

July 30-31, 2009

Show Me You Care About Suicide Prevention

Truman Hotel Jefferson City, Missouri
Fourth Annual Conference

Featured Speakers



Thomas Joiner, PhD

Dr. Joiner grew up in Georgia, went to college at Princeton, and received his Ph.D. in Clinical Psychology from the University of Texas at Austin. He is Distinguished Research Professor and The Bright-Burton Professor in the Department of Psychology at Florida State University, Tallahassee, Florida. Dr. Joiner's work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions.

Author of over 385 peer-reviewed publications, Dr. Joiner was recently awarded the Guggenheim Fellowship and the Rockefeller Foundation's Bellagio Residency Fellowship. He was elected Fellow of the American Psychological Association, and received the Young Investigator Award from the National Alliance for Research on Schizophrenia and Depression, the Shakow Award for Early Career Achievement from the Division of Clinical Psychology of the American Psychological Association, the Shneidman Award for excellence in suicide research from the American Association of Suicidology, and the Award for Distinguished Scientific Early Career Contributions from the American Psychological Association.

Dr. Joiner is on the Board of Advisors for the magazine *Men's Health*, and appears in the magazine multiple times per year in the "Ask the Experts" section. He is editor of the American Psychological Association's *Clinician's Research Digest*, editor of the *Journal of Social & Clinical Psychology*, and Editor-in-Chief of the journal *Suicide & Life-Threatening Behavior*, and he has authored or edited fifteen books, including *Why People Die By Suicide*, published in 2005 by Harvard University Press, and *Myths and Misunderstandings About Suicidal Behavior*, in press, also with Harvard University Press.

Largely in connection with *Why People Die By Suicide*, he has made numerous radio, print, and television appearances, including write-ups in *The Wall Street Journal*, *Men's Health*, and *The Times of London*, and two appearances on the *Dr. Phil Show*. He runs a part-time clinical and consulting practice specializing in suicidal behavior, including legal consultation on suits involving death by suicide. He lives in Tallahassee, Florida, with his wife and two sons.

Keynote presentations by nationally known leaders in the field of suicide prevention

Book signing with Dr. Thomas Joiner

Breakout sessions and panel discussions

Film screening and discussion



Catherine Barber, MPA

Catherine Barber, MPA, directs public health practice activities at the Harvard Injury Control Research Center. She led the effort to design and test the pilot for what is now the CDC's National Violent Death Reporting System. She co-founded the National Center for Suicide Prevention Training and currently directs the Means Matter campaign, an effort to educate state leaders in the suicide prevention movement about reducing a suicidal person's access to lethal means. Ms. Barber previously served as project director for a study on depression and workplace performance at the Harvard Medical School and co-edited the book, *For Shelter and Beyond*, a manual on the politics and practice of the battered women's shelter movement. Her Masters in Public Administration is from Harvard University's Kennedy School of Government.

Ms. Barber previously served as project director for a study on depression and workplace performance at the Harvard Medical School and co-edited the book, *For Shelter and Beyond*, a manual on the politics and practice of the battered women's shelter movement. Her Masters in Public Administration is from Harvard University's Kennedy School of Government.



Jan Kemp, RN, PhD

Dr. Kemp has 20 years experience working with veterans. She currently is the Associate Director for Education and Training at the VISN 2 Center of Excellence (COE) in Canandaigua NY having recently transferred from a similar position at

the VISN 19 Mental Illness, Research and Education Clinical Center. She also serves as the VA National Suicide Prevention Coordinator. In her COE role she is responsible for providing provider and patient education in the areas of suicide awareness and prevention, current assessment and treatment strategies and new findings in the area of suicide and assisting the Center Director in the implementation of Suicide Prevention Programs throughout the VA system. In the National Suicide Prevention Coordinator Lead position Dr. Kemp directs and advises the suicide prevention coordinators at each local VA and is the national program manager for the VA Suicide Hotline. Dr. Kemp has done extensive qualitative research in the area of war experiences and effects. Her current projects include suicide attempt and completion database development as well as studies involving veteran suicide attempt experiences and the experiences of veterans with traumatic brain injuries who have attempted suicide. Recent publications and presentations include work on women's veteran experiences and suicide prevention and risk assessment.

