous roles as the Executive Director of Social Justice Learning Institute, a UC Regent and the President of the Board of Education for the Inglewood Unified School District, he launched programs that helped youth of color become social justice leaders and college graduates. He also helped pass policies that prioritized \$160 million for student services across UC campuses and secured \$350 million to support school construction for k-12 schools. As a U.S. Navy Iraq-War Veteran and civic leader, he has received numerous awards and accolades, including being 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 has been quoted in multiple publications, such as *The New York Times*, *Los Angeles Times*, *Huffington Post*, *Los Angeles Magazine* and several podcasts.





Miguel Serricchio, Loss Survivor

(He/Him) Miguel lost his youngest son, Alex, to suicide just over eight years ago and shortly after found Didi Hirsch. He took advantage of the different programs that Didi Hirsch has to support families with the loss of a loved one by suicide. Shortly after using Didi Hirsch's services, he felt the need to give back. He didn't want the loss of his son to be just a statistic, so he started volunteering. For the past seven years, he has had the opportunity to facilitate eight-week groups and monthly drop-ins in English and Spanish. Additionally, he has written articles for Didi Hirsch's newsletter, has been interviewed or served on panels, and his goal is to become a speaker for Didi Hirsch in their suicide-prevention program. Originally from Buenos Aires, Miguel now resides with his wife, in Valencia, California. He holds a degree in international finance from the Universidad Argentina de la Empresa in Buenos Aires, Argentina and is a 35+ year veteran of the banking and finance industry. When not working or volunteering, Miguel enjoys cycling, hiking and traveling with his wife and spends as much time as possible backpacking with his oldest son and spending time with his daughter, daughter-in-law and granddaughter.

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David L Spence

(He/Him) Retired City of Los Angeles Battalion Chief David L Spence served the citizens of Los Angeles for over 35 years, in complex and diverse environments throughout the City. Chief Spence worked as a member of the Fire Chief's Planning Section, as the Internal Affairs Section Commander and others before retiring from Operations Central Bureau at Fire Station 55 in Eagle Rock. Proud Father of 3 adult children, he has held positions as President of NonProfit organizations in Los Angeles. David currently is on the Board of Managers at the Weingart YMCA Wellness and Aquatic Center in Los Angeles.

contact: kaustin@dmh.lacounty.gov



Laura Stricklin

(She/Her) Laura Stricklin recently retired after 26 years as a Special Agent with the FBI in Los Angeles and is now the Regional Training Manager for LivingWorks for California, Hawaii, Nevada & Guam. During her time with the FBI she managed the Crisis Negotiation Team, the Crisis Response Team and was an EAP Peer Counselor on a critical incident deployment team. She's taught Crisis Negotiation all over the world and suicide intervention all over the country. Prior to her FBI career, Laura was the VP of Customer Service, Purchasing and Technical Services for Laporte Construction Chemicals, a Hapkido Karate Black Belt/Instructor and before that the Manager of The Raft Restaurant at the Four Seasons Biltmore in Santa Barbara. She has her MBA from Pepperdine University and Bachelor of Arts in Sociology from UC Santa Barbara.

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Yael Swerdlow, Founder/CEO Maestro Games SPC

(She/Her) Yael is a long-time photojournalist who has covered civic unrest, natural disasters, gang violence, as well as the aftermath of genocide, famine and war. She suffers from PTSD, moral injury, and anxiety.

contact: www.maestrogames.com





Charlotte Sykora, Ph.D.

(She/Her) Charlotte Sykora, Ph.D., ABPP-RP, QME is a Licensed Clinical Psychologist, Board Certified in Rehabilitation Psychology, who has served Department of Health Services, Los Angeles County, for over 20 years as a clinical treatment provider. She was the Director of Outpatient Psychological Services at Rancho Los Amigos National Rehabilitation Center for 10 years, and worked extensively with individuals living with life-changing injuries and illnesses (Stroke, Spinal Cord Injury, Traumatic Brain Injury), providing evaluation, short-term psychotherapy and brief crisis intervention. She currently serves as a Wellness Psychology for Department of Health Services Staff, with focus on helping DHS employees enhance their general wellbeing, with focus on enhancing emotional health.

