

Chat
Teen Suicide Prevention: How to Listen, Assess, and Guide Teens in
their Time of Need
March 30 ,2017

Jessica Jenkinson:Did the music just disappear for anyone else?

Jessica Jenkinson:Oh nope wait it's back now

Craig Bertuglia:Greetings from Houston Public Library

epulveda:good afternoon from Houston

Jessica Jenkinson:Greetings! San Diego checking in :)

Rebecca Denham:yes

Craig Bertuglia:Hear you just fine

Alexis - Santa Clarita Public Library:Hi from the Santa Clarita Public library in SoCal!

epulveda:Maggie Sepulveda: Hear you ok

Teresa Lopez 2:Hello!

Jessica Jenkinson:All I hear is music. Is someone talking?

Mary Augugliaro - Infopeople:You should be hearing music. We'll get starte with the webinar right at noon.

Jessica Jenkinson:Thanks Mary

Katie Thomas:Good Afternoon!

Norola Morgan:Digging the soundtrack, what is it from?

Katie Thomas:Oh, my coworker is at another location and is having issues opening up the webinar because of Adobe Connect.

Katie Thomas:Is there a way she can watch it without Adobe Connect?

Norola Morgan:Have her enter as a guest.

Katie Thomas:Ok, thanks!

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Jessica Jenkinson:Yes, A+++ for this music! I'd also love to know.

Chuck O'Shea - Infopeople:Music is Breezey Internet Radio.

Jessica Jenkinson:Thanks Chuck!

Norola Morgan:Fantastic, thank you!

casey.marcarello@cityofrc.us:Hello from Rancho Cucamonga Public Library

Kimberlee:Hurray Jeremy!

Estel Porras:Checking in from Orland, CA

Kimberlee:Hello from Chico!

Teresa Lopez 2:Can we have the link for the last webinar? The one from November. I would like to take it.

Sarah:checking in from Ely Iowa!

Mary Augugliaro - Infopeople:The previous webinar can be accessed here
<https://infopeople.org/civCRM/event/info?reset=1&id=629>

Xina Lowe:Checking in from Gastonia, NC

Jeremy:Hi Casey and Kimberlee :)

Kimberlee:Hi!!!! :)

Chuck O'Shea - Infopeople:You can get handouts at:
<https://infopeople.org/civCRM/event/info?reset=1&id=668>

Mariesha Jackson:Hello!

casey.marcarello@cityofrc.us:Linda is here, too!

Stephanie Maldonado:Hey everyone! Excited to be here. I am attending from Los Angeles County Public Library El Monte Branch

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Ariadna Jimenez-Barrios:hello everyone, I'm Ariadna Jimenez-Barrios public librarian from San Diego, Ca

Jeremy:Hi Linda :)

Anna Lestik:Hi! Anna, Teen Services Librarian from VA Beach. :)

Kayla Marie:Hello, I'm Kayla Marie, Teen Services Librarian from Belmont Library

Kayla Marie:in San Mateo County, CA

guest:What is the meeting URL? I need it for phone access. Thank you.

Rebecca Denham:Good afternoon. Rebecca Denham, Teen Services Coordinator - Houston Public Library

Robert:Hey Norola

Lawanda Monroe:Good afternoon from the Houston Public Library

Jessica Jenkinson:Is there audio at the moment? Just getting silence on my end

Lawanda Monroe:Hi Robert

Jennifer Harmonson:Greetings from Sacramento, CA!

Anna Lestik:Yes, there is audio.

Mary Augugliaro - Infopeople:If you are having audio issues, you can call in: 888-450-5996 passcode 264311#

Kate S:Hi from Altadena Library.

Megan Koppitch:sound keeps going out

Robert:Good afternoon Lawanda!

Estel Porras:Jessica, Yes, there is sound.

Jessica Jenkinson:Ah ok. I disconnected my bluetooth speakers and now it's working. Thank

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you.

Estel Porras::D

Jill O'Bannon:Jill O'Bannon: Was not able to log in under my username logged in as guest

Leona Hoegsberg:In Houston

Stephanie Maldonado:same here and i had to use internet explorer

Kelly Chung:I had to log in as a guest too! Happy to be here from San Diego!

Chuck O'Shea - Infopeople:For webinars you always need to log in as a guest

Stephanie Maldonado:what is the butterfly project?

guest:Kayren Alexander with Houston Public Library

Deborah Takahashi:<http://butterfly-project.tumblr.com/>

Cheryl and Michelle:Support for those who self harm, like cutting

Stephanie Maldonado:thanks!

Norola Morgan:Hey, Robert!

