



2017 Pennsylvania Annual Suicide Prevention Conference

"Together, We All Can Prevent Suicide in PA"

June 19 & 20, 2017

**Best Western Premier
800 E Park Drive
Harrisburg, PA 17111**

About the Conference

You are invited to participate in a conference designed to meet the needs of professionals, survivors and interested parties who would like to know more about suicide prevention, intervention, and meeting the needs of suicide survivors. This event is specifically designed to meet the diverse interests and needs of attendees, while creating a powerful opportunity for networking, learning, and developing techniques to prevent suicide in the community as well as meet the needs of those who have survived a suicide attempt or the loss of a loved one by suicide.

Keynote Speaker: Sheila Hamilton



Even as a reporter, Sheila Hamilton missed the signs as her husband David's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and hilarious partner was dead within six weeks of a formal diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. Now, a decade after David's death, Sheila and her daughter, Sophie, have learned the power of choosing life over retreat; let themselves love and trust again; and understand the importance of forgiveness. Her story will resonate with all those who have loved someone and lost them to mental illness.

Annual Conference Goals and Objectives

The goal of the Pennsylvania 2017 Annual Suicide Prevention Conference is to provide a forum for those who share an interest in preventing suicide across the life span, including physicians, psychologists, nurses, social workers, clinicians, educators, and clergy, crisis center staff and volunteers, as well as those who have lost a loved one to suicide or had their own suicidal experience to meet and share information about suicide, suicidal persons, and the repercussions of suicide. At the end of the conference, participants should be able to:

1. Identify and assess psychological risk factors for suicidal behavior across the life span to improve outcomes and reduce the incidence of suicidal behavior.
2. Describe the opportunities and challenges of implementing suicide prevention within the greater community setting to increase participation and contributions to the community at-large.
3. Describe the impact of suicide on survivors to improve care to those who have lost a loved one to suicide.

Monday, June 19, 2017

8:00 am **Registration & Continental Breakfast** (provided)

9:00 am **Opening Remarks** - Mary Brown and Govan Martin, Co-chairs of PA AOASPC, and Dr. Matthew Wintersteen, Co-chair of PAYSPI

9:05 am **Dr. Dale Adair**, Office of Mental Health & Substance Abuse Services

9:15 am **Keynote Address: *Beyond Loss - A Radically Honest Conversation about Suicide***
Sheila Hamilton

10:45 am **Break**

11:00 am **National Violence Death Reporting System (NVDRS)**

Alizabeth Dively, Public Health Program Administrator, Pennsylvania Violent Death Reporting System
The purpose of the PA-VDRS program is to create and implement a plan to collect and disseminate accurate, timely, and comprehensive surveillance data of all violent deaths in the selected target areas using the Centers for Disease Control and Prevention (CDC) guidelines. The National Violent Death Reporting System (NVDRS) considers violent deaths to be homicide, suicide, unintentional firearm deaths, and injury deaths of undetermined circumstance. Alizabeth will present an overview of PA VDRS, the benefits of having a functional DVRS system in the state and the potential of VDRS data.

11:15 am **Co-chairs Mary Brown, Govan Martin, Dr. Matthew Wintersteen, and Dr. Erich Batra**

12:00 pm **Lunch** (provided)

1:00 pm **Breakout Session I:**

W01: PA Suicide Task Force Session

This session will focus on discussing what task forces are doing in their areas and discuss and share their ideas and innovations.

Workshop Focus: General: Task Force

Moderated by Mary Brown and Govan Martin, Co-chairs of PA AOASPC, and Dr. Matthew Wintersteen, Co-chair of PAYSPI

W02: Suicide Prevention in Pennsylvania Schools and Colleges

This presentation will provide an overview of a federally-funded statewide grant that has been awarded to Pennsylvania's Office of Mental Health and Substance Abuse Services. The grant targets youth between the ages of 10 and 24 in school and college settings, offering opportunities for training, screening, and awareness. Participants will learn about the current status of the project, how to become involved, and how to access a wide range of suicide prevention and awareness resources.

