

The Future of Suicide Prevention: Suicide Prevention Across the Lifespan

APRIL 16-17
2014

The Sheraton Framingham Hotel
& Conference Center
Framingham, MA

13th ANNUAL MASSACHUSETTS SUICIDE PREVENTION CONFERENCE



SPONSORED BY:
Massachusetts Department
of Public Health

CO-SPONSORED BY:
Massachusetts Department of Mental Health
Massachusetts Coalition for Suicide Prevention
AdCare Educational Institute, Inc.



CONFERENCE Objectives

- Participants will gain new information and increase their awareness of suicide as a public health issue
- Participants will learn how they can "take action" with the Massachusetts Coalition for Suicide Prevention to implement the Strategic Plan
- Participants will gain knowledge about the special needs of suicide survivors
- Participants will enhance their suicide assessment and intervention skills

BOOK STORE!

Attendees will have the opportunity to purchase books on mental health and well being, some authored by our presenters, in our Bookseller room staffed by Professional Books, Inc.

Who Should Attend?

Public health and mental health professionals, social workers, nurses, public safety officials, first responders, law enforcement officers, emergency medical technicians, corrections personnel, community leaders and advocates, survivors, counselors, clergy and faith community leaders, educators and school administrators, elder service staff, persons working with youth programs, GLBT advocates, providers of veterans' services and anyone interested in preventing self-harm and suicide in the Commonwealth of Massachusetts.

Registration

On-line registration is now available. Please go to www.adcare-educational.org to register and pay on-line. If you have questions regarding program registration contact: AdCare Educational Institute (508) 752-7313; (508) 754-0039/TTY. If the conference is cancelled due to inclement weather, a message will be recorded on AdCare Educational Institute's voicemail at (508) 752-7313 by 6:30 am on the day of the conference. Advance registration and payment are required.

Continuing Education

5.50 (per day) hours of Continuing Education will be offered for Licensed Alcohol and Drug Counselors, (LADC I, LADCII, and LADC Assistants, Certified Alcohol and Drug Abuse Counselors (CAC/CADAC), Nurses (RN/LPN), Social Workers (SW) and Licensed Mental Health Counselors (LMHC). AdCare Educational Institute, Inc., is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors (NCC). AdCare Educational Institute, Inc. is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

AdCare Educational Institute, Inc. has been approved to offer continuing education credit for Certified Addiction Specialists (CAS) in accordance with the American Academy of Health Care Providers in the Addictive Disorders. *Approval No. 10-1310.*

AdCare Educational Institute, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. AdCare Educational Institute, Inc. maintains responsibility for this program and its content.

A SPECIAL NOTE ON CONFIDENTIALITY

Conference organizers recognize that presenters and attendees may share and hear information that in other settings would be considered private and confidential. Because of the broad public nature of this conference and the fact that print, broadcast and web media and other information disseminating outlets are likely to be in attendance, conference organizers are not able to guarantee any measure of confidentiality for presenters and attendees.

Directions & Overnight ACCOMMODATIONS

SHERATON FRAMINGHAM HOTEL & CONFERENCE CENTER

1657 Worcester Road
Framingham, MA 01701

866-716-8120

www.Sheraton.com/Framingham

Hotel Reservations must be made directly with the Sheraton Framingham Hotel & Conference Center

A block of overnight rooms have been reserved at the Sheraton Framingham Hotel & Conference Center at a discounted rate of \$119.00 plus tax.

Reduced rate hotel rooms will be held until 5:00 pm on March 16, 2014.

Please make sure to enter the complete address if using a GPS.

From East: Follow the Massachusetts Turnpike (I-90) West to Exit 12. Bear Left after the toll (turns into Route 9 West towards Framingham). Stay in the right lane. The hotel is the first building on the right.

From North: Take Interstate 93 South to Exit 37B (Interstate 95 South/Route 128 South towards Waltham). Follow I-95/Rte. 128 South to Exit 25 (Interstate 90 West/Massachusetts Turnpike). From the Massachusetts Turnpike take Exit 12 and bear left after the toll (turns into Route 9 West towards Framingham). Stay in the right lane. The hotel is the first building on the right.

From West: Follow the Massachusetts Turnpike (Interstate 90) East to Exit 12. Bear left after the toll (turns into Route 9 West towards Framingham). Stay in the right lane. The hotel is the first building on the right.

From South: Take Interstate 95 North to Exit 6B (Interstate 495 North towards Worcester). Continue on I-495 North for about 25 miles. Take Exit 22 (Massachusetts Turnpike/Interstate 90 East) towards Boston. Follow the Massachusetts Turnpike (I-90) East to Exit 12. Bear left after the toll (turns into Route 9 West towards Framingham). Stay in the right lane. The hotel is the first building on the right.

