

Suicide in Jails & **Prisons**

Prevention • Intervention • Legal Issues

Friday, August 22, 2008

**Doubletree Hotel &
Conference Center
Chesterfield, Missouri**

**For Corrections Administration
and Staff, Probation and Parole
Officers, Sheriffs, and Jailers from
Missouri, Kansas, Iowa, Illinois,
Kentucky, Tennessee, Arkansas,
Oklahoma and Nebraska.**

**This program is designed for Psychiatrists, Psychologists, Nurses,
Counselors, Substance Abuse Counselors, Social Workers,
and Mental Health Professionals.**

Sponsored by:

Missouri Institute of Mental Health, University of Missouri

University of Missouri School of Medicine

University of Missouri Sinclair School of Nursing

Preview Web Conference June 26, 2008

(SEE INSIDE FOR DETAILS)

Letter from the Program Chair

In the United States there has been a significant increase in the incarcerated population during the past 10 years. Currently, there are approximately 2.2 million people in prisons and jails in the U.S. Fifteen to 20% of them suffer from a serious mental illness. Suicide among the incarcerated is a significant public health problem nationally and internationally. It is a complex phenomenon contributed by mental illness, substance abuse, and institutional/operational factors. In order to underscore the importance of this issue, the Missouri Institute of Mental Health is pleased to hold this day-long conference on ***Suicide in Jails and Prisons: Prevention - Intervention - Legal Issues*** on August 22, 2008, in St. Louis. Nationally-known speakers will highlight the best practices in prevention and interventional strategies which can be easily applied in the correctional system. Lawsuits are not uncommon following suicide in jails and prisons. Keynote speaker *Lindsay Hayes* of the National Center on Institutions and Alternatives, states, "even when successfully defended, lawsuits are still expensive, time-consuming, physically and emotionally draining on staff, and disruptive to the agency." *Shanetta Cutlar, Esq.*, Section Chief, Special Litigation Section of the Civil Rights Division in the U.S. Department of Justice will address legal issues in the topic entitled "Avoiding Federal Investigations."

This conference is intended for psychiatrists, psychologists, nurses, counselors, substance abuse counselors, social workers, and mental health professionals working in prisons and jails; correctional administrators; probation and parole officers; correctional officers, sheriffs and jailers. I encourage you to take the opportunity to attend this informative conference. It will provide you with useful and practical guidance necessary to address the serious problem of suicide in jails and prisons. I look forward to seeing you on August 22.

A. E. Daniel, MD
**Conference Chair and
President, Daniel Correctional
Psychiatric Services**

Presenters

Cara Bainum, MSW, PsyD, LCSW, Owner and Supervising Psychologist, Living Hope Counseling Center, Quincy, Illinois

Shanetta Cutlar, Esq., Section Chief, Special Litigation Section, Civil Rights Division, Department of Justice, Washington, DC

A. E. Daniel, MD, MRC Psych., Conference Chair and Clinical Professor of Psychiatry, University of Missouri School of Medicine and President and CEO, Daniel Correctional Psychiatric Services, Inc., Columbia, Missouri

Lindsay Hayes, MS, Project Director, National Center on Institutions and Alternatives, Mansfield, Massachusetts

Marta Nolin, PhD, Assistant Division Director/Substance Abuse Services, Division of Offender Rehabilitative Services, Missouri Department of Corrections, Jefferson City, Missouri

Robert J. Powitzky, PhD, Adjunct Professor, Oklahoma University Health Science Center Department of Psychiatry and Chief Mental Health Officer, Oklahoma Department of Corrections, Oklahoma City, Oklahoma

Ralph Sneed, PhD, President, Sneed Consulting Services and Adjunct Professor of Psychology, Florissant Valley Community College, St. Louis, Missouri

David Vlach, MD, Private Practitioner in General and Forensic Psychiatry, Volunteer Assistant Professor of Psychiatry, University of Missouri School of Medicine, and subcontractor to the Missouri Department of Corrections, Kansas City, Missouri