Sponsored by:



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| Noon | Thursday, July 30th—Pre-Conference check-in | | |
| 1:00 to 5:00 p.m. | Pre-Conference Workshops | | |
| Refreshment Break 3:00 pm | I. Why People Die By Suicide: A New Theory of Suicidal Behavior With Clinical Implications Thomas Joiner, PhD | II. Building Resiliency: Using the Resiliency Map® for Influencing Change Linda Torsani Fatkin, MA, Psy. | III. safeTALK: Suicide Alertness for Everyone Elizabeth Makulec |
| | Dinner on own | | |
| 7:00 to 9:30 p.m. | Special Evening Event: Film Showing of <i>WRISTCUTTERS: A LOVE STORY</i> Free event held at the Truman 4 Theatres, located next to the hotel. Film will be followed by a facilitated discussion led by Dr. Danny Wedding, Director, Missouri Institute of Mental Health. (http://wristcutters.com/official_site) | | |

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| 7:30-8:30 | Friday, July 31st—Conference Check-in Continental Breakfast: Danish, bagels, donuts, coffee and juice | | | |
| 8:30-8:45 | Welcome and Opening Remarks: Keith Schafer, EdD, Director, Department of Mental Health | | | |
| 8:45-9:45 | General Session: Keynote Speaker – Dr. Thomas Joiner <i>Why People Die By Suicide</i> | | | |
| 9:45-10:15 | Refreshment Break, Exhibitor Showcase and Book Signing with Dr. Joiner & Dr. Wedding | | | |
| 10:15-11:30 | A. Brain Chemistry, Antidepressants and Suicide Interventions: How To Help C. Patrick Tharp, PhD, RPh | B. Beyond Surviving: Recovering from Trauma and Suicide Ann Elliot, LCSW | C. Treatment in LGBT Populations Ryan Lindsay, MSW, LCSW | D. Panel Discussion: Working With Communities |
| 11:30-12:30 | Lunch: chicken piccata, wild rice, vegetable medley, garden salad, dinner roll, coffee and tea. <i>vegetarian option available upon advance request</i> | | | |
| 12:30-1:15 | General Session: Catherine Barber, MPA <i>Why It's Time to Start Talking about Firearms, and How to Begin</i> | | | |
| 1:15-1:30 | Break | | | |
| 1:30-2:30 | E. QPR and SOS, A Comparison Kathleen Welton and Neal Penberthy | F. Yes, You Can: Surviving a Loss to Suicide Linda Fehrmann, PLPC | G. Sexual Trauma and Suicide in Veterans Brad Overmeyer, LCSW | H. Panel Discussion: Working With Youth |
| 2:30-2:45 | Break | | | |
| 2:45-3:45 | I. Suicide and Self-Injury Albert Shaw, MD | J. The Impact of Gambling on Suicide Janis Ragsdale, LPC, CCGC | K. Commonalities Between Suicide in Korea, Japan and the U.S. Danny Wedding, PhD | L. Panel Discussion: Working With Faith Communities |
| 3:45-4:00 | Refreshment Break: Cookies, brownies; coffee, iced tea, soft drinks | | | |
| 4:00—5:00 | Closing General Session: Jan Kemp, RN, PhD <i>Suicide Prevention Strategies for Veterans</i> | | | |
| 5:00 | Adjourn | | | |

Pre-Conference Workshops Thursday July 30th

I. Why People Die By Suicide: A New Theory of Suicidal Behavior With Clinical Implications

Thomas Joiner, PhD

In the wake of a death by suicide, the most troubling questions are invariably the most difficult to answer: How could we have known? What could we have done? And always, unremittingly: Why? Developed by a clinical psychologist whose own life has been touched by suicide, this work offers a clear account of why some people choose to die.

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner brings a comprehensive understanding to seemingly incomprehensible behavior. Among the many people who have considered, attempted, or died by suicide, he finds three factors that mark those most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, chillingly, the learned ability to hurt oneself. Joiner tests his theory against diverse facts taken from clinical anecdotes, history, literature, popular culture, anthropology, epidemiology, genetics, and neurobiology--facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

The result is a coherent and persuasive explanation of why and how people overcome life's strongest instinct, self-preservation. Joiner's is a work that makes sense of the bewildering array of statistics and stories surrounding suicidal behavior; at the same time, it offers insight, guidance, and essential information to clinicians, scientists, and health practitioners, and to anyone whose life has been affected by suicide.

