Suicide Prevention and Crisis Intervention Across the Lifespan: A Call to Action

Program

December 14-16, 2005

University of Central Oklahoma
Nigh University Center
Third Floor
100 N. University Drive
Edmond, Oklahoma 73034
The Oklahoma Department of Mental Health and Substance Abuse Services, along with many other partnering agencies, welcome you to the Suicide Prevention and Crisis Intervention Across the Lifespan: A Call to Action Conference.

The conference provides a very special opportunity to bring presenters with practical experience together with attendees to increase their understanding and skills related to suicide prevention and crisis intervention efforts. The conference will emphasize the principle that people of all ages, with or at risk for mental or substance abuse disorders should have the opportunity to live a quality life.

The conference will highlight timely and important topics imperative to encompassing new perspectives, new directions, and new connections for all health, mental health, substance abuse, and prevention professionals. We are pleased to provide the opportunity to gather to share information, explore current issues, and chart our course for suicide prevention for the future!

PLENARY SPEAKERS

April Naturale, MSW, ACSW is a licensed, clinical social worker experienced in health and mental health program management and service delivery. She is currently working on the National Suicide Prevention Lifeline and is the former Statewide Director for Project Liberty, the Crisis Counseling Program launched by the New York State Office of Mental Health in response to the World Trade Center attacks of 9/11/01. Ms. Naturale provides training regarding disaster response and planning in the U.S. and internationally as well as maintaining a private practice in NJ.

Scott Poland, PhD is the author of four books on school crisis and has led or served on numerous national crisis teams following many school shootings including Columbine and Red Lake and has responded to terrorist acts such as the Oklahoma City bombing and 9/11/01. He also has provided direction to numerous schools and communities who experienced suicide clusters. He is known for his warmth, humor and dynamic presentations. Dr. Poland is the School Psychology Program Administrator at NOVA Southeaster University in Fort Lauderdale and is a current member of the National Emergency Assistance Team.

AGENDA

Wednesday, December 14, 2005

7:30- 8:30 Registration

8:30 – 4:30 Paul Quinnett, Ph.D., President and CEO of The QPR Institute, Inc., Spokane, WA
Building Community Competence

To reduce the high and stable rate of suicide among persons over 65 will require innovative and effective prevention and intervention strategies. This preconference intensive describes one approach to a community-based suicide prevention program for home-dwelling and impaired at-risk elders. By training public and private citizens in surveillance, detection and referral skills, isolated and at-risk elders were identified for home visits by professional service providers. These trained “gatekeepers” become a life-saving link in the delivery of essential medical, psychiatric and social support services that, when effective, can enable elders to remain in their homes and to solve the problems in living too often resolved through acts of self-destruction. Since its inception in 1978, the Elderly Services program of Spokane Mental Health led to a sustained decline in suicide rates among persons over 65 in the county. The Gatekeepers program has now evolved into the QPR Suicide Risk Reduction Program for Communities.
Thursday, December 15, 2005

7:30 – 8:30  Registration

8:30 – 9:30  Welcome / Plenary Speaker

April Naturale – ‘Project Liberty: Lessons Learned from the 9/11/01 New York Mental Health Response.’

9:30 – 9:45  Break

9:45 – 11:15  Concurrent Workshops - Session 1  (1.5 CEUs)

‘Current & Future Directions for the National Suicide Prevention Lifeline, 1-800-273-TALK, the federally funded Network of Crisis Centers Providing Suicide Hotline Services’  April Naturale MSW, ACSW & Patrick Cook

A Holistic Model Of Suicide Prevention Strategies For Tribal Communities  Mark LoMurray, LSW  This session will share the North Dakota experience and discuss how to blend educational, treatment access, and resiliency strategies into a community approach. A concept of “Sources of Strength” including spirituality, generosity, family supports, will be reviewed as both an intervention model and a model for cross system referrals. Resiliency strategies will address a “saturation style” approach in developing small group supports, teen-led prevention efforts, and mentoring in tribal communities. Sources of Strength gatekeeper curriculum designed for teen leaders, parents, school staff, and community caretakers will be distributed.

Engaging the Community: Coalition Building & Community Awareness - Traci Guptill, CPS  What does it really take to mobilize a community to action? This workshop will attempt to uncover the secrets of getting community members to bond and take action on the common social issues that all communities face. Ideas for coalition building, reviving, and sustaining will be shared. Gain knowledge on how to start a coalition, bring a coalition back to life and how to sustain a coalition once it is up and running.