Deborah Takahashi:It's really cool! I highly recommend you add to your weblinks collection if you maintain those at your library.

Stephanie Maldonado:thanks after the webinar I am gonna look it up

Kimberlee:What a powerful testimony from Ginger!

Stephanie Maldonado:i already have two links from this webinar that i want to look up and the youtube teen line channel.

Deborah Takahashi:Here's a great post on YALSA's The Hub about Teen Suicide and Depression:<http://www.yalsa.org/thehub/2015/01/23/dealing-with-suicide-depression-in-teen-literature/>

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Jessica Jenkinson:Very useful, thank you!

Deborah Takahashi:Here's an Amazon link to some great workbooks that you can add to your collections to help teens advocate for themselves: <https://www.amazon.com/Beyond-Blues-Workbook-Overcome-Depression/dp/1572246111>

Stephanie Maldonado:Thanks!

Kimberlee:great visual

Deborah Takahashi:If you didn't know, but Netflix has adapted Jay Asher's "13 Reasons Why" and it premiers tomorrow! <https://www.netflix.com/title/80117470>

Stephanie Maldonado:oh nice Thanks I heard about that.

Stephanie Maldonado:I love this slide. It says it all.

Robert:Thanks for sharing Deborah Takahshi!

Cheryl and Michelle:there has been a lot of concern in the suicide community about this series and romanticizing suicide. Netflix has consulted with suicide experts and will be distributing a discussion guide etc.

Stephanie Maldonado:This is another good slide. But it's also hard for the person to ask.

Kim Day:Can you guys speak to 13 Reasons Why? (Hi Deborah :)) ...I felt like it was an unrealistic portrayal of the lengths a teen will go to when thinking about suicide. I have many friends who ended their lives and so that book just isn't something I can recommend in good faith. But curious to know what others feel.

Kayla Marie:This can be answered later, but I had a scenario happen at my library that I have questions about. One of my teens posted on social media about how he attempted suicide and is feeling really low and doesn't want to do art or anything anymore. Some of my other teens told me about this post, but said that I shouldn't talk to him directly because it would make it worse. They said that when they are feeling that way, they don't want to draw attention to it or talk about the problem. I found this backwards, but I was wondering what you think.

Stephanie Maldonado:It should be addressed

Heather:Kayla, I'm wondering if that teen has a trusted adult they can speak to about their

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feelings. Maybe a hotline. It does need to be addressed, not ignored.

Anna Lestik:If they really didn't want to talk about it, I feel like they wouldn't post it on social media.

Anna Lestik:Could that be their cry for help?

Kayla Marie:Of course, but directly? I ended up letting the school know and they contacted his parents.

Heather:I think that was a great follow-up!

Heather:I'm reading this current slide, and it says letting the teen know about reaching out to others.

Kayla Marie:But I felt I should have done more directly with the teen

Heather:Do you feel comfortable talking to the teen about it?

Kim Day:Kayla: "it's better to have an angry friend, than a dead friend." You did good ;)

Stephanie Maldonado:I think if you didn't feel comfortable to address it then what you did was great.

Stephanie Maldonado:how is the kid btw?

Kayla Marie:Thank you, Kim :). I did feel uncomfortable though because I wasn't very close with him. I think knowing what I do now, I would probably address him directly.

Anna Lestik:Also, you should feel great that his friends trusted you and felt comfortable enough to talk to you and tell you.

Kayla Marie:The kid is back at school after being away for a bit. He seems to be doing better now.

Kayla Marie:Thank you for all of your help!

Stephanie Maldonado:yea you were the person that helped and since you weren't close to the kid you couldn't really broach suicide.

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Deborah Takahashi:If you have access to a social worker, definitely give them a head's up!

Craig Bertuglia:Not if the parents are part of the problem or abusive. I feel child protective seervices are the best bet then.

guest 2:I agree Craig

Kayla Marie:I've also had friends that have had horrible experiences with child protective services too.

Maria Diaz-Slocum:I really like the apps because teens will use them.

Jessica Jenkinson:Would these apps be good for adults, as well? I have a coworker in his twenties that is struggling with suicide.

Jessica Jenkinson:Thank you!

Jennifer Harmonson:From a previous slide...what is the PET team?

Jennifer Harmonson:Thanks!

Jill O'Bannon:I have a sixteen year old and I actually think he would use this app

Megan Koppitch:Is that only for the california area?

allison:This flyer is a good resource for libraries... it lists "tough topics" and their corresponding dewey decimal numbers. So even if teens don't speak up and ask for help, they can help themsleves find books. <https://lovelandpl1.myportfolio.com/tough-topics-for-teens>

Nicole:Hi. Can I download the ppt and share with it my colleagues?