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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: sophiesz@stanford.edu



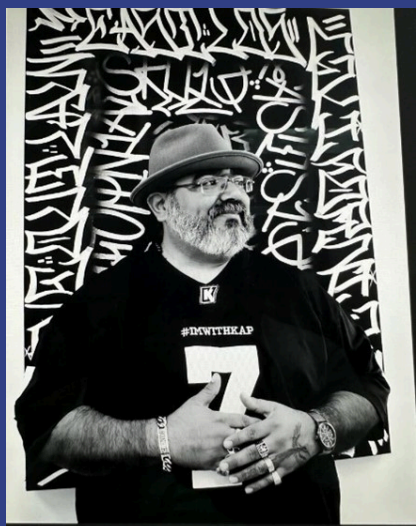
Ann Taylor

(She/Her) Ann is a suicide attempt survivor and a single mother of two. She is currently a peer facilitator for the Survivor of Suicide Attempt (SOSA) support groups at Didi Hirsch Suicide Prevention Center as well as the Felton Institute in San Francisco. She was a crisis counselor for the Didi Hirsch Suicide Prevention Center 988 Lifeline for 8 years also at Didi Hirsch. She has been an advocate in suicide prevention and has been vocal about her experience in the hopes she will reduce the stigma around suicide and help others who may be struggling. She has been featured in the documentary "The S Word" during which she first voiced much of her pain surrounding suicide ideation and attempts.

contact: annbtaylor1@gmail.com



Johnny "J.T." Torres



(He/Him) Johnny Torres, a Chihene Nde Apache from Warm Springs, New Mexico, utilizes native culture and practices to support high-risk youth by reconnecting them with their ancestral heritage. Starting his career in 2008 as an educational support aide for high-risk youth in South Central L.A., Johnny has since held various roles in gang intervention and youth development. He has served in multiple capacities under the "Gang Reduction Youth Development" (GRYD) program, including Lead Intervention Worker and Program Coordinator. In 2018, Johnny was chosen to lead the Community Health Team established by Hilda Solis in East Los Angeles, where he now coordinates intervention services across several areas. He also coordinates intervention services for the cities of Whittier, Pico Rivera, and Santa Fe Springs under the D-4 program. Additionally, Johnny is a facilitator with the "Urban Peace Institute" (UPI) and a member of the East L.A. Taskforce for the "Department of Youth Development" (DYD). He actively participates in panels and conferences to promote peace, reduce violence, support conflict resolution, and preserve sacred life. Johnny's deep commitment to working with vulnerable communities remains a cornerstone of his efforts, integrating culturally responsive approaches to empower and support these populations in his work.

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Cecilia "Centzi" Urbina

(She/Her) Cecilia "Centzi" Urbina, is an LA base Xicana Indigenous Activist who has used music and art as a tool to express her activism in pursuit of social justice for Indigenous Peoples across Turtle Island. Born to Immigrants from El Salvador and Mexico and raised in the SGV and East Los Angeles Areas, Centzi learned at a young age that Music had power as she began her music journey back in 1995 with her punk band Moodswings. At the age of 18 she began to dance Aztec traditional dance with the group Ketzalitzli from East Los Angeles. Through the teachings of this ancient tradition, Centzi began her spiritual journey on the "red road". Through embracing the traditions and passed down knowledge and stories a new identity within her had emerged and helped her break through the years of rage, depression, suicidal thoughts, self destruction behaviors and gave her rage a new fuel one with dignity.

contact: Curbina@seaprograms.org



Andrea Welsing, MPH

(She/Hers) Andrea Welsing, MPH Bio Andrea Welsing is a public health leader with over 30 years of experience working collaboratively with multiple sectors and community partners to develop, implement and evaluate public health programs, including more than 20 years managing violence prevention efforts. Her work has addressed violence in all forms, starting with oversight of hospital-based sexual assault and domestic violence programs and leading to her role as Director of the Injury and Violence Prevention Program for the Los Angeles County Department of Public Health (DPH) where she provided oversight and strategic direction for the county's participation in the Violent Death Reporting System, Child Safety, and the Trauma Prevention Initiative. In September 2019, she was appointed to serve as the Director for the Los Angeles County Office of Violence Prevention where she is responsible for coordinating a comprehensive approach to violence prevention, intervention and healing strategies in collaboration with survivors, county and community partners to ensure an effective countywide response to violence and trauma. Ms. Welsing received her Master's degree in Public Health from the University of California Los Angeles (UCLA), and a Bachelor's degree in Psychology from the University of California Berkeley.

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Tom Whitaker

(He/Him) "I lost my partner of 32 years, Dave, on 7/21/22. In turn, I joined Didi Hirsch Community Health Center's 8-week "Survivors After Suicide" (SAS) program as a participant to assist me with my overwhelming grief. I subsequently was invited to become a volunteer Peer Facilitator for the SAS program, which I gladly accepted and am still currently doing. It is highly rewarding assisting others, as well as healing myself in the process. I am retired and reside in Glendale, CA in the home Dave and I shared. I love traveling, deep water fitness classes, and spending time with my friends (most of whom I've known for over 30 years!)."