From Boston Logan International Airport: Take the Massachusetts Turnpike (I-90) to Exit 12, Framingham. Bear left after the toll booths, following signs to Marlborough, Route 9 West. Stay in right lane as you merge onto Route 9 westbound. Hotel entrance is on your right.

AGENDA

DAY 1 – APRIL 16

8:00–9:00 Registration

9:00–9:20 Welcome

Welcoming Remarks

9:20–10:20 KEYNOTE

The Afternoon Knows What the Morning Never Suspected

After 20 years as Executive Director of the American Association of Suicidology and more than 40 years as a Suicidologist, and on the cusp of his retirement, Lanny Berman will recap the progress, and/or lack thereof, we have made as a nation in preventing suicide.

Keynote Speaker

Alan L. Berman, Ph.D., ABPP

Dr. Berman is Executive Director of the American Association of Suicidology (AAS). He is a Past-President of the AAS (1984-1985) and their 1982 Shneidman Award recipient (for Outstanding Contributions in Research in Suicidology). In 2006 Dr. Berman received the AAS's Louis I. Dublin Award for outstanding service and contributions to the field of suicide prevention.

Dr. Berman holds a B.A. degree from the Johns Hopkins University and a Ph.D. from the Catholic University of America.

A Diplomate in Clinical Psychology (American Board of Professional Psychology) and a Fellow of the American Psychological Association, Dr. Berman is a Fellow of the International Academy of Suicide Research. Dr. Berman has served as both 1st Vice President and Treasurer of the International Association for Suicide Prevention (IASP); from September, 2009 to September, 2013, he served two terms as President of IASP.

10:20–10:30 Break

10:30–12:00 SESSION ONE (A1–G1)

12:00–1:00 Lunch

1:00–1:15 Break

1:15–2:45 SESSION TWO (H1–N1)

2:45–3:00 Break

3:00–4:15 SESSION THREE (O1–U1)

There will be a free optional **reception** sponsored by the MA Coalition for Suicide Prevention on Wednesday from 4:30–6:00 with hors d'oeuvres and speakers. All are welcome. Please check off appropriate box on registration form if you will be attending this reception.

DAY 2 – APRIL 17

8:00–9:00 Registration

9:00–9:15 Welcome

Welcoming Remarks

9:20–10:20 KEYNOTE

Live, Learn, Grow

Craig A. Miller, author of *This is How it Feels: A memoir of attempting suicide and finding life*, shares his story of recovering after years of child abuse, mental health issues, and a suicide attempt. Craig will discuss each phase of his lived experiences from childhood to adulthood while highlighting what helped, what hurt, and what gave him hope. But more importantly, Craig will share the steps he took to move forward in life, how he found purpose in his pain, and how the lessons he learned from his life's greatest tragedies gave him everything he needed to cope with his past and remain resilient today.

Keynote Speaker

Craig A. Miller

Craig Miller is an author, speaker, and suicide attempt survivor. For years he struggled with OCD, extreme anxiety, depression, and suicidal thoughts. After a suicide attempt nearly ended his life at age 20, Craig became dedicated to understanding what led him to such a decision, and more importantly how he could gain control of himself and his life to ensure it would never happen again. He published a book in 2012 titled, *This is How it Feels: a memoir of attempting suicide and finding life*. He currently serves on The Executive Committee for The Massachusetts Coalition for Suicide Prevention and regularly speaks publicly about his story.

10:20–10:30 Break

10:30–12:00 SESSION ONE (A2–G2)

12:00–1:00 Lunch

1:00–1:15 Break

1:15–2:15 SURVIVOR PANEL PLENARY

The Face of Suicide

A panel of suicide survivors (people who have lost a loved one to suicide) and attempt survivors will share their personal experiences.

Panelists: Patricia Hill, Jim Raney and Norma Rodriguez

Moderated by Roberta Hurtig, Executive Director, Samaritans, Inc.

2:15–2:30 Break

2:30–4:00 SESSION TWO (H2–K2)

Note: For anyone feeling a need for support there will be Samaritan volunteers, available both days, who would be glad to talk with you. These volunteers will be wearing white ribbons. There will be a private room (Weston Room) available at the hotel.

REGISTRATION FORM

On-line registration is now available at www.adcare-educational.org

Deadline for Registration is **April 9, 2014**. Advance registration and payment are required. Space is limited and will be filled on a first come, first-served basis.

We accept checks, money orders, and purchase orders. To pay by credit card, please register online at www.adcare-educational.org.

