

July 28-29, 2011

Show Me You Care About Suicide Prevention

Capitol Plaza Hotel Jefferson City, Mo.
Sixth Annual Conference

Featured Speakers

Sally Spencer-Thomas, Psy.D.



As a clinical psychologist, mental health advocate, faculty member, and survivor of her brother's suicide, Dr. Sally Spencer-Thomas sees the issues of mental health promotion and suicide prevention from a number of perspectives. Currently, she is the Executive Director for the Carson J Spencer Foundation, the Executive Secretary for the National Action Alliance for Suicide Prevention (a program of the Suicide Prevention Resource Center) and a professional speaker for CAMPUSPEAK.

After working as a therapist in a college counseling center and private practice for over a decade, she found a calling in the work of preventing suicide. As a Master QPR Suicide Prevention Gatekeeper Trainer, she trains trainers across the Rocky Mountain region. She has presented nationally and internationally on the topics of mental health promotion and suicide prevention including speaking engagements for the FBI Academy, the National Association of Student Personnel Administrators, the American College Personnel Association, the International Association of Campus Law Enforcement Administrators, the American Association of Suicidology, and the International Association of Suicide Prevention. She currently serves on the board for the Suicide Prevention Coalition of Colorado and as the Survivor Division Chair for the American Association of Suicidology. While at Regis University, she was the Project Director for the Garrett Lee Smith Suicide Prevention Grant and developed a comprehensive suicide prevention program for campuses called "People Prevent Suicide."

Frank Campbell, Ph.D., LCSC C



Dr. Campbell is the former Executive Director of the Baton Rouge Crisis Intervention Center and the Crisis Center Foundation in Louisiana. He is currently Senior Consultant for Campbell and Associates Consulting where he consults with communities on Forensic Suicidology cases. It was due to his more than 25 years of working with those bereaved by suicide that he introduced his Active Postvention Model (APM) most commonly known as the LOSS Team (Local

Outreach to Survivors of Suicide). His work with survivors and victims of trauma has been featured in three discovery channel documentaries. The APM concept involves a team of first responders who go to the scene of a suicide and provide support and referral for those bereaved by the suicide. The goal has been to shorten the elapsed time between the death and survivors finding the support they feel will help them cope with this devastating loss. The APM has shown to have a positive impact on both the team members (most often bereaved individuals who have gotten help and now provide the installation of hope to the newly bereaved) as well as the newly bereaved. The model has now been replicated in countries as diverse as Australia, Singapore, Northern Ireland, Canada and America. Dr. Campbell is a past president of American Association of Suicidology (AAS) and has received the Roger J. Tierney ward for service and the Louis I Dublin Award in 2010 for his contributions to the field of Suicidology.

Patrick Arbore, Ed.D.



Dr. Arbore began his career in the field of aging in 1973. He is the founder and Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP), a program of the Institute on Aging in San Francisco. Patrick also serves as the Director of Staff Development and Leadership at the Institute on Aging. Patrick conducts workshops and presents lectures locally and nationally on aging related subjects. He is the author of numerous articles and book chapters on suicide prevention, bereavement, suffering, etc., including a chapter he co-authored entitled "Suffering and the Caring Professional" in When Professionals Weep: Emotional and Countertransference Responses in End-of-Life Care (2006). He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, CA. Patrick also is a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. In 2002, Patrick was the co-recipient of the Gloria A. Cavanaugh Award for excellence in training and education in aging presented by the American Society on Aging.

Featured Speakers

Gayle Jaffe, MSW, MPH

Gayle is a Senior Prevention Specialist with the Suicide Prevention Resource Center (SPRC), which provides support, training, and resources to organizations and individuals at the national, tribal, state, territorial, and community levels. Prior to joining SPRC, Gayle was a clinical social worker at Boston Medical Center, and a postgraduate fellow with the Victims of Violence Program at Cambridge Health Alliance. She has extensive experience working with urban teens and trauma survivors, as well as with reproductive health and rights issues. Gayle earned a Master's degree in clinical social work at Boston University School of Social Work and a Master's degree in public health through the Social and Behavioral Sciences Department at Boston University School of Public Health.

