



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Trauma Informed Suicide Prevention: Leading School District, County, & State Systems

No-Cost Intensive
Learning

The [Pacific Southwest MHTTC](#) is pleased to offer a three part webinar series for school field leaders who are leading systems' support for student suicide prevention.

Part 1: A Comprehensive Approach to Suicide Prevention and Policy

December 1, 6-8 p.m. ET / 3-5 p.m. PT / 1-3 p.m. HT ([view your time zone](#))

[Register here](#)

Part 2: Trauma Informed Approaches to Suicide Prevention: What Every School Leader Wants to Know

December 7, 6-8 p.m. ET / 3-5 p.m. PT / 1-3 p.m. HT ([view your time zone](#))

[Register here](#)

Part 3: Setting the Stage: Collaboration and Risk Assessment

December 14, 6-8 p.m. ET / 3-5 p.m. PT / 1-3 p.m. HT ([view your time zone](#))

[Register here](#)

Session content will focus on providing timely, effective, competent, and evidence-based suicide prevention support to students and families.

By the end of the series, participants will be able to

- 1) Understand suicide prevention policy, the prevalence and impact of traumatic stress and its relation to suicide, and resources available to schools;
- 2) Understand your role as a school leader in providing trauma-informed practices when conducting a risk assessment; and
- 3) Know how to effectively collaborate with community partners when providing follow up support to students and families.

Attendees will have the opportunity to submit questions upon registration, enabling our Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC) specialists to shape their content to meet your needs. The presenters will devote the first segment of each hour-long presentation to a specific topic, then address attendee-submitted questions.

An optional **2.0 Continuing Education Hours** are available for each event (6.0 total). There is no fee to attend this event; a processing fee of \$25 for each event will be payable to Center for Applied Research Solutions (CARS) if you would like CEHs. CEHs are available for ASW, BRN, LCSW, LEP, LMFT, LPCC, and/or PPS as required by the CA Association of Marriage and Family Therapists (CAMFT) and CA Board of Registered Nursing (BRN). CARS is an approved provider for CA BRN #16303 and CAMFT #131736.

Audience: System leaders, prevention specialists, educators, administrators, school site leadership, district and state administrative leadership, and anyone interested.

Priming Content

[Mental Health & Suicide Prevention K-12 Professional Development Program Chart](#) (2019)

[Navigating Risk of Suicide in the Context of Substance Use: Best Practices for Supporting Youth and Young Adults](#)

Presented by the Pacific Southwest MHTTC and PTTC (2020)

Substance misuse and its relationship to suicide among youth and young adults continues to be of concern to public health practitioners. This panel discussion highlights real world intersections of substance misuse prevention and mental health best practices

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to reduce risk of suicide among youth and young adults. Panelists offer expertise and perspective on how to impact populations who are at risk for substance misuse and suicide. The session examines shared risk and protective factors for vulnerable populations, outlines college campus programs for behavioral health, and explores a state systems approach to advancing the capacity of the mental and behavioral health workforce to prevent substance misuse and suicide risk. There is a focus on effectively supporting youth and young adult populations.

Suicide Prevention: Assessing the Environment and Culture for Risk

Presented by Tiara Peterkin, LCSW (2020)

This presentation focuses on understanding the environment in which suicidality is possible. The presenter reviews key elements of the psychological and social environment that increase likelihood of suicidality. To make a nuanced assessment, we must understand relevant cultural factors and their impact on an individual's suicide risk. To that end, the presenter also provides a brief review of special risk factors for populations at increased risk for suicide. The target audience for this presentation is mental health professionals, including licensed and non-licensed staff.

Culturally Responsive and Socially Distanced Suicide Prevention: Safety Planning and Other Resources in Pandemic Times

Presented by Heliana Ramirez, PhD, Pacific Southwest MHTTC (2020)

This webinar presentation addressed evidence-based strategies for suicide prevention. Situated within the unique stressors of shelter-in-place orders, this webinar was tailored to teletherapy and discussed the distinct factors related to suicidal crises among diverse populations during the COVID-19 pandemic. Participants learned how to guide clients in creating Safety Plans tailored to their specific needs and cultural strengths with the limited resources available under social distancing orders. Audiences were introduced to a curated list of free videos for clinicians and clients on suicide prevention-related topics including means restriction, emotion regulation techniques, Emotional First Aid, and normalizing messages of hope from people who have survived suicide. This webinar paid particular attention to social determinants of health related to elevated suicide rates among various populations including LGBTQ people, Veterans, Native Americans, and Latina youth and young adults.

Creating Trauma-Informed Policies: A Forum for School and Mental Health Leaders

Presented by Leora Wolf-Prusan, Rachele Espiritu, and Kristen Harper, Director of Policy for ChildTrends (2019)

Want to figure out how to create and develop policies that contribute to trauma-informed school environments? Tasked with ensuring trauma-informed work is sustainable and scalable at your school, district office, agency, department, or organization? During this session, we'll explore the four choice points leaders face; tips for successful policy development and implementation; and examples of current policy at the local, district, state, and federal levels from which you can choose and use for your own work. This session builds on concepts from the Pacific Southwest MHTTC Creating-Trauma Informed Policies Practice Guide and Infographic.

Trauma-Informed Suicide Prevention for Educators: Stories, Science, and Strategies

Presented by Leah Harris and Kelechi Ubozoh (2019)

Leah Harris and Kelechi Ubozoh explore what a trauma-informed suicide prevention approach for educators might look like. This webinar will begin with the perspective of a young person with lived experience of suicidal thoughts. Presenters will identify common myths and misconceptions about students and suicide and explore the vital importance of including students as partners in suicide prevention efforts. Examples of promising student-led initiatives, including peer-to-peer programs and school awareness campaigns, will be provided.

Faculty for the Series



Angela J. Castellanos, PPSC, LCSW, serves as a School Mental Health Training Specialist. She is an experienced mental health consultant and administrator with 25+ years of diverse and progressive expertise in the mental health care industry and school settings. As a licensed clinical social worker, she specializes in administering school mental health programs, mentoring industry professionals (local, state, and federal), developing and teaching best practices in the areas of Trauma, Suicide Prevention, Crisis Response and Recovery, and School Mental Health.



Contact Information

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