

Pain Isn't Always Obvious



Suicide Is Preventable.org

Engaging Survivors in Suicide Prevention

February 5th, 2014
Small County Webinar



Welcome!

- Please mute your line
- If you have a question, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



The image shows a screenshot of a GoToWebinar interface. On the left, a sidebar contains a red callout box with the text "conference" and "anything, test your the link below." Below this, there are several lines of text, including "Select Telephone to see" and "panel that the attendees always come into the webinar". A red arrow points from the callout box to the "Select Telephone to see" text. The main panel on the right has a title bar "Attendee List (2 | Max 101)" and a sub-section "Attendees (1)" with a "Staff (1)" tab. Under "Attendees (1)", there is a dropdown menu "NAMES - ALPHABETICALLY" and a list containing "you know who (Me)". Below the list is a "Search" field. The "Audio" section shows "Telephone" and "Mic & Speakers" (selected) with a "Settings" link. A "MUTED" indicator and a volume slider are also present. The "Questions" section has a text input field containing "[Enter a question for staff]" and a "Send" button. A red arrow points to the "Send" button. At the bottom, the text "practice Webinar ID: 158-173-683" and the "GoToWebinar" logo are visible.

Today's webinar

- The vital role of survivors
- Presentations from:
 - Dan Strauss, Butte County, the Alex Project
 - Michael Gonzalez, Tehama County, Suzy's law
 - Kathleen Snyder, Contra Costa Crisis Center & Living Works
- Discussion: engaging survivors
- Questions

Survivors are powerful

- Provide inspiration and energy
- How are survivors involved?
 - Supporting other survivors
 - Coalitions and task forces
 - Speakers and presenters
 - Talking to the media
 - Launching programs and services
 - Legislative initiatives

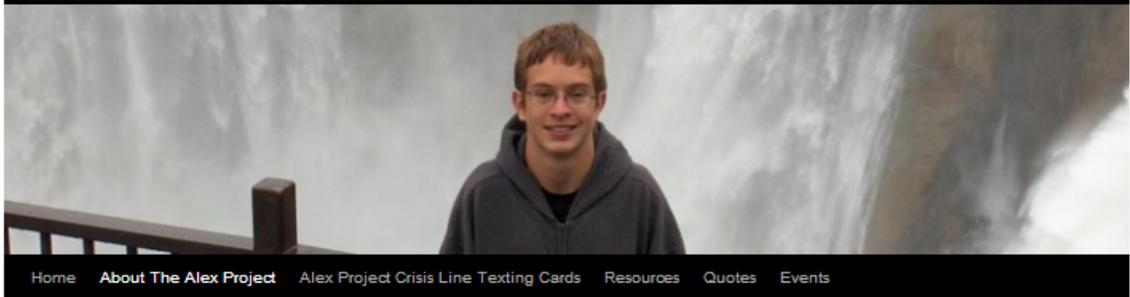
Dan Strauss - The Alex Project



Survive trauma



Alex Strauss
1993 ~ 2010



Find some good

About The Alex Project

If you need help, text ANSWER to 839863. The Crisis Call Center will respond 24/7/365. They will help get you through it.

Or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Also available 24x7.

WHY THE ALEX PROJECT?

Suicide is the third leading cause of death for young people aged 15 to 24. We lost Alex Strauss to suicide on October 11, 2010. He was only 17 years old. Alex was a high achieving senior at Pleasant Valley High School in Chico, California. He had a loving family and friends. Alex always had a silly joke or pun ready. He volunteered as a math tutor, was working on electric car designs with his dad and had plans to travel on vacation to Alaska with his family after high school graduation. Then, he would be off to college. All that disintegrated on October 11, 2010.

Before he died, Alex tried multiple times to text for help using his cell phone. Like many young people today, Alex was more comfortable communicating privately via texts than talking on the phone. Unfortunately Alex's texts for help were not immediately answered because he sent them at night when their recipients were asleep. Had he known there was a crisis center open 24x7 that would have welcomed a text from him, Alex might still be alive today.

Alex's story is not unique. Spreading the word about texting access to crisis center services will save young lives. Texting is discreet, accessible, and familiar for a young person in crisis. In addition, for all of us, looking out for friends and loved ones, taking the warning signs seriously, and knowing how to respond are all important parts of preventing suicide. ["Know the Signs."](#)

OBJECTIVES OF THE ALEX PROJECT

Give all youth in crisis the chance to reach life-saving help via texting regardless of where they live.



**“I was too scared
to tell my friends.”**

**“It seemed too horrible for words.
Then I texted about it and I got answers.”**



**RU StressN?
Ur not Alone**

If you or a loved one is suffering...

- Thoughts about hurting yourself
- Depression, grief, or loss
- Violence, rape, or abuse
- Drugs or alcohol
- Being bullied

Text ANSWER to 839863

**We can help. Crisis Call Center has a text
message program. Take us home, and
text us later. www.CrisisCallCenter.org**

www.AlexProject.org

**Prevent
some
heartbreak**

Connect with some safe people

The Alex Project Home 1 | Find Fri

You are posting, commenting, and liking as Dan Strauss — [Change to The Alex Project](#)

Admin Panel [Edit Page](#) [Build Audience](#) [See Insights](#) [Help](#) [Show](#)



[Change Cover](#)

The Alex Project [Update Page Info](#) [Liked](#) [Following](#) [Message](#)

203 likes

Community Organization
The Alex Project promotes and supports texting access to life-saving crisis center services. FOR IMMEDIATE HELP please text "ANSWER" to 839863 or call the National Suicide Prevention Lifeline 1-800-273-TALK (8255).