To register, please complete this form, indicating workshop selections, *include check payable to AdCare Educational Institute Inc., and mail to:*

AdCare Educational Institute, Inc.
5 Northampton Street, Worcester, MA 01605
Attn: Suicide Prevention Conference Registration

NAME _____

AGENCY _____

ADDRESS _____

CITY/STATE/ZIP _____

DAYTIME PHONE _____

FAX _____

(*REQUIRED) EMAIL _____

***Registration Confirmation will be e-mailed to you at the e-mail address listed above. Please print e-mail address clearly. (Registration will be confirmed by e-mail only)**

If you are applying for CEs, please indicate your professional affiliation

Continuing Education: _____

License #: _____

LADC CAC/CADAC CAS RN/LPN

NCC SW PSYCH

FEES:

Please indicate below which day(s) you wish to attend

April 16 only: Registration & CEs
 \$40.00

I will be attending the free optional reception.

April 17 only: Registration & CEs
 \$40.00

Both Days: Registration & CEs
 \$65.00

Please indicate your workshop choices below:

Space is limited for each workshop and will be filled on first-come, first-served basis. Also indicate your second choice (Second choice workshops will be assigned if not indicated below).

Wednesday, April 16 – Workshops (Day 1)

Session 1: 10:30–12:00 (A1–G1)

_____ FIRST CHOICE _____ SECOND CHOICE

Session 2: 1:15–2:45 (H1–N1)

_____ FIRST CHOICE _____ SECOND CHOICE

Session 3: 3:00–4:15 (O1–U1)

_____ FIRST CHOICE _____ SECOND CHOICE

Thursday, April 17 – Workshops (Day 2)

Session 1: 10:30–12:00 (A2–G2)

_____ FIRST CHOICE _____ SECOND CHOICE

Session 2: 2:30–4:00 (H2–K2)

_____ FIRST CHOICE _____ SECOND CHOICE

How To Dress Business casual attire. Bring a sweater or jacket so **YOU** can adjust to different room temperatures.

I would like a vegetarian meal for lunch.

Access Accommodations:

If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, please contact Laura Guida **by April 2, 2014** at (508) 752-7313 (phone), (508)-754-0039 (TTY) or email: Laura@adcare-educational.org.



WORKSHOPS

DAY 1 – APRIL 16, 2014

choose one from each session

SESSION ONE (10:30–12:00) (A1–G1)

A1. STOP A SUICIDE TODAY

Suicide risk assessment is a core competency that all mental health professionals must have. A competent suicide assessment identifies modifiable and treatable protective factors that inform treatment and safety management. In this workshop, participants will gain familiarity with assessing suicide risk utilizing an accessible and portable resource, the Suicide Assessment Five-step Evaluation and Triage (SAFE-T) Card. Developed by Screening for Mental Health in collaboration with the Suicide Prevention Resource Center; the SAFE-T Card guides mental health professionals through five steps of suicide assessment. Participants will learn key questions to ask and how to best determine appropriate levels of intervention. The website www.StopaSuicide.org will be reviewed as a resource for locating life saving information.

*Candice Porter, MSW, LICSW – Director of External Relations, Screening for Mental Health;
Michelle Holmberg, MA – Program Director, Screening for Mental Health*

B1. SUICIDE 101 – AN INTRODUCTION TO SUICIDE PREVENTION

The Samaritans of Merrimack Valley, a program of Family Service, Inc. will present a workshop on the BASICS of suicide prevention. The workshop is intended to provide a foundation of knowledge when talking about suicide. We will cover suicide terminology, the prevalence of suicide, truths about suicide, risk and protective factors, warnings signs, how to talk with someone who may be at risk of suicide, and the resources available to provide the appropriate care for people at risk. Workshop participants will receive handouts in this workshop, including a copy of the power point, statistical information, resource information, suggested reading material and more.

*Mary Quinn, LICSW, Training Coordinator, Samaritans of Merrimack Valley;
Deborah Helms, Program Supervisor, Samaritans of Merrimack Valley*

C1. A MESSAGE OF HOPE: HOW SAFE MESSAGING CAN SAVE LIVES

This workshop will provide an overview on the research and importance of safe messaging as a strategy for preventing suicide. Key safe messaging perspectives will be addressed, to include: (1) how to safely talk with youth about suicide; (2) how and why suicide loss survivors should tell their story safely; and (3) what is the media's role in safe messaging when reporting on suicide. This program will provide messaging guidelines to help ensure safety for vulnerable audiences such as youth and persons at risk for suicide. **We all need to speak with words that can heal.**

Kenneth Norton, MSW, LICSW, Executive Director, National Alliance of Mental Illness, New Hampshire (NAMI NH)

