

# HOPEFULNESS AND HELP

## UNDERSTANDING DEPRESSION & SUICIDE

### **SPEAKERS**

#### **Dan Reidenberg, PsyD, FAPA**

##### ***Executive Director of SAVE (Suicide Awareness Voices of Education)***

Dr. Dan Reidenberg is the Executive Director of SAVE, a national nonprofit agency working to prevent suicide and help suicide survivors. Dr. Reidenberg serves as Managing Director of the National Council for Suicide Prevention and serves on the Suicide Prevention Resource Center and the National Suicide Prevention Lifeline's Steering Committees. He is also the US Representative to the International Assoc. for Suicide Prevention. He has a degree in psychology from the University of Minnesota and a Psy.D. from the Minnesota School of Professional Psychology. (<http://save.org>)

#### **Liz Schoeben, MFT**

##### ***Executive Director of CASSY (Counseling and Support Services for Youth)***

Liz is a licensed Marriage and Family Therapist with over 15 years experience counseling adolescents in academic settings in Los Angeles, Seattle and the Bay Area before founding CASSY. At Los Gatos High School, CASSY provides 100 hours of crisis intervention, ongoing counseling, proactive mental health education and community outreach each week, with three therapists on campus every school day. (<http://cassybayarea.org>)

#### **STAMP (Stanford Theater Activist Mobilization Project)**

Xandra Clark and Brianna Pang are members of STAMP, Stanford's student-run social activist theater company that uses drama to spread important messages on social issues. They will be performing monologues anonymously submitted by Stanford students living with mental illness. Last fall, STAMP was recognized on NPR for its "Out of Sight and Out of Mind" production and has been asked by schools around the country to perform. (<http://politicaltheatre.org>)

#### **Carlos Aguila, Child and Adolescent Crisis Program, Clinical Program Manager**

#### **Toni Welch Torres, Addiction Prevention Services, Program Manager**

##### ***EMQ Families First***

EMQ FamiliesFirst does whatever it takes to help children in crisis and their families. They are recognized for innovative mental health treatment, foster care and social services that help families recover from trauma, abuse and addiction, and rebuild their lives. They fight for sustainable change and advocate for improvements in the local, state and federal systems that serve children in need. (<http://www.emqff.org>)

#### **Michelle Gonzales**

##### ***Officer, Los Gatos-Monte Soreno Police Department***

The police department provides a School Resource Officer who acts as a liaison between the schools and the police department. They also have a Critical Incident Team which includes officers specially trained to respond to calls of mental emergencies such as suicide threats, family disturbances, domestic threats, and general calls of people in mental distress.

#### **Jim Thrall**

##### ***Director, Los Gatos Lions Club***

As the chair of the Lions' Mental Health Initiatives Committee, Jim introduced QPR ([www.qprinstitute.com](http://www.qprinstitute.com)) suicide prevention training for "community gatekeepers" and spearheaded a successful Out Of the Darkness Walk here in Los Gatos two years ago.

Monday, May 3, 2010

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### COMMUNITY RESOURCES

Organization	Description	Phone Number
Bill Wilson Center	Programs that focus on building self-confidence and developing personal assets.	408-243-0222
Centre for Living with Dying	Provides emotional support to individuals and families facing life-threatening illness or the trauma of having a loved one die.	408-980-9801
EMQ Families First (Mobile Crisis Team)	24-hour mobile crisis intervention service for children and adolescents in acute psychological crisis.	408-379-9085
KARA	Emotional support and information for adults, teenagers and children who are grieving a death or coping with a life-threatening illness.	650-321-5272
Parents Helping Parents (Santa Clara)	Provides lifetime guidance, supports and services to children with any special need, their families and the professionals who serve them.	408-727-5775
Suicide & Crisis Hotline	Immediate and confidential emotional support and crisis intervention for people in life-threatening situations.	408-279-3312
YWCA Parent Workshops	Unique workshops for parents of infants to teens, including workshops for divorcing families and parents of children with special needs.	408-295-4011 x321

### SCHOOL CONTACTS

For concerns about the social and emotional health of your child:

School	Contact	Phone/Email
Los Gatos High School	Liz Schoeben, MFT CASSY Exec. Director	408-354-2730 x505 <a href="mailto:lschoeben@lgsuhdsd.org">lschoeben@lgsuhdsd.org</a>
Saratoga High School	Brian Safine Assistant Principal	408-867-3411 x209 <a href="mailto:bsafine@lgsuhdsd.org">bsafine@lgsuhdsd.org</a>
CT English Middle School	Corey Kidwell Principal	408-353-1123 <a href="mailto:c.kidwell@loma.k12.ca.us">c.kidwell@loma.k12.ca.us</a>
Fisher Middle School	Dana Steele VP/Counselor	408-335-2379 <a href="mailto:dsteELE@lgUSD.k12.ca.us">dsteELE@lgUSD.k12.ca.us</a>
Redwood Middle School	Angela Deans Counselor	408-867-3042 x507 <a href="mailto:adeans@saratoga.usd.org">adeans@saratoga.usd.org</a>
	Linda Rocha Counselor	408-867-3042 x503 <a href="mailto:lrocha@saratoga.usd.org">lrocha@saratoga.usd.org</a>

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