



Alliance for
SUICIDE PREVENTION
of Larimer County

LIFESAVER'S BREAKFAST

"Lighting the Way Forward"

***Thank you for
participating in the
2021 Virtual event***

**TUESDAY
SEPTEMBER 28
9:00 AM**

Do we pause or do we move forward? Sometimes, in darkness, the light you have only shows you a little bit of your path, and you have to walk slowly, pausing to take in your surroundings. And other times, the light clearly shows you the path and you move forward, freely. You might find yourself in one of these scenarios or perhaps rotating scenarios.

The important part is to recognize, for all of us, there is a path forward. We just need a little light to see it.

**Join us by texting LIFESAVER21 to 76278 or visiting
<https://LIFESAVER21.givesmart.com>**



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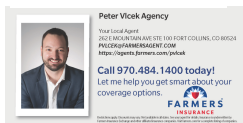
"Lighting the Way Forward"

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Little Man Ice Cream

Madwire



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LIFESAVER'S BREAKFAST

"Lighting the Way Forward"

Schedule

**TUESDAY,
SEPTEMBER 28**

9:00 AM

**WELCOME FROM EXECUTIVE DIRECTOR
SCOTT SMITH, MSW**



**Scott
Smith,
MSW**

9:30 AM

GUEST SPEAKER SIOBHAN SEYMOUR

- **A FORMER CRIMES AGAINST PERSONS DETECTIVE FOR FORT COLLINS POLICE, SIOBHAN SHARES HER STORY OF TRANSFORMING HER OWN TRAUMA AND DEPRESSION INTO STRENGTH AND RESILIENCY.**



**Siobhan
Seymour**



LIFESAVER'S BREAKFAST

"Lighting the Way Forward"

Preparing for the virtual event

Get Zoom Ready

- The Lifesaver's Breakfast will be held virtually via Zoom.
- New to Zoom? [Learn how to join a Zoom Meeting. Join a test meeting to familiarize yourself.](#)
- Before the event, [make sure you have the latest version of Zoom.](#)
- On the event day you will join the meeting by computer, tablet or phone. The preferred method is by computer for best interaction. **Click the weblink provided to you via email or [on the online event page.](#)**
- During the event please stay muted unless called upon during the Q&A portion of each session.

Block off your calendar between 9:00am and 10:00am

You can also set an out of office message to notify our colleagues and clients there will be a delay in your response.

Prepare your morning beverage of choice

Watching from home? Watching from work? Find a comfortable space to participate with your coffee, tea, juice or beverage of choice.

Take notes with paper and pen

Writing down important notes from the event will help with retention of the information. And will reduce the chance you end up checking email or other things outside of the event.

Connect with others

Do you have colleagues or prevention partners also attending this years Lifesaver's Breakfast? Schedule time to meet in person, over the phone or a virtual meeting to catch up and discuss the key points you each found interesting and how you'll each help Light the Way Forward.



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GIVSMART EVENT WEBSITE

Join us by texting LIFESAVER21 to 76278 or
visiting <https://LIFESAVER21.givesmart.com>

To claim your complimentary event ticket:

- Click Green Register Now button on the event website
<https://LIFESAVER21.givesmart.com>
- Select the number of Virtual Event Tickets you'd like.
- Scroll down, check out the ASP branded items (purchase one if you'd like!), until you get to the Next button. If it's Green, you're ready to move to the next step. If it's Gray make sure you added a ticket.
- Add your information and any other attendee information and click Green Save and Continue Button.
- Check boxes to allow us to contact you about the LifeSaver's Breakfast 2021 event. Click on the Reserve Tickets button.
- Make sure to come back to <https://LIFESAVER21.givesmart.com> on Tuesday, September 28 at 9:00 AM to join the live event!

