

10:25am - 11:00am: Sarah Gilman and Eric Biggers
 11:00am - 12:00pm: Joseph Dwyer, Christina Ortiz, Miguel Serricchio, Ann Taylor, and Tom Whitaker
 12:00pm - 12:30pm: Lunch & Networking
 12:30pm - 1:00pm: LASPN Hero Awards Ceremony
 1:00pm - 1:15pm: Center for the Empowerment of Families
 1:15pm - 1:40pm: Tina Bigdeli, Maurice Kwon, and Robin Richards
 1:40pm - 2:20pm: Nicole Perras
 2:35pm - 3:35pm: BREAKOUT SESSIONS
 3:45pm - 4:30pm: Jail Guitar Doors Youth Artists


DESCRIPTION

The LASPN will be hosting our 14th Annual Suicide Prevention Summit. The LASPN Summit brings together the brightest minds in suicide prevention, to present talks that foster hope, demonstrate the pathways of hope, support, and connection, and continue to demonstrate understanding the role we all play in suicide prevention.

[+ Register](#)


Daily Agenda

10 September

 Tuesday

CONTINENTAL BREAKFAST & NETWORKING


 7:30 AM - 8:00 AM

 **Location:** Dr. Beatriz Solis Hall

Description: Continental Breakfast & Networking

Morning Welcome & Opening Remarks

 8:00 AM - 9:10 AM

 **Location:** Dr. Beatriz Solis Hall

Description: Elisabeth Nails, Jewel Forbes, Farrah Ferris, Street Poets, Dr. Lisa Wong, Kristin Sakoda and Dr. Priya Batra

AM Keynote

 9:10 AM - 10:10 AM

 **Join us in Song**

Description:

Music Director, Dr. Ernest H. Harrison will lead the members of the Gay Men's Chorus in an hour long performance of songs celebrating the power of music to heal, create community, and to save lives. We will sing, dance, talk, and get the audience to join us in lifting our voices in song as we say thank you to those who have advocated for our lives. The two spirit LGBTQIA+ is impacted by suicide at an alarming rate and we want to invite you to join us as we sing for those who cannot sing for themselves. Join us as we sing of our own survival. Join us. Join us in song.

Speaker: **Dr. Ernest Harrison & Gay Men's Chorus of LA** Room #: **Solis Hall** Capacity: **300** Continuing Ed:

BREAK & REFRESHMENTS

 10:10 AM - 10:20 AM

 **Location:**

Description:

A Candid Conversation

 10:20 AM - 11:20 AM

 **A Father's Journey From an Abyss**

Description:

My (lived experience) story and answering any questions people may have.

Speaker: **Pastor Michelle Wright** Room #: **Solis Hall** Capacity: **300** Continuing Ed:

LUNCH & NETWORKING

🕒 11:30 AM - 12:05 PM

LASPN Hero Awards Ceremony

🕒 12:05 PM - 12:35 PM

📍 Location: Dr. Beatriz Solis Hall

Description: LASPN Hero Awards Ceremony - Dr. Sam Chan & Dr. James Cunningham Award for Outstanding Leadership; The Hero Award for Collaboration; The Hero Award for Innovation

Creative Wellbeing: Embodied Energy - Movement for Grounding and Vitality

🕒 12:40 PM - 12:55 PM

📍 Location: Dr. Beatriz Solis Hall

Description: Participants will take part in a visualization exercise followed by a movement sequence to warm up our bodies and get the blood flowing. It will be a grounding and fun workshop to get us ready for the day.

PM Keynote

🕒 12:55 PM - 1:40 PM

📖 My Suicide Intervention Education Journey**Description:**

How I came to learn about the journey toward suicide, the pain following a friend's suicide, my recovery afterwards and what I could do to make a positive difference in helping to keep my communities safer from suicide.