Suicide Prevention and the Importance of Gatekeepers  Brent Katigan, BSW, ICADC and Harry Galloob, MD. This presentation will include a 60 minute presentation of the basics of Suicide Intervention for first responders, including an excerpt of the video material used in our two day seminar. Topics covered include: dynamics of suicidal individuals, risk factors in suicide ideation, and assessment of risk of suicidal individuals.

HELP (Healthy Education for Life Program).  Sherry Crosthwait, B.A.  Ms. Crosthwait will discuss HeartLine’s HELP, a program created to educate youth on the signals of suicide and help empower them to get help for themselves or someone they know who is suffering from depression or is feeling suicidal.

11:15 – 1:00  Regional Workgroups / Area Community Coalition Building

Experiential activities will lead regional groups to plan for suicide prevention and awareness in their communities.

1:00 - 2:30  Concurrent Workshops Session 2

Teen-Led Suicide Prevention. Mark LoMurray, LSW.  This session will address basic benchmarks for effectiveness necessary when partnering with teens in prevention efforts. North Dakota’s lessons learned as they trained 7000 teens to promote suicide prevention strategies through their state and developing teen-led prevention as a saturation based public health model. Strategies for engaging, training, supervising, and supporting teen leaders in peer to peer educational efforts, social marketing strategies, mentoring, co-
facilitating small group supports, and leading after-school or healthy activities will be stressed in this workshop.

**Perinatal Depression**  Colleen Ayers-Griffin, LPC, CADC  
Depression is common in the prenatal as well as the postpartum period. Early identification and intervention can limit the negative impact of maternal depression. Session objectives include: describing the prevalence of depression in the prenatal and postpartum periods; identifying the different forms of postpartum depression; describing the impact of perinatal depression on the mother, infant and father; and describing different treatment options.

**Healing for the Survivor through Prevention** - Amber Guerrero  
Attendees will discuss the importance and power of healing through prevention efforts.

**How Do I plan For What I Don't Expect?** - Thomas R. Thompson, M.Ed., LPC, CPM  
Mr. Thompson will examine events before, during and after Hurricanes Katrina and Rita; how planning or lack of it helped and hindered rescue and recovery efforts; how planning and preparation mitigates certain types of stress reactions; and recommendations for future events and responses.

**After a Student Death: Can’t We Just Get Back to Normal?**  Robin Gurwitch, PhD

**Columbia TeenScreen®** - Vedria Millage, LMSW & DeAnna Ukena, MBS, LPC  
Presenters will discuss the Columbia University TeenScreen®, a model program for early intervention. TeenScreen® is an effective screening tool for identifying youth who are at-risk for suicide or a potential mental illness. This program is currently being offered locally through the Mental Health Association in Oklahoma County and Mental Health Association in Tulsa.

**Question, Persuade and Refer (QPR) for Suicide Prevention** - QPR will teach both gatekeepers and general audiences about the nature of suicide and how to prevent it. When Community members and professionals are trained in QPR Gatekeeper Training, there is a larger safety net for suicidal individuals. QPR will assist communities in identifying their resources for referral of suicidal individual.

2:30 – 2:45  
**Break**

2:45 – 4:15  **Concurrent Workshops - Session 3**

**International Suicide Perspectives** - Steve Nedbalek M.Ed. Mr. Nedbalek will discuss comparisons of problems and suicide issues in England and Norway.

**Air Force Suicide Prevention** - TSg. Germosen  
Workshop will discuss Suicide Prevention Programs for military personnel, especially those returning from deployment and their families.

**How Does Suicide Intersect With Domestic Violence?**  Beth Stanford  
Are domestic violence victims at higher risk for suicide? This workshop will address those issues along with the safety risks involved for victims who are involved abusive relationships.

**What to do When Violence is More Than Just Physical.**  Traci Guptill  
Using relationships to harm others is called Relational Aggression (RA). RA is harming others with words, rumors, gossip and exclusion. Everyone does it, and everyone is affected by it. Learn how it is acted out and how to stop it. The ugly secret of RA is that it can lead to suicide. The damage done by RA is often devastating and it can take a lifetime to recover.

**Texas Community ToolKits and Prevention.**  Merily Keller. Speaker will showcase community toolkits and describe their efforts in Texas.
Hope for Tomorrow: Improving the Future of Young People - Teresa Peden, MPH and Mindy Brooks. Hope for Tomorrow is to provide a broad-based prevention program which addresses mental health, mood disorders, suicide prevention, eating disorders, and alcohol and drug prevention. It provides information and life skills for youth by combining the efforts of teachers, parents, and the community to equip our children to better deal with life today and tomorrow through mental well being.

