

Suicide Prevention Planning Conference *Furthering the National Strategy in California*



Dr. David Satcher was the 16th Surgeon General of the United States. He took action against suicide by releasing the Surgeon General's Call to Action to Prevent Suicide in 1999, and in 2001, he released the National Strategy for Suicide Prevention.

Register Now: Suicide Prevention Planning Conference

Dr. David Satcher, 16th U.S. Surgeon General, To Speak

The California Suicide Prevention Planning Conference is set for May 6-7, 2004, in Sacramento, and you are invited to attend. We are now accepting registration forms, which are available inside this newsletter or at www.span-california.org.

The plan that will be created will follow the National Strategy for Suicide Prevention, sponsored by Dr. David Satcher, the 16th U.S. Surgeon General. Dr. Satcher was the first Surgeon General to take action against the enormous national tragedy of suicide and he will be a keynote speaker at the conference.

The conference is both ambitious and historic, in that our state's size, population and diversity present numerous challenges. There is widespread support, including Dr. Stephen Mayberg, Director of California's Department of Mental Health, as well as dozens of organizations such as the Yellow Ribbon Suicide Prevention Program, the California Psychiatric Association, the American Association of Suicidology (AAS), and the Los Angeles County Sheriff's Department.

In the Surgeon General's National Strategy for Suicide Prevention, 11 key goals were outlined as the basis for each state to take and draft its own customized plan. California is now stepping up to that challenge at this conference. Each goal will be addressed in groups and specific activities defined in support of that goal, as appropriate in California.

State Resolutions passed last year (SR18 and HR30) called for state and local public and private organizations to cooperate in developing a state plan for suicide prevention. SPAN-California is heading this effort.

Advanced registration is \$125 if received prior to April 1 and \$150 prior to May 6. Walk-in registration will be \$175. This newsletter is your invitation to attend. California needs your ideas on suicide prevention. Register today.

Suicide Prevention
Planning Conference

May 6-7, 2004, Sacramento
Red Lion Hotel

*Furthering the National
Strategy in California*

G *Addressing the 11 Goals of the National Strategy*

Furthering the National Strategy in California



At the heart of the conference, we will address the 11 goals from the National Strategy for Suicide Prevention (NSSP) listed at right, in five separate breakout groups. Participants will be divided into groups and a skilled facilitator will lead the group through the process of identifying specific strategies for implementing that goal in California.

If participants have a particular skill or interest in a certain area they may request to join that group. Participants will only work with one group at the conference.

Those unable to attend and those who want to offer ideas to more than one group, may do so on-line. Check our website at www.span-california.org for further details.

To read the complete National Strategy or to order copies, go to:
www.mentalhealth.samhsa.gov/suicideprevention/strategy.asp

From the Surgeon General's National Strategy for Suicide Prevention:

- Goal 1:** Promote Awareness that Suicide is a Public Health Problem that is Preventable
- Goal 2:** Develop Broad-based Support for Suicide Prevention
- Goal 3:** Develop and Implement Strategies to Reduce the Stigma Associated with Being a Consumer of Mental Health, Substance Abuse, and Suicide Prevention Services
- Goal 4:** Develop and Implement Suicide Prevention Programs
- Goal 5:** Promote Efforts to Reduce Access to Lethal Means and Methods of Self-Harm
- Goal 6:** Implement Training For Recognition of At-Risk Behavior and Delivery of Effective Treatment
- Goal 7:** Develop and Promote Effective Clinical and Professional Practices
- Goal 8:** Improve Access to and Community Linkages with Mental Health and Substance Abuse Services
- Goal 9:** Improve Reporting and Portrayals of Suicidal Behavior, Mental Illness, and Substance Abuse in the Entertainment and News Media
- Goal 10:** Promote and Support Research on Suicide and Suicide Prevention
- Goal 11:** Improve and Expand Surveillance Systems (collection of data)

G Best Practices Workshops

Workshops Offer Many Choices

For conference attendees on Day 2, many workshops will be offered, over six sessions. Here is a partial list:

- **Community advocacy, prevention and intervention--how to organize your hometown**, with Leann Gouveia, Fresno Survivors of Suicide Loss.

- **Suicide Prevention resources and plans**, with Ramya Sundararaman, the National Suicide Prevention Resource Center

- **Using the Yellow Ribbon Suicide Prevention Program**, with the program founders Dale and Dar Emme

- **QPR Suicide Prevention program**, with Paul Quinnett

- **How to measure and track suicide data**, with Alan Smith, Ph.D., San Diego County EMS

- **Columbia Teen Screen**, with experts from Columbia University

- **Applied Suicide Intervention Skills Training (ASIST)**, with Living Works

- **The Jason Foundation**, with Clark Flatt

- **Suicide Prevention at the Federal Level**, with Jerry Reed, SPAN-USA

- **How to get your message out--working with the media**

*Workshops may be subject to change.

G Conference Agenda

California Suicide Prevention Planning Conference May 6-7, 2004 Red Lion Hotel, Sacramento, California

Purpose: To develop recommendations for implementing the National Strategy for Suicide Prevention within the state of California in order to significantly reduce the rate of death by suicide.

