



**Community Approaches & Clinical Insights to Youth
Suicide Prevention
May Resiliency Roundtable
5.23.23
Shared Resources**

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Please note, this list of resources is not exhaustive but rather a compilation of materials shared by panelists and collected from community members for the May 2023 Resiliency Roundtable.

MAY RESILIENCY ROUNDTABLE SESSION MATERIALS

Overview

Main Session Recording

Breakout Room Recordings

Main Session Slide Deck

PRE-SESSION LEARNING MATERIALS

We invite you to explore the articles and websites below to help contextualize our conversation.

Articles:

- [Vox](#): I treat teens who attempted suicide. Here's what they told me. (Nov 2019)
- [The Economist](#): Suicide rates for girls are rising. Are smartphones to blame? (May 2023)
- [Michigan Medicine](#): New pediatric suicide prevention initiative (May 2023)

Websites:

- [Zero Suicide Framework](#): A holistic approach to suicide prevention guiding healthcare settings.
 - [American Foundation for Suicide Prevention](#): What you can do when someone is at risk.
 - [Samaritans](#): Tips and resources for parents of teenagers to have conversations about suicide.
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SHARED BY OUR FACILITATORS

Dr. Jen Hartstein

- [Hartstein Psychological Services, PLLC Website](#)
- *Description*: Guiding Children, Teens, Adults and Families Toward Lasting Change and Lives Worth Living. Specialists in Dialectical and Cognitive Behavioral Therapies (DBT and CBT).
- *Resources*: [Jen's slidedeck](#)
- *Get in touch*: [Dr. Jen Hartstein](#), Owner & Founder, Hartstein Psychological Services, PLLC
 - Contact Dr. Jen Hartstein:
 - drjen@hartsteinpsychological.com, 212-337-9990
 - [General Inquiries](#) & Follow on Social Media
 - Jennifer L. Hartstein, PsyD is currently in private practice in New York City, specializing in the treatment of high-risk children and adolescents. Dr. Jen has

received intensive training in adolescent suicide assessment and has specialized in this population for several years. She is a frequent psychological contributor for NBC's The Today Show and was a Mental Health Core Expert for The Dr. Oz Show, the psychological/lifestyle contributor on CBS' The Early Show, and the mental health contributor for Yahoo! Lifestyle and Yahoo! News. Prior to running her full-time private practice, Dr. Jen was the Clinical Director of the Discovery Center at the Child and Family Institute (CFI) of St Luke's-Roosevelt Hospital Center, a short-term substance abuse prevention and early intervention program for adolescents. She was also an Adjunct Professor at Ferkauf Graduate School of Psychology of Yeshiva University. Before working at CFI, Dr. Jen was the Director of the Group Psychotherapy Program, Intake Coordinator for the Adolescent Depression and Suicide program, and an Attending Psychologist in the Child Outpatient Psychiatry Department of Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, NY.

Jewish Family Service of Metro Detroit

- [Jewish Family Service of Metro Detroit Website](#)
- **Description:** Since 1928, Jewish Family Service has served Detroit's Jewish community. Today, we're proud to help carry that important work forward by serving all who come through our doors. Through the efforts of our highly skilled and dedicated staff, the hundreds of volunteers who help out in countless ways, and the leadership of our Board of Directors, JFS is able to provide compassionate, personalized services that help thousands in our community each year. Our services uniquely tailored to the specific needs of each individual or family, and center around three core areas: services for older adults, mental health and wellness, and safety net services.
- **Resources:**
 - [Zero Suicide Institute](#)
 - [LivingWorks SafeTalk](#)
 - [LivingWorks Applied Suicide Intervention Skills Training \(ASIST\)](#)
 - [Assessing and Managing Suicide Risk \(AMSR\)](#)
 - [Ask Suicide-Screening Questions \(ASQ\)](#)
 - [Collaborative Assessment and Management of Suicidality](#)
- **Get in touch: Dini Peterson, LMSW**, Chief Program Officer, Family and Community Services dpeterson@jfsdetroit.org
 - Dini Peterson, LMSW is the Chief Program Officer of Family and Community Services. In her 10+ years at JFS, Dini has focused her career in the areas of case management and poverty alleviation in the Detroit Jewish community. She currently oversees JFS

safety net and mental health services. She has also enhanced JFS' outreach initiatives to local Orthodox Jewish communities. Dini received the Meyerhoff Early Career Professional Fellowship and currently serves on local boards addressing food insecurity and other basic needs throughout Oakland County. Dini lives in Oak Park with her husband and three young children.

TeenTalk App

- [TeenTalk App Website](#)
- *Description*: TeenTalk App provides a free, anonymous, safe space for teens to request support from trained peers and learn from others with similar experiences. TeenTalk App is a non-sectarian program of Jewish Big Brothers Big Sisters of Los Angeles, a nonprofit organization founded in 1915 that provides a range of innovative, impactful programs to assist youth in achieving their full potential.
- *Resources*:
 - [TeenTalk App Slides](#)
- *Get in touch*: **Kendra Singer, LMFT**, Director, TeenTalk App ksinger@jbbbsla.org
 - Kendra is a Licensed Marriage and Family Therapist with over 20 years of experience in the mental health field supporting individuals and families dealing with crisis and mental health challenges. Kendra is the Director of Teen Talk App, a program of Jewish Big Brothers Big Sisters Los Angeles, where she oversees app operations and supervision of the 200 volunteer teens working to support their peers through the app. Kendra is a certified trainer in Trauma Informed Care and QPR and has a passion for helping young people find self-care that works for them. Kendra is the mother of two teens and stepmom to two more teens.

