



**Striving
for
Zero**

Striving for Zero Learning Collaborative

Focusing Efforts Based on Risk: Understanding LGBTQ+ Youth – September 13, 2023

Welcome!

Please add your county name to your display name and introduce yourself in the chat.

We will share the slides and recording with you.

Striving for Zero Learning Collaborative

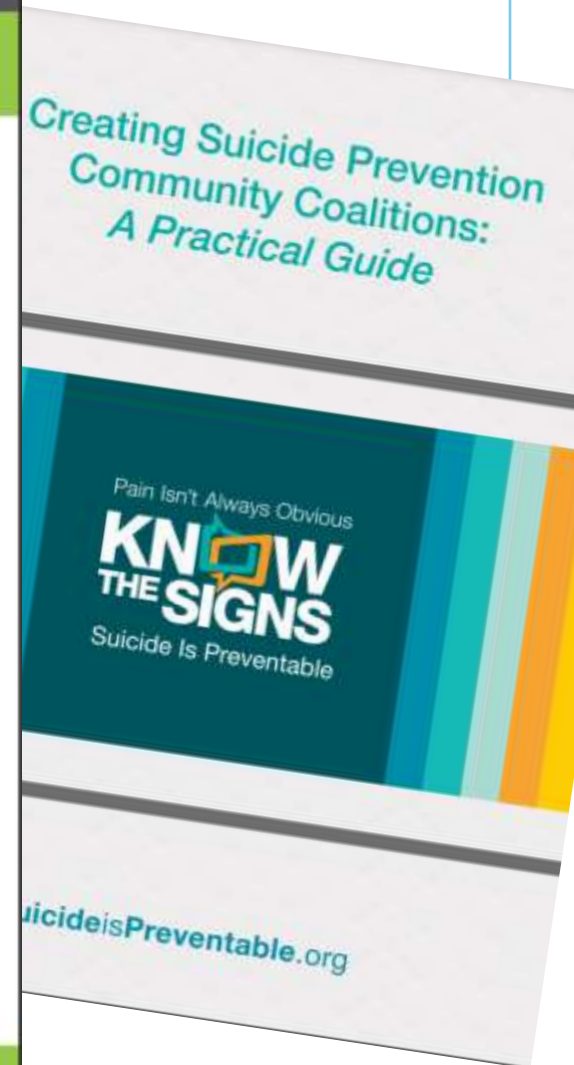
Advance local strategic planning and implementation and alignment with strategic aims, goals and objectives set forth in California's Strategic Plan for Suicide Prevention



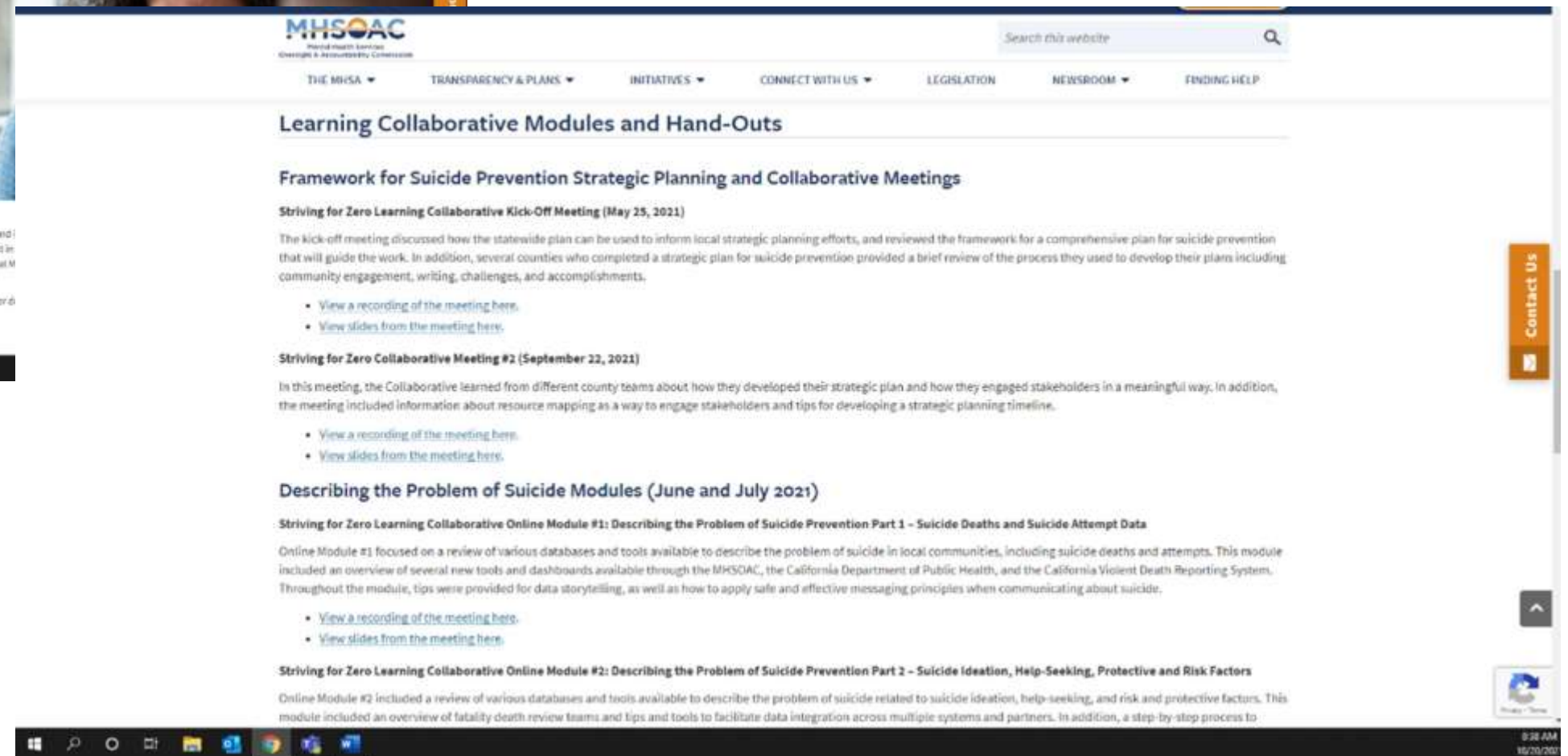
Builds on a previous Learning Collaborative offered by the California Mental Health Services Authority