Cheryl and Michelle:yes

Kimberlee:how great to speak with another teen!

Mary Augugliaro - Infopeople:The slides and handout for today's webinar are available here <https://infopeople.org/civicrm/event/info?reset=1&id=668>

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Kate S:A week after I watched the first webinar, one of regular teens mentioned that a friend of his was considering suicide. Since I didn't know that particular teen at all, I told his friend about Teen Line. I hope that was helpful for him.

Heather:thank you for sharing, allison!

Nicole:Thank you!

Alexis - Santa Clarita Public Library:Thank you Michelle and Cheryl!!!

gretchen Bevan:excellent presentation!

Stephanie Maldonado:what was the first webinar called?

Sarah:Excellent - thank you

Kate S:Thank you. These have been really insightful, and I appreciate them very much.

Teresa Lopez 2:Thank you!

Maria Diaz-Slocum:Thank you!

Kayla Marie:Thank you so much!

Stephanie Maldonado:thanks!

Vi Ha:Thank you.

J Haas:Thank you!

Xina Lowe:Thank you!

Anna Lestik:Do you have any other webinars coming up?

Nadia:Thank you!

Jessica Jenkinson:What do you suggest if someone is unwilling to get help but is feeling generally suicidal and doesn't have a plan?

Jill O'Bannon:thank you for all the info

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Estel Porras:Thank you.

Robert:Thanks a million!

Stephanie Maldonado:That's a good question Jessica

Craig Bertuglia:How serious do you take Goth Nihilism?

Jessica Jenkinson:A young adult, thank you

Chuck O'Shea - Infopeople:Link to first webinar
<https://infopeople.org/civicism/event/info?reset=1&id=629>

Jon:When it says professional help should be sought, where would we send them? Keep in mind we are not in CA

Rebecca Denham:Jessica - I think being the person they can talk to can be the best thing. Maybe after they talk to you for a while they'll be willing to get professional help.

Estel Porras:Jessica, do you have a TAY program in your area?

Jessica Jenkinson:Thank you that's helpful.

Jessica Jenkinson:@Rebecca - I'm not sure, I'll have to look into it

Jessica Jenkinson:Thank you all!

Kimberlee:this was excellent~ thank you both and Infopeople so much!

Rebecca Denham:As a former goth, I agree. it isn't about dress, it's about behavior and what they are saying.

Craig Bertuglia:Cool, my viepoint too, thanks

Rebecca Denham:In fact, I think I'm still kinda goth...

Deborah Takahashi:I also highly recommend connecting with NAMI in your area

Deborah Takahashi:Natiional Alliance on Mental Illness

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Estel Porras:Signing off, I have the front desk in 5. Thank you so much!

Deborah Takahashi:You can also take take classes or workshops as well!

Jeff T. 2:Our local NAMI branch does a great Mental Health Crach Course, to introduce MH caregivers tips on dealing with the mental health local systems and resources

Rebecca Denham:I've never been able to bring myself to read that one...

Kim Day:I felt like it really was romanticized...she gets back at the "people who made her kill herself"

Kim Day:that's good if they do that! It's definitely a discussion starter ;)

Stephanie Maldonado:There's another book I read it's being made into a movie soon, that deals with suicide too.

Stephanie Maldonado:i forgot what it's called.

Kim Day:Thanks guys!!!

Stephanie Maldonado:But the revenge aspect makes sense in that book.

Geri:All the Bright Places? I think that one is becoming a movie.

Jolie Warner:I didn't watch the movie, but It's Kind of a Funny Story by Ned Vizzini made me okay with having to take medicine for depression

Stephanie Maldonado:it's like a groundhog day type film

Jessica Jenkinson:@Jolie thank you for sharing! That makes me want to read it now.

Geri:oh - Before I Fall?

Stephanie Maldonado:the main character is forced to repeat valentine's day until she figures out what happened and why

Cheryl and Michelle:i like that they're not afraid to talk aobut suicide

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Rebecca Denham:Re: It's Kind of a Funny Story - did you discuss the authors struggles w/ mental illness as well?

Rebecca Denham:Or just the fictional aspects?

Jolie Warner:his description of his feeling of tentacles of depression was so true to me.

Geri:Yes, that's Before I Fall

Stephanie Maldonado:Yes

Craig Bertuglia:Orinary People great suicide movie

Rebecca Denham:Thanks! This has been great.

Jessica Jenkinson:Thank you!

Kelly Chung:Thank you!

Craig Bertuglia:Ordinary lol