II. Building Resiliency: Using the *Resiliency Map*® for Influencing Change

Linda Fatkin, MA, Psy., Center for Suicide Prevention Research & Studies, Lincoln University

The "Building Resiliency" workshop consists of a comprehensive program of resiliency education plus health and wellness management for mental health professionals, health specialists and others involved in the field of physical and mental health with the goal of creating a more resilient workforce. The interactive workshop is designed to enable participants to create and maintain a high level of resiliency along with a balanced work life. In addition to identifying 21 distinct resiliency factors using a personalized *Resiliency Map*®, participants will learn the process for creating change (for themselves and assisting others) through customized action plans. (Maximum participants: 30)

III. safeTALK: Suicide Alertness for Everyone

Elizabeth Makulec, Executive Director of KUTO, Kids Under Twenty One

safeTALK is a suicide alertness workshop designed to identify persons with thoughts of suicide and connected them with helpers who are prepared to provide first aid intervention. Through the safeTALK training participants become aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided; they learn the *TALK* steps (*Tell, Ask, Listen and KeepSafe*) and how to activate a suicide alert. *safeTALK*, developed by LivingWorks Education Inc., has been reviewed and evaluated by the Suicide Prevention Resource Center and meets criteria to be listed on their Best Practice Registry. (Maximum participants: 30)

Breakout Session Presentations Friday July 31st

A. Brain Chemistry, Antidepressants and Suicide Interventions: How to Help - C. Patrick Tharp, PhD, RPh

This session will review the treatment of depression with anti-depressant medications and related increased rate of suicidal behavior among some patients in the U.S. and how health professionals, counselors, case workers and their colleagues, as well as the general population might help prevent these tragic losses by being proactive and equipped to assist in preventing such injuries and deaths. Practical information and useful aids will be available.

B. Beyond Surviving: Recovery from Trauma and Suicide - Ann Elliot, LCSW

Those individuals who have lived through suicide in their families and/or in their profession are at high risk of being victims themselves. There is a cost to caring. Vicarious Traumatization is a real risk when working in the health care field. This session is designed to help identify and examine those areas in your life where you are most at risk. Each person will design their own "personalized treatment plan" for prevention and healing.

Breakout Session Presentations Friday July 31st

Continued

C. Treatment of Suicidal Behavior in LGBT Populations - Ryan R. Lindsay, MSW, LCSW

The use of Dialectical Behavior Therapy (DBT) with LGBT identified adolescents seems to be more and more indicated given the level of invalidation that many of these youths have chronically experienced in their lifetime. This workshop will integrate knowledge of LGBT identified adolescents, risk and protective factors for suicidal behaviors in LGBT identified youths, and the application of DBT in order to provide enhanced treatment options for these youth.

D. Panel Discussion - Working With Communities

Building collaborations, identifying champions, fundraising, with question and answer period
Scheduled to include: Rita McElhany (Missouri Department of Mental Health), Karah Waddle (Preferred Family Healthcare), Karen Farris (Jefferson City Suicide Prevention Coalition/Pathways Behavioral Healthcare), Dr. Sharon Sevier (Rockwood R-VI School District)

E. Question, Persuade, Refer and Signs of Suicide: A Comparison - Kathleen Welton and Neal Penberthy

The strongest risk factors for suicide in youth are depression, substance abuse and aggressive behavior. Two programs, QPR & SOS, teach youth warning signs of suicide and how to get help. This program will give an overview of QPR & SOS (middle school version) along with a discussion about classroom application.

F. Yes You Can (Surviving a Loss to Suicide) - Linda Fehrmann, PLPC

This interactive workshop will discuss how suicide bereavement differs from other bereavement. Themes discussed will include the need to know "why", feelings of guilt or shame, the effect suicide has on families, and depression and suicidality. Participants will learn how to integrate the loss into their lives through Dr. Alan Wolfelt's six needs for reconciliation. Participants will be encouraged to share their stories as well.

G. Sexual Trauma and Suicidal Behavior Among Veterans and Non Veterans - Brad Overmeyer, LMSW

This session will review the prevalence, identification, and treatment of women and men veterans who experienced Military Sexual Trauma and suicidal behavior. It will also provide information regarding adult sexual trauma, culture, and stigma, as well as suicidal behavior among non-veterans and veterans. Like suicide, we have many opportunities to prevent sexual trauma and in turn prevent future suicidal behaviors.

