

## Project Humanities Event Report

**Event: Humanity 101 on the Homefront: Parenting and Suicide**

**Date:** Tuesday, September 24, 2019

**Time:** 6:00 pm - 8:00 pm

**Venue:** ASU Preparatory Academy, 735 E Fillmore St, Phoenix, AZ 85006

**Total attendees:** 50

**Number of feedback cards:** 24

**Facilitated by:** Dr. Thomas Rojo Aubrey, Glendale Community College

**Panelists:** Mia Hernandez (Glendale Community College), Lori Robinson (City of Tempe), Micheon Gorman (Phoenix Indian Center), Denise Beagley (ASU Center for Applied Behavioral Sciences), Gina Reed (One n Ten -- unable to attend), Lorie Warnock (Mountain Pointe High School)

● **What three words describe your experience from this event?**

- Informative, receptive, affirming
- Informative, emotional, connected
- Striking, vulnerability
- Excellent, informative, anticipative
- Informative, profound, beginning
- Eye-opening, educational
- Open, confident, caring
- Humbled by others
- Informative, empathy, awareness
- Enlightened, increased awareness
- Life, resourceful, heartfelt
- Impactful, informative, personal
- Inspiring, connection, forward
- Vulnerable, urgency, change
- Informative, relevant, valuable
- Personal, helpful
- Respect, patience, empathy
- Honesty, talk, normalize
- Awareness, resources, personal stories
- Educational, relevant, resourceful
- Informative, impactful, eye-opening
- Bold, transparent, resources
- Compassion, informative, empathy
- Awareness, informational
- powerful

- **What new awareness did you gain or what is your takeaway from this experience?**
  - New programs and resources
  - First-hand accounts of suicide-related experiences- helps internalize situations and possible be able to apply valuable insights.
  - I just was not even aware on what resources where available. Not even close/ scared of the topic.
  - Mental health first aid!!!
  - There are so many great things happening, but there is still such a great need.
  - Red flags, pink flags, connecting
  - The importance of breaking the silence.
  - Everyone has a story.
  - Learned warning signs of depression and suicide. My need to improve communication with my kids.
  - I need to educate myself about today's issues.
  - Language is so much. Being sensitive, using less burdensome terms, and watching for warning signs anywhere can be helpful.
  - More states need to implement this training for training.
  - Community resources
  - Mental health first aid
  - Crisis training is available
  - Implications of "untreated trauma"
  - Resources for a family member in Tucson.
  - Informative resources, awareness/trainings
  - Ask straight out and no beating around the bush.
  - Connecting with PIMC and city/staff resources
  - More resources for classes to take
  - That there is a lot I need to learn
  - I liked the quote Michelle shared.
  -
- **How might this impact your life or work?**
  - Opportunities to network and create "safe" spaces for those who want to do the work.
  - I'm a religious ed teacher, a parent (of a 12 year old daughter), and a friend of a family that is going through a similar crisis.
  - Wow. Red flags/pink flags. I have seen them so many times.
  - Interact with people all the time. Will get more training to be more available/helpful
  - It directly speaks to what I do in the community, and great networking.
  - Continuing to speak
  - Continue to learn.
  - Open conversations
  - Increased awareness of resources available to parents
  - It may help me to care for my kids and my students, and to be ready for giving any help if anyone needs it.

- Being more available to everyone, more open to talking about my own feelings can help me to just be aware.
  - I am going to inform my teacher friends in CA and OH about this law and encourage action.
  - Working with students
  - I can help my students
  - I'm wondering if I should become a public speaker.
  - Share all of the panelists insight to this topic that is a very sensitive topic to discuss in our society.
  - Able to provide resources to team members.
  - Finding ways to support our K-12 community.
  - I would like to expand trauma informed workplaces at ASU and in Tempe around informed community
  - Be able to talk more with my daughter who has attempted suicide 5 times.
- **Other comments about this event?**
    - Initial thoughts as Dr. Lester mentioned, "where are the men on the panel?"
    - Well paced. Could have used some more marketing and exposure to get more audience. This needs to be spread out to everyone.
    - We need a follow up!
    - LGBTQ is an especially vulnerable group. Gender is excellent observation- another topic? (So glad male participant spoke up)
    - Great work! Hope to see more like this and an even larger audience for each.
    - More question time would be nice and hopefully some one on one.
    - Increase empathy and kindness to others.
    - Programs for culture development
    - Every panelist provided insightful details about depression and suicide. Personal stories were moving.
    - Thank you for providing this event.
    - I would have loved to heard from an "expert" or spokesperson from the LGBTQ community.
    - Thank you for doing this work. I hope it can be marketed even louder so more can join!
    - It was wonderful
    - Thank you
    - Thank you
    - Moderator wasn't as empathetic as expected for an event like this
    - Insightful, impactful
    - Emotional but positive
    - This could be almost quarterly
    - What can we do for the ones that survive and the parents (family?) How can we give them the support they need?

- **What other topics would you be interested in learning about?**
  - Follow up- round 2!
  - Cultural diversity, bringing humanity to politics
  - Parenting doesn't equal women and men responsibilities
  - Opening conversations for vaping (use and prevention)
  - Cultural inclusion.
  - Dr. Lester I want to take your class!
  - Student info/ coping strategies
  - Parenting and living with hope and purpose amid climate change
  - Parenting and traumas we create unintentionally and how to repair that
  - Homelessness, sex traffickng, domestic violence
  - More mental wellness, racism, male fragility issues, trauma, justice restoration, sexism, queer issues

**ASU Staff: 6**

**ASU Student: 3**

**Community: 14**

**Other:**

**Media and Promotion:**

ASU Now, Family matters to ASU's Project Humanities

<https://asunow.asu.edu/20190823-arizona-impact-family-matters-asu-project-humanities>

AZ Culture: ASU Project Humanities Announces Fall Events

[http://www.azculture.com/asu-project-humanities-announces-fall-events/?utm\\_source=AZCulture+Newsletter&utm\\_campaign=6e97f3a347-Culture\\_Report5\\_20\\_2015&utm\\_medium=email&utm\\_term=0\\_12f80ad118-6e97f3a347-284944849&mc\\_cid=6e97f3a347&mc\\_eid=c9643b1b02](http://www.azculture.com/asu-project-humanities-announces-fall-events/?utm_source=AZCulture+Newsletter&utm_campaign=6e97f3a347-Culture_Report5_20_2015&utm_medium=email&utm_term=0_12f80ad118-6e97f3a347-284944849&mc_cid=6e97f3a347&mc_eid=c9643b1b02)

Arizona Informant - printed article

WranglerNews

Ahwatukee Foothills News

Chandler Chamber of Commerce

PHX Soul

AZCentral

Arizona Parenting Magazine

Raising Arizona Kids

Emailed MCC profs

ASU Events

Urban Events AZ

ASU English Department Newsletter

City of Tempe Pre-K

AZ Headstart

Child Crisis Center

Modern Milk

North Central Parenting Group  
Mesa Public Schools  
HRT Az