Workshop Focus: Youth: Basic Level

Perri Rosen, PhD | Project Director, Garrett Lee Smith Youth Suicide Prevention Grant

W03: Creating Healing Environments for Minority/Special Population High Risk Groups

This course will examine the effects of language, culture and interactions with majority groups on minority/special populations which put them at higher risk for suicide. Although it is nearly impossible to become familiar with all minority/special populations one still can become open to all

persons who are different in order to be helpful and healing. This will include self-exploration of our own attitudes, upbringing and knowledge. The course will address issues faced by certain minority groups within historical and current context

Workshop Focus: Adult/Older Adult: Basic Level

Ginny Dikeman, MA

W04: Texting in Crisis Intervention

As the world around us changes, so must the way we deliver crisis services. This training will include an overview of the use of texting services in the Crisis Intervention as well as suggestions for how to implement the service. We will review the challenges as well as the successes. We will also review data and answer any questions that you may have about the possibility and implementation of this exciting service.

Workshop Focus: Youth: Basic Level

Amy Groh, MA

2:15 pm

Break to Change Session

2:30 pm

Breakout Session II:

W05: Purpose, Passion and Being a Part of Something

Sgt. Earl Granville, PA National Guard, shares his moving experience of losing his twin brother, who was also in the PA National Guard, to suicide. Sgt. Granville also shares about the wounds he suffered in Afghanistan which tie into his own mental adversity, and what he does to help himself.

Workshop Focus: Military/Survivor Of Loss: Basic Level

Sgt. Earl Granville, PA National Guard

W06: Helping Youth in Distress: Recognizing and Responding to Warning Signs of Depression and Suicide Risk

Youth these days are faced with numerous challenges, many of which did not exist when their parents were in school. Further, the rates of depression, anxiety, and suicidal behavior have continued to rise amongst high schoolers. This presentation will focus on warning signs associated with distress in adolescents and what parents, caregivers, and other gatekeepers can do to effectively intervene and help. A review of recent social media efforts to help youth will also be discussed.

Workshop Focus: Youth: Intermediate Level

Matthew Wintersteen, Ph.D. Thomas Jefferson University, Jefferson Medical College, Department of Psychiatry and Human Behavior, Division of Child and Adolescent Psychiatry

W07: Zero Suicide Initiative within Centre County

The goal of the Zero Suicide Initiative is to improve care and general outcomes for individuals at risk for suicide in the health care system. Providers within Centre County are working to implement the initiative into local practices. Using the key elements of Zero Suicide, providers and the local steering committee are working to lead, train, identify, engage, treat, transition, and improve care and support in their community.

Workshop Focus: Survivor: Basic Level

Brandi Eslick

W08: The True Nature of Gender: Understanding and Supporting Transgender Persons

We are socialized to understand gender as either male or female, and only related to our assignment at birth. However, the unique ways in which gender is currently expressed and

experienced is visible in our world. When we have a lack of understanding of a person's gender identity or expression, we are unable to offer supports that can be critical to their well-being. Understanding and acknowledging gender can assist those most at risk of self-harm and violence.

Workshop Focus: Adult/Older Adult: Basic Level

Vanessa L. White Fernandes, MS, RTC, LPC, High Risk Care Manager and Trainer, Community Care Behavioral Health Organization

3:45 pm **Break to Change Session** (Refreshments)

4:15 pm **Breakout Session III:**

W09: Mind Matters: The Power of Mindfulness, Hardiness and Positive Mindset

The adolescent years tend to be filled with constant change and uncertainty; however, they also can be filled with exploration, inspiration and growth. Learning and practicing techniques to lower stress and build resiliency are crucial to leading a healthy and happy life. This presentation will examine patterns of stress and provide you with course materials that can be utilized to help young people build resilience and plan for a meaningful life. These techniques, which will be practiced with the audience, fall under the three pillars of mindfulness, hardiness, positive mindset.

Workshop Focus: Youth: Basic Level

Marisa Vicere, MBA

W10: Practical and Innovative Methods of Chain Analysis in Suicidal Youth

In this presentation, we will discuss the application of chain analysis for determining treatment targets in work with suicidal youth. We will review critical steps in conducting a chain analysis, highlight strategies for collaboratively identifying treatment targets, and provide an example of an innovative app-based approach, developed in a pilot study, that uses chain analysis as a launching point towards maintaining safety in suicidal inpatient adolescents.

Workshop Focus: Youth: Intermediate Level

Candice Biernesser, LCSW, MPH, Christina Kirsch

W11: Suicide Prevention in the VHA (Veteran Health Administration): New Perspectives

The VHA has a comprehensive Suicide Prevention approach that has recently been tasked with a zero suicide initiative. As part of this, the VA has begun the REACH VET Program as a way to identify Veterans at moderate risk of suicide and beginning enhancement of treatment prior to the Veterans becoming more at risk.