Day 1 8:00 AM - 5:30 PM

- Registration/continental breakfast/ exhibits on display
- Welcome message/review of conference purpose/history of SPAN-California (Mark Chaffee, President, SPAN-CA, and Dr. Stephen Mayberg, Director, California Department of Mental Health)
- Keynote speaker (invited: Kathryn Power, Director, Center for Mental Health Services, SAMHSA)
- Review of National Strategy and Suicide Prevention 11 goals/AIM (Jerry Weyrauch, Founder, SPAN-USA)
- Assignments and instructions for breakout meetings
- Sit down luncheon with guest speaker
- Breakout to work groups - develop actions based on 11 goals
- Evening reception
(Expert panel edits and synthesizes the recommendations from the work groups into a draft plan/strategy for implementing the 11 goals of the NSSP in California; prepares a document for review and presentation on Day 2.)

Day 2 8:00 AM - 5:30 PM

- Continental breakfast/exhibits on display
- Plenary Session (David Litts, O.D., Suicide Prevention Resource Center)
- Expert panel presents draft plan for California
- Keynote speaker (confirmed: Dr. David Satcher, 16th U.S. Surgeon General)
- Best practices workshops
- Sit down luncheon with guest speaker
- Best practices workshops continued
- Conference closing ceremony

"Mental health issues, which can lead to suicide, cannot be pushed under the rug because they come back to haunt us. We must face them personally and politically. I invite others to join me at this important conference to create California's strategy for suicide prevention."
--Mariette Hartley,
Emmy award winning actress,
National spokesperson for the
American Foundation for
Suicide Prevention

Registration Form



California Suicide Prevention Planning Conference *Furthering the National Strategy in California*

May 6-7, 2004
Red Lion Hotel
1401 Arden Way
Sacramento, CA 95815
(916)922-8041 (hotel)

- Help create a State Suicide Prevention Plan for California
- Hear Dr. David Satcher, 16th U.S. Surgeon General and sponsor of the National Strategy for Suicide Prevention
- Attend informative workshops
- Build alliances with others from throughout the state

Registration Fee: \$125 before April 1 • \$150 before May 6 • \$175 walk in registration
Price includes 2 continental breakfasts, 2 luncheons and 1 evening reception with appetizers and no host beverages

Name: _____

Title: _____ Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

e-mail: _____ ADA/Dietary Needs: _____

List Top 3 Specific Goals of Interest from the National Strategy (optional): _____

Visa/Mastercard # _____ Expiration date: _____
(charge will appear as "Friends for Survival, Inc.")

Signature for credit card: _____

HOTEL INFORMATION: Please contact the Red Lion Hotel directly at (916) 922-8041 for reservations. A block of rooms has been set aside for this conference at the reduced rate of \$84 (single or double occupancy). Please mention that you are with the SPAN-California Suicide Prevention conference. Hotel parking is free. There is a \$12 Super Shuttle from the Sacramento Airport. The Red Lion is located off Business Loop 80/Capitol City Freeway. It is adjacent to the Arden Fair Mall and just six miles from the State Capitol. The Sacramento International Airport is only 20 minutes away.

PAYMENT: Credit card information, a check or a money order must accompany each registration form. Registration will not be confirmed until payment is received. You will receive a confirmation letter after you are registered. CHECKS ARE PAYABLE TO SPAN-CALIFORNIA. There is a \$15 fee for returned checks. SPAN-California tax ID #33-0865596

CANCELLATION POLICY: Cancellations: Must be received in writing 5 business days prior to the first day of the conference to receive a refund. Refunds: All refunds will be subject to a \$25 administration fee. Refunds will be processed within six weeks from the date of request.

REGISTRATION FEE:
\$125 before April 1
\$150 before May 6
\$175 walk in registration

Please fax or mail this form with check
(payable to SPAN-California) to:
SPAN-California
P.O. Box 235260
Encinitas, CA 92023
(760) 753-4565 (fax)

EXHIBIT SPACE:
Table top exhibit space is available for organizations wanting to share information or services with the attendees. Exhibit Fee is \$300. Call for information: (760)753-4565.

Questions?
micchaffee@adelphia.net

Presented in part by:



This Conference is Supported by:

- *American Association of Suicidology*
- *American Foundation for Suicide Prevention*
- *California Association of Marriage and Family Therapists*
 - *California Department of Mental Health*
- *California Mental Health Directors Association*
 - *California Psychiatric Association*
- *California Society for Clinical Social Work*
 - *Contra Costa County Crisis Center*
- *Didi Hirsch Community Mental Health Center, Los Angeles*
 - *Fresno Survivors of Suicide Loss, Inc.*
 - *Friends for Survival, Inc., Sacramento*
- *Los Angeles County Department of Mental Health*
 - *Los Angeles County Office of Education*
 - *Los Angeles County Sheriff's Department*
 - *Mental Health Association in California*
 - *NAMI California*
 - *National Association of Social Workers*
 - *Pacific Clinics*
 - *SPAN-USA*
- *Suicide Prevention Center at Didi Hirsch Community Mental Health Center, Los Angeles*
 - *Suicide Prevention Resource Center, Newton, Mass.*
- *U.S. Department Health and Human Service-Region IX*
 - *Yellow Ribbon Suicide Prevention Program*