Schedule

| | | | |
|----------------|---|--|---|
| 7:30-8:20 am | Continental Breakfast, Conference Check-in | | |
| 8:20-8:30 | <p align="center">Welcome and Opening Remarks A. E. Daniel, MD, Conference Chair</p> | | |
| 8:30-9:45 | <p align="center">Opening Keynote Looking Ahead Toward a Better Understanding of Suicide Prevention in Correctional Facilities Lindsay Hayes, MS Objective: List the eight critical components to a suicide prevention policy.</p> | | |
| 9:45-10:00 | Break | | |
| 10:00-11:00 | <p align="center">General Session #1 Suicide Prevention Strategies Ralph Sneed, PhD Objective: Explain how to identify inmates who have a high risk of attempting suicide.</p> | | |
| 11:00-12:15 pm | <p align="center">General Session #2 Avoiding Federal Investigations Shanetta Cutlar, Esq. Objective: Describe the role of the federal government's Civil Rights Division in the oversight of care provided by states and localities. Identify "pitfalls" to avoid in facility's operations.</p> | | |
| 12:15-1:15 | Lunch Provided | | |
| | MENTAL HEALTH | SUBSTANCE ABUSE ISSUES | SPECIAL TOPICS |
| 1:15-2:30 | <p align="center">Breakout 1A The Challenge of Psychiatric Diagnosis in Correctional Settings David Vlach, MD Objective: Understand challenges in the therapeutic alliance inherent to the correctional setting.</p> | <p align="center">Breakout 1B Interaction between Substance Abuse and Other Self-destructive Behaviors Marta Nolin, PhD Objective: Participants will be able to identify types of assessments and treatment models used in state institutional facilities.</p> | <p align="center">Breakout 1C Suicidality as a Trauma Response for Female Offenders Cara Bainum, PsyD Objective: Identify three signs that a person is decompensating in a way that may lead to a suicide attempt or another form of psychological breakdown.</p> |
| 2:30-2:45 | Break | | |
| 2:45-4:00 | <p align="center">Breakout 2A An Issue of Control: Use of Psychotropic Medications in Correctional Settings David Vlach, MD Objective: Explain prescribing practices under formulary restrictions, identify psychotropic medications prone to abuse, and describe the utilization of involuntary medication procedures.</p> | <p align="center">Breakout 2B Risk Assessment: The Oklahoma Experience Robert Powitzky, PhD Objective: List and explain the necessary components of a model suicide prevention program, including specific policies and procedures.</p> | <p align="center">Breakout 2C Risk Management Strategies A. E. Daniel, MD Objective: Describe various risk management strategies especially pertaining to psychiatric and mental health practice.</p> |
| 4:00-4:45 pm | <p align="center">Closing General Session Ask the Experts A. E. Daniel, MD, Moderator All speakers invited to participate.</p> | | |

Session Descriptions

OPENING KEYNOTE

Looking Toward a Better Understanding of Suicide Prevention in Correctional Facilities

Lindsay Hayes, MS

Suicide continues to be a leading cause of death in both jail and prison facilities throughout the country. These deaths represent a serious public health problem to correctional, medical, and mental health administrators, as well as their respective staffs. Many of these deaths are preventable. This seminar will provide an overview regarding the current scope of inmate suicide and suicide prevention within correctional facilities. The session will address current research trends, guiding principles for suicide prevention, and critical components to developing and/or revising suicide prevention policies.

GENERAL SESSION #1

Suicide Prevention Strategies

Ralph Sneed, PhD

This session will focus on steps we can take to significantly reduce the risk of suicide in prison and jails. There are important feelings offenders have that can usually be noticed when we interact with them in these settings. There are things offenders verbalize that can assist us in the identification of suicidal persons. There are also actions we can observe, changes in the setting to minimize risk, and knowledge of life events that may influence a person's chances of committing suicide.

GENERAL SESSION #2

Avoiding Federal Investigations

Shanetta Cutlar, Esq.

The presentation will describe the role of the US Department of Justice, Civil Rights Division and its conduct of pattern or practice investigations throughout the country. It will identify the specific steps taken in a pattern or practice investigation and help attendees think pro-actively to self assess and audit their facility's provision of care to avoid a federal investigation.