The screenshot shows the GiveSmart event website for "LIFESAVER'S BREAKFAST 'Lighting the Way Forward'". The event is on Tuesday, September 28 at 9:00 AM, and is virtual. The page has three main sections: "Join us Virtually" with a green "Register Now" button, "Browse, Bid & Buy" with a gray "VIEW ITEMS" button, and "Not Attending? You can still help!" with a gray "VIEW HOW" button. Below these is a "Virtual Event Ticket" section showing a price of \$0 and 468 left. A message states: "The 2021 Lifesavers' Breakfast will take place virtually this year." At the bottom, there are two buttons: "Cancel Order" and "Next" (which is green). Below that are "Cancel Order" and "Save and Continue" (which is green). At the very bottom, there is a summary section with three steps: 1. Make your selection (with an "Edit" button), 2. Purchaser and Attendees (with an "Edit" button), and 3. Checkout. Below the checkout step, it says "No payment required. Click below to complete your ticket reservation." and there is a green "Reserve Tickets" button.

Other Opportunities on the Lifesaver's Breakfast event website:

- Become a Champion! Create a fundraising page to share with family and friends.
- Purchase ASP Branded Items
- Participate in the Silent Auction - Browse and Bid! See [How to Bid](#)

If you have technical issues with GiveSmart, contact
nikki@thelacesettingcompany.com and admin@suicideprevent.org



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LIFESAVER'S BREAKFAST

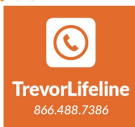
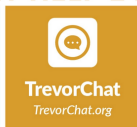
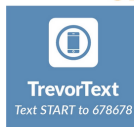
"Lighting the Way Forward"

Resources

If you or someone you know is in suicidal crisis, there is help:



GET HELP 24/7:



Depression. Anxiety. Drug and alcohol issues. When you or someone you care about is struggling with any kind of mental health or substance use concern, it's hard to know where to turn for help. If you have been seeking mental health services "near me," Connections can offer answers, options and support that help you take the next step - the right step - toward mental health and freedom from substance misuse or addiction. If you need someone to talk to, call us at 970-221-5551, 7 days a week.

UPCOMING QPR TRAININGS

COMMUNITY TRAININGS

WEDNESDAY,
OCTOBER 20
5:30-7:00PM

WEDNESDAY,
NOVEMBER 17
12:00-1:30PM

WHAT IS QPR TRAINING?

Question, Persuade, Refer (QPR) are the three steps we recommend taking to help someone who may be considering suicide. QPR is the most widely taught evidence-based suicide prevention gatekeeper training in the world.

- **QPR is a practical and empowering course that teaches what you need to know to prevent suicide in your personal and professional life. In QPR you will learn:**
 - how to ask someone if they are considering suicide
 - how to connect someone to appropriate resources
 - how to get help for yourself
 - the common causes of suicidal behavior or emotional distress
 - the warning signs and risk factors for suicide
 - the myths and facts of suicide
- **The Alliance for Suicide Prevention offers QPR to community groups, organizations, and businesses in Larimer County. Always free and 60-90 minutes long, QPR can be delivered virtually or in-person. Once attended, participants receive a 2 year certification that holds the same weight as a CPR certification, offers 1.5 CEUs.**

Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

Email Savanna Phelan-Jones at info@suicideprevent.org to schedule a training or for more information.

UPCOMING EVENTS

**THURSDAY,
SEPTEMBER 30
7:00-9:00PM**

The Draft Solution

Suicide Awareness Conversation

Zwei Brewing (4612 S Mason St, Fort Collins, CO)

Join The Draft Solution for a conversation on how we can better support those struggling with mental health challenges and crises within our community. Zwei Brewing will be donating \$1 for each medium beer sold during the event to the Alliance for Suicide Prevention of Larimer County.

[Register](#)

**WEDNESDAY,
OCTOBER 10
11:00AM-
3:00PM**

Teen Self-Care Fair

Fort Collins Museum of Discovery (408 Mason Ct, Fort Collins, CO)

This event is for youth (13-18) to explore new ways to practice self-care, including yoga, medieval long sword, art, skateboarding, aerial silks, music jam sessions, qigong, poetry & rap, herbs, and much more. Also enjoy music, therapy dogs, community resource booths, free food, and giveaways!

[Register](#)

**SATURDAY,
NOVEMBER 20
10:00AM-
12:00PM**

International Survivors of Suicide Loss Day Hybrid Event (In-person and Virtual Options)

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. Non-Loss Survivors may also register to attend.

[Register](#)



LIFESAVER'S BREAKFAST

"Lighting the Way Forward"

ASP Staff

- **Scott Smith, MSW | Executive Director**
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