Find the Plan here: <https://mhsoac.ca.gov/what-we-do/projects/suicide-prevention/final-report>

The cover of a report titled "Advancing Strategic Planning for Suicide Prevention in California Fiscal Years 2018-2020". It features a green ribbon graphic on the left. The text on the cover includes: "Outcomes from the Each Mind Matters Learning Collaborative with County Behavioral Health Agencies and their Community Partners", a paragraph describing the collaborative's formation and purpose, a circular diagram of the "Steps of Strategic Planning" (6 steps: 1. Describe the Problem, 2. Choose Long Term Goals, 3. Identify Risk and Protective Factors, 4. Select or Develop Interventions, 5. Plan the Evaluation, 6. Implement, Evaluate, Improve), a "Strategic Planning Framework" section, and a testimonial from Niveda County Public Health. Logos for "Each Mind Matters" and "Your Social Marketer, Inc." are at the bottom.




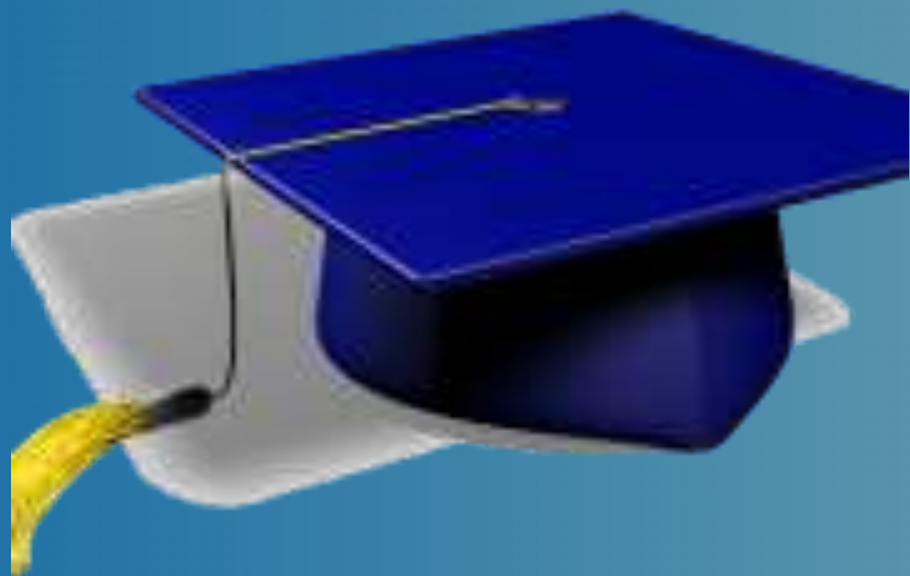
Striving for Zero Learning Collaborative Resource Page



<https://mhsoac.ca.gov/initiatives/suicide-prevention/collaborative/>



Congratulations!



SAN JOAQUIN
— COUNTY —
Greatness grows here.

