

July 29-30, 2010

Show Me You Care About Suicide Prevention

Capitol Plaza Hotel Jefferson City, Mo.
Fifth Annual Conference

Featured Speakers

David A. Jobes, PhD,



David A. Jobes, Ph.D., ABPP, is a Professor of psychology (clinical faculty) and Co-Director of Clinical Training at The Catholic University of America. His research and writing in suicide has produced numerous publications (including three books on youth suicide)—his newest book on his “CAMS” approach to suicide was published by Guilford Press in 2006. As an internationally recognized suicidologist, Dr. Jobes has spoken to a broad range of audiences and is frequently interviewed within the media on the topic of suicide. Dr. Jobes is a past President of the American Association of Suicidology (AAS) and is the recipient of that organization’s 1995 “Edwin Shneidman Award” in recognition of early career contribution to suicide research. He has served as a research consultant to the Centers for Disease Control and Prevention and was a consultant to the Institute of Medicine of the National Academy of Sciences. Dr. Jobes is currently a consultant to the Department of Defense and Veterans Affairs. He has previously testified before a US Senate Subcommittee on the topic of youth suicide. As a board certified clinical psychologist (American Board of Professional Psychology), Dr. Jobes maintains a private clinical and forensic practice at the Washington Psychological Center, P.C.

Paul Quinnett, PhD



Paul Quinnett is President and CEO of the QPR Institute, a national training program for suicide prevention. He is the author of *QPR, for Suicide Prevention*, a public health gatekeeper training program currently being taught by more than 700 in 36 states nationwide. He is the author of several books, including his best-selling “Suicide: *The Forever Decision*” (printed in four languages/international recognition), and his new “*Counseling Suicidal People: a Therapy of Hope.*” He conducts many national workshops and seminars on suicide prevention, intervention and therapy for clinicians and counselors, and serves as the Secretary on the board of the American Association of Suicidology, and several other national boards. His Spokane Mental Health team won the prestigious J.J. Negly & Associates 1998 President’s Award for Avoiding Suicide Malpractice. Dr. Quinnett also serves as Clinical Assistant Professor in the Department of Psychiatry and Behavioral Science at the University of Washington School of Medicine, and is the Chair of Spokane Mental Health’s APA approved psychology internship program.

Major General Mark Graham and Carol Graham



Few people have the experience of burying not one, but two, sons. Major General Mark and Carol Graham, along with their remaining daughter, Melanie, have carried this burden for more than seven years. The Grahams lost their son Kevin to suicide in 2003, and their son Jeffrey eight months later in combat.

The grief of losing two sons, both in military service, nearly drove General Graham to an early retirement. But the Grahams have remained in the Army family. They speak openly about depression and suicide with the hopes of sparing other families a tragedy. Their message is: Depression is a treatable illness. Although still healing, they have pledged to raise awareness in the military about untreated depression, and have become advocates for soldiers who suffer with post-traumatic stress disorder,

traumatic brain injury, and other mental health illnesses. The Grahams will share their personal story of loss and how they are leading the fight to reduce military suicides. Secretary of Defense Robert Gates recently nominated Major General Graham, a nationally renowned speaker, for *Time* magazine’s 100 Most Influential People.

Sponsored by:



Featured Speakers

Dave Reynolds, MPH, CPH



Dave Reynolds is a Pittsburgh native with a B.A. from Occidental College in Los Angeles and an M.P.H. from Columbia University in New York. He is also certified by the National Board of Public Health Examiners. Dave's graduate work at Columbia in the department of Sociomedical Sciences focused on education and program design as well as policy, research, and evaluation.

During his undergraduate career, Dave served as the Special Projects Intern at GLAAD where he helped construct the "HIV and AIDS @ 25" Media Resource Guide which was released in June 2006 to recognize 25 years of the pandemic. He also spent four months living in South Africa researching HIV and AIDS prevention education in public schools in townships. A former summer camp counselor, and manager for anti-gang and academic enrichment programs in under-served East Los Angeles high schools, Dave is no stranger to working with young people.

