VA EASTERN COLORADO HEALTH CARE SYSTEM
presents
Veteran Suicide Prevention & Recovery
in the Face of COVID-19

Tuesday ★ September 22nd ★ 9:30 am - 3:00 pm MT
A VIRTUAL EVENT FOR VETERANS, SERVICE MEMBERS & ALL WHO SUPPORT THEM

#BeThere

Save the Date  REGISTER HERE ON EVENTBRITE

Opening Remarks
9:30 am - 10:00 am
Welcome VA ECHCS & Rocky Mountain MIRECC
Edgar Villareal  ECHCS Suicide Prevention

Connectedness
10:00 am - 11:00 am
COVID-19 has disrupted how people connect. Explore innovative strategies from Veteran Service Organizations (VSO) for Service Members, Veterans and their families to stay connected.
Suzanne Buemi  CO National Guard Family Program
Melissa Hansen  El Paso SP Coalition
Tiffany Morgan  WarriorNOW

Peer Support & Resiliency
11:00 am - 12:00 pm
Resiliency is more important than ever to maintaining a positive wellbeing. Learn how Peer Mentorship, resources and tools like apps support mental health and recovery.
Kevin Fleener  Veteran Peer Support Specialist
Duane France  Family Health Center
Dustin Koslowsky  Objective Zero

Break
12:00 pm - 1:00 pm
Featuring live music with
John Evans  Veteran Peer Musician
Kevin VanThournout  HeartBeat

Safety Planning & Lethal Means Safety
1:00 pm - 2:00 pm
Having a plan to stay safe before a crisis hits and safely storing firearms are proven suicide prevention methods. This panel covers safety conversations and enhanced coping skills during COVID-19.
Emmy Betz  University of Colorado
Suzanne McGarity  Rocky Mountain MIRECC
Matt Wetenkamp  CO Gun Shop Project (CDPHE)

Postvention: Loss, Bereavement & Support
2:00 pm - 3:00 pm
Learn how bereavement organizations and communities have adapted support of those grieving from suicide loss amid the impact of the pandemic. Coping resources will be offered.
Georgia Gerard  Rocky Mountain MIRECC
Kim Ruocco  Tragedy Assistance Program for Survivors
Kevin VanThournout  HeartBeat