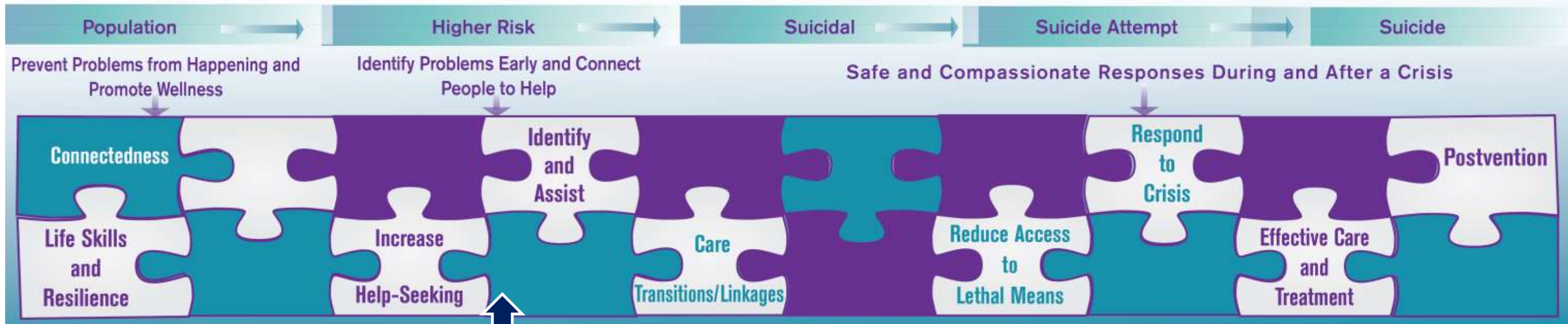
San Joaquin County Suicide Prevention Plan

Prepared by:
San Joaquin County Behavioral Health
Services

44 N San Joaquin St
Stockton, CA 95202
www.sjgov.org

Suicide Prevention Resource Center (SPRC) Comprehensive Approach to Suicide Prevention

Population → Higher Risk → Suicidal → Suicide Attempt → Suicide



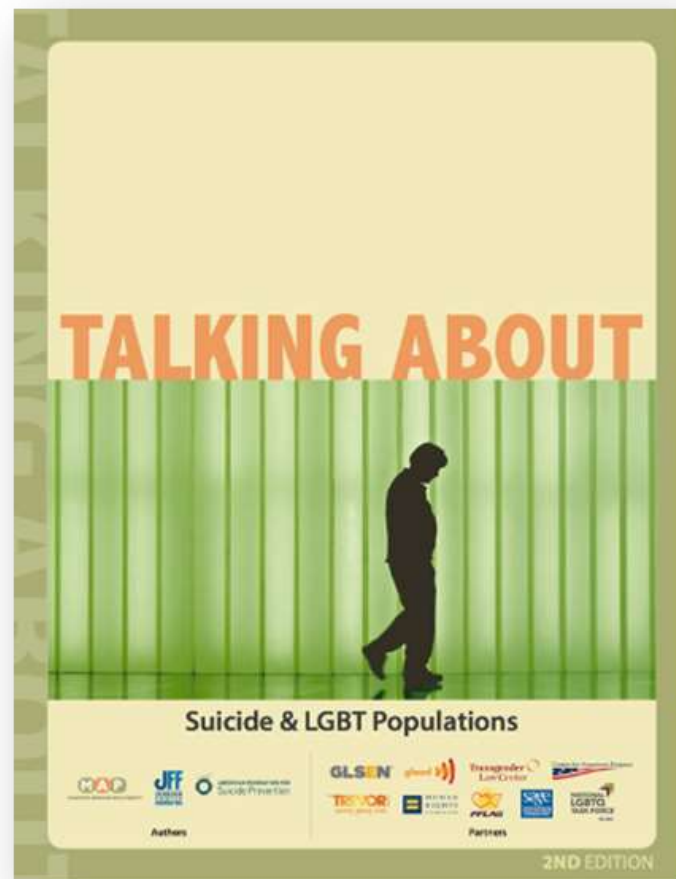
Steps of Strategic Planning



Based on the Steps of Strategic Planning Framework from the Suicide Prevention Resource Center (SPRC)

What is a “High Risk” population?”

- Some populations have large numbers of suicides or attempts, and/or high rates or percentage of suicidal behavior
- Too closely identifying a particular group with suicide can inadvertently normalize suicide within that group
- Suicide risk is not inherently tied to identifying as part of a population, although risk factors for suicide can be heightened for individuals in a group (e.g., effects of stigma, prejudice, discrimination, and marginalization)
- More accurate to say “disproportionately impacted by suicide” where possible



“Suicidal behaviors in LGBT populations appear to be related to “minority stress”, which stems from the cultural and social prejudice attached to minority sexual orientation and gender identity. This stress includes individual *experiences of prejudice or discrimination, such as family rejection, harassment, bullying, violence, and victimization.* These negative outcomes, rather than minority sexual orientation or gender identity per se, appear to be the key risk factors for LGBT suicidal ideation and behavior.”

