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 Villarreal 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

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

Veterans Crisis Line 1-800-273-8255 PRESS 1

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Eastern Colorado Health Care System

ROCKY MOUNTAIN MIRECC