4:15 – 6:00 Reception

Friday, December 16, 2005

8:00 – 8:30 Registration

8:30 – 9:30 Welcome / Plenary. Scott Poland PhD Prevention and Response to Tragedies That Affect Children. The presenter who has over 25 years of school crisis experience will outline effective intervention and prevention programs based on front lines experience. Dr. Poland will address the leading causes of death for children which are in order accidents, homicide and suicide. A special emphasis will be placed on helping children cope with adversity and to build resiliency as natural disasters have affected so many children this year.

9:30 – 10:00 Break / Visit Exhibitors

10:00 – 11:30 Concurrent Workshops - Session 4

Youth in Action. Youth from Casady High School, Hale High School, and Bixby Schools Attendees will explore the many possibilities for prevention from active youth groups trained with the Youth Suicide Prevention Toolkit. The panel of youth will describe lessons learned from their efforts in their communities.

Gatekeeping in the Primary Care Setting. LaVonne Ortega, MD, MPH, Mort Silverman, MD. This session will address the primary care physician’s role in preventing suicide by providing participants with an approach to screening for suicidality, assessing suicide risk, and the acute and long-term management of the suicidal patient. A epidemiologic review of suicide will be discussed in the context of the clinical setting.

Suicide Survivors: Panel. Amber Guerrero, John Guerrero, Bridgette Hill, Marty Riner, Kristy Glover, Jerry Guy This panel will consist of one facilitator and four panelists. Two of the panelists are family member suicide survivors, and two are attempted suicide survivors. Substance abuse has been a significant issue for three of our panelists. Co-Facilitator and Panelist, Amber Guerro, recently lost her mother to suicide and has become one of Oklahoma’s chief proponents of suicide prevention planning and suicide survivor support.

Emotional Reactions and the Helping Role. Bruce Lochner, Ph.D. Working with individuals at risk for suicide often evokes strong emotions. In this session, we will do a series of exercises designed to help the participant become more aware of their emotional reactions related to suicide, understand the impact such reactions can have on the helping role, and present strategies for tolerating and regulating one’s emotional reactions to suicide. Although some participants may wish to share their emotional reactions to case vignettes, the program is not designed for sharing actual clinical cases or personal experiences related to suicide.

A Story of Success in the Midst of Depression & Substance Abuse. Jane Lepak, LADC, LPC, CPS Ms Lepak will offer an overview of the lethal combination of depression & drugs including alcohol, prescription medications and over-the-counter substances.

Self Mutilation: Emotions of a Cutter, A Youth Perspective. Phil Lowe MSW, Lori Pede, and Emily Rose This session will focus on what self mutilation is and is not, the common
tools used and common forms. The team will discuss factors that can lead to self mutilation such as depression, high stress, abuse and family conflicts as well as emotions a cutter can feel and treatment options.

**School Preparedness.** Susan Staple, MS and Tracy Black Alvarez  Lessons learned, the importance of planning for crisis in schools, and community involvement will be examined.

**Gay, Lesbian, Bisexual & Transgender Issues.** Mark Davis, MA
Formal and informal helpers need to be aware of the uniqueness of LGBT individuals who came of age pre-Stonewall and those LGBT's who came of age after this historic event.
How clinicians work with younger and older LGBT's will be a focus of this group.

**Managing Emotionality After Tragic Events.** Scott Poland Ph.D. Dr. Poland will demonstrate a large group processing model that has been found to be very effective. The model is very time efficient, practical and useful with large groups. A formula to estimate the degree of emotionality after a tragedy and many practical tips for dealing with death will be provided.

11:30 – 12:00

**Regional Workgroups ToolKit.** Mort Silverman, MD and LaVonne Ortega, MD. Learn how to lead experiential activities with regional groups on suicide prevention and awareness in your communities.

12:00- 1:00

Lunch on your own

1:00 – 2:30

**Concurrent Workshops - Session 5**

**Trauma.** Julie Young, MA. This session will provide an overview of the link between adverse childhood experiences and trauma, mental health, substance abuse and suicide. Ms Young will discuss the Adverse Childhood Experiences (ACE) Study, which connects our emotional experiences as children, and our physical and mental health as adults. This session will also explore some of the best practices available in treating trauma and the current status of trauma services in Oklahoma.

