

Ninth District



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3rd Annual Suicide Prevention Symposium

The Hero in Each of Us: Building Resiliency in the New Normal While Supporting Suicide Prevention



**San Diego County
Suicide Prevention
Council**
Convened by Community Health Improvement Partners



**COMMUNITY HEALTH
IMPROVEMENT PARTNERS**
making a difference together



Saturday, September 18, 2021

8:45 a.m. - 2:45 p.m.

Virtual Facilitation

The goal of the 2021 Suicide Prevention Symposium is to provide a county-wide forum for parents/guardians to learn, engage, and take action to address the problem of anxiety, depression and youth suicide, specifically focused on young people between ages 10 and 19.

Agenda at a Glance:

Lectures, interactive discussions and workshops presented by leading experts in suicide prevention, school policy and wellness advocacy from throughout San Diego County.

Keynote Address by Karen Garman, EdD, MAPP, BCC

- Building resiliency as we move through pandemic life
- Signs and symptoms of depression, anxiety and suicidal ideation
- Basic strategies and resources to support youth in times of need
- Family and parent roles in supporting and advocating for youth safety
 - Typical youth development, especially the teen brain
- *Question Persuade Refer* (QPR) Training and associated certificate available
 - Action plan brainstorm and creation

Simultaneous Spanish Translation Available Upon Request

Registration opens August 24, 2021

Please visit ninthdistrictpta.org/suicide-prevention-symposium for registration.

Agenda

8:45-9:00	Registration and connecting virtually over coffee
9:00-9:30	Opening Remarks Dr. Glenn Billman, RCHSD Helen Crenshaw, Ninth District PTA
9:30-10:30	Keynote Address <i>Building Resiliency as we Prepare for Post Pandemic Life</i> Dr. Karen Garman, RCHSD
10:30-10:45	<i>Break</i>
10:45-12:00	Presentation <i>Riding the Wave - How the Pandemic has Impacted Children's Mental Health</i> Jacqui Small, LCSW, RCHSD
12:00-12:30	Break
12:30-2:00	Presentation and Skills Workshop Youth Suicide Prevention 101 and QPR Skills Clinic Richard Butcher and Lora Cayanan, QPR trainers <i>QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. You will learn QPR steps/strategies and practice QPR in pairs or groups.</i>
2:00-2:10	Break
2:10-2:25	Your role in Suicide Prevention (2:10—2:25) Next Steps, Helen Crenshaw, Ninth District PTA
2:25-2:45	Closing Remarks and Evaluation Helen Crenshaw and Dr. Glenn Billman