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Alyesha Wise-Hernandez

(She/Her) Alyesha Wise, aka "Ms. Wise" is a poet, teaching artist[1] and co-founder of Spoken Literature Art Movement (S.L.A.M). From Camden, N.J., Alyesha currently resides in Los Angeles where she also serves as a teaching artist for Street Poets, Inc. She previously served as the head coach of Da Poetry Lounge's slam team and a co-coach for the Get Lit Youth slam team. Wise co-founded and was a co-host of The Pigeon Presents: The Philadelphia Poetry Slam. She has been featured in a speaking engagement on the TEDx Talk series in which she dedicated the talk to her younger sister and Camden. While in Philadelphia, Wise was a co-host of Jus Words, the longest running weekly open mic in the city at the time. She also founded the organization Love, Us, a Philadelphia-based organization and annual production which worked to spread unity and self-love through the arts. The production was a large attraction in the Philadelphia poetry scene and a Twitter trending topic in 2010. She is currently the founder and organizer of Black Women Necessary, a safe space for black women. Wise also served as a former teaching artist and volunteer coordinator at New Earth, and continues to teach and mentor in Los Angeles youth detention centers.[8] In 2017, she authored the book, Carnival. Ron Howard once said about Alyesha's performance style, "Very Powerful."

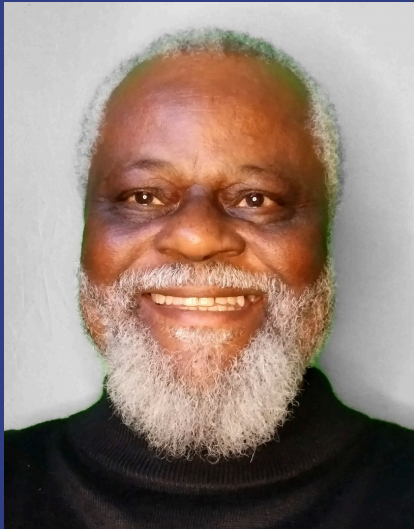


Dr. Lisa H. Wong

(She/Her) 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.

contact: Director@dmh.lacounty.gov





Michelle "Michael" Wright, M.A.D.T.C. Chairperson

(He/Him) "My name is Michelle "Michael" Wright. I am a retired Pastor, Martial Arts Instructor and Father of 5 (Angela, Michael, Ebony, Simone, and Dejuan), Great grandfather of 2; And grandfather of 5. Currently I am serving as Chairperson for the Monrovia, Arcadia, Duarte Town Council (aka M.A.D.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. I am currently Co-author of a study to reduce suicide attempts and improving outcomes for youth presenting to Emergency Department (EDs) with suicidal episodes: Called Safe Steps.

contact: choose2liveunlimited@gmail.com; c2lunlimited.com

Maurice Kwon

(He/Him) Detective III Maurice Kwon has been a law enforcement officer for the Los Angeles Police Department since February of 2005. During Detective Kwon's tenure, he has promoted to the rank of supervisory detective and has served as a task force officer with federal agencies such as Homeland Security and the United States Secret Service. As a federal task force officer, Detective Kwon investigated technology facilitated crimes and has become an expert in digital device seizure and digital forensic analysis. Detective Kwon has received numerous Information Technology and Digital Forensic certifications and has testified as a digital forensic and technology subject matter expert on numerous cases. Detective Kwon has had the privilege of being a member of the Los Angeles Police Department's Internet Crimes Against Children (ICAC) Unit since 2013 and currently leads the ICAC regional digital forensic laboratory. As the supervisor of the ICAC regional forensic laboratory, Detective Kwon regularly advises and trains affiliates with their technology related inquiries.



KZO- WORLD

"My name is Kenzo Sohoue my artist name is Kzo World I was born in Cameroon Africa, Started doing music when I was Locked Up At 14 it was the only way I felt heard and expressed what i felt internally. Music is Art and Healing. I currently write and Record Music to send a message to those I create with, because building a stronger Community is my main Goal."