Register before July 8, 2011 and get an "Early Bird" discount:

- Pre-Conference Workshops \$59.00 (Regular rate: \$79)
- Friday Conference \$59.00 (Regular rate: \$79)
- Attend Both Days — **Best Value!** \$89.00 (Regular rate: \$109)

*All registration fees include participation in the Thursday evening banquet with Dr. Spencer-Thomas

Detailed conference and registration information will be posted at:

www.MIMHtraining.com/suicideprevention

Conference Location and Lodging: The conference will be held at the Capitol Plaza Hotel, 415 W. McCarty, Jefferson City. A limited number of rooms at the reduced rate of \$52.00 per night are available through July 11, 2011. Make hotel reservations by calling toll free **800-338-8088** and mentioning the suicide prevention conference. To register online, go to: www.capitolplazajeffersoncity.com and use code suicideprevention under the "Groups" tab to receive the special reduced rate.

Scholarships: A limited number of partial and full scholarships are available. Applications available on-line. Submission deadline is July 1, 2011.

Exhibits: A limited number of tables are available at no charge for organizations wishing to display or distribute suicide prevention-related materials. Exhibitor forms are available online or upon request.

Scholarship applications and Exhibitor Forms are available online at:

<http://dmh.mo.gov/mentalillness/suicide/conference/2011/>

Questions? For questions please email us at MSPP@dmh.mo.gov.

Show Me You Care About Suicide Prevention
Sixth Annual Conference
2011 Conference Agenda

Thursday, July 28, 2011

8:00 am	Registration			
8:30 am – 12:15 pm	Pre-Conference Workshops			
	1) Assess & Managing Suicide Risk (AMSR) K. Kersting	2) Psychological First Aid J. Wiley & J. Keenan	3) Preventing Suicide Among LGBT Youth R. Lindsay	
12:15-1:15 pm	Lunch on your own (Refreshment breaks at 10:00 am and 3:00 pm)			
1:15-5:00 pm	AMSR continued (full day workshop)	4) Man Up! S. Spencer-Thomas	5) CALM: Counseling on Access to Lethal Means E. Frank & M. Ciocca	6) MHFA Overview D. Mullikin & S. Morrow
Evening Session				
5:00 pm	Exhibitor Showcase opens			
5:30 pm	Banquet			
6:00 pm	Welcome and Opening Remarks			
6:15 pm	Presentation of 2011 Suicide Prevention Awards			
6:45-8:00 pm	<i>Upon the High Wire: Promoting Mental Resiliency During Rough Times</i> S. Spencer-Thomas			

Friday, July 29, 2011

7:30-8:30 am	Registration, Continental Breakfast & Exhibitor Showcase				
8:30 am	Opening Session: <i>Responding to Suicide in the School Community</i> Panel discussion facilitated by G. Jaffe. Panelist include: S. Spencer-Thomas & F. Campbell				
10:00 am	Break				
10:15 – 11:30 am	Breakout Session #1				
	A) Using Safe Messaging G. Jaffe	B) TeenScreen D. Richards	C) Outside the Classroom Walls A. Tuso	D) We're NOT All Suicidal G. Gilmore	E) Lethal Means Counseling E. Frank & M. Ciocca
11:30 am	Lunch				
12:30-1:45 pm	General Session: <i>Recognizing and Responding to Suicidal Older Adults</i> , P. Arbore				
1:45-3:00 pm	Breakout Session #2				
	F) Does Help Seeking Increase After Gatekeeper Training? L. Sale & V. Weil	G) Second Wind Fund J. Lamontagne	H) Dora Project L. McCord & D. Hotaling	I) Taking a Trauma Informed Approach P. Carter & R. Boustead	
3:00 pm	Break				
3:15-4:30 pm	Closing Session: <i>Postvention as Prevention?</i> , F. Campbell				
4:30 pm	Adjourn				