Most recently as part of his graduate-level work, Dave joined a research team to look at antiretroviral therapy adherence and how it relates to the communication styles of the prescribing physician. Before becoming the Advocacy and Education Manager for The Trevor Project, he served as the East Coast Call Center Manager. He worked with the Program Director to grow and train The Trevor Lifeline's base of volunteers in suicide prevention and crisis intervention. Today, he enjoys furthering knowledge of health issues impacting LGBT communities and loves his work with The Trevor Project's advocacy, education and research initiatives.

DeQuincy A. Lezine, PhD



Dr. Lezine attempted suicide three times beginning in 1995 during his first year of college. After the fall semester he was diagnosed with bipolar disorder. In the following year, he formed the first student-led college mental health and suicide prevention group (Brown University chapter of the Suicide Prevention Action Network; B-SPAN). Working with SPAN USA, Lezine was an early advocate for including individuals who were living with mental disorders or who had attempted suicide in the development of suicide prevention programs and policy.

Through SPAN USA, and later through the National Alliance for the Mentally Ill (NAMI), Lezine spoke out as an advocate at conference presentations, in public service announcements, television and radio, and informational videos. He has also served as a representative of youth, individuals with a mental illness, and suicide attempt survivors at national, regional, and state suicide prevention planning conferences.

Lezine completed his doctoral training in clinical psychology at UCLA, and then completed a postdoctoral fellow at the University of Rochester Center for the Study and Prevention of Suicide with training specific to suicide prevention research. In 2008, he completed a book, published by Oxford University Press, combining autobiographical experience with research and practical advice for youth struggling with suicidal thoughts – titled *"Eight Stories Up: An Adolescent Chooses Hope Over Suicide."*

Dr. Lezine continues to advocate for strategies to engage attempt survivors and mental health consumers in multiple aspects of suicide prevention.

Evening Event

After the main conference on Thursday, you can explore the Exhibitor Showcase. At 6:00 p.m., enjoy light hors d'oeuvres and take in various poster presentations. Eric Hipple, former NFL quarterback, will share his survivor story at 6:30 p.m. Afterward, there will be a book signing.



Eric Hipple

Eric Hipple is a former NFL quarterback whose ten year career was spent entirely with the Detroit Lions. His accomplishments include two playoff bids and a divisional championship. In addition, he was named Most Valuable Player for the 1981 season, and his jersey hangs in the Canton Hall of Fame for a Monday Night Football debut deemed best in NFL history. He is ranked fifth in all-time career passing yards in the Detroit record books.

Since his retirement from the Detroit Lions, Eric has been a freelance field reporter and was an analyst for Fox Network's local pre-game show. More recently, he has been a professional motivational speaker and works as a sales consultant. Eric's public speaking work shifted to topics of depressive disorder awareness and treatment, and to suicide prevention in 2000, after the tragic death of his 15-year-old son to suicide.

Eric currently serves on the board of AAS (American Association of Suicidology). He works at the University of Michigan's Depression Center as Outreach Coordinator. Born in Texas and raised in California, he attended Utah State University and graduated with a degree in business administration with a computer science option. After graduation, he was drafted by the Detroit Lions. Eric and his family remain in Michigan and call it home.

Eric has recently authored a book *"Real Men DO Cry,"* which chronicles his life as a NFL Quarterback from youth to his current position, and his struggle with suicide loss and his own depression. His story is one of hope and recovery and uses education as well as practical advice to help others live and enjoy life again.

