

A Decade of Hope



10th Annual State Suicide Prevention Conference

Friday, November 8, 2013

SERESC Conference Center, 29 Commerce Drive, Bedford, NH

Presented by:

NAMI NH, State Suicide Prevention Council & Youth Suicide Prevention Assembly

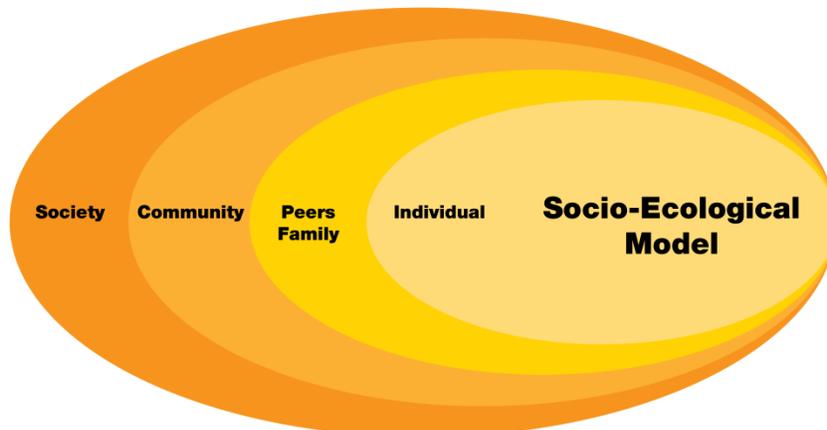
Program Agenda

A Message of Hope: How Safe Messaging Can Save Lives

Ken Norton, LICSW, ACSW, Executive Director of NAMI NH, and panelists will explore how safe messaging is key for suicide prevention as well as postvention. Drawing on examples from media and data reports as well as recent research we will explore the importance of safe messaging for all involved in suicide prevention efforts. The presentation will review guidelines for media, and general audiences, to ensure safety for vulnerable audiences such as youth and persons at risk for suicide. It will also address how and why survivors should tell their story safely.

We need to speak with words that can heal.

- 7:30-8:30 AM - Registration, Continental Breakfast & Exhibits
- 8:30 - 8:45 AM - Welcome & Overview
- 8:45 -10:15 AM - *Keynote Address & Panel Presentations*
Message of Hope: How Safe Messaging Can Save Lives
- 10:15 - 10:30 - Decade of Hope in NH
- 10:30-10:45 AM - Break
- 10:45 AM-12:15 PM - Concurrent AM Workshops
- 12:15-1:15 PM - Lunch
- 1:15-2:45 PM -Concurrent PM Workshops
- 2:45- 3:00 PM - Break
- 3:00- 4:15 PM - Afternoon Plenary -Featured programs & brief video celebrating a "Decade of Hope."
- 4:15 - 4:30 PM - Closing - Evaluations & CEU certificates



NOTE: These workshops reflect diverse information and best practices. Suggested audiences are noted in parentheses after each workshop description. At the request of participants in past conferences, suggestions are made simply to help explain for whom the workshop is primarily geared. This is not intended to restrict you from participating in the workshop of your choice but to help you in making a selection.

PRO = Providers such as mental health, medical, social services and educators; **FAM** = Family;
LME = Law enforcement, military, 1st responders; **SSL** = Survivors of suicide loss;
CMH = Consumers of mental health services; **MBE** = Media, business/employer

AM Workshops (10:45 to 12:15 – select one)

A. Busting Stigma and Silos: Creating a Bridge between Substance Abuse & Suicide Prevention

For years, research has shown that mental health-related conditions increase the risk of suicide. There is also a 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. This workshop will also address the increasing concern nationwide and in New Hampshire about prescription drug abuse and deaths, and how this epidemic impacts the public health issue of suicide. (*Suggested audience: PRO*)

B. When Suicide Becomes Murder – Part I

This two part workshop will address several types of murder suicide prevalent in society: domestic and familial violence, murder-suicide pact, hostage taking and workplace and school shootings resulting in the deaths of innocent bystanders, and the aggressor. Case studies, statistics, and audience participation will be part of the workshop. Part I will focus on intimate partner violence in domestic and familial relationships. This workshop will be appropriate for a multi-disciplinary audience. (*Suggested audience: PRO, LME, MBE*)

C. Getting Through the Tunnel Alive

This workshop will provide first-hand insights into suicide prevention through the eyes of individuals who have experienced suicidal feelings and attempts. Panel presenters will highlight resources, people, treatment and strategies that helped them to stay alive, become stable and move towards recovery. (*Suggested audience: PRO, FAM, LME, CMH, MBE*)

D. CALM-Counseling on Access to Lethal Means (offered again in the afternoon)

Preventing suicide is a very complex puzzle that requires all of us to work collaboratively to complete the picture. One piece that has proven to be effective is to reduce access to lethal means – particularly firearms and medications. This workshop addresses why and how to do this in a variety of settings and in a collaborative way. (*Suggested audience: PRO, LME, MBE*)

E. The Ethical Journey of Religion & Ritual (**Ethics credit)

Emphasizing tolerance and openness, the current religious landscape in northern New England will be discussed, with attention paid to how common beliefs may impact suicide in positive and negative ways. In addition, the ethics of balancing protective factors and hope within belief systems will be discussed. A suicide survivor will share some of her personal experiences with how religious and spiritual practice was helpful or harmful. The workshop will close with a panel discussion of these issues. (*Suggested audience: PRO, SSL*)