Pre-Conference Workshops

Thursday, July 28

1) Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals

Kristina Kersting, MA, LPC

Suicidal behaviors are a reality for mental health professionals and a source of significant distress for them. This workshop focuses on competencies that are core to assessing and managing suicide risk and consists of:

- Pre-workshop reading (about 20 pages)*
- 6.5 hours of face-to-face training, mixture of lecture & exercises
- Training DVD in eight segments, including demonstration of a clinical interview
- 110 page Participant Manual
- Participant journaling
- Q & A and discussion

***Pre-workshop readings for this workshop will be e-mailed prior to the conference.**

2) Disaster Mental Health and Psychological First Aid

Jenny Wiley, MSW, LCSW and Joan Keenan, MBA

This presentation will introduce participants to the unique aspects of disaster mental health, potential reactions in individuals, and the principles of Psychological First Aid. Psychological First Aid is an evidence informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. It is designed to reduce the initial distress caused by traumatic events, and to foster short and long-term adaptive functioning. Participants will explore complicating factors for healing in terrorism, pandemic flu, bioterrorism, natural disasters and other events where the principles of PFA may be applied in response situations.

3) Preventing Suicide Among LGBT Youth: A Workshop for Professionals Who Serve Youth

Ryan R. Lindsay, MSW, LCSW

This workshop was developed by the Suicide Prevention Resource Center to help staff in schools, youth-serving organizations, and suicide prevention programs take action to reduce suicidal behavior among lesbian, gay, bisexual, and transgender (LGBT) youth. Topics covered include suicidal behavior among LGBT youth, risk and protective factors for suicidal behavior, strategies to reduce the risk, and ways to increase school or agency cultural competence.

4) Man Up! Suicide Prevention for Men of Working Age

Sally Spencer-Thomas, PsyD

“Women seek help, men die” was the stark conclusion of one suicide prevention researcher. The truth is that the burden of suicide rests largely on the shoulders of men of working age – about 70% of all suicide deaths fall into this category, and those men at highest risk are often the ones least likely to seek help. These facts point to the need for communities to think differently about how to reach men struggling with suicidal behavior. To get the answers to these questions Dr. Spencer-Thomas and her team dug in deep – they looked at the data, they read the studies, they gathered groups of people who come into contact with men in distress, and they even held in-depth-interviews with men who had survived a suicidal crisis. The findings tell us that our traditional way of doing suicide prevention doesn’t work – and that we must find new partners and new perspectives to reach suicidal men. In particular, we need to change our messaging strategies and the way we engage men to “fix themselves.” Participants will learn about the psychological models and foundational research that provide a framework for how we can shift our thinking about suicide prevention for men of working age. But we won’t stop there -- we will also learn how to translate that research to practice by looking at successful models from around the world and by engaging in an interactive exercise that helps participants develop a comprehensive approach to suicide prevention among men of working age.

Pre-Conference Workshops

Thursday, July 28

5) CALM: Counseling on Access to Lethal Means

Elaine Frank and Mark Ciocca, PhD, ABPP

This workshop was designed to help providers implement counseling strategies that help clients and their families reduce access to lethal means, particularly (but not exclusively) firearms. It includes a number of components: background on suicide data and lethal means; an introduction to firearms; video presentation that models the counseling strategy; a presentation and discussion on conducting a counseling session; and role plays. The CALM program was developed in collaboration with Means Matter, a project of the Harvard Injury Control Research Center, and is listed in the SPRC/AFSP Best Practices Registry.

6) Mental Health First Aid: An Overview of a New Public Education Program

Dottie Mullikin and Sarah Morrow

Mental Health First Aid is a 12-hour course that teaches individuals how to serve as first responders for individuals who are experiencing a mental health crisis and/or who may be in the early stages of developing a mental health disorder. Mental Health First Aid is one tool in a continuum of services designed to impact mental health disorders. It has a research base that indicates it is effective at reducing stigma associated with mental health disorders, improves the mental health of those who take the course, and increases the helping skills of those who take the course. This workshop will provide a course overview, outline of the research, and experiential component of the curriculum that includes Non-Suicidal Self Injury. Be prepared to end with Jeopardy fun!