7:30-8:30	Thursday, July 29th — Registration/Conference Check-in Continental Breakfast and Exhibitor Showcase			
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. David Jobes <i>Suicide, Contemporary Media, and Rock ‘n Roll</i>			
9:45-10:15	Refreshment Break, Exhibitor Showcase and Book Signing			
10:15-11:45 Breakout	A. CAMS- Collaborative Assessment & Management of Suicidality David Jobes, PhD	B. Preventing Suicide Among Veterans B1. Crews, RN, LSW B2. Hudlow, LCSW	C . Preventing Suicide Among College Students C1. Masters, M.Ed., Sheline, BA C2.Calloway, RN, PhD, FNP-C	D. QPR Training Fitzgerald, EdS, LPC McCullough, MS,LPC
11:45-12:45	Lunch Scott Perkins, Project Director Missouri Suicide Prevention Project Update ♦ Awards and Recognition ♦ Prize Drawings			
12:45-2:00	General Session: Major General Mark Graham and Carol Graham <i>Surviving Tragedy: A Legacy of Hope</i>			
2:00-3:15 Breakout	E. SuicidePREV for African American Youth Bryan Evans	F. Forming a Survivor Support Group Linda Fehrmann, LPC	G. Breaking Through Stigma Ann Elliot, LCSW	H. Panel Discussion: Media Reporting on Suicide
3:15-3:30	Refreshment Break			
3:30-5:30	Closing General Session: Dave Reynolds: <i>Preventing Suicide Among LGBT Youth</i> Second Chance Foundation, Teen Theatre Program: <i>“Make It To Tomorrow”</i> Dr. Paul Quinnett : <i>Social Network Theory: Applications for Gatekeeper Training</i>			
5:30-6:00	Break: Exhibitor Showcase, on your own, etc.			
6:00-7:30	Special Evening Event: Poster sessions, light hors d’oeuvres, cash bar Eric Hipple: <i>Real Men DO Cry</i> (presentation at 6:30, book signing immediately following)			
7:00-8:00	Friday, July 30th — Workshop Check-in Continental Breakfast and Exhibitor Showcase			
8:00-9:00	General Session: DeQuincy Lezine, PhD <i>Perspectives from Eight Stories Up</i> Final Prize Drawings			
9:00-12:30 Workshops 10:30 break	I. Paul Quinnett, PhD <i>Evaluation Suicide Threats / Enhancing Community Competence</i>	II . Dave Reynolds, MPH,CPH <i>Reducing Suicide among LGBTQ Youth: Using the Trevor Project’s Survival Kit & Lifeguard Curricula</i>	III. Elizabeth Makulec <i>safeTALK Training</i>	
12:30	Adjourn			

Breakout Session Presentations Thursday, July 29th

A. Collaborative Assessment and Management of Suicidality – David Jobes, PhD

This presentation will broadly examine a novel intervention called the Collaborative Assessment and Management of Suicidality (CAMS). CAMS is a therapeutic clinical framework with a distinct clinical philosophy and a set of structured procedures that enhance the therapeutic alliance and increase treatment motivation in the patient. CAMS clinical care is guided by a multipurpose assessment, treatment planning, tracking tool called the “Suicide Status Form” (SSF). The SSF functions as a roadmap, guiding a collaborative clinical approach to suicide-specific assessments and interventions. This presentation will provide an overview of the approach and related research of its effectiveness with suicidal patients.

B1. Assessment, Risk and Intervention for Suicide Prevention — Kathryn Crews, RN, BSN

You can make a difference in preventing suicide. This training offers proactive steps for caring for suicidal people within the community, including both veterans and civilians. All providers/caregivers need to know about suicide prevention and strategies for getting early assistance for this escalating problem. This session is for clinicians at every level who deal with suicidal persons. Early intervention is the key to success. Problems left unattended can quickly spiral out of control. Persistent and serious thoughts of suicide are self destructive and should be considered emergency conditions that require immediate intervention. Approximately a half-million people are admitted to emergency rooms each year due to suicide attempts. Suicide knows no special boundaries of age, race, or sex.