F. Balance and Harmony (offered again in the afternoon)

This workshop will help participants understand the neuro-physiological responses to stress and life events. Through gentle yoga movements, breath work, and attunement practices, the participants will be guided and taught how to counteract the biological responses and assist them to return to a place of perspective and calm. Participants will learn how to respond in holistic ways when psychologically managing and processing difficult and traumatizing events and will be able to take home a series of exercises and practices to incorporate into daily living. (*Suggested audience: PRO, LME, SSL, CMH, FAM, MBE*)

PM Workshops (1:15 to 2:45 – select one)

G. Posttraumatic Growth

The experience of a trauma may not always be totally negative. This workshop will explore the positive impact, or the “posttraumatic growth”, that both survivors and responders to traumatic events may experience as a result of these events. We can help promote and facilitate posttraumatic growth and healing in people by becoming “expert companions,” ones who listen carefully to the stories and truly understand the traumatic experiences. A posttraumatic growth inventory will be introduced. *(Suggested audience: PRO, LME, SSL, CMH, FAM, MBE)*

H. When Suicide Becomes Murder – Part II

This two part workshop will address several types of murder suicide prevalent in society: domestic and familial violence, murder-suicide pact, hostage taking and workplace and school shootings resulting in the deaths of innocent bystanders and the aggressor. Part II will focus on mass violence often inflicted in public settings such as schools and workplaces. There will be discussion on characteristics, dynamics and factors leading to such incidences, as well as discussion and brainstorming on ways to recognize the escalation and consider prevention techniques. *(Suggested audience: PRO, LME, MBE)*

I. CALM- Counseling on Access to Lethal Means (repeated workshop)

Preventing suicide is a very complex puzzle that requires all of us to work collaboratively to complete the picture. One piece that has proven to be effective is to reduce access to lethal means – particularly firearms and medications. This workshop addresses why and how to do this in a variety of settings and in a collaborative way. *(Suggested audience: PRO, LME, MBE)*

J. Suicidality Among Gay, Lesbian, Bisexual, Transgender and Questioning (GLBTQ) Youth:

Although suicide rates are not separated out by sexual orientation or gender identity, it is well-documented that GLBTQ youth attempt and consider suicide more frequently than gender-normative youth. This workshop will help participants better understand the suicide risk factors among GLBTQ youth and become more sensitive in their interactions with this population. Developing GLBTQ-supportive policies and programs will be discussed. *(Suggested audience: PRO, LME, SSL, CMH, FAM, MBE)*

K. Ethical Issues in Suicide Prevention (**Ethics credit)

The workshop will provide an overview of issues such as dignity and worth of the individual, self-determination, informed consent, confidentiality and death with dignity/physician assisted suicide. Case scenarios representing challenging ethical situations with suicidal individuals and specific excerpts from various professional codes of ethics will be used to highlight these issues. While some of the material in the workshop may be specifically directed toward clinicians, the concepts discussed will be useful for anyone working with individuals at risk for suicide. *(Suggested audience: PRO)*

L. Balance and Harmony (repeated workshop)

This workshop will help participants understand the neuro-physiological responses to stress and life events. Through gentle yoga movements, breath work, and attunement practices, the participants will be guided and taught how to counteract the biological responses and assist them to return to a place of perspective and calm. Participants will learn how to respond in holistic ways when psychologically managing and processing difficult and traumatizing events and will be able to take home a series of exercises and practices to incorporate into daily living. *(Suggested audience: PRO, LME, SSL, CMH, FAM, MBE)*

Very special thanks to our sponsors:

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MHM Services, Inc. · National Alliance on Mental Illness NH
NH Charitable Foundation · NH Department of Health & Human Services
NH Suicide Prevention Council · TEAM SOS · YSPA



Celebrate life and remembrance of a loved one lost to suicide.

Come with a picture of your loved one and create a picture button.

Registration

Registration Fee \$65/ \$80 after Oct 1, 2013.

Space is limited, please register **EARLY**. Mail registration and check payable to:

Injury Prevention Center/Dartmouth
One Medical Center Drive, Lebanon, NH 03756
ATTN: Cindi LaPointe.

Name

Organization

Address (Street, City, State & Zip)

Phone

Email

Select an AM and PM Session (please circle one each):

AM Session: A B C D E F

PM Session: G H I J K L

Questions? For general conference inquiries, contact Cindi LaPointe at Cynthia.J.LaPointe@dartmouth.edu .

Scholarships: Limited scholarships are available for survivors of suicide loss, college students, consumers &volunteers. Scholarship application deadline is 9/9/13. For more information, contact Patrick Roberts at [proberts @naminh.org](mailto:proberts@naminh.org).

Continuing Education:

- ❖ This conference has been approved by the NH Chapter NASW for 6 Category I Continuing Education Credits, including 1.5 in Ethics for Session E and 1.5 in Ethics for Session K. (NH NASW authorization #3001).
- ❖ LADAC Credits have been applied for.
- ❖ Certificates of Attendance will be provided for all who attend the full day.