<https://www.lgbtmap.org/file/talking-about-suicide-and-lgbt-populations-2nd-edition.pdf>

Q&A



Understanding LGBTQ+ youth; Preventing Suicide

Stephen T. Russell

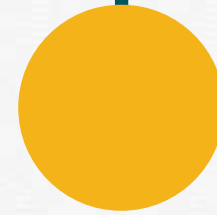
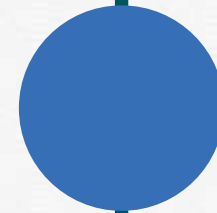
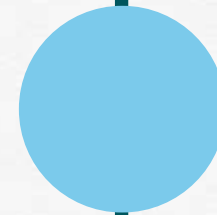
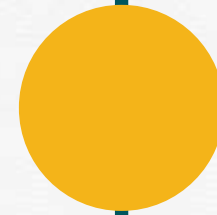
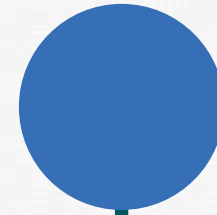
Priscilla Pond Flawn Regents Professor in Child Development

Amy Johnson McLaughlin Director, School of Human Ecology

Q&A



Questions to ask yourself for your strategic plan:



What populations have the highest rates of suicide and suicide attempts in your county? What populations are disproportionately experiencing suicide ideation?

What are the risk and protective factors for those populations?

What resources/programs are already in place to reach and support them? What needs to be developed? In what way is culture infused in activities and interventions?

Who are key partners? What are key settings?

How are community members from these populations involved in your strategic planning and implementation efforts?

WHAT MAKES A SPACE AFFIRMING FOR 2SQT / LGBTQ+ YOUTH



Indigenous communities have historically celebrated and venerated two-spirit individuals, someone who was considered neither man or woman, and instead represented a third gender. Why do we use 2SQT+ acronym? The acronym 2SQT stands for: **Two Spirit Queer and Trans+** and makes a conscious effort to center Indigenous communities and reclaim gender expansiveness.

Research consistently finds that 2SQT / LGBTQ+ youth who live in accepting communities and feel high social support from family and friends report significantly lower rates of attempting suicide. An affirming space may be at home, school, workplaces, or community events. On the other side of this tip sheet are a few ways in which you can create a more inclusive and affirming space for young people who identify as two-spirit, lesbian, gay, bisexual, transgender, queer, and questioning.

2SQT / LGBTQ+ youth who reported having at least one 2SQT / LGBTQ+ affirming space had **35% reduced odds** of reporting a suicide attempt in the past year.

2SQT / LGBTQ+ Affirming Suicide Prevention Resources:

988 SUICIDE & CRISIS LIFELINE

Call or text 988 or chat 988lifeline.org

LGBTQ+ youth & adults: Press 3

En Español: Presione 2

For TTY Users: Use your preferred relay service or dial 711 then 988

The Trevor Project

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Phone, chat, and text support for LGBTQ+ youth

THE TRANS LIFELINE

1-877-565-8860

24/7 lifeline run by and for trans people

suicideispreventable.org



As you look through the suggestions below, it is important to consider that the process of coming out is a deeply personal experience, and should only ever be done on an individual's own terms, when they are ready.

- 1 Obtain training for providing 2SQT / LGBTQ+ affirming care and support.
- 2 Explicitly state that you are 2SQT / LGBTQ+ affirming in conversations, meetings, and other opportunities.
- 3 Display a poster or visible sign of support (i.e., art by 2SQT / LGBTQ+ artists) to send a message to everyone who enters a space that all identities are welcome and supported.
- 4 Ask and use the correct pronouns and name. There is no way to know someone's gender identity or pronouns based on their gender expression or appearance. Instead of assuming what pronoun a youth uses, for instance, create space where they feel confident and safe disclosing that to you. You can also provide spaces where they can try on names and pronouns they are considering.
- 5 Utilize gender neutral language and avoid heterosexist language (e.g., "mother" and "father" vs. Caregiver ") or gender binary language (e.g., "daughter" or "son" vs. children).
- 6 Advocate for and promote inclusion and non-discrimination policies that explicitly list protections based on sexual orientation, gender identity, and gender expression. Policies supporting 2SQT / LGBTQ+ youth should be displayed prominently.
- 7 Utilize 2SQT / LGBTQ+ affirming paperwork, even if only used internally, it should always reflect the gender, pronouns, and names of individuals or employees.
- 8 Maintain youths' confidentiality. Be upfront and clear with youth about your dedication to confidentiality, which can help to build trust.