Joan and Stanford Alexander JFS Houston

- [Joan and Stanford Alexander JFS Houston Website](#)
- *Description*: Transforming lives by empowering individuals, families and communities. Joan and Stanford Alexander Jewish Family Service provides best practice social services to help you on your journey through life. When you want a partner in addressing challenging issues, we are here for you.
- *Resources*:
 - [Sources of Strength Slides](#)
 - [Sources of Strength Website](#)
- *Get in touch*: **Katelyn Bleiweiss, MPH**, Community Intervention Specialist kbleiweiss@jfshouston.org
 - Katelyn Bleiweiss is a 4th generation native Houstonian who is proud to be serving her community in the Department of Behavioral and Mental Health Services at Alexander JFS. After living in Israel for one year, she went home to Texas to receive

her BA in cultural anthropology from UT Austin, followed by her Masters of Public Health in community health practice with a focus in program planning, implementation, and evaluation from the UT Health Science Center Houston. Katelyn did her intensive graduate school internship at Joan and Stanford Alexander Jewish Family Service and was fortunate to join the team as a full employee after graduating. Katelyn is the only Sources of Strength suicide prevention program trainer for the Houston Jewish community and beyond, providing mental health and wellness presentations and programs. She believes that sharing stories of hope, help, and strength can counter the overwhelming negativity we are all exposed to daily. She encourages all who are reading this to send a thank you note to someone who has been helpful in life, as gratitude is a core spiritual practice.

Prizmah

- [Prizmah Website](#)
 - *Description:* Prizmah is the Network for Jewish day schools. We partner with day schools, yeshivas, philanthropists, and communities from all denominations, helping them grow their reach and impact and tackle the challenges on their paths to success. We see what's possible for Jewish day schools. Together, we can make that vision into a reality. Prizmah supports schools with resources, research, programming, school services, peer-to-peer connections, and more.
 - *Get in touch:* **Dr. Oshra Cohen**, Program Director oshrac@prizmah.org
 - Dr. Cohen earned her B.A in psychology at McGill University and her M.A and Ph.D in clinical psychology, health emphasis from Ferkauf Graduate School of Psychology at Yeshiva University. She is the founding director of Cognitive Behavioral Health Psychology, LLC, a private practice which specializes in cognitive behavioral therapy with offices in NY and NJ, as well as a faculty support and efficacy consultant on social emotional issues relating to faculty and students. Dr. Cohen lectures nationwide on topics related to education, psychology and religion.
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Jewish Community Services of South Florida

- [Jewish Community Services of South Florida Website](#)
- *Description:* Since 1920, Jewish Community Services of South Florida has remained true to its original mission of providing exemplary social services through compassionate and comprehensive programs that help people stay healthy and productive. By partnering with our funding agencies, sister organizations and local leaders, JCS continuously strengthens and solidifies its outreach and its impact. In this way, JCS continues to be a beacon of help, healing and hope as it addresses current needs with these three divisions: Children & Youth Services, Adult & Family Services, and Senior Support Services.

- **Resources:**
 - [Youth Mental Health First Aid](#)
 - [Question. Persuade. Refer.](#)
 - **Get in touch: Demian Laudisio**, Trainer/Coordinator dlaudisio@JCSFL.ORG
 - Demian Laudisio has been working at Jewish Community Services of South Florida as a Coordinator, Referral Specialist and Lead Trainer since 2017 as part of a county-wide federally funded Mental Health Awareness Training Grant. The grant provides free training to local organizations, community members and first responders to raise awareness and response to mental health concerns and suicide. Demian is a certified instructor in four evidence-based trainings: Adult and Youth Mental Health First Aid, the Applied Suicide Intervention Skills Training, and the Question, Persuade, Refer suicide gatekeeper training. Demian has worked in suicide prevention services in Miami-Dade County since 1994, most recently serving as supervisor for the crisis hotline at Switchboard of Miami. He also managed two federal SAMHSA grants, including the Miami setting of the Florida Youth Suicide Prevention Grant and Project Aware Grant to raise community awareness on provide community training on mental health.
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SUPPORT RESOURCES

- **[The Blue Dove Foundation](#)**
 - **Description:** In the Jewish community, discussions about mental illness and substance abuse tend to be rare, if they happen at all. As a result, many individuals and their families suffer in private and lack the information necessary to address their issues. The Blue Dove Foundation is working toward advancing these conversations, eradicating shame and educating the community.
- **Resources:**
 - Education around suicide and prevention: [Every Life Counts](#)
 - Resource created with Shomer Collective for Professionals: [A Jewish Guide for Professionals to Supporting Individuals Through Traumatic Death](#)
 - Resource created with Shomer Collective for Individuals: [A Jewish Guide to Supporting Individuals Through Traumatic Death](#)
 - [Resource Library of The Blue Dove Foundation](#)
- **Get in touch: Carly Coons**, Director of Education and Programming
carly@thebluedovefoundation.org

- **No Shame On U**
 - *Description:* No Shame On U is dedicated to eliminating the stigma associated with mental health conditions so the people who need the help will seek it, family members and friends will know how to provide proper support, and to save lives.
 - *Resources:*
 - [When Your Child is Experiencing a Mental Health Crisis: A Guide to for Parents and Caregivers](#)
 - *When a child struggles with their mental health, parents do not always know where to begin to get the help and support they need for their child’s well-being. This guide spells out all the options and walks parents through the process of determining what kind of interventions might be helpful and what to consider when making decisions. It was created by clinicians, mental health professionals, and parents. The resource is electronic and can be downloaded [HERE](#).*
 - *Get in touch:* **Wendy Singer**, Director of Programming wendy@noshameonu.org
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- **Hope Squad**
 - *Description:* Hope Squad is a peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention.
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ADDITIONAL READING

- [NYT](#): How Do You Actually Help a Suicidal Teen? (May 2023)