D1. RESEARCH-INFORMED SUICIDE RISK ASSESSMENT AND A COMMON SENSE MODEL FOR RISK FORMULATION

The typical gateway into assessing a patient's risk for suicide is for the clinician to inquire about the presence of suicidal thoughts and, if present, to explore further in terms of their duration, frequency, intensity, controllability, associated planning, rehearsal, access to means, etc. If no suicidal ideation is communicated, the typical risk formulation is "none" or "low" risk. Tragically, the majority of patients who die by suicide deny having (and, indeed, may not actually have) suicide ideation when last asked, hence this approach leads the clinician to false levels of formulated risk for the majority of these patients. Moreover, if suicide ideation is ascribed to by the patient, clinical guidelines and teachings typically direct the clinician to folklore-versus research-informed understanding of associated levels of risk.

This workshop, based on two companion papers published this year in *Suicide and Life-Threatening Behavior* (Silverman & Berman, 2014; Berman & Silverman, 2014), will identify for clinicians research-informed strategies for collecting appropriate data regarding a patient's potential for suicidal behavior [risk assessment] and teach to a model for formulating a patient's level of risk [risk formulation], based on understanding of how risk factors interact to exacerbate risk in an already vulnerable person, and leading to best triage decisions and treatment planning.

Alan (Lanny) Berman, Ph.D., Executive Director, American Association of Suicidology

E1. AN INTRODUCTION TO UNDERSTANDING AND ACCESSING PSYCHIATRIC EMERGENCY SERVICES IN YOUR LOCAL AREA AND ACROSS MASSACHUSETTS

In this workshop you will:

- 1) Learn the purpose and function of a psychiatric crisis service
- 2) Learn how, when, why and for whom to access crisis service
- 3) Understand the legal, ethical and clinical considerations of the Section 12 commitment process
- 4) Become familiar with the basics of suicide assessment
- 5) Understand the differences and similarities between suicidal and self-injurious behavior

Jack Petras LMHC, VP Emergency Services, Lahey Health Behavioral Services

F1. ATTEMPTING TO CHANGE THE CULTURE WITHIN THE WORKPLACE

Suicide does happen among law enforcement professionals. This presentation will detail the efforts by the Department of Corrections to educate and protect its workforce by implementing QPR. This training course provides an opportunity for all employees to expand their knowledge and skill on suicide prevention by learning to: 1) Ask the Question – to a person about suicide; 2) Persuade – the person to get help; and 3) Refer – the person to the appropriate resources.

Traditionally law enforcement professionals avoid seeking assistance from mental health professionals. They are expected to always be in control, to never be afraid, to always have solutions to other people's problem and not have any problems of their own. Attempting to change the culture within the workplace will help reduce the incidence of suicide and self-harm.

Sgt. Esther Gonsalves, Domestic Violence Coordinator, Employee Assistance Services, Department of Correction

G1. HITTING THE GROUND RUNNING

The New Bedford Suicide Coalition was formed in the aftermath of the suicide death of three young adolescents and has moved quickly to implement suicide prevention activities throughout the city. Come and hear the unique challenges of preventing suicide in a city that is culturally diverse and rich in history yet faced with a large immigrant population, considerable socio-economic issues, and other struggles faced by aging cities. You will hear how the Coalition has involved clergy in their efforts, how they have collaborated with schools and neighborhoods, and how they are developing programs for a culturally and linguistically diverse region.

*Reverend David Lima and members of the New Bedford Suicide Prevention Coalition;
facilitated by Jim McCauley, LICSW, Riverside Trauma Center*

SESSION TWO (1:15–2:45) (H1–N1)

H1. HOW EVERYONE CAN HELP SURVIVORS OF SUICIDE LOSS THROUGH THEIR GRIEVING JOURNEY

This workshop will include a panel of suicide survivors who will speak about the ways in which people were helpful to them, not helpful to them, and what other useful emotional and supportive behaviors could have helped them. We will include a compilation of practical and meaningful ways in which anyone can help a survivor. We will also include information from our focus groups with survivors as well as results of a national survey that we did. Participants will receive handouts that will summarize every day things that people can do to help survivors.