CREATING 2SQT / LGBTQ+ AFFIRMING SPACES

“ seeing that LGBTQ (2SQT) people are out and happy in the space + a certain vibe + diverse authority figures + asking and using correct pronouns and name + if they have “LGBTQ (2SQT) friendly” in their description online + diverse LGBTQ (2SQT) staff + publicly out leaders / organizers + other LGBTQ (2SQT) people of color

- The Trevor Projects, 2022 National Survey on LGBTQ Youth Mental Health ”

Source: The Trevor Projects, 2022 National Survey on LGBTQ Youth Mental Health





“Community”

Claremont High School, Tri-City

Art by: Bridget Brodie

“There is an old Chinese belief called the “Red Thread of Fate”, which is an invisible red string wrapped around the fingers of a pair of soulmates. It connects these two soulmates regardless of place, time, or circumstance in the hopes they will finally come together. The queer/LGBT community has faced countless obstacles that prevent us from freely loving our partners and ourselves, yet we always find our community and each other through the challenges. We bring light into each other’s lives and seem to always make our way back together. I wanted to create a piece of art that emphasized the community that queer people make no matter the circumstances, and how this community adds meaning and love to our lives.”

[View & Download](#)

An Inclusive & Affirming Space For All!



2SQT / LGBTQ+ AFFIRMING SUICIDE PREVENTION RESOURCES:

988 SUICIDE & CRISIS LIFELINE

Call or text 988 or chat 988lifeline.org

Veterans: Press 1

En Español: Presione 2

For TTY Users: Use your preferred relay service or dial 711 then 988

THE TRANS LIFELINE

1-877-565-8860

24/7 lifeline run by and for trans people

THE TREVOR PROJECT

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Phone, chat, and text support for LGBTQ+ youth

suicideispreventable.org



2022 National Survey on LGBTQ Youth Mental Health California



Ways to Support LGBTQ Youth in California

Research consistently finds that LGBTQ youth who live in accepting communities and feel high social support from family and friends report significantly lower rates of attempting suicide.



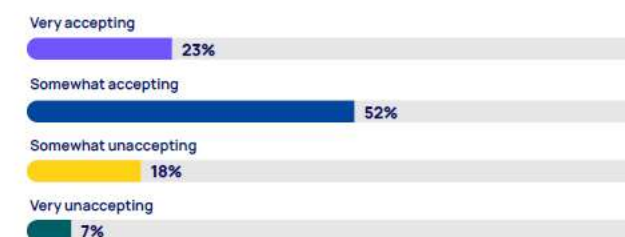
Access to affirming spaces among LGBTQ youth



Social support among LGBTQ youth



Rates of community acceptance of LGBTQ people among LGBTQ youth



What makes a space affirming for LGBTQ young people in California?

“ ”

- seeing that other LGBTQ people are out and happy in the space
- a certain vibe
- diverse authority figures
- asking and using correct pronouns and name
- if they have "LGBTQ friendly" in their description online
- diverse LGBTQ staff
- publicly out leaders/organizers
- other LGBTQ people of color

Suicide Prevention Week/Month 2023



Support for people at risk for suicide or those supporting people at risk is available by calling the **National Suicide Prevention Lifeline 1-800-273-TALK (8255)**

Apoyo y ayuda para personas a riesgo de suicidarse o para las personas que los apoyan está disponible llamando al **National Suicide Prevention Lifeline 1-888-682-9454**



Share Hope Together FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

Suicide Prevention Resources:
All resources available 24/7

988 Suicide & Crisis Lifeline:
Call or text 988 or chat 988lifeline.org
Veterans: Press 1
En Español: Presione 2
For TTY Users: Use your preferred relay service or dial 711 then 988

Crisis Text Line:
Text HOME to 741741
Text with a trained counselor for free.

The Trevor Project:
1-866-488-7386
www.thetrevorproject.org/get-help-now/
Phone, chat, and text support for LGBTQ+ youth

The Friendship Line:
1-800-971-0016
Crisis and warm line for adults 60+ years operated by InStuvia on Aging

For mental health resources visit the Take Action for Mental Health campaign at www.TakeActionMH.com

To learn the warning signs, visit:
suicideispreventable.org

Logos: Take Action, CalMHSa, Know The Signs

Funded by counties through the voter-approved Mental Health Services Act (Prop. 67)
Photo by The Gender Spectrum Collection