Speaker: **Laura Stricklin** Room #: **Solis Hall** Capacity: **300** Continuing Ed:

BREAK & TRANSITION

🕒 1:40 PM - 1:50 PM

📍 Location:**Description:****Session One Workshops**

🕒 1:50 PM - 2:50 PM

📖 Workshop 1: Faiths Moving from Stigma to Strength: A Jewish Perspective

Description: Acknowledging the pervasive stigma surrounding suicidality, particularly in faith-based communities. This workshop aims to foster understanding, compassion, and proactive engagement. Pulling from a Jewish perspective this workshop explores the evolving discourse, emphasizing the importance of shifting from stigma to strength. By examining historical perspectives, contemporary challenges, and the transformative power of community support. This workshop seeks to empower individuals to navigate mental health concerns without conflicting with their faiths. By emphasizing the synergy between faith and mental health, this workshop encourages a holistic approach to suicide prevention that respects religious identity while promoting mental well-being.

Speaker: **Elan Javanfard, Nathan Lichtman and Elle Mendelson** Room #: **TBD** Capacity: **50**

Continuing Ed: **1.00 CE / CEU**

📖 Workshop 2: Saving Your Public Safety Heroes

Description: During this workshop, retired City of Los Angeles Battalion Chief David L. Spence will detail the stresses and stressors associated with the assignments of dealing with complex and diverse environments and share the accomplishments of public safety members.

Speaker: **David L. Spence** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 3: Cultivating Compassionate and Caring Cultures in Work Environments to Promote Well-Being

Description: There is growing evidence that stress and burnout can be detrimental to staff mental and physical, health systems, organizations, patients and the community overall. There are compounding factors involved in the workplace including stress and trauma experiences. Cultivating caring and compassionate cultures including creating welcoming environments can help reduce stress, burnout and show care for the whole person including mental health. This workshop will explore some of the challenges as well as some creative opportunities in promoting overall well-being.

Speaker: **Charmaine Dorsey** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 4: Workforce Development in Mental Health Careers for Structurally Marginalized Youth

Description: Mental health prevalence rates suggest that the current mental health workforce is not equipped to provide the care needed to address the youth mental health crisis. Data suggests that mental health workforce shortages are evident across the U.S., and this shortage is larger among underserved and under-resourced areas. The purpose of this workshop is to discuss a novel program called the Youth Mental Health Academy (YMHA), which was developed for structurally marginalized high school students to pursue mental health careers. Findings from our study show high acceptability, retention, and student engagement in the YMHA program, which shows that this program is a promising approach to diversifying the mental health workforce. Still, a large-scale study of this program is needed to examine the scalability and sustainability of this program.

Speaker: **Dr. Jocelyn Meza** Room #: **TBD** Capacity: **50** Continuing Ed: **1.00 CE / CEU**

Workshop 5: Embracing Emotional Expressions

Description: Be prepared to explore your creative side. During this interactive hands-on workshop, facilitators will guide participants to create artwork based on their emotions using mixed media materials. During the first half of the workshop, participants will create their own 'feelings wheel' on paper using colored pencils, markers, and/or watercolor paints. During the second half of the workshop, participants will transfer the emotions that resonate most onto their larger canvas.

Speaker: **Ashley Resurreccion** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 6: Empowering Youth: Embracing Ancestral Wisdom and Native Healing Practices in Violence Interruption

Description: During this workshop the facilitators will talk about the importance of the relationship between music and spirituality. Participants will learn the basic format of song writing. The facilitators will encourage the use of song writing and making music as an outlet to release emotions in a healthy and productive manner.

Speaker: **Cecilia Urbina and Johnny Torres** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 7: Burnout Prevention for Mental Health Providers

Description: This workshop aims to equip Los Angeles County providers with practical tools to prevent burnout, enhance resilience at both individual and organizational levels, and understand the underlying causes of burnout. Participants will explore strategies to improve well-being, build supportive work environments, and promote mental health. The workshop also emphasizes the importance of radical self-care in recognizing and addressing burnout within diverse populations. By the end of the workshop, participants will have actionable insights and techniques to maintain their mental health and support colleagues effectively.