Deborah Helms, Program Supervisor, Samaritans of Merrimack Valley

I1. MALNUTRITION AND TECHNOLOGY: UNDERSTANDING SUICIDE RISK IN ADOLESCENTS WITH EATING DISORDERS

This presentation will provide an overview of the psychological and physiological factors that contribute to the increased risk of suicide in patients with eating disorders. Mortality rates for patients with eating disorders exceed all other psychiatric illnesses with suicide accounting for a large share. Physicians often prescribe antidepressant medication despite FDA black box warnings of their potential risk of suicide. New research has demonstrated an association between low levels of omega-3 fatty acids and increased risk for suicide. Patients with eating disorders struggle with malnutrition related to their restricted eating leading to many deficiencies that contribute to the increased risk of suicide. Moreover, internet communities supporting eating disorders further complicate treatment and increase risk of suicidal ideation. Preliminary findings from research studies show that media exposure is associated with a higher risk for eating disorder pathology. Health care providers need to be aware of the lethal combination of chronic malnutrition and the social isolation of social media as it exacerbates the risk for suicide. Current research, clinical cases, and a model for suicide prevention will be discussed.

James M. Greenblatt, MD Chief Medical Officer of Walden Behavioral Care;

Robert J. Keane, Ph.D., LICSW Assistant Vice President of Program Development and Training

J1. UNDERSTANDING MILITARY AND VETERAN SUICIDE: STRATEGIES FOR PREVENTION

Dr. Bradley will present data from the Departments of Defense and Veterans Affairs related to suicidal self-directed violence occurring in their respective populations. These data inform our understanding of the risk factors and protective factors in these populations and the evidence-based/evidence-informed approaches to the Assessment, Management, Treatment, and Follow-Up of people at risk for suicide attempt or re-attempt.

John Bradley, MD, Chief of Psychiatry & Deputy Director for Mental Health, VA Boston Healthcare System

K1. BUSTING STIGMA AND SILOS: CREATING A BRIDGE BETWEEN SUBSTANCE MISUSE & SUICIDE PREVENTION

For years, research has shown that mental health-related conditions increase the risk of suicide for individuals. A growing body of research, as well as the 2012 National Strategy for Suicide Prevention, now acknowledges the equally strong correlation between substance use disorders and suicide risk. This workshop will look at critical components that should be part of suicide prevention efforts in working with substance abuse prevention/treatment providers and cultural adaptations in working within the field of substance abuse and addictions. Additionally, this workshop will address the increasing concern nationwide about prescription drug abuse and deaths and how this epidemic impacts the public health issue of suicide.

Ann Duckless, CPS, Community Educator and Prevention Specialist, National Alliance of Mental Illness, New Hampshire (NAMI NH)

L1. UNDERSTANDING TRAUMA & TRAUMA INFORMED CARE

It is well established that a history of trauma is a significant source of vulnerability for suicidality (as well as a host of other conditions which are also risk factors for suicidality, such as depression and anxiety). From the work of David Brent and others, we also know that experiencing a loss through suicide can be extremely traumatic for the survivors. This training provides information about the prevalence and impact of traumatic events and looks at why a focus on trauma is important. It discusses the idea of trauma-informed care, what it means to be trauma informed, how this differs from and overlaps with trauma treatment, as well as what providers can do to make sure their practices/policies are more trauma informed.

Joanna Bridger, LICSW, Clinical Services Director, Riverside Trauma Center

M1. BEING CULTURALLY RESPONSIVE IN CLINICAL SETTINGS

This session will invite participants to explore how their cultural identity may help or hinder them in their work. In addition, using case material provided by workshop participants this session will identify 10 barriers to providing culturally responsive care and explore alternatives which can be used in both clinical and community settings.

Rick Pinderhughes, Psy.D., Associate Director of Administration, VISIONS, INC.;

Suzanne R. Ehly, Artist Diploma, CAGS Consultant

N1. CHRONIC ILLNESS, PERSISTENT PAIN, AND SUICIDALITY AMONG ELDERS

This talk addresses the challenges of psychological and social transitions among elder populations with persistent illness and pain. Topics addressed will include: 1) The psychological implications of non-terminal painful illness on elders 2) The importance of suicide risk assessment by primary care providers and other health professionals, with particular emphasis on discrimination between active and passive suicidal ideation, and 3) case study examples.

Kelly Wawrzyniak, Psy.D., Boston Pain Care Center;

Jordan Backstrom, M.Div., MA, Massachusetts School of Professional Psychology/Massachusetts General Hospital, Research

SESSION THREE (3:00–4:15) (O1–U1)

O1. INSIDE THE WALLS OF POLICE CULTURE

This workshop will address the “Future of Suicide Prevention Training” as it pertains to Law Enforcement Officers. MPI will examine our police culture and how many of our unwritten rules and perceptions affect the rate of suicide among police officers throughout America. We will also discuss the effects of combat zone deployment on police officers and their return to employment in the law enforcement community.