Raashey



Raashey is a Hip Hop artist native to Los Angeles California .Growing up around a grandfather who was a violinist along with a father who always played late 80s/early 90s Hip Hop Raashey grew to have a deep passion for music first inspired by groups like public enemy, n.w.a and artists like Rakim and Tupac Shakur. The culture of Hip Hop became his lifestyle, from dancing to being an Mc, it became something he couldn't get enough of at school and around his neighborhood he became known for his lyricism . From freestyle sessions to winning local battles as time went by ,making music became his thing. He eventually joined a group called G.S.7 out of San Pedro California that was influenced by the teachings and lessons of the 5% nation, In this group he obtained knowledge of self and went from a life style of gang banging running the streets to walking a path of truth and submission towards righteousness and peace. At that point rap became more to him than just something to have fun with, it became a tool for him to raise his people's awareness and consciousness so they may wake up from being dumb, deaf, and blind to the truth of themselves seeing things for what they are not what they appear to.

YNB- JC

"Hello my name is Jaumal T. Cade also known as "YNB JC". I was born on October 24 and raised in South Central, Los Angeles, California. I have to say that based on the area that I grew up in, I am very lucky to be here today. I have been living a rough life but I am able to put all of it behind me and chase my dream. I must admit, I've had a rough start. But then again, who hasn't had a rough start? We all deal with trials and tribulations, but through it all I've managed to stay strong and stand tall. My biggest dream is to be able to inspire people through my craft of rap music and start my own high end record label. I enjoy writing music and have began my journey in developing my musical career back in 2015. I hope to become extremely wealthy so I could build a new generational wealth, that I didn't have, for my family. I plan to learn how to trade stocks and invest my money smartly so that I'll have enough to provide for my family. I will not accept failure and will never give up on my dreams no matter what anyone tells me. I have learned that not everyone will like me but as long as I believe in myself and continue to push towards my dreams anything is possible and nothing is unattainable. If I don't ever succeed at living my dream, yes I will be very disappointed, but I will be very pleased with myself knowing that I've tried my best and never gave up on myself. I have grown up listening to a multitude of different artists but a real inspiration that stood out to me was Ermias Asghedom also known as Nipsey Hussle, founder of All Money In Records. I look up to him, hoping that one day I would be just as successful as him. I was thirteen when I moved to the Crenshaw District where Nipsey was raised and years after getting to know my community well enough, I was able to secure a job working for Nipsey at his newly renovated "Marathon Clothing" also known as the world's first smart store. It is 100% the best experience of my life and I praise the whole Marathon Team for giving me a once in a lifetime opportunity like this one."



Jonathan Gelfond

(He/Him) Jonathan is entering his third year at the University of California, Santa Barbara, double majoring in Psychological and Brain Sciences and Film and Media Studies with a minor in Applied Psychology. Formerly, he was a Volunteer Listener and Training Intern for 3 years at Teen Line, serving teens in various mental health crises worldwide, where he spent over 570 hours on the hotline. This summer he also interned with the organization, helping prepare future volunteers. Jonathan reaffirms his desire to begin a career in the mental health field and further pursues his passion for mental health advocacy through documentary work. He hopes to continue this in his future educational and professional pursuits.

2024 SUMMIT PLANNING TEAM



Tracie Andrews
(she/hers)
LA County Department of
Mental Health



Cheryl Eskin
(she/hers)
Teen Line, a program of
Didi Hirsch



Franklin Romero
(he/him)
LA County Department of
Mental Health



Tiffany Buan
(she/hers)
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Verónica Chávez
(she/hers/ella)
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Jewel Forbes
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Los Angeles County Office
of Education



Daisy Gomez
(she/her/ella)
UCLA Prevention Center of
Excellence



Ana Verdín Hernandez
(she/her/ella)
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Mental Health



Sandri Kramer
(she/hers)
Didi Hirsch Suicide
Prevention Center



Nathan Lichtman
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Didi Hirsch Suicide
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Alisha Manning
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Mental Health



Richard Mogil
(he/him)
Didi Hirsch Suicide
Prevention Center



Stephanie Murray
(she/hers)
Whittier Union High School
District



Elisabeth Nails
(she/hers)
LA County Department of
Arts and Culture



Nicolle Perras
(she/hers)
LA County Department of
Public Health



Daphne Quick-Abdullah
(she/hers)
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Mental Health



Nana Sarkodee-Adoo
(she/hers)
LA County Office of
Violence Prevention



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/>

THANK YOU



Our endless gratitude to all who made this year's Summit possible, including:

- Didi Hirsch Suicide Prevention Center
- LA County Arts Education Collective
- LA County Department of Arts and Culture
- LA County Department of Health Services
- 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 Los Angeles Suicide Prevention Network Summit Planning Committee.

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



THANK YOU TO OUR SPONSORS:



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MAP





**VIRTUAL EVENT PROGRAM,
WORKSHOP DESCRIPTIONS, & MAP**



**Thank you for joining us for the 14th Annual
LASPN Suicide Prevention Summit**

We'll see you next September!

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



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