Speaker: **Ana Amador & Claudia Avalos-García** Room #: **TBD** Capacity: **50** Continuing Ed:

Will Not Attend

Description:

Speaker: Room #: Capacity: Continuing Ed: **0**


BREAK & TRANSITION

 2:50 PM - 3:00 PM

Location:

Description:

Session Two Workshops

 3:05 PM - 4:05 PM

Workshop 1: Suicide Prevention in Pregnancy and Postpartum

Description: This workshop will provide a broad presentation on mental health in pregnancy and postpartum, Perinatal Mood and Anxiety Disorders (PMADs), and suicide prevention during this vulnerable time periods. Participants will learn about risk factors and unique challenges associated with perinatal mental health, including

hormonal, emotional, and social changes that can contribute to suicidal thoughts and behaviors. Participants will also learn about recognizing and addressing the risk of suicide in pregnant and postpartum individuals. Intervention strategies and resources designed to promote the well-being of individuals during this critical time will also be addressed.

Speaker: **Dr. Verónica Chávez & Alisha Manning** Room #: **TBD** Capacity: **50** Continuing Ed: **1.00 CE / CEU**

Workshop 2: MEANS MATTER: The Preventable Trauma of Firearm Suicide

Description: During this workshop, the statistics of firearm suicide in America will be shared. The facilitators will share actions to take and support at every level to address these preventable tragedies.

Speaker: **Mia Livas Porter & Cuco Rodriguez** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 3: Examining Suicidal and Homicidal Ideation within a Behavioral Threat Assessment and Management Framework

Description: This workshop will provide participants with an understanding of behavioral threat assessment and management strategies with a focus on the examination of suicidal and homicidal ideation by an individual prior to an act of targeted violence. In addition, this workshop will identify the need for care to be provided to community members after an act of targeted violence.

Speaker: **Jeff Cugno** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 4: Not an Oxymoron: Social Media as Harm Reduction and Suicide Prevention

Description: Most of the discussion about social media among those involved in spaces that center youth mental wellbeing and suicide prevention tend to focus on the very real and very scary harms that platforms perpetuate. In order for sustainable change to occur we must not lose sight of the digital sphere's radical potential for community building, mutual care, harm reduction and suicide prevention. This workshop will address some of the systemic barriers preventing youth from forming reparative relationships with and on social media.

Speaker: **Sophia Szew** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 5: Building Mental Health Resilience through Maestro Games NeuroAesthetic Technology

Description: During this workshop, photojournalist Yael Swerdlow will discuss and demonstrate the neuroaesthetic technology benefits of playing "The Last Maestro (TM)". This workshop will include a short 5-minute Virtual Reality experience for a few volunteers.

Speaker: **Yael Swerdlow** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 6: Healing-Centered Arts Strategies for Postvention with Center for Empowered Families

Description: During this workshop Renee Curry, Executive Director of the Center for Empowerment of Families will share strategies and facilitate a conversation about the benefits of incorporating healing-centered arts strategies in postvention.

Speaker: **Renee Curry** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 7: Circles of Support

Description: This workshop will utilize the Circles of Support to explore a mindfulness exercise through watercolors as a metaphor for the valuable people in our lives who help us achieve our dreams or lend a hand when we are in need.


Speaker: **Carlos Eduardo Gacharná** Room #: **TBD** Capacity: **50** Continuing Ed:

Will Not Attend

Description:

Speaker: Room #: Capacity: Continuing Ed: **0**

11 September

 Wednesday

CONTINENTAL BREAKFAST & NETWORKING

 7:30 AM - 8:00 AM

Location: Dr. Beatriz Solis Hall

Description: Continental Breakfast & Networking

Morning Welcome & Opening Remarks

 8:00 AM - 9:00 AM

📍 Location: Dr. Beatriz Solis Hall

Description: LA County Land Acknowledgment Cultivating Mindfulness Strategies for Wellbeing Welcoming Remarks from Partners. Cheryl Eskin, Farrah Ferris, Pineniece Joshua, Andrea Welsing, Dr. D'Artagnan Scorza, Danielle Gautt, and Sarah Gilman

What “Shining Our Light Together” Means To Me

🕒 9:00 AM - 9:35 AM

📍 Location: Dr. Beatriz Solis Hall

Description: "The whole is greater than the sum of its parts." Combining our unique sets of strengths, experiences and knowledge together to effect a greater change. Dino Alzadon