GET HELP NOW

Know the Signs Find the Words Reach Out

Share Hope Together FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

suicideispreventable.org

SUICIDE PREVENTION WEEK: SEPTEMBER 10TH - 16TH, 2023
WORLD SUICIDE PREVENTION DAY: SEPTEMBER 10TH, 2023

Logos: Take Action, CalMHSa, Know The Signs

The act of sharing, whether that be sharing hope, stories, time, resources, or experiences, can serve as a powerful tool in suicide prevention. By sharing hope with one another and throughout our communities, we can work through pain and connect individuals to resources in times of crisis and before. We know that the more individuals, professions, organizations, and systems work together, rather than in silos, to share knowledge and resources the more we can increase the quality of care being provided, as well as the instances of help-seeking and resource utilization. Through sharing of experiences and stories we can connect with and inspire one another, assuring individuals with lived experience and who have lost someone to suicide that healing is possible. Sharing can create a sense of belonging while also reducing the weight of our burdens – allowing us to take action for suicide prevention together.

Together we can:

- Share hope and connect individuals to supports in times of crisis and before.
- Share knowledge and resources including the warning signs of suicide and the importance of talking openly about mental health, suicide, and suicide prevention.
- Share the role different professions, organizations, and systems can play in suicide prevention.
- Share experiences and stories to reduce stigma and promote healing.

[Resources in Spanish](#)

[Find Your Role](#)

[Events](#)

[Back to School](#)

[Thriving at All Ages](#)

[ACTIVITY TIP SHEET AND ACTIVITIES](#)

[POSTERS, CARDS AND BANNERS](#)

SPREAD THE WORD

Logos: Take Action, CalMHSa, Know The Signs

Media | About | Contact Us | Resource Center | En Español | Suicide Prevention Week Kit

www.suicideispreventable.org/prevention-kit.php

**You are
not alone!**

Warning signs that a friend might be thinking about suicide

Talking about
or making plans
for suicide

Displaying severe/
overwhelming
emotional pain
or distress

Expressing
hopelessness
about the future

Showing worrisome
behavioral cues or changes
in behavior, such as:

- Withdrawal from or a change in social connections or situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recently increased agitation or irritability

If you are concerned about someone,
trust your instincts. Reach out and ask:
"Are you thinking about suicide?"

Pain isn't always obvious. Yet most people considering suicide show warning signs or signals of their intentions. The signs or changes in behavior may appear in their conversations, actions or social media. These are of most concern if the behavior is new, has increased or seems related to a painful event, loss, or change.

[DirectingChange.org/Events](https://www.DirectingChange.org/Events)

Call or text 9-8-8 to
reach the Suicide &
Crisis Lifeline (24/7)

Text TEEN to 839-863
to reach Teens Helping
Teens (Teen Line)

 **Directing Change**
Program & Film Contest



Share Hope for Suicide Prevention

September is dedicated to raising worldwide awareness about suicide prevention. The act of sharing, whether that be sharing hope, stories, time, resources, or experiences, can serve as a powerful tool in suicide prevention. By sharing hope with one another and throughout our communities, we can work through pain and connect individuals to resources before and in times of crisis. Sharing can create a sense of belonging while also reducing the weight of our burdens – allowing us to take action for suicide prevention together.

Share information about the warning signs of suicide. Pain isn't always obvious. Yet most people who are considering suicide show some warning signs or signals of their intentions. The signs or changes in behavior may appear in conversations, through their actions, or in social media posts. These are of most concern if the behavior is new, has increased or seems related to a painful event, loss, or change.

- Download and share this [youth warning sign tent card](#)
- Share information on social media
 - Warning Sign Infographic: [png 1](#), [png 2](#), [pdf](#)
 - Warning Signs Infographic in Spanish: [png](#)
 - Inset Video "Pain Never Lasts"
 - Inset Video "A New Tomorrow"
 - Inset Video "El Secreto"
 - Inset Video "By Your Side"
 - Inset Video "This isn't the end"
 - Inset Video "Direct Message"
 - Inset Video "My Friend Tyler"

Share Hope by submitting to the Hope and Justice Film and Art Contest! All art forms, including narratives and original music accepted. The contest is open to youth ages 12 to 24 with submissions due the last day of the month. Win prizes! Learn more [here](#).

- **September Prompt (due September 30, 2023): Find Your Anchor.** Think about what your anchor is when you are going through a tough time. How does it remind you to stay hopeful? Express your anchor through art, writing, music, or film. You can have one anchor or many! An anchor could be a hobby or activity, a form of self-care like music, journaling, or breathing, or any little thing that brings you joy, helps you cope, and reminds you about your reason for living.

www.DirectingChange.org/events

What's Next?

