

**Ninth District**

**PTA**

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2nd Annual Suicide Prevention Symposium

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



**San Diego County  
Suicide Prevention  
Council**  
Co-sponsored by Community Health Improvement Partners



**Directing Change**  
Program & Film Contest



**COMMUNITY HEALTH  
IMPROVEMENT PARTNERS**  
making a difference together



**Saturday, October 12, 2019**

**8:30 a.m. - 3:30 p.m.**

**Rady Children's Hospital-San Diego, Education Office Building (EOB)  
7960 Birmingham Dr., San Diego, CA 92123**

The goal of the 2019 Suicide Prevention Symposium is to provide a county-wide forum for parents/guardians to learn, engage, and plan together to address the problem of youth suicide, with a focus on young people between ages 10 and 19.

### **Keynote Address by**

**Stan Collins, Suicide Prevention Specialist, Directing Change Program & Film Contest**

### **Agenda at a Glance:**

- The problem of youth suicide; statistics, signs and symptoms
- Suicide prevention including safe messaging and QPR skills training
- Family and parent roles in supporting and advocating for youth safety
  - Typical youth development, including the teen brain
  - Resilience building and coping strategy development
    - Action plan brainstorm and creation

**Registration opens Sept 1, 2019.**

**Registration: <https://www.ninthdistrictpta.org/events/suicide-prevention-symposium-2019/>**

**Cost: \$20, includes all materials, coffee, water and boxed lunch.**

**Simultaneous Spanish Translation Available**

Proceeds from this event go to support scholarships for the Rady Children's Hospital-San Diego Weekend Medical Academy - Mental Health Matters in Medicine.