

Welcome!

You Are Not Alone

Building hope, resilience,
and skills to navigate crisis

Thank You Sponsors!

- American Foundation for Suicide Prevention
- LINC Northwest
- Volunteers of America Western WA
- Boys and Girls Club of Snohomish County
- Everett Public Schools
- Snohomish County Behavioral Health
- City Of Mukilteo Recreation and Cultural Services
- Molina Health Care
- Coordinated Care
- August Interactive
- UW Forefront Suicide Prevention



Who's Here Today

988 clothing.com

American Foundation for Suicide Prevention

Boys and Girls Club of Snohomish County

Bridgeways

Catholic Community Services

Center for Human Services

Charlie Health

Citrine Health

Compass Health

Coordinated Care

Drug Enforcement Administration (DEA)

Economic Services Administration Community Services Division



Who's Here Today

Ellie Mental Health
Everett School District
Famiilias Fuertes Comunidades Prosperas
GLOBE/PFLAG
HERO House Everett Clubhouse
Hope Unlimited
Impactful Films
Molina Health Care
Mukilteo Police
NAMI Snohomish and Island County
Newport Health Care
Northpoint Recovery



Who's Here Today

Providence Intervention Center for Assault and Abuse
Providence Institute for a Healthier Community
Rogers Behavioral Health
SeaMar Community Health
Seattle Children's Hospital
Snohomish County Health Department
Sno-Isle Libraries
Sound Pathways
The Compassionate Friends
Therapeutic Health Services



Who's Here Today

United Healthcare Community Plan

UW Forefront Suicide Prevention

Volunteers of America Western Washington & 988 Suicide
Crisis Lifeline

Washington Teen Link

Washington State Department of Social and Health Services

WSU 4-H

**Thank you to the more than 40 community partners
who are here today sharing their time and resources!**

**Making
it
happen!**

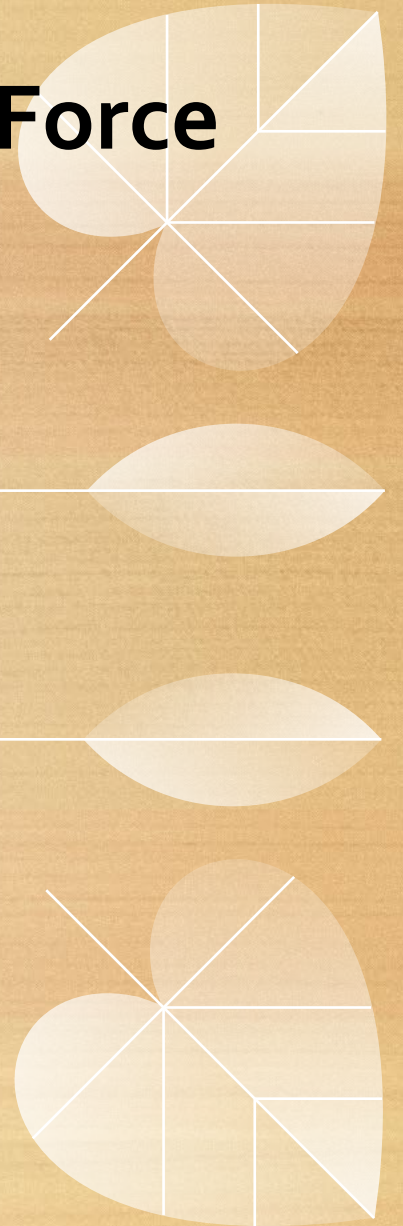
Youth Suicide Prevention Task Force

Geoff Andrist
Wendy Burchill
Ryan Ciganek
Rena Fitzgerald
Greg Kanehen
Erica Knapp
Sabrina Otness
Liza Patchen-Short
Dave Peters
Jana Robison

Brianne Rokey
Tessa Rockwell
JoAnna Rockwood
Ardis Schmiede
Liz Skinner
Doug Standish

With extra event help from:

Lindsay Donovan, Sarah Kneller, Curtis "Dirty" Henke



Thank you
for the meal
donations
and your
commitment to
the community!



Red Cork
Bistro & Catering

Sabor a México



Workshop Schedule

Session 1
10:00 a.m.
to 10:50 a.m.

Session 1		
Adults: LEARN how to recognize signs of suicide because it could help save someone's life.	Forefront Suicide Prevention Charlene Ray	Vancouver
All Ages: Narcan and Fentanyl Training	Snohomish County Amy Wheat	Frost
All Ages: Mindful Activities for Difficult Emotions & Stress	Ellie Mental Health Janelle Jensen, MS, LMFT	Fowler
All Ages: Developing A Safety Plan	Volunteers of America Courtney Colwell and Ashley Hansen	Christiansen

Workshop Schedule

Session 2
11:00 a.m.
to 11:50 a.m.

Session 2		
Youth: LEARN to help friends in crisis	Forefront Suicide Prevention Charlene Ray	Vancouver
All Ages: Narcan and Fentanyl Training	Snohomish County Amy Wheat	Frost
All Ages: Finding Youth Mental Health Care in WA: Where to Start	Seattle Children's Hospital Crystal Sharp, Robyn Manaway and Sutton Lowry	Fowler
All Ages: Making Anxiety Your Friend	Maryville Crisis Support Services Greg Kanehen	Christiansen

Workshop Schedule

Session 3
12:00 p.m.
to 12:50 p.m.

Session 3		
Balancing Our Digital & IRL Worlds: Teens Helping Teens Build Resiliency	Emboldened Mental Health Bri Rokey	Vancouver
Supporting LGBTQIA Youth	GLOBE and Brenda Newell with Rainbow Counseling	Frost
All Ages: Teen dating violence, and its intersections with mental health	Domestic Violence Services of Snohomish County Chris McBride	Fowler
Youth: Overcoming Loneliness	Everett School District Dave Peters	Christiansen



1:00 p.m.
Point Elliott Room

Sound of Silence

Documentary produced by: Tessa Rockwell

Followed by a Producer Interview

Emcee: Curtis “Dirty” Henke-Gaming Influencer

Gaming Tournament Finale and Prizes Following