David W. O’Laughlin, Director of Training Municipal Police Institute;

Chief Peter F. Roddy (RET.), Executive Director, Municipal Police Institute

P1. MAXIMIZE YOUR EFFORTS

Best Practices in Youth Suicide Prevention Schools play a critical role in youth suicide prevention by educating adults and young people on the signs and symptoms of suicide and identification of students at risk. Whether you are considering implementing a suicide prevention program in your school or currently have one in place, this presentation will give an overview on how schools across the state are using the evidence-based SOS Signs of Suicide Prevention Program to reach their students, staff, parents, and community members. Workshop participants will learn best practices for implementing a suicide prevention program including tips on how to maximize community involvement. Real life examples of the program in action in Massachusetts will be highlighted.

Rebecca Davis, MSW, LICSW – Youth Programs Manager, Screening for Mental Health

Q1. PRACTICAL TIPS AND INSIGHTS FOR USING TEXT MESSAGING FOR CRISIS INTERVENTION

Texting is teen’s #1 preferred form of communication. The average teen exchanges more than 100 messages every day, and SMS usage is even more prevalent among minority youth, particularly Latino/Hispanic youth. Text also offers a unique opportunity for crisis intervention: it is a private, comfortable setting for young people to open up about the issues that they face – from struggles with self harm to bullying to suicidal thoughts.

Crisis Text Line (CTL) launched on August 1st, 2013 to offer 24/7 support to teens via the medium they know and trust. Despite limited marketing, the crisis centers that are members of the CTL network are already handling over 100 conversations each day. Text also offers an unprecedented opportunity for counselors and researchers to learn from each interaction. The byproduct of each conversation – the text transcripts – is enabling the CTL network to create the largest real-time database of teen crises and interventions. During this session, Crisis Text Line will share some of our initial data-driven insights from our experience to-date and discuss ongoing opportunities for other researchers, clinicians, and crisis centers to work with us to pilot, test, and share emerging best practices.

Danielle Bolduc, LCSW, MPH, Samaritans, Inc.;

Ronald White, LICSW, Samaritans, Inc.

R1. BRINGING SOCIAL CONNECTION TO ISOLATED ELDERS

Participants will come away with a broader understanding of depression in older adults, how volunteers trained in suicide prevention work can be recruited to make peer-based friendly calls to at-risk elders and how to build, maintain and nurture a partnership between two different types of organizations.

Eileen Davis, Director, Call2Talk;

Lynn Kerner, LICSW, Program Coordinator, Advocates, Inc.;

Sylvia Temple, TeleCheck Volunteer;

Peter Eagan, TeleCheck Volunteer

S1. THE MYTHS AND MISCONCEPTIONS ABOUT SUICIDE: LESSONS FROM THE WESTERN MASS RECOVERY LEARNING COMMUNITY

Janice Sorensen and Currie Murphy will discuss the myths and misconceptions around suicide, the relationship to self-injury and the Western Mass Recovery Learning Community approach to supporting those who struggle with thoughts of suicide.

Janice Sorensen, Alternatives to Suicide Peer Support Group Facilitator and Consultant for the Western Mass Recovery Learning Community

Currie Murphy, Alternatives to Suicide Peer Support Group Facilitator and Advocate with the Western Mass Recovery Learning Community

T1. WHERE DO WE BEGIN? IMPLEMENTING A DISTRICT-WIDE COMPREHENSIVE SUICIDE PREVENTION PROGRAM

Schools can face many challenges when making the decision to proactively address the topic of suicide. In this session, we will look at the early journey of one school district and each step that they have taken along the way, focusing particularly on readiness assessment and capacity development. Topics will include: using data to understand demographics and determine need; administrative and leadership support; and finding financial and human resources to set the stage for success. We will also discuss barriers encountered and lessons learned in the early stages of a comprehensive implementation plan.

Melanie LaFlamme, LMHC, Prevention and Intervention Specialist;

Gina Kahn, Ed.D., Hampden-Wilbraham Regional School District;

Anne Gilligan, M.P.H., Safe and Healthy Schools Coordinator, Department of Elementary and Secondary Education;

Barry Feldman, Ph.D, Director of Psychiatry Programs in Public Safety Assistant Professor of Psychiatry University of Massachusetts Medical School.

U1. A YOUTH PERSPECTIVE ON WHY COMMUNITY-BASED YOUTH PROGRAMMING MATTERS

Community Action Youth Programs' Generation Q and Trans* Rights Education and Empowerment (T.R.E.E.) are educational, social support groups for GLBTQ youth and their allies, ages 14-21 in Franklin and Hampshire County.

