

Suicide Prevention Symposium 2018
Hosted by
Rady Children's Hospital

Agenda

Registration & Connecting over Coffee (8:30-9am)

Opening Remarks (9-9:30am)

- **RCHSD, Dr. Glenn Billman, RCHSD (9:00-9:10am)**
 - Welcome to Rady Children's; Introduce PTA Rep
- **Ninth District PTA Derby Pattengill (9:10-9:30am)**
 - Welcome
 - Goals & Objectives for Day; Ground rules,
 - Introduce County Superintendent, **Dr. Paul Gothold** & Partnership with SD County Office of Education
 - Introduce Crisis Intervention Team Members & Partners & Moderator for today, **Stan Collins**

Keynote Address (9:30-10:15am)

- **"The Hero in Each of Us: Finding Your Role in Suicide Prevention," Stan Collins, Directing Change**
 - The youth perspective, the parent perspective & the school perspective
 - Safe messaging & terminology
 - The problem of youth suicide including prevalence; national, local & RCHSD statistics (esp hospital admissions for mental health/suicidal ideation)

Presentation, Jacqui Small, LCSW, (RCHSD) (10:15-10:45am)

- **Typical youth development, specifically for young people ages 10-19**

Break (10:45-11:00)

Presentation & Interactive Discussion, Stan Collins (11:00am-12:15pm)

- **Youth Suicide Prevention 101 / Question, Persuade, Refer (QPR)**
 - Most common signs & symptoms of suicidal ideation
 - Primary risk factors associated with youth suicide.
 - Basic steps/strategies to support youth & their families
 - Safety Planning,
 - Following up with school, etc
 - Top resources to help in a crisis – distribute wallet/tabletop cards
 - The importance of protective factors including coping skill development

Pick Up Box Lunch (12:15pm-12:30)

Youth Panel Discussion w Moderator Stan Collins (12:15-12:45pm)

- PSAs from Directing Change and/or Summer Medical Academy
- Stories shared by Youth Survivors & Support Networks

Community Expert Presentations (Panel w Moderator) Stan Collins moderator (12:45-2pm)

[10 min presentation by each panelist, followed by 30 min roundtable discussion]

- **What's happening in policy initiatives, Dana Richardson (CHIP) [focus on local & national policy]; Shereen Walter (CA State PTA) [focus on state policy]**
- **What Schools are doing to Address Suicide, Heather Nemour (SDCOE)**
 - Include examples from throughout California (What I Wish My Parents Knew), AB2246
- **Understanding and Navigating resources for Parents, Jacqui Small, LCSW (RCHSD)**
 - Resources and steps to take
 - Limitations & Challenges (resistance, limited access to appointments)

Your role in Suicide Prevention (2-2:30pm)

- **Creating an Action Plan, Helen Crenshaw, Ninth District PTA & RCHSD Family Advisory Council**
 - Participants create individual action plans (provided)
 - Discuss in small groups/Report Out

Wrap-Up, Stan Collins (2:30-2:40pm)

Closing and Evaluation, Derby Pattengill (2:40-3pm)