B2. - Collaborative Discharge Planning for Rural Veterans at High Risk for Suicide — Hollie Hudlow, LCSW

The John J. Pershing VA Medical Center in Poplar Bluff has initiated a process for ensuring that high risk for suicide veterans leaving inpatient psychiatric care receive a seamless transition to outpatient care and adequate follow up post-discharge when they are statistically at higher risk for suicide. Rurally located medical centers do not typically have inpatient psychiatric units, so patients are diverted to urban medical centers where that level of care is available. Three VA sites received tele-video equipment, and this technology was used to ensure a collaborative approach to the transition from inpatient to outpatient care. Veterans are directly involved in treatment planning sessions, which also include providers from the acute care and outpatient care sites. The relationship among these three sites is representative of other systems that share inpatient psychiatric resources and face communication challenges. Program evaluation, baseline, and post intervention data was collected.

C1. Youth Suicide Prevention: What Others Can Learn from University Prevention Strategies Joan Masters, MEd, Kelly Sheline, BA

Suicide is the second leading cause of death among US college students. However, this population is often over-looked in college settings. Suicide prevention often takes the form of in-person training and little is done to outreach to those who may need it the most. Campus personnel report that programs which reach students where they live with little inconvenience to their schedules and lifestyles are optimal for prevention. Therefore, the Missouri University Suicide Prevention Project, a coalition of 19 of Missouri's universities and colleges began a comprehensive approach for suicide prevention. This presentation will share resources and lessons learned from a statewide assessment project, poster campaign and awareness events. Information from the coalition's on-line training tutorial, AskListenRefer.org will also be shared. Discussion will include how the findings of the coalition's work are transferable to non-college settings.

C2. Stressors and Barriers to Help-Seeking for Psychological Distress Among Rural College Students Susan J. Calloway, RN, PhD, FNP-C

This presentation will cover the stressors that are facing college students today and barriers to help-seeking for psychological distress. The unique barriers facing international students and students on rural college campuses will be addressed. Recommendations for strategies to encourage help-seeking will be provided.

D. QPR Training – Debbie Fitzgerald, EdS, LPC, NCC, and Stephen McCullough, MS, LPC, NCC

QPR stands for Question, Persuade, and Refer -- 3 simple steps that can be learnt to help save a life from suicide. This training, developed by Dr. Paul Quinnett, helps people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR-trained Gatekeepers will learn to recognize the warning signs of suicide, know how to offer hope and how to get help and save a life. (Maximum participants: 60)

Breakout Session Presentations Thursday, July 29th

E. SuicidePREV Training for Caregivers of African American Adolescents — Bryan Evans

SuicidePREV (Prevention, Response, Education, and Victory) Educational Training is a gatekeeper model to educate individuals on identifying symptoms of depression; recognize suicidal thoughts and behaviors in adolescence; and how to appropriately intervene with an individual contemplating suicide. Mental Health America of Eastern Missouri (MHA) has targeted its suicide prevention work to include parents, educators, and caregivers of adolescents. Among African Americans, some misconceptions surrounding depression and mental illness discourage many from seeking treatment: depression is a sign of weakness; seeing a therapist is “telling your business”; or spiritual faith will cure depression. As a result, depression is often undiagnosed, misdiagnosed and/or untreated. This training aims to help individuals dismantle stigma and misconceptions relative to depression; give caregivers tools to intervene with a adolescent who may consider taking his/her life; and community mental health resources. The training includes reference materials, community mental health resources, role playing activities and other helpful resources.

F. Forming and Facilitating a Survivors of Suicide Support Group — Linda Fehrmann, MA, LPC

This workshop will focus on the special issues that survivors of suicide face and why the need for a support group specific to survivors. Included in the discussion on forming a group will be types of groups, requirements of a facilitator, suggested meeting locations, frequency and duration of meetings, and how to effectively publicize the group. The workshop will also include how to structure a meeting, how to handle difficult situations such as problematic behavior and a suicidal group member. Self care for facilitators will also be discussed.