Workshop Focus: Military/Law Enforcement: Intermediate Level

Eileen Woods, LCSW

W12: Survivor Panel

This panel will consist of suicide attempt survivors and suicide loss survivors (those who lost a loved one to suicide).

Workshop Focus: All Ages

Moderated by Matthew Wintersteen, Ph.D., Jefferson University

Conference attendees are invited to participate in a training session on Day 2 of the Conference. All training sessions require an additional fee as listed below. Attendees may participate in Day 1, Day 2, or both days of the conference.

Tuesday, June 20, 2017

8:00 am **Registration & Continental Breakfast** (provided)

9:00 am **Trainings:**

Ethical and Legal Issues in Working with Individuals At-Risk of Suicide

Presenter: Lanny Berman, PhD, ABPP

Time: 9:00-12:00 Cost: \$50.00

In this training, Dr. Berman identifies common errors made by clinicians in the assessment and treatment of those at-risk for suicide, discusses ethical dilemmas posed by these clients; and identifies best and evidence-based practices in larger scale preventive interventions that seek to lower rates of suicide and suicidal behaviors. See website for CE information.

QPR Gatekeeper Training

Presenter: Francesca Pileggi, MA and Kate L. Rogers, MA

Time: 9:00-12:00 Cost: \$25.00

QPR, Question, Persuade, and Refer, 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, 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 Instructor Training

Presenter: Govan Martin

Time: 8:00-4:30 Cost: \$250.00

This certification course trains instructors to teach QPR for Suicide Prevention to their community. Participants learn about the nature of suicidal communications, what forms these communications and how they may be used as the stimulus for a QPR intervention. Each participant has the opportunity for individual rehearsal and practice through role-plays.

Special Needs: Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (717) 885-9161.

Continuing Education

We will be providing continuing education from Drexel University for a fee of \$35.00 to be paid when you register. Participants are eligible for 5.25 hours of continuing education (CE) on Day 1 of the conference, 3 hours of CE for the QPR Gatekeeper or Ethics Training on Day 2 of the Conference, and 7.25 hours of CE for the QPR Instructor Training on Day 2 of the Conference. In total, participants can earn between 8.25 and 12.5 CE hours.

Below you will find the accreditation statements.



DREXEL UNIVERSITY
College of
Medicine
Division of Behavioral Healthcare Education

PCB (PA Certified Addictions Counselor):

Drexel University College of Medicine, Behavioral Healthcare Education will award a maximum of 5.25 hours for Day 1 of the Conference and 3 to 7.25 hours for Day 2 of the Conference. PCB Approved Hours of Education for this program. Our program is certified by the Pennsylvania Certification Board, Provider # 133.

PA Educators Act 48:

Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive a maximum of 5.25 hours of credit for Day 1 of the Conference and 3 to 7.25 hours of credit for Day 2 of the Conference.



American Psychological Association (APA):

Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Drexel University College of Medicine, Behavioral Healthcare Education maintains responsibility for the program and its content. This program is being offered for up to 5.25 hours of continuing education for Day 1 and 3 to 7.25 hours of continuing education for Day 2 of the Conference.

LSW/LCSW/LPC/LMFT (PA SBSWE Licensed Social Workers in Pennsylvania):

Drexel University College of Medicine is a preapproved provider of continuing education for Social Workers and Clinical Social Workers. This program is being offered for up to 5.25 hours of continuing education for Day 1 and 3 to 7.25 hours of continuing education for Day 2 of the Conference.

Hotel Information

Please contact the Best Western Premier, Harrisburg, Pennsylvania if you plan on staying overnight. For more information, please go to www.bestwestern.com or call (717) 561-2800.

Registration

The registration fee of \$150 per person includes the sessions, handouts, continental breakfast, breaks, and lunch on Day 1 of the Conference. Rates are per person unless otherwise specified. Registration deadline is June 12, 2017. The training sessions on Day 2 require an additional fee as listed on the previous page.

To register, please visit www.preventsuicidepa.org/conference.

If you need to pay by check or cannot register online, please email Jackie Boxter at jboxter@p4a.org.

Task Force Discount

A \$50 discount is available for representatives from county or community task forces. To register as a representative of your task force, please send an email to mbrown@ccc-j.com and we will give you the promo code to register at the discounted rate. In the email, please include the name and contact information of your task force chair or coordinator.