Dates to Remember

July 1 **Scholarship Applications Due**
July 8 **Early Registration Discount Ends**
July 11 **Hotel Reservation Discount Ends**

Accreditation: CEUs/Contact Hours

The University of Missouri - St. Louis, Missouri Institute of Mental Health (MIMH) will be responsible for this program and maintain a record of your continuing education credits earned. MIMH will award the following:

Session Date	CEUs Awarded
July 28, 2011 (Workshops)	7 clock hours or 8.4 contact hours (.8 CEUs)
July 28, 2011 (Thursday evening session)	1.25 clock hours or 1.5 contact hours (.1 CEUs)
July 29, 2011 (Friday only)	5.25 clock hours or 6.3 contact hours (.6 CEUs)
July 28-29, 2011 (Full conference)	13.5 clock hours or 16.2 contact hours (1.6 CEUs)

The MIMH credit will fulfill Clinical Social Work and Psychologist licensure requirements in the state of Missouri. If your profession is not listed above or if you are from outside of Missouri, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

Breakout Session Presentations Friday, July 29

A) The Best of Intentions: Using Safe Messaging Guidelines to Prevent Harmful Outcomes Gayle Jaffe, MSW, MPH

Research has demonstrated that some types of news coverage and messaging about suicide can pose contagion risk, particularly among youth. Broad dissemination of consensus recommendations for media reporting and educational campaigns has led to lasting change in the field. However, widely-publicized stories from the past year demonstrate the need for continued initiatives around framing communications to prevent adverse effects. These narratives will be discussed and strategies for re-framing similar, potentially unsafe messages will be presented.

B) TeenScreen Schools and Communities Bringing Evidence-Based Screening to Your Community Deanna Richards, MA

This presentation will introduce you to the TeenScreen Schools and Communities Program, an evidence-based national mental health and suicide risk screening program for middle and high school students. Learn about the problems of mental illness and suicide in adolescents and how TeenScreen can be implemented to address these issues. This evidence-based program is designed to facilitate the implementation of mental health checkups of adolescents within school and community-based settings. Free program development and implementation materials are provided to participating schools and communities.

C) Outside the Classroom Walls – When Life Gets in the Way of Learning Amy Tusso, MSW

When life interferes with learning schools are stuck in the middle. The Student Assistance Program (SAP) model provides a structure to meet the needs of the school while meeting the needs of students. The Student Assistance Program is designed and implemented to support the overall health and wellbeing of students. The SAP partners with parents, students, School Resource Officers, other school personnel, community agencies and services in an attempt to improve student success. The SAP team consists of teachers, counselors, nurses, administrators, School Resources Officers and social workers. The mission of the SAP is to empower students, parents, school personnel, and the community to utilize resources to encourage and support student wellness. Anyone can recommend an individual to the program, if a change is noticed in a student's academic performance, attendance, appearance, or attitude and/or behavior.

D) We're NOT All Suicidal, but the Battle Has Changed us All! CH (COL) Gary D. Gilmore

War impacts every warrior, but in many different ways. There is a wide range of dynamic factors that determine how servicemen and women adapt to life back home. This presentation discusses Army National Guard programs and resources currently being used to support and assist veterans of overseas deployments and State Emergency duty.

E) CALM: Counseling on Access to Lethal Means Elaine Frank and Mark Ciocca, PhD, ABPP

This breakout is a shorter version of the CALM pre-conference workshop being offered on Thursday afternoon. Please see description for workshop #5 for more information.

F) Does Help-Seeking Increase After Gatekeeper Training? Findings From a Three-Month Follow-up Liz Sale, PhD and Virginia Weil, MSW, MASCAPP

This presentation will examine findings from a pre/post/3-month follow-up assessment of adults who received gatekeeper training. Specifically it will explore changes in helping behaviors, knowledge related to suicide and gatekeeper perceptions of their own effectiveness. Recommendations for enhancement of gatekeeper trainings will be discussed.