G. Breaking Through Stigma: Programs and Activities That Will Help — Ann Elliot, LCSW

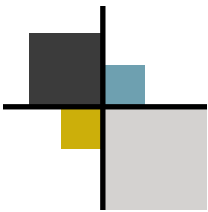
Several different programs and activities will be discussed including Mental Health First Aid and Breaking the Silence program. Participants will get to experience different stigma reducing activities and discuss their impact and uses.

H. Panel Discussion: The Media and Suicide Prevention

This panel discussion will include local media professionals. Examples of news reports on suicide and mental health issues will be provided and panelists will discuss their experiences reporting on this topic, as well as the policies of media outlets regarding the coverage of suicide. The guidelines from “*Reporting on Suicide: Recommendations for the Media*” will also be discussed.

Conference Objectives

Participants will:

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- ◆ **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.**

Workshops Friday, July 30th

I. Evaluating Suicide Threats: Sorting out Words that Alarm from Acts that Harm

Enhancing Community Competence to Prevent Suicide

Paul Quinnett, PhD, President & CEO, QPR Institute

Evaluating Suicide Threats: Sorting out Words that Alarm from Acts than Harm

This workshop is directed to clinicians and first responders tasked with assessing suicide threats or statements of intent to harm. Dr. Quinnett will describe the current challenges in attempting to determine the meaning and probability that a threat of violence (to self or others) may lead to harm and explore the language of suicide threats. He will outline nine elements of violence prediction and suggest new ways to think about the assessment of risk.

Enhancing Community Competence to Prevent Suicide

In this workshop, Dr. Quinnett will identify key stakeholders in suicide prevention and how they might be approached for training and education. He will outline Reliability Theory and its application to building shared community competence, as well as introduce a new and innovative e-learning training program to deliver evidence-based interventions over the Web.

II. Reducing Suicide Among LGBTQ Youth: Using The Trevor Project's Survival Kit and Lifeguard Curricula

Dave Reynolds, MPH, CPH, The Trevor Project

This workshop will provide an overview of suicide among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth and the different environmental stressors that contribute to their heightened risk for suicide. After reviewing research, an emphasis on best practices and experience will better train providers and educators in how to work with this population. The second half of the workshop will train educators, mental health professionals and youth service providers on how to use The Trevor Project's Survival Kit and enclosed Lifeguard Workshop curricula. The Lifeguard Workshop curricula assists in facilitating a discussion with all youth on the impact of language, actions, and bullying on LGBTQ young people as well as train young people how to better recognize the warning signs of suicide and best respond as lifeguards to their peers. All participants will leave with their own Survival Kit free-of-charge and be prepared to facilitate their own suicide prevention programming with youth.

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)



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 9, 2010 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, continental breakfast, refreshments and lunch on Thursday.

Cancellation/Substitution

Cancellations received in writing and postmarked by July 22 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 29th: up to 7.5 Clock Hours, 9 Contact Hours (.9 CEUs) for Thursday conference
- Evening Event July 29th: 1.5 Clock Hours, 1.8 Contact Hours (.2 CEUs)
- July 30th: 4.25 Clock Hours or 5.1 Contact Hours (.5 CEUs) for the Friday workshops
- Full Program: 13.25 Clock Hours, 15.9 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.

Dates to Remember

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| June 29 | Hotel Reservation Discount Ends |
| July 1 | Scholarship Applications Due |
| July 9 | Early Registration Discount Ends |

Conference Location and Lodging: The conference will be held at the Capitol Plaza Jefferson City, 415 W. McCarty, Jefferson City. A limited number of rooms at the reduced rate of \$49.00 per night are available through June 29, 2010. 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 “SP” under the “Groups” tab to receive the special reduced rate.

Scholarships: A limited number of partial and full scholarships are available. Applications available upon request. Submission deadline is July 1, 2010.

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/2010/