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TAKEOVER

Uniting Chico's Community

Takeover Chico and The Alex Project
Welcome Mayor Scott Gruendl!



What does TEXTING
have to do with asking for HELP?

thealexproject.org

Sunday, March 2nd, 2014

1:30-5:30pm

The Women's Club
592 East 3rd Street

Entry Fee: \$10 Adults, \$2 Children
100% proceeds go towards The Alex Project

Spoken Word with Jodi Rives Meier

Poetry with Dr. Nandi Crosby

An Inspirational Song performed by Jess Mercer

Vocal Talents of Doin' It Justice Choir

Anara Guard, Suicide Prevention Advisor with "Know The Signs" Campaign

FREE RAFFLE!

REFRESHMENTS!

PHOTOGRAPHER!

INFORMATIONAL TABLES!

Director: Nicholas Mertz (nicholaswaynemertz@gmail.com)

Co Director: Jess Mercer (jessiemercer15@gmail.com)

Co Director: Brandon Allen (brandon.aa@gmail.com)

Embrace
some new
friends

Mike Gonzalez

Suzanne Gonzales

09/24/1983 – 03/23/2003

*“The simple act of talking about
suicide is powerful”*



- **Butte County S.P. Efforts** (Care Enough to Act)
- **Shasta County S.P. Workgroup**
- **Tehama County S.P. Efforts**



Suzy's Law

The Suzanne Gonzales Suicide Prevention Act of 2011

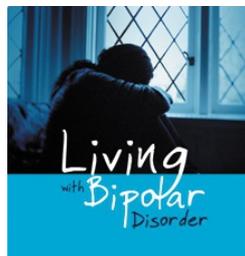
www.suzyslaw.com

It started with a trip to L.A.



- **Speaking at walks**
- **Connecting with Survivors around the state**
- **Advocacy**
- **Education**





- Educational Programs
- Speaking
- Awareness Programs & Events
- Survivor Programs

Contact Info:

Mike Gonzales

suzyslaw@gmail.com

Personal stories and connections make an impact.

Kathleen S. Snyder, MSW

CalMHSA Coordinator - LivingWorks ASIST Trainer Coach,
A11 Upgrader, safeTALK Trainer

Contra Costa Crisis Center

925.939.1916 ext. 147

kathleens@crisis-center.org

www.crisis-center.org

Discussion – engaging survivors

Pathways to Purpose and Hope

Recently added to the SPRC/
AFSP Suicide Prevention Best
Practices Registry

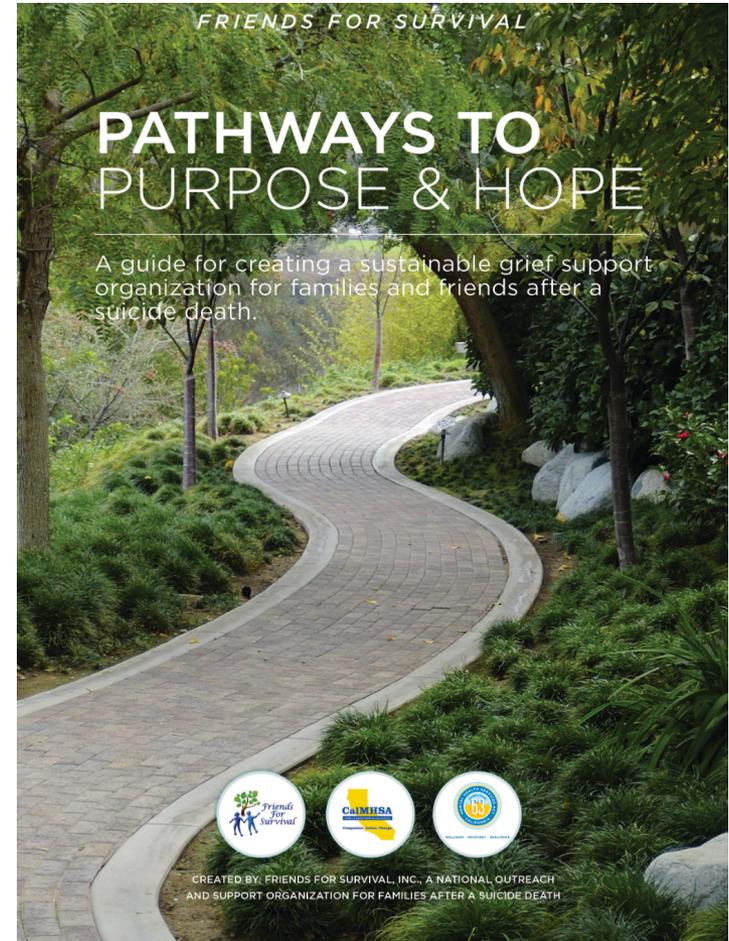
Available for free download
from:

Your Voice Counts

www.YourVoiceCounts.org

Friends for Survival

FriendsForSurvival.org



Presenter contact information

Dan Strauss

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Mike Gonzalez

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Kathleen Snyder

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Suicide Is Preventable.org

Thank you!

Sandra Black
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Anara Guard
aguard@edc.org

Theresa Ly
tly@edc.org

**Mark your calendars for the next small county
webinar:**

Wednesday, March 5th, 2-3pm

Please fill out the
Evaluation that will
be emailed to you
after the webinar!

Webinar will be archived on
www.yourvoicecounts.org