One of our youth participants will discuss some realities and impacts of GLBTQ youth suicide and the importance of suicide prevention. Together, we will look at some regional statistics and explore areas that need additional, accessible resources and supports. We will highlight the role that hetero/cissexism and internalized oppression play in relation to this topic. We will also discuss the importance and value of community role models, peer support, and other supportive networks in relation to prevention. Participants will walk away with a detailed handout on helpful actions they can do in their everyday work and lives to make spaces safer for GLBTQ youth.

Alex Nally, former Generation Q/T.R.E.E. Peer Leader, undergraduate student at MassArt;

Katherine Newman, LGBTQ Program Specialist, Community Action Youth Programs

DAY 2 – APRIL 17, 2014

choose one from each session

SESSION ONE (10:30–12:00) (A2–G2)

A2. A VOICE AT THE TABLE

A Voice at the Table, a 30-minute documentary, began as a casual text conversation in June 2013. It gradually gained momentum over several months, almost a whispered voice at the table; or more to the point, a voice long missing from the suicide education and prevention table – the voice of the suicide attempt survivor. Where does that voice belong? *A Voice at the Table* brings that question into the light.

In this workshop, the film's producers, Annemarie Matulis and Craig Miller, will continue the discussion immediately following the keynote. The video will be shown, followed by a Q&A session that will wrap around the keynote address and the film. This workshop is appropriate for all conference attendees.

Craig Miller, Writer & Producer;

Annemarie Matulis, Executive Producer & Director;

Zak Swain, Director of Photography, Producer & Editor;

Moderated by Tracey Medeiros

B2. SUICIDE AMONG MIDDLE-AGED MEN: HOW CULTURES OF MANHOOD PLACE MEN AT RISK, AND WHAT WE CAN DO ABOUT IT

MEN ARE FOUR times more likely than women to take their own lives and the rate of suicide among middle-aged men in particular is on the rise. At the same time, men are far less likely to seek mental health treatment, and far more likely to drop out of treatment prematurely. This tragic double jeopardy for men has remained largely silent and invisible in efforts at prevention, intervention, and research in the areas of suicide and mental health.

This workshop will focus on understanding how our broader approach to men, masculinity, and emotional well-being often leaves men's individual suffering silent and invisible. As a result, depression, substance abuse, social isolation, and other risk factors for suicide frequently go unnoticed in men, and particularly men of middle age. Reducing the rates of suicide in this population requires health care professionals, friends, family members, and community members to recognize the specific pressures men face in living up to unattainable standards of traditional masculinity.

A gender-conscious approach to suicide in men is helpful in a wide range of contexts, including community prevention, specialty mental health, primary care, corrections, and anywhere recognizing and talking about emotional distress in men's lives is crucial to preventing suicide. Thus, the workshop is intended for a broad audience and will cover a variety of approaches to increasing awareness of risk in men, as well as strategies for communicating effectively with men about their emotional suffering.

Michael Addis, Ph.D., Professor, Department of Psychology, Clark University

C2. UNDERSTANDING ADOLESCENT SUICIDE: THROUGH THE LENS OF PEERS WHO HAVE BEEN IMPACTED

A panel of students from area high schools who have experienced a suicide death will share their perspective on the impact the death had on them and their school community. They will share their reactions and those of their classmates; and what steps school administrators took that were helpful. They will also share the suicide prevention activities that grew out of these tragedies.

Moderated by Jim McCauley, LICSW, Riverside Trauma Center

D2. REMOVING OBSTACLES TO HELP AND TREATMENT

This video project was developed by Teenage Anxiety and Depression Solutions (TADS) and was designed to provide parents with a basic understanding of mental wellness issues of teenagers, and to provide practical guidance for seeking mental health services for their children. Sections of the video cover these topics: Knowledge and Education (on depression, anxiety, and suicide), Self-Destructive Coping, Communication with Your Kid, How to Get Help, and Understanding Treatment. The video consists of ten sections. This session will show portions of the video and then engage in a discussion with the audience.

Panelists: Steve Boczenowski; Deb Boczenowski; Madhavi Kamireddi, MD; Alice Lenhart, MA, Med; and Steve Liljegren, PhD

E2. THE ROLE OF SPIRITUALITY IN SUICIDE PREVENTION AND GRIEF COUNSELING FOR SURVIVING FAMILY MEMBERS AND FRIENDS OF VICTIMS OF SUICIDE

People who regularly embrace spiritual and/or religious practices are at lower risk of recurrent depression and suicide. This workshop will review the core aspects of spirituality that are present across many traditions, and discuss the relationship of these principles to optimal brain function and suicide prevention. We will also review the diverse spiritual belief systems and their views on suicide, with a discussion of the implications for grief counseling and our work with people who are at risk of suicide. This workshop will help participants include existential discussions in their work with suicidal people and the family members of victims of suicide who are grappling with the meaning of life and trying to find hope in the midst of crisis.

