

Central California Regional

# Suicide Prevention Summit 2020

September 9, 2020

9:00am-4:30pm

Four Workshops,  
Wellness Breaks, and  
a Lived Experience  
Speaker's Panel

Opening remarks by Dese'Rae L. Stage  
from Live Through This



Survivor Outreach Team: Active Postvention

Crisis Coping Theory & the Suicidal Crisis Path: A Context For  
Understanding Suicide, Supports, and Interventions

Firearm Suicide Prevention: Unusual Partners With a Shared Goal

Understanding How Brain Health is Affected by Nutrition

Speaker's Panel: Diverse Mental Health Journeys

**Register Here:**

<https://us02web.zoom.us/meeting/register/tZ0uceGugT4gHdRmO8BpuaUzOwVIEYda6KzR>

For questions, contact Elissa feld at [efeld@t-mha.org](mailto:efeld@t-mha.org)

CE credits available! See reverse page for details

The Summit is free thanks to sponsorship by Cuesta College, the Mental Health Services Act, and participating counties



## Description of Workshops:

**Workshop Session 1:** This workshop will explore the unique needs of suicide loss survivors and how to support those who have been affected by suicide.

**Workshop Session 2:** This presentation will highlight three theories to help understand the context of suicide as well as identify opportunities to launch interventions and build additional supports. The Social-Ecological Model, the Suicidal Crisis Path, and Crisis Coping Theory will be briefly explored and highlight the intersection of these three behavioral models.

**Workshop Session 3 (Option 1):** When we learn how our brain works, understand the properties of food and superfoods, and apply the science, we are better able to harness the power of our life and choices.

**Workshop Session 3 (Option 2):** Firearm Suicide Prevention: Unusual Partners with a Shared Goal

**Workshop Session 4:** Consumers of mental health services and those touched by suicide will be sharing their personal experiences. This will be moderated by a licensed mental health clinician.

**Trainers:** Dese'Rae L. Stage, Ellen Eggert, Noah Whitaker, Gemi Bertran, and Stan Collins

**Date:** Wednesday, September 9, 2020

**Location:** Zoom - Please Register here:

<https://us02web.zoom.us/meeting/register/tZ0uceGugT4qHdRmO8BpuaUzOwVIEYda6KzR>

**CE Registration:** <https://sloco.wufoo.com/forms/m6dlac41atpxxo/>

**Check-In:** 8:45-9:00

**Training:** 9:00-4:30

**Cost:** This training is free

**Who should attend:** Open to the public including: Direct Care Staff, Therapists, Counselors, Social Workers, teachers, Law Enforcement Staff, Support Staff, Agency Supervisors, and Managers

**CE Credits:** 6 contact hours (BBS & BRN), \*NO PARTIAL CREDITS PROVIDED

## Learning Objectives

- 1) Identify key features of three theoretical models to understand suicide risk.
- 2) Describe how emotional crises and support systems can impact suicide risk.
- 3) Identify factors that influence both protective and risk factors from macro, meso, and micro levels.
- 4) Identify at least two specific needs of local consumers who have utilized mental health services.
- 5) Identify at least one specific unmet need of consumers of mental health in their local community.
- 6) Identify at least three unique needs of suicide loss survivors.
- 7) Identify and describe at least two methods for developing a Survivor.
- 8) Identify at least two eating habits that can affect mental health and brain health.
- 9) Identify and describe one routine and structure that can support brain health.
- 10) Identify at least one update to legislation regarding transfer and storage of firearms to support suicide prevention.

## Registration, Cancellations, Refunds, Accommodations, or Grievances Questions?

**Contact:** Elissa Feld, [efeld@t-mha.org](mailto:efeld@t-mha.org), Transitions-Mental Health Association

## CE Questions?

**Contact:** Caroline Johnson, [cmjohnson@co.slo.ca.us](mailto:cmjohnson@co.slo.ca.us), County of San Luis Obispo Behavioral Health Department

*County of San Luis Obispo Behavioral Health Department is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for behavioral health professional. County of San Luis Obispo Behavioral Health Department maintains responsibility for this program/course and its content.*

*Please allow 2 weeks for completion of training and evaluation to receive certificate. County of San Luis Obispo Behavioral Health Department - course meets the qualification for 6 hours of continuing education credit for MFTs, LPCCs, and/or LCSW as required by the California Board of Behavioral Sciences. Approval #55442. Provider approved by the California Board of Registered Nursing, Provider Number 1857 for up to 6 hours.*