

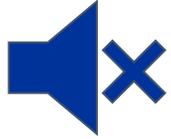
Welcome!

**Suicide Prevention & Recovery
In the Face of COVID-19**

CONNECTEDNESS



Housekeeping Issues



Please mute your microphones- they will be automatically muted to limit possible distractions.



This event will be recorded and LIVE streamed on social media.



As a reminder for this public event, please make this a safe and respectful learning environment for all participants!



Q&A for participants: Please use the chat for any questions. Chat will be moderated, and questions will be presented to the panel.



Support/Resources: Suicide Prevention Case Managers will be available via chat during each session to provide resources and support as needed.



Take care of yourself. Mental health recovery and suicide can be challenging topics to discuss. Take regular breaks throughout the day and reach out for support if needed.

Free, Confidential Support 24/7/365



1-800-273-8255 **PRESS 1**

• • • Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** • • • •

- Veterans
- Service Members
- Family members
- Friends



Connectedness

***Veteran Service Organization (VSO)
Support of Service Members,
Veterans, and Families during
COVID***

Suicide Prevention & Recovery In the Face of COVID-19

Connectedness

Moderator:

James Gallanos Suicide Prevention Coordinator

Presenters:

Suzanne Buemi, CO National Guard Family Program

Tiffany Morgan, WarriorNOW

Melissa Hansen, El Paso SP Coalition

Chat Support:

Chelsea Rorabaugh Suicide Prevention Case Manager



WarriorNow



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Chief of Staff / Director of Training
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Suicide Prevention Collaborative of El Paso County
A Project of CHP

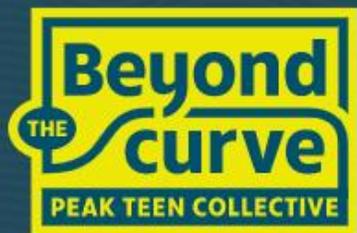
We envision caring communities that are resilient, connected, and capable of supporting every person, regardless of the struggles they face.

- To improve the health of the Pikes Peak region by creating a culture of collaboration surrounding suicide prevention that drives transformative change.
The Collaborative:
 - Creates a space for idea generation and exploration
 - Generates community recommendations
 - Aligns resources toward systems' change
 - Seeks funding to bring to fruition the best solutions for solving the complex problem of suicidality

What Makes Us Different? Engagement

- Trust is at the core of our work
 - Participants engage as peers. Each participant has equal opportunity to shape decisions even when resource distribution is unequal. Group decision-making.
- Build understanding first
 - Seek to understand the problem we are trying to solve while appreciating values, perceptions and experiences of others.
- Include many voices
 - We avoid initiatives planned by narrow, exclusive groups.
- Find early wins
 - We will identify milestones and celebrate progress to inspire.





You might be living through a "new normal," but you're not alone.

Led by a collective of Pikes Peak teens, we've gathered resources, tips, and support to help you go Beyond the Curve.



What new services or innovations are currently offered to support connectedness in the face of COVID?





What community level strategies or interventions have been implemented to support connectedness?

What are your lessons learned through providing services and support through COVID?



Q & A

Please Standby as we get ready for our next session....

Peer Support and Resiliency

