



***The 8th Annual
South Plains Suicide Prevention Coalition Regional Symposium 2019***

**This event is at LCU Talkington Center for Nursing Education
Located at 1919 Frankford Ave
October 3, 2019
8:30 a.m. - 4:30 p.m.**

Early Registration Fee (postmarked **on or before** September 27th): \$50
Late Registration Fee (postmarked **after** September 27th): \$60

Six (6) Continuing Education Hours will be offered to the following:
CEUs Offered: LPC, LMFT, and Social Workers, Attendance for Community Health Workers

Completed forms can be mailed (with your payment) to:
Contact Lubbock, Inc. P.O. Box 53764 Lubbock, Texas 79453
Check should be made payable to: Contact Lubbock, Inc.
Registration Deadline: September 27th, 2019

Continental breakfast provided by AHEC of the Plains. Lunch is on your own.

Questions? Contact us at info@contactlubbock.org or call 806-765-8393 or 806 787-6180

Registrant:

***Name:** _____

***Address:** _____

***City:** _____ ***State:** _____ ***Zip:** _____

***E-mail:** _____

E-mail required in order to receive an e-mail confirmation of registration

Phone: _____ **Organization** _____

South Plains Suicide Prevention Coalition Regional Symposium 2019 Agenda

Thursday October 3, 2019

8:00 a.m. Registration and Continental Breakfast

8:15 a.m. Welcome Taiya Jones-Castillo

8:30 a.m. “HOW TO SAVE A LIFE” This program has been presented to over 16,000 Students over the last six years. This life saving program teaches students how To recognize the signals of suicide and what to do.

Presented by Sharron Davis Executive Director Contact Lubbock

10:30a.m. “HOW TO EMPOWER THE RESILIENCY OF TEENAGERS” This presentation will include the brain science behind teen behavior, development, & mental health; practical tools for practitioners in aiding to create & sustain resilient teens and family systems; and resources to offer to teens/families in need of further mental intervention. ***Presented by Kayli Cross MS, LMFT, LCDC***

12:00 to 1:00 BREAK FOR LUNCH ON YOUR OWN.

1:00 p.m. “ADOLESCENT GRIEF AFTER A SUICIDE” “EMERGE” for teens grieving a suicide Loss. How to structure a group, the theories and activities that can help our young through the grieving process and the traumatic event.

***Presented by Amber Mattheus and Jacqueline Grajeda
From the Hope & Healing Place Amarillo TX***

2:30 p.m. “SELF-INJURY AND SUICIDE” What causes a person to engage in Self-injury? Is there a connection between self-harm and suicide? How to talk to parents when their Child is engaged in harming themselves. What are the warning signs of self-harm? What is the treatment?

Presented by Taiya Jones-Castillo from DSHS

4:30 p.m. Adjourn with six hours of CE Credits. You will go home with valuable handouts that with the presentations will help you SAVE LIVES.

- ***Resource Lists.***
- ***Robbie’s’ Hope Adult Handbook. This valuable handbook was written from the perspective of youth and helps parents learn how to talk to their kids about the tough subjects.***
- ***Preventing Suicide: The Role of Highs Schools Teachers***
- ***Preventing Suicide: The Role of High School Mental Health Providers***
- ***How Are You Feeling Today? Template for making your own Mental Health Check-in posters.***
- ***How schools can incorporate Wellness Tools for Students.***
- ***Don’t Give Up Signs Template.***