

WELCOME

The Marin County Suicide Prevention Collaborative

Wednesday January 6, 2021 at 2 pm



WELLNESS • RECOVERY • RESILIENCE



SUPPORT



UNITY



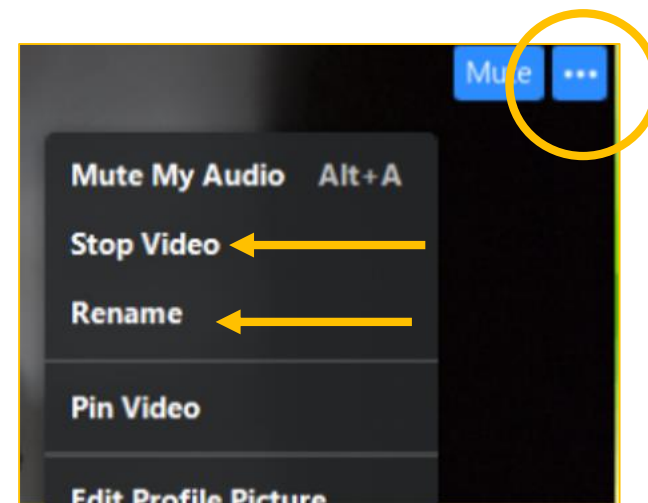
TRUST



EXCELLENCE

ZOOM

- If you are new, welcome.
- Mute microphone and minimize distractions
- The presentation will be recorded.
- If you would like to maintain your anonymity, you may turn your video off and change your name by hovering your mouse over the ... and select “Stop Video” and “Rename”
Otherwise, we hope to see you.
- If possible, please hold your questions until the end of the presentation. If you have a question, please use the chat feature or ask openly by raising your hand.



SETTING THE TONE

- There will not be a break. Feel free to step away when necessary. But, please join us for the full 60 minutes.
- We started hosting an after-meeting space for social connection and debriefing for those who are interested for 15-30 minutes. This is entirely optional.
- Self care is essential in our work. Please take care of yourself during and after today's presentation. We list two sources of 24/7 support: **The Buckelew Suicide Prevention Hotline (Marin): 415-499-1100** and the **BHRS Access Line: 1-888-818-1115.**

SPEAKERS



Amit Rajparia, MD
SP Collaborative
Co-Chair
Medical Director
BHRS, County of
Marin



Kelli Finley
SP Collaborative
Co-Chair
Executive Director
National Alliance of
Mental Illness-Marin



Brandy Lidbeck, LMFT
LOSS Team Coordinator
Hinds Hospice
Book Author



Jei Africa, PsyD
Director of Behavioral
Health and Recovery
Services (BHRS) at the
County of Marin



Kara Connors, MPH
Senior Program
Coordinator for Suicide
Prevention
BHRS, County of Marin

AGENDA

- Welcome
- Guest speakers: Jei Africa, PsyD and Brandy Lidbeck, LMFT
- Questions/discussion
- Announcements and adjourn
- Lobby (optional)

REFLECTION AND WELCOME

Jeji Africa, PsyD



If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format by calling: (415) 473-4167 (Voice), (415) 473-3232 (TTY), or by e-mail at: cmai@marincounty.org

Postvention LOSS Team Model

Brandy Lidbeck, LMFT



https://www.youtube.com/watch?v=H5KRPGces5Q&list=PLUSREKNkPKOMyqOd5_HFw901NpxZo3Ssi&index=3&t=0s



Questions/Discussion

ANNOUNCEMENTS

- **Buckelew Programs Allies of Hope Support Group** dates: 2nd and 4th Wednesday of every month at 7-8:30pm (Virtual). **Call 415.492.0614** to get a zoom link or **SOSinfo@Buckelew.org**.
Upcoming dates: January 13 and January 27.



- **Buckelew Programs Hotline Counselor Training.**
Next training class starts January 19, 2021.
Contact: HR@Buckelew.org



**American
Foundation
for Suicide
Prevention**

- **American Foundation for Suicide Prevention**
Train the Trainer: February 24 from 2-5 pm.
Contact: kconnors@marincounty.org



Join Us for a
Presentation

TALK SAVES LIVES

An Introduction to Suicide Prevention for Educators & Community Members

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe. Participants will be empowered with tools to remain connected through the socially-connected yet physically-distant requirements. **Talk Saves Lives will empower all participants to remain connected and help keep our communities safe in an ever-evolving COVID-19 environment.**

Dates (Choose One)

- Tuesday, January 12, 2021 from 3:30-4:30pm
- Wednesday, January 20, 2021 from 5:30-6:30pm
- Thursday, January 28, 2021 from 3:30-4:30pm
- Friday, February 5, 2021 from 11:30-12:30

[REGISTER HERE](#)

Eventbrite Link:

<https://talksaveslives2021.eventbrite.com>

Presented in English with Live Spanish Translation



**American
Foundation
for Suicide
Prevention**



THANK YOU!

Next Collaborative Meeting: Wednesday February 3, 2021

Kara Connors, MPH

Senior Program Coordinator for Suicide Prevention

kconnors@marincounty.org

415-320-5717