Uplifting Foster Youth Voices for Mental Health and Wellbeing

🕒 9:35 AM - 10:15 PM

📍 Location: Dr. Beatriz Solis Hall

Description: Did you know that foster youth experience higher rates of suicidality compared to their peers? Foster youth are five times more likely to experience suicidality, and four times more likely to attempt suicide. This presentation will feature the National Foster Youth Institute (NFYI), a national non-profit that works to empower current and former foster youth to use their lived experiences to tackle the issues that most impact them. Los Angeles County is the largest child welfare system in the nation and members of NFYI's Los Angeles Chapter share their lived experience of navigating issues with housing, mental health, justice, parenting, and substance use. The presentation describes NFYI's work to transform systems of care into communities of support for foster youth mental health and wellbeing. National Foster Youth Institute

BREAK & TRANSITION

🕒 10:15 AM - 10:25 AM

📍 Location:

Description: BREAK & TRANSITION

Before the Crisis: Everyday Suicide Prevention

🕒 10:25 AM - 11:00 AM

📍 Location: Dr. Beatriz Solis Hall

Description: Join us for an engaging panel session where young adults delve into the critical distinctions between suicide crisis intervention and the essential role of daily prevention in mental health. Sarah Gilman and Eric Biggers

A Candid Conversation

🕒 11:00 AM - 12:00 PM

📄 A Candid Conversation: Suicide Loss and Attempt Survivors

Description:

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

Speaker: **Joseph Dwyer, Christina Ortiz, Miguel Serricchio, Ann Taylor, and Tom Whitaker**

Room #: **Dr. Beatriz Solis Hall** Capacity: **300** Continuing Ed:

LUNCH & NETWORKING

🕒 12:00 PM - 12:30 PM

LASPN Hero Awards Ceremony

🕒 12:30 PM - 1:00 PM

📍 Location: Dr. Beatriz Solis Hall

Description: LASPN Hero Awards Ceremony - Sam & Lois Bloom Award for Outstanding Advocacy; The Dr. Elaine Leader Award for Outstanding Youth Awards

Creative Wellbeing: Chair Yoga and Breath Work

🕒 1:00 PM - 1:15 PM

📍 Location: Dr. Beatriz Solis Hall

Description: Join us for a rejuvenating 15-minute chair yoga session designed to bring relaxation and mindfulness into your day. This practice is perfect for all levels and can be done from the comfort of your chair. Center for the Empowerment of Families

Sextortion, Online Enticement, & Other Exploitation Trends: Prevention Strategies & Resources

🕒 1:15 PM - 1:40 PM

📍 Location: Dr. Beatriz Solis Hall

Description: Tina Bigdeli, Maurice Kwon, and Robin Richards

Exploring The Connections Between Gender-Based Violence And Suicide Prevention

🕒 1:40 PM - 2:20 PM

📍 Location: Dr. Beatriz Solis Hall

Description: Exploring The Connections Between Gender-Based Violence And Suicide Prevention - Nicolle Perras

BREAK & TRANSITION

🕒 2:25 PM - 2:35 PM

📍 Location:

Description:

WEDNESDAY BREAKOUT SESSIONS

🕒 2:35 PM - 3:35 PM

📅 Workshop 1: Navigating Crisis: 911, 988, and Co- Responder Strategies

Description: What if anyone experiencing a suicidal crisis and those supporting them in that crisis could get the right kind of crisis response at the right moment and at any time? Historically, emergencies prompt a call to 911, regardless of the nature of the crisis—a deeply ingrained response in our national consciousness. But does a single emergency number adequately address the diverse range of crises people encounter? Should a non-violent individual in emotional turmoil face an armed police response? Is an ambulance the right solution for someone in emotional distress who requires transport to a crisis respite center rather than medical attention? And who should respond when loved ones need help? This presentation tells the story of the creation of the Los Angeles Police Department's (LAPD) Mental Evaluation Unit (MEU) co-response model, where officers and mental health clinicians are housed together and respond to calls as a team to provide a cooperative, compassionate mental health/law enforcement response; of the launch of an innovative pilot project between the Didi Hirsch Suicide Prevention Center and LAPD to divert suicide and mental health-related calls that don't involve imminent harm or a public safety concern to its crisis line; and finally of the origins and vision of the 988 Suicide & Crisis Lifeline. All crisis response strategies work in tandem to enhance the crisis care continuum, aiming for reducing incarcerations and hospitalizations, preventing deaths, connecting people to community resources, and ultimately for nationwide equitable access to suicide and crisis support at any time.