H. Panel Discussion - Working With Youth

Sharing experiences, lessons learned, strategies to connect, with question and answer period
Scheduled to include Larry McCord (CHADS Coalition), Amy Williams (Active Minds, MU Chapter), Joan Masters (Partners in Prevention), Elizabeth Makulec, (KUTO, Kids Under Twenty One)

I. Suicide and Self-Injury - Albert Shaw, M.D.

This session will help audiences to identify the syndrome of repetitive self harm and separate examples of deliberate self harm from examples of suicidal self-injury, as well as differentiate between categories of self-mutilation including: major, stereotypic, compulsive, impulsive, intermittent, and repetitive. Audiences will learn to recognize diagnoses that self-mutilation may be associated with (not exclusively borderline personality disorder) as well as understand the function that self-mutilation serves.

J. The Impact of Gambling on Suicide - Janis Ragsdale, LPC, CCGC

In this presentation, participants will see an overview of the literature on gambling's impact on suicide rates, how depression and suicide are similar and related, how the current economic climate impacts gambling behavior and the complexity of creating a cause and effect conclusion.

K. Commonalities Between Suicide in Korea, Japan and the United States - Danny Wedding, PhD

This presentation will overview the problem of suicide in Korea and Japan, with emphasis on youth suicide and the role of the media (especially films) in promoting suicide. Commonalities and differences between suicide in Asia and the United States will be discussed.

L. Panel Discussion - Working With Faith Communities

Suicide and building bridges with faith communities, with question and answer period
Scheduled to include Lesley Levin (Behavioral Health Response), Dr. C. Patrick Tharp (The Melling Group)
Rev. Bridget Smith (Department of Mental Health)



July 30-31, 2009

Mail registration form to: **Missouri Institute of Mental Health (DMH)**

5400 Arsenal Street

St. Louis, MO 63139

Or fax registration: 314.877.6428

Or register online at: www.mimhtraining.com

For Information regarding registration call 314-877-6419.

Conference Co-Sponsors:

- Missouri Department of Mental Health
- Lincoln University
- University of Missouri, Missouri Institute of Mental Health, School of Medicine

Registration Fee

Rates are located at the top of the registration form. Registrations received by July 17, 2009 are eligible for the "Early Registration" rate. All registrations received after that date will be processed at the "Late Registration" rate.

Registration fee includes instruction, handout material, continuing professional education credit, refreshments and lunch on Friday. (Menu is listed on the itinerary in the brochure.)

Cancellation/Substitution

Cancellations received in writing and postmarked by July 24 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 573-526-8047 as soon as possible, reasonable efforts will be made to accommodate your special needs.

Accreditation: CEUs/Contact Hours

The University of Missouri, 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:

- July 30th: up to 6.3 Clock Hours, 7.5 Contact Hours (.8 CEUs) for pre-conference workshop, evening film and discussion
- July 31st: 6 Clock Hours or 7.2 Contact Hours (.7 CEUs) for the full-day conference

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.

This conference has also been approved for the following advanced training hours for Missouri Certified Compulsive Gambling Counselors: 6.25 hours for July 30th activities and 6.5 hours for July 31st sessions.

Dates to Remember

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| July 10 | Scholarship Applications |
| July 16 | Truman Hotel Reservation Discount |
| July 17 | Early Registration Discount |

Conference Location and Lodging: The conference will be held at the Truman Hotel & Conference Center, 1510 Jefferson St, Jefferson City. A limited number of rooms at the reduced rate of \$55.00 per night are available through July 16, 2009. Make hotel reservations by calling toll free: **800-392-0202** and mentioning the Rate Code: **DMH7**. The Thursday evening film showing will be held at the Truman 4 Theatres, located next door to the hotel. A **map and directions** to the Truman Hotel are available online at: www.trumanjeffersoncity.com/location.html

Scholarships: A limited number of partial scholarships (covering 50% of the registration costs) are available. Applications area available upon request. Submission deadline is July 10, 2009.

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.

Questions? For questions or to request a copy of the Scholarship Application or Exhibitor Form, please contact Elise Hammond at: (573) 526-8047 or by email at elise.hammond@dmh.mo.gov.

This brochure is available on the web at: www.dmh.mo.gov/cps/issues/suicide/conference/2009/