Striving for Zero Collaborative Meetings

Oct 11, 2023, 10:00 AM Pacific Time (US and Canada)
Topic: Striving for Zero Learning Collaborative Module
https://us06web.zoom.us/webinar/register/WN_F9OEWEjCT_CvTbw3YsPI6Q

Nov 8, 2023, 10:00 AM Pacific Time (US and Canada)
Topic: Striving for Zero Learning Collaborative Module
https://us06web.zoom.us/webinar/register/WN_LTvzhRg6Qc2IcWmsoruG1A

February 28, 2024-March 1, 2024
In Person-Meeting in Carlsbad San Diego County
Please register [here](#).

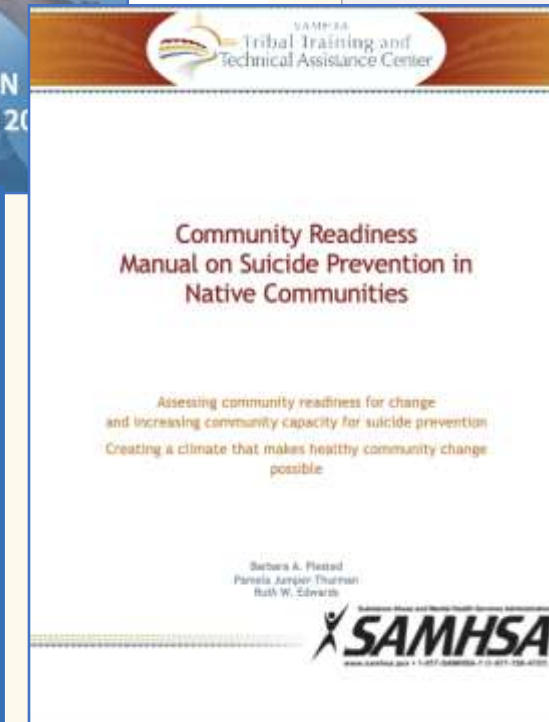