Breakout Session Presentations Friday, July 29

G) Second Wind Fund: Providing Exceptional Access to Treatment Services for Uninsured and Underinsured Youth At-Risk for Suicide Jeff Lamontagne

Second Wind Fund provides exceptional access to therapy for uninsured and underinsured youth at-risk for suicide by galvanizing community support and contracting with licensed providers who work at a reduced rate and exhibit significant experience working with youth at-risk for suicide. Second Wind Fund sets itself apart by actually providing treatment services to youth--quickly (within a week), frequently (at least once a week, up to 20 sessions), for free, with a licensed therapist, and usually in the youth's neighborhood. To date, Second Wind Fund has received referrals for over 2,800 youth from approximately 400 schools and other agencies, and data collection and evaluation indicate extremely positive results.

H) The Dora Project: Helping Families Help Their Kids Larry McCord and David Hotaling

Do you know of a family in crisis because they just found out their child (aged 5 to 22) is depressed or suicidal? The Dora Project is available to help them through this difficult time. Using a peer navigator model of support, the Dora Project provides emotional and practical support for families in crisis or distress as well as a personal connection with someone to help them navigate the mental health and social service systems. The Dora Project collaborates with crisis hotlines, CIT police officers, schools, pediatricians, and hospitals to provide follow up contact and ongoing support to families in need. This session will provide an overview of mood disorders and suicide among our youth as well as a discussion of our programs followed by Q & A.

I) Taking a Trauma-Informed Approach: Addressing Trauma as Part of Suicide Prevention Patsy Carter, PhD and Robyn Boustead

Trauma is pervasive. Over half of the general population has experienced at least one major traumatic event in their lives. Between 51-98% of public mental health clients have been exposed to childhood physical and/or sexual abuse with most having multiple experiences of trauma. For many, these experiences lead to a range of high risk behaviors and health related issues up to and including suicide. This session will focus on identifying what constitutes a traumatic event, the impact of trauma on the brain, health and emotions, recognizing signs and symptoms and effective treatments and practices.

Conference Objectives

Participants will:

- ◆ Learn skills and strategies to encourage help-seeking behaviors and access of appropriate treatment.
- ◆ Learn current evidence-based and best practice strategies for effective suicide prevention.
- ◆ Learn protocols for follow-up (for ideation), after-care (for attempters) and supports (for survivors).
- ◆ Understand the dynamics of collaboration in advancing suicide prevention efforts among community stakeholders.

Co-Sponsors



Funding for this conference was made possible in part by grant number SM057376 from SAMHSA. The views expressed in written conference materials or publication and by speakers and moderators do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

REGISTRATION

Program # 12001

Mail both pages of the registration form to:

Missouri Institute of Mental Health (DMH)
5400 Arsenal Street, St. Louis, MO 63139

Or fax to: 314.877.6428

Or register online at: www.mimhtraining.com

SELECT ONE	CALENDAR OF ACTIVITES	EARLY REGISTRATION RATE * (Received by July 8)	REGULAR REGISTRATION * (Received after July 8)	FEE PAID
	Pre-Conference Workshops <i>Thursday, July 28 only</i>	\$59	\$79	\$
	One-day Conference <i>Friday, July 29 only</i>	\$59	\$79	\$
	Attend Both Days <i>Discounted Rate</i>	\$89	\$109	\$

* All registration fees include participation in the Thursday evening banquet.

Meal Selection: _____ Regular _____ Vegetarian Meal Option

NAME*	EMPLOYER
HOME ADDRESS*	WORK ADDRESS
CITY*	CITY
STATE* ZIP*	STATE ZIP
DAYTIME PHONE ()	PROFESSION
E-MAIL ADDRESS	DEGREE

PAYMENT METHOD

- Check enclosed, payable to:**
Missouri Institute of Mental Health
- Bill my Employer (P.O. Enclosed)**
- Visa** **MasterCard** Expires _____

Credit Card # _____

Name on Card _____

Signature _____

Please complete page two of the registration form to select workshops and breakout sessions.