Rev. Mary O'Malley, MD, PhD, Medical Director, Consultation-Liaison Team, Berkshire Medical Center

F2. SAVING LIVES ONE SYSTEM AT A TIME: SUBSTANCE ABUSE, SUICIDE, & TIP 50

This presentation tells the story of an evidence-based practice – “Treatment Improvement Protocol (TIP) 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment” – being developed nationally to strategically respond to a population at very high risk of suicide and, subsequently, how TIP 50 became the focus of a pilot training project by the Massachusetts Department of Public Health. The presentation poses the discussion question: “What does this story teach us about systems and suicide prevention?”

Franklin Cook, M.A., of Unified Community Solutions in Watertown, MA, who specializes in suicide grief support and education as well as in project development, management, and leadership

G2. SAFEGUARDING OUR CITIZEN SOLDIERS: SUICIDE PREVENTION IN THE MA NATIONAL GUARD

Massachusetts National Guard (MANG) members – our state’s citizen soldiers – have come under increasing demands and stresses that few other citizens face. Thousands of Soldiers and Airman have returned from recent overseas deployments facing pressures of balancing family and financial obligations. In this wake, the MANG has experienced a sharp increase in suicides. Through its productive, ongoing partnerships with multiple State and civilian organizations, the MANG has been diligently working to build capacity to implement its suicide prevention and resilience programs. In this workshop MANG members and leadership will present relevant data and discuss current suicide prevention and intervention efforts and related implementation challenges.

LTC John Rodolico, Chief, Behavioral Health MANG Medical Command;

CSM William Davidson, Director, Resilience, Risk Reduction, Suicide Prevention, MANG;

Tanya Rioux, State Family Programs Director, MANG;

Barry N. Feldman, Ph.D., Director of Psychiatry Programs in Public Safety and Assistant Professor of Psychiatry University of Massachusetts Medical School

PLENARY: THE FACE OF SUICIDE (1:15–2:15)

SESSION TWO (2:30–4:00) (H2–K2)

H2. FINDING HOPE AND HEALING ON THE JOURNEY OF GRIEF

Grief after a suicide loss is unique to each of us. And the journey that we have embarked upon can be difficult to navigate. Participants will hear about coping skills and building resiliency. Survivors will be invited to share their lived experiences.

Debbie DiMasi, Director of Grief Support Services, Samaritans, Inc.

I2. SITTING WITH THE MISERY OF SELF-DESTRUCTIVE CLIENTS

The vast majority of publications and presentations re: NSSI and suicide focus on clients - which is how it should be. But what about the **caregivers** for these people?

This presentation will focus on the unusual topic of clinicians learning to sit with the misery of self-harming clients. The clients discussed will be a subset of individuals who have endured complex trauma. Examples will include a woman who witnessed the murder of her father at age 14, clients who have been sexually abused by parents, and a woman who witnessed her mother’s suicide in her early 20s. Specific components of clinicians sitting with misery will be discussed including exposure, fortitude, patience, distress tolerance, gravitas, and an eventual meditative stillness.

Sitting with misery will be described as positively transformative for clients and therapists alike.

Repercussions for clinicians will also be discussed including emotional vulnerability, desensitization, compassion fatigue, aversion, vicarious traumatization, and high job satisfaction. Implications for therapist self-care will also be reviewed.

Barent Walsh, Ph.D., author, Treating Self-Injury: A Practical Guide, Executive Director of The Bridge of Central Massachusetts in Worcester, MA

J2. COMPASSION FATIGUE: THE PERSONAL TOLL IN DIFFICULT TIMES

Hear a new perspective on the issue of stress in caring for others. Research presented will demonstrate how caretaking behaviors in healthcare professionals who care for those who suffer, may potentially increase the risk of specific stressors that often lead to Compassion Fatigue.

Donna M. White RN, PhD, CS, CADAC, Addiction Specialist, Lemuel Shattuck Hospital

K2. THERAPEUTIC YOGA FOR EMOTIONAL HEALTH

Yoga empowers individuals with a deep understanding and awareness of the mind, physical and emotional body. Yoga offers an opportunity to restore balance, increase vitality and promote optimal mind-body health.

This interactive workshop with Kate Graham from Soulful Yoga Therapy will guide you through the principles of yoga therapy, allow you to experience the power of the practice for yourself (gentle seated) and learn yoga techniques that you may share with clients.

Kate Graham, M.Ed, E-RYT, Soulful Yoga Therapy