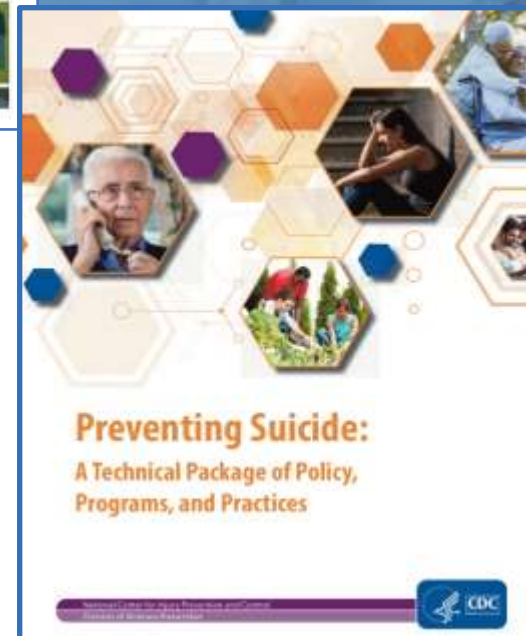
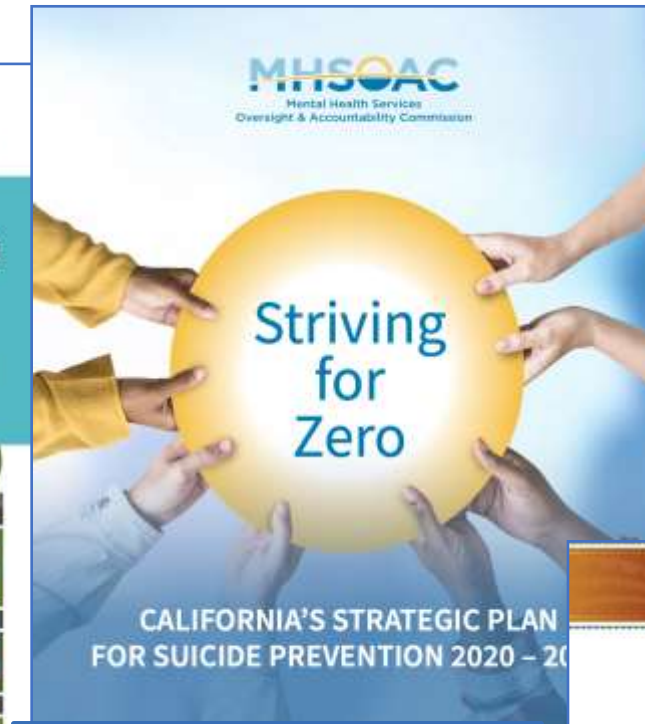
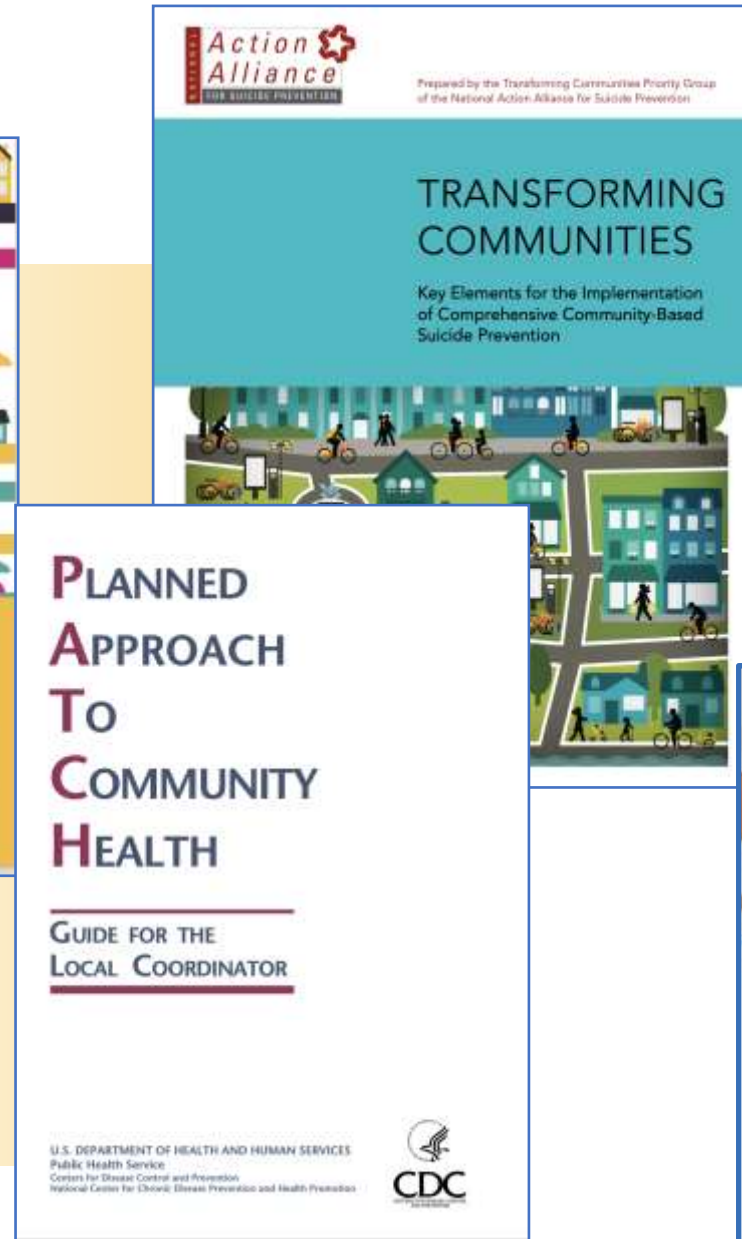
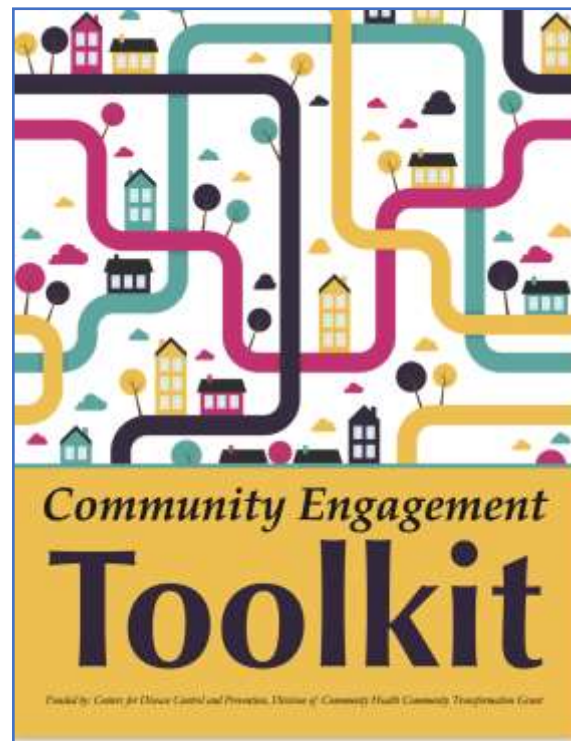
Apr 17, 2024, 10:00 AM Pacific Time (US and Canada)
Topic: Striving for Zero Learning Collaborative
Module: Final Meeting
https://us06web.zoom.us/webinar/register/WN_Zxq9fUQjR3-0cvdz-P4-jw

Learning Collaborative Resource Page



<https://mhsoac.ca.gov/initiatives/suicide-prevention/collaborative/>

Guiding Resources



Thank you for your time

For more information please contact: jana@yoursocialmarketer.com