BREAKOUT 1A

The Challenge of Psychiatric Diagnosis in Correctional Settings

David Vlach, MD

This session will cover effective techniques and approaches for making accurate psychiatric diagnoses in the correctional setting. The presenter will discuss the impact of dual agency and other changes in the provider-patient relationship necessitated by the correctional setting. Presentation, diagnosis and prevalence of various psychiatric disorders in the correctional setting, interview techniques and methods of gathering collateral information will also be covered. This session is directed towards, psychiatric nurses, counselors, social workers, psychologists and psychiatrists working or considering working in a correctional setting. Correctional officers and administrators will also benefit.

BREAKOUT 1B

Interaction between Substance Abuse and other Self-Destructive Behaviors

Marta Nolin, PhD

The session will provide a brief overview of state correctional substance abuse programs in Missouri, discuss the interaction between substance abuse and other self-destructive behavior, and present an application of a stage of change approach for substance abuse to risk potential identification for self-destructive behavior among offenders.

Session Descriptions *(continued)*

BREAKOUT 1C

Suicidality as a Trauma Response for Female Offenders

Cara Bainum, PsyD

Many individuals coming to correctional facilities have a history of psychological trauma and abuse. Individuals who have been traumatized often begin to use illicit drugs or alcohol. Those behaviors are often the factors that led to the choices made that brought them into incarceration. People who have not been incarcerated before do not know what to expect or how to prepare. Advice from other people cannot adequately describe how to deal with the Receiving and Orientation process. This is a critical time for suicidality to appear as a coping response. This workshop will focus on work with the female offender. Throughout the presentation the neurobiological basis of trauma will present a foundation for thinking about the offender in terms of suicidal risk. The presenter will review statistics on suicide in correctional facilities and will review how prior trauma can contribute to difficulties with the adjustment process as a person responds to incarceration. The presentation will review for mental health professional the impact of prior trauma as a person adjusts to incarceration. An early and appropriate response to visible signs of decompensation can prevent suicide attempts. The presentation will provide helpful information for correctional officers on how to deal with a traumatized offender in a way that reduces the risk of restraining individuals or physical injuries. At the end of the workshop, the presenter will briefly review how Deaf individuals respond to incarceration given the presenter's expertise in working with Deaf individuals.

BREAKOUT 2A

An Issue of Control: Use of Psychotropic Medications in Correctional Settings

David Vlach, MD

This session will cover effective psychotropic prescribing practices in the correctional setting. Abuse and diversion, safe administration practices, cost control, formulary restrictions and effective use of treatment algorithms will be covered. The presenter will also discuss use of involuntary medication procedures and their impact on the therapeutic alliance. This session is directed towards, psychiatric nurses, counselors, social workers, psychologists and psychiatrists working or considering working in a correctional setting. Correctional officers and administrators will also benefit.

BREAKOUT 2B

Risk Assessment: The Oklahoma Experience

Robert Powitzky, PhD

This presentation will describe recent increases in suicide rates within the Oklahoma Department of Corrections and will explore the lessons learned from the process required to successfully impact those factors that caused the increases. A common question that was raised by the Oklahoma experience and one that has received very little attention was whether there are common "cycles" that systems go through that may account for peaks in the number of suicides. This includes the concepts of "contagion," "copycat behavior," or other phenomena that have been discussed in adolescent suicide rates in the communities. A model suicide prevention program along with specific policies and procedures will be presented. This presentation will be appropriate for all disciplines and all management levels of correctional professionals.

BREAKOUT 2C

Risk Management Strategies

A. E. Daniel, MD

Inmate suicide is one event that commonly leads to liability claims against prisons and jails and their staff. The speaker discusses the common types of litigation as well as the causes of omissions and commissions in correctional mental health care practice leading to such litigation. By reviewing a few select court decisions, and based on the speaker's experience, several risk management strategies which can be easily carried out will be discussed.

CLOSING GENERAL SESSION

Ask the Experts

A. E. Daniel, MD, Moderator

All presenters are invited to participate.

A panel of today's speakers will be available to answer questions and expand on information in their presentations. This will be a forum for discussion that will include the panel as well as the audience.

Continuing Professional Education

American Psychological Association (APA)

The Missouri Institute of Mental Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The Missouri Institute of Mental Health maintains responsibility for this program and its content. The program is offered for 6.75 continuing education credits. Participants must attend the entire session to receive CE credits. No partial credit will be issued.