Registration Fee

Rates are located at the top of the registration form. Registrations received by July 8, 2011 are eligible for the "Early Registration" rate. All registrations received after that date will be processed at the "Regular Registration" rate.

All registration fees includes instruction, handout material, continuing professional education credit, banquet and refreshments. Those registered for Friday will also receive continental breakfast and lunch.

Cancellation/Substitution

Cancellations received in writing and postmarked by July 21 will be refunded, less a \$25 processing fee. No cancellations are allowed after that date. Substitutions are allowed by notifying us in writing. Registrants who do not attend and have not cancelled in writing by the deadline will be responsible for the full registration fee.

Special Needs

The sponsors comply with the guidelines set forth in the Americans With Disabilities Act of 1990. If you notify us at 573-522-6163 as soon as possible, reasonable efforts will be made to accommodate your special needs.

Office only: Date rec'd

CK#

AMT

CERT

PO#

NAME: _____

Please mark the box to the left of the sessions you would like to attend.

PRE-CONFERENCE WORKSHOPS (Thursday, July 28): Those registering for the workshops may select to attend either the full-day workshop (Workshop #1) – OR – up to two half-day workshops (# 2-6).	
FULL DAY Workshop (8:30 a.m. to 5:00 p.m.)	
<input type="checkbox"/>	1) <i>Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals</i> (NOTE: Participants must register for this workshop in advance. No walk-ins will be accepted. Registrants will be emailed 20 pages of pre-workshop readings prior to the conference. Participants must attend the full workshop to receive CEUs. No partial credit will be given for partial attendance.)
HALF-DAY Workshops, Thursday AM (8:30 a.m. – 12:15 p.m.) – select one:	
<input type="checkbox"/>	2) <i>Disaster Mental Health and Psychological First Aid</i>
<input type="checkbox"/>	3) <i>Preventing Suicide Among LGBT Youth: A Workshop for Professionals That Serve Youth</i>
HALF-DAY Workshops, Thursday PM (1:15 p.m. – 5:00 p.m.) – select one:	
<input type="checkbox"/>	4) <i>Man Up! Suicide Prevention for Men of Working Age</i>
<input type="checkbox"/>	5) <i>CALM: Counseling on Access to Lethal Means</i>
<input type="checkbox"/>	6) <i>Mental Health First Aid: An Overview of a New Public Education Program</i>
Thursday Evening Banquet (5:30 – 8:00 p.m.) - All registration fees include the banquet, but RSVP required	
<input type="checkbox"/>	Yes, I WILL be attending the Thursday evening banquet
<input type="checkbox"/>	No, I will not be attending the Thursday evening banquet
Friday Morning Breakout Session (10:15 – 11:30 a.m.) – select one:	
<input type="checkbox"/>	A) <i>The Best of Intentions: Using Safe Messaging Guidelines to Prevent Harmful Outcomes</i>
<input type="checkbox"/>	B) <i>TeenScreen Schools and Communities Bringing Evidence-Based Screening to Your Community</i>
<input type="checkbox"/>	C) <i>Outside the Classroom Walls: When Life Gets in the Way of Learning</i>
<input type="checkbox"/>	D) <i>We're NOT All Suicidal, but the Battle Has Changed us All!</i>
<input type="checkbox"/>	E) <i>Counseling on Access to Lethal Means (Shorter version of Workshop #5)</i>
Friday Afternoon Breakout Session (1:45 – 3:00 p.m.) – select one:	
<input type="checkbox"/>	F) <i>Does Help-Seeking Increase After Gatekeeper Training? Findings From a Three-Month Follow-up</i>
<input type="checkbox"/>	G) <i>Second Wind Fund: Providing Exceptional Access to Treatment Services for Uninsured and Underinsured Youth At-Risk for Suicide</i>
<input type="checkbox"/>	H) <i>The Dora Project: Helping Families Help Their Kids</i>
<input type="checkbox"/>	I) <i>Taking a Trauma-Informed Approach: Addressing Trauma as Part of Suicide Prevention</i>