Speaker: **Sandri Kramer and Julian Canales** Room #: **TBD** Capacity: **50** Continuing Ed:

📅 Workshop 2: Suicide Prevention Safe Messaging

Description: The workshop explores the principles of safe messaging and its importance in suicide prevention. Participants will learn how to identify and avoid safe messaging, develop supportive and effective communications, and understand the powerful impact of words. The session covers best practices and guidelines, including postvention strategies.

Speaker: **Nelly Arias, Karon Austin, and Aileen Montoya** Room #: **TBD** Capacity: **50** Continuing Ed:

📅 Workshop 3: Why Means Safety Matters

Description: The workshop will cover the recently launched statewide firearm suicide prevention effort. The program empowers firearm owners with information about suicide prevention, focusing on safe storage during times of crisis. The workshop will review the materials as well as discuss the development process and lessons learned from the firearm community when communicating about suicide prevention.

Speaker: **Stan Collins** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 4: We All Have a Role to Play - Supporting Implementation of Suicide Prevention Strategies in Los Angeles County Schools

Description: This workshop will discuss suicide prevention and schools. It will highlight initiatives in Los Angeles a county to support schools in the prevention, intervention and postvention planning and implementation.

Speaker: **Jewel Forbes, Rich Lieberman, and Stephanie Murray** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 5: Public Health Approaches to Firearm Safety and Suicide Prevention

Description: This workshop will explore the role that county departments, and specifically public health programs, can play in addressing community violence and suicide. Andrea Welsing, Executive Director of the Los Angeles County Office of Violence Prevention (OVP), and Nana Sarkodee-Adoo, Community Capacity Building Specialist, also at OVP, will discuss and overview OVP's innovative Gun Violence Prevention Platform in addition to other county initiatives aimed to address violence in Los Angeles. This workshop will also highlight OVP's current suicide prevention strategies, including an overview of the county's Youth Suicide Rapid Reporting and Crisis Response pilot program. In addition to the presentation about OVP's work, successes, challenges, and other key takeaways, this workshop will invite discussion around the role county departments play in addressing suicide and other violence prevention issues.

Speaker: **Nana Sarkodee-Adoo and Andrea Welsing** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 6: Mandala Meditative Art Ceremonial Gathering with Medicine Pathways Healing Arts

Description: In this art for healing workshop, the participants will have the opportunity to weave their intentions/prayers/affirmation into a Mandala. This is a sacred tradition for many indigenous peoples such as the Huichol people of Mexico who weave the "Ojo de Dios" on behalf of their children's wellbeing. This will be a time of deep personal reflection.

Speaker: **Stella Cruz** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 7: Impact of Medical Conditions on Mental Health and Coping

Description: Medical conditions, both acute and chronic, may have a significant impact on mental health. The goal of this workshop is to review common mental health issues related to medical conditions, normalize emotional response to medical conditions, and review treatment and coping strategies.

Speaker: **Dr. Charlotte Sykora** Room #: **TBD** Capacity: **50** Continuing Ed:

Workshop 8: Suicide Prevention in the Workplace: How to Care For Yourself and Your Colleagues

Description: This workshop will focus on identifying warning signs and help-seeking barriers, building skills to start the conversation with colleagues, and learning how to break the stigma on suicide prevention and mental health by cultivating a culture of safety, trust and connection in a very disconnected large healthcare system. Lastly, participants will be introduced to a new pilot program targeting suicide prevention and depression awareness for healthcare workers in a large public hospital setting. This program has also allowed us to cultivate a culture of safety and connection to resources and people, building more community for our healthcare workers at Harbor UCLA.

Speaker: **Dr. Hoda Abou-Ziab** Room #: **TBD** Capacity: **50** Continuing Ed:

Will Not Attend

Description:

Speaker: Room #: Capacity: Continuing Ed: **0**

Creative Wellbeing: Closing Performances

 3:45 PM - 4:30 PM

Location: Dr. Beatriz Solis Hall

Description: Creative Wellbeing: Closing Performance with Jail Guitar Doors Youth Artists - Artists from CAPO Center performing and Jason Heath (Coordinator); KZO - WORLD Raashey