**Approaches to Suicide Prevention in Faith-Based Settings.** LaVonne Ortega, MD MPH
This session will explore the role of the faith community in facilitating educational programs, training professional caregivers, and offering consultative services toward preventing suicide. Examples of faith communities that have made efforts to address the issue of suicide and resources available to advance the efforts of faith communities will be reviewed and discussed.

**Senior Suicide Prevent Project.** Mich Magness, MAG. The Oklahoma Aging Coalition developed a toolkit/presentation that can be used to educate seniors around the state. This presentation will include delivery of the actual workshop developed by the team, as well as a discussion of the development process and future development plans.

**Suicide Prevention Is Everyone's Responsibility.** Scott Poland Ph.D. Dr. Poland will outline the role of schools and communities in youth suicide prevention. The presentation will include information on suicide screening programs such as SOS and Teen Screen. Practical strategies for postvention will be explained through numerous examples. He will also address self-mutilation which has increased dramatically and will provide practical guidelines to address this behavior and answer the question as to whether or not young people engaging in self-mutilation such as cutting are suicidal. Legal issues for schools with suicidal behavior and self-mutilation will be shared.

**Development of a Crisis Diversion Model in a Rural Mental Health Setting.** Karen Carr. This course will outline the development of a crisis diversion model in a rural setting, and go in depth on how the model can decrease the need for emergency detentions and
hospitalizations. It will also demonstrate how to treat individuals in crisis more effectively with local resources.

**Comprehensive School Crisis Response Protocol.** Iris Brigman, LPC, LBP and Annette Boatright, LCSW. Durant Public Schools employees are family therapists providing services to at-risk students and their families. They will discuss their School Crisis Response Team Protocol, which provides to principals, school counselors, teachers and community volunteers step-by-step procedures that can be used before, during and after a crisis. Their resource material provides a solid framework for other schools to use and can be implemented by other schools.

**Faith Community**– Louie Lepak, Ph.D. Both the problem and solution can occur in any Faith Community. Every Organization has Faith in Something.

2:30 – 2:45 Break

2:45-3:45 Call to Action: Planning Session / Plenary

**CONTINUING EDUCATION CREDITS**

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training, is accredited by the Oklahoma State Medical Association (OSMA) Council of Medical Education to sponsor continuing medical education for physicians. The Institute designates this educational activity for a maximum of 12 Category I credits toward the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity. ODMHSAS has applied for 12 credit hours (both days) of continuing education units (CEUs) for social workers, licensed professional counselors, licensed marital and family therapists, licensed behavioral practitioners, and psychologists. These credit hours will also apply for case management certification renewal.

**Conference Partners**

Oklahoma Department of Mental Health and Substance Abuse Services
Indian Health Services
Oklahoma Department of Health
University of Oklahoma Health Sciences Center
Office of Juvenile Affairs
Southwest Center for the Application of Prevention Technologies (SWCAPT)
University Outreach
University of Oklahoma
Oklahoma State Department of Education
Oklahoma Department of Human Services

**Suicide Prevention and Crisis Intervention Across the Lifespan Conference Planning Committee**

James Allen          Cathy Bates
Don Carter           Sherry Crosthwait
Sarah Dunn           Cheryl Gibson
Kathy Harms           Julie Geddes
Gayle Jones          Jane Lepak
Louie Lepak          Phil Lowe
Mich Magness          Vedria Millage
Registration for December 14-16, 2005

Suicide Prevention and Crisis Intervention
Across the Lifespan: 
A Call to Action

Print out and complete the form below and mail it to:
Seminar Coordinator
Human Resource Development Division
Institute for Mental Health and Substance Abuse Education and Training
2401 N.W. 23rd Street, Suite 82
Oklahoma City, OK 73107.

By Fax: Faxed registrations are accepted at 405-522-8320.

All registrations received after December 7, 2005, will be charged the late fee.

Name ____________________________________________

Unique Number or home phone # ______________________________

Occupation or Job Title _______________________________________

Place of Employment _________________________________________

Address _________________________________________________

City, State, ZIP ____________________________

Daytime Phone _____________________________

E-Mail Address ______________________________

CHECK ALL THAT APPLY

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Registration Total Due: $___________ $______________

Check All That Apply:

☐ Check or money order enclosed, payable to ODMHSAS

☐ Paying with purchase order

☐ Will pay on-site or am registering after January 18

☐ Credit Card: Type of Card (circle one) Visa  MasterCard

Card Number: _______________________________________

Expiration date: ______/______

Authorization Signature: ________________________________

☐ Require special accommodations as follows:

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