Continuing Medical Education (CME)

The Office of Continuing Education, School of Medicine, University of Missouri-Columbia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Office of Continuing Education, School of Medicine, University of Missouri-Columbia designates this educational activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Nursing

University of Missouri-Columbia Sinclair School of Nursing is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Up to 7.0 Contact Hours will be awarded to all individuals who attend the offering and complete an evaluation form. Provider Number 710-IV.



Counselors

The Missouri Institute of Mental Health (MIMH) is a National Board for Certified Counselors (NBCC™) Approved Continuing Education Provider (ACEP) and may offer NBCC approved clock hours for programs that meet NBCC requirements. This program is eligible for 6.75 clock hours. Attendees must attend complete sessions; no partial credit for a session will be given.



Substance Abuse

The Missouri Substance Abuse Professional Credentialing Board has pre-approved this training for 7 contact hours.



Continuing Education Units (CEUs)

The University of Missouri-Columbia, 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 6.75 clock hours or 8.1 contact hours (.8 CEUs) for this program. 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.

Preview Web Conference on June 26, 2008

**Dr. Marta Nolin will present an introduction of her session entitled
"Interaction between Substance Abuse and Other Self-destructive Behaviors."**

**There will be no pre-registration or fee to participate in this Web Conference. CEUs are available.
Go to www.mimhtraining.com for more details.**

General Information

Registration Fee

The registration fee is \$129.00 which includes instruction, handout material, continuing professional education, continental breakfast, and lunch. A written confirmation will be sent to you after your registration has been processed. If you do not hear from us within 10 days, please contact us at 314.877.6419.

Conference Location, Room Reservations and Parking

The conference will be held at the Doubletree Hotel and Conference Center in Chesterfield, Missouri. Complimentary parking is provided. Directions are available at www.mimhtraining.com, click on conference name, then the "Doubletree" link.

Rooms are available for this conference at the rate of \$99.00 per night.

Reservations: 636.532.5000 or Toll-free: 1.800.222.8733

Room block code: MIM or Missouri Institute of Mental Health
(Mention code when making your reservation.)

HOTEL CUTOFF DATE FOR ROOM RESERVATIONS IS AUGUST 7.

Cancellation/Substitution

Cancellations received in writing and postmarked at least five business days prior to the date of the program will be refunded, less a \$25 processing fee. No cancellations 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 billed the full registration fee.

Special Needs

The University of Missouri complies with the guidelines set forth in the Americans with Disabilities Act of 1990 (ADA). If you have special needs as addressed by ADA and need special assistance, notify us at Missouri Institute of Mental Health, Continuing Education, 5400 Arsenal St., St. Louis, MO 63139 or call 314.877.6419 as soon as possible. Reasonable efforts will be made to accommodate your special needs.

The University of Missouri does not discriminate on the basis of race, color, religion, national origin, ancestry, sex, age, disability, or status as a disabled veteran or veteran of the Vietnam era.

Register Several Ways

Mail with payment information to: Missouri Institute of Mental Health (SJP), 5400 Arsenal St., St. Louis, MO 63139

Or FAX registration form along with purchase order to: 314.877.6428

Or online: www.mimhtraining.com

Phone for general questions: 314.877.6419

REGISTRATION FORM

Suicide in Jails & Prisons Prevention - Intervention - Legal Issues

Registration Fee: \$129.00

Please register me for the following sessions:

1:15 pm 1A _____ 1B _____ 1C _____ 2:45 pm 2A _____ 2B _____ 2C _____

Please Print

Name* _____ Employer _____

Home Address* _____ Work Address _____

City* _____ City _____

State* _____ Zip* _____ State _____ Zip _____

Daytime Phone _____ Profession _____

Email Address _____ Degree _____

*Required for Continuing Education

Check enclosed payable to: **Missouri Institute of Mental Health**

Visa MasterCard

Credit Card# _____

Expires _____ Signature _____

Name on Card _____

Bill my employer (P.O. enclosed)

If you do not cancel five business days before conference, your employer will be billed for the full program fee.

Register online at: www.mimhtraining.com

Or mail to:

Missouri Institute of Mental Health (SJP)

5400 Arsenal Street

St. Louis, MO 63139

Or fax registration: 314.877.6428

Office only: Date rec'd

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AMT

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