

Agenda

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

Opening Remarks (9-9:30am)

Dr. Glenn Billman, MD (Chief Quality Officer, Rady Children's Hospital - RCHSD) (9:00-9:10am)

- Welcome/Stats & efforts at RCHSD to address suicide prevention

Helen Crenshaw (Vice President, Director Community Concerns, Ninth District PTA) (9:10-9:30am)

- Goals & Objectives, Ground Rules
- Introduce CA State President Elect for PTA, **Carol Green** (Carol will share a few remarks)
- Share feedback on things implemented by last year's attendees
- Introduce Keynote Speaker and Moderator, **Stan Collins**

Keynote: Stan Collins (Suicide Prevention Specialist, Directing Change Program & Film Contest) (9:30-10:15am)

- "The Hero in Each of Us: Finding Your Role in Suicide Prevention"

Break (10:15-10:30)

Presentation: Jacqui Small, LCSW (Manager, Medical Social Work & Child Life, Rady Children's Hospital) (10:30-11:15)

- "Typical Youth Development"

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

- "Youth Suicide Prevention 101 & QPR Skills Clinic"

Pick Up Box Lunch: (12:15pm-1:00)

Presentation: Valerie Hebert, National Alliance on Mental Illness (NAMI San Diego), Children, Youth & Family Liaison, Program Manager & Christine Marie Fey, author of Brain XP: Living with Mental Illness, A Young Teenager's Perspective, (1:00-1:45)

- "The Teen Brain"

Presentation: Meadowlark Monaghan, (NAMI San Diego), Outreach Prog. Manager, (1:55-2:40)

- "Resilience-Building and Using Protective Factors"

Discussion & Activity:

Elizabeth Holbrook, Rady Children's Family Advisory co-chair (2:40-3:10)

- "Your role in Suicide Prevention; Creating an Action Plan"
- Discuss in small groups and report out

Closing and Evaluation: Helen Crenshaw (3:10-3:30)