

# Preventing Suicide in Regions 1 and 2

June 6<sup>th</sup>- 8<sup>th</sup>, 2005

Meriden, CT

**Day 1**

June 6<sup>th</sup>

<p>8:30 am <i>Charter Oak Ballroom Foyer</i></p>	<p><b>Registration</b></p>
<p>10:00 - 11:15 am <i>Charter Oak Ballroom</i></p>	<p><b>Conference Opening and Welcome</b> <i>Lloyd Potter, PhD, MPH, Director, Suicide Prevention Resource Center</i> <i>Richard McKeon, PhD, MPH, Special Expert, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services</i></p> <p><b>Developments Since The National Strategy for Suicide Prevention (NSSP)</b> <i>Senator Christopher Dodd (invited), United States Senator, Connecticut</i></p> <p><b>Youth Suicide Prevention Evaluation</b> <i>Madelyn Gould, PhD, MPH, Professor in Psychiatry and Public Health, Columbia University</i></p> <p><b>Quilt Display</b></p>
<p>11:15 am - 12:30 pm <i>Fairfield Room Brunswick Room Jericho Room Danbury Room Hanover Room Arlington Room Ivoryton Room Guilford Room</i></p>	<p><b>State Team Meetings</b></p> <p><b>Connecticut</b></p> <p><b>Massachusetts</b></p> <p><b>Maine</b></p> <p><b>New Hampshire</b></p> <p><b>New Jersey</b></p> <p><b>New York</b></p> <p><b>Rhode Island</b></p> <p><b>Vermont</b></p>
<p>12:30 - 1:30 pm <i>Patio</i></p>	<p><b>Lunch</b></p>
<p>1:30 - 3:00 pm <i>Arlington Room</i></p> <p><i>Fairfield Room</i></p> <p><i>Danbury Room</i></p>	<p><b>Co-Morbidity: Substance Abuse, Mental Illness and Suicide</b> <i>Richard McKeon, PhD, MPH, Special Expert, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services</i></p> <p>This presentation will examine the combined role of mental illness and substance abuse in suicide and explore opportunities for collaboration among prevention agencies and organizations to address these factors concurrently. Moderator: Anara Guard, SPRC</p> <p><b>Cultural Competency Experiential Workshop</b> <i>Chris Hanna, MPH, Director, Rural &amp; Agricultural Injury &amp; Violence Prevention, Children's Safety Network, Wisconsin</i> <i>Lidia Bernik, MHS, Program Coordinator, SPAN USA</i></p> <p>This workshop will present an opportunity for participants to experience cultural competency beyond issues of race and ethnicity. Participants will role play as they learn about ways to provide services that are most appropriate for people from different backgrounds and life experiences. Moderator: LaVonne Ortega, SPRC</p> <p><b>AAS Core Competencies: The Complexity of Suicide Prevention</b> <i>Sandy Lundahl, MA, MPH, Instructional Designer, American Association of Suicidology (AAS)</i></p> <p>Participants will engage in an interactive exercise and learn how to use a decision matrix to prioritize and make data-informed decisions about which at-risk for suicide population to address and interventions to implement in their communities. They will learn how to conduct a community and organizational assessment of capacity and available resources using the "SWOT Analysis Tool." Participants will learn how to write a report that describes the suicide-related problem to be addressed, the interventions to be implemented, and an assessment of a community's capacity and resources to implement the desired intervention. Moderator: Patrice Melvin, SPRC</p>

<p><i>Hanover Room</i></p>	<p><b>Suicide Prevention Practices in Juvenile Justice</b>  <i>Joan Mikula, Assistant Commissioner, Child and Adolescent Services, Massachusetts Department of Mental Health</i>  <i>John Chapman, PsyD, State of Connecticut Judicial Branch, Connecticut Court Support Services Division</i>  <i>Cheryl Dickeson, MS, Health Educator, Rhode Island Training School</i>  This session will address the high incidence of mental illness among juvenile offenders, and opportunities for implementing suicide prevention practices among juvenile offenders. Panelists working in the area of juvenile justice in Rhode Island, Massachusetts, and Connecticut will share lessons and ideas in developing suicide prevention programs, strategies and policy.  Moderator: Louisa Holmes, SPRC</p>
<p><i>Brunswick Room</i></p>	<p><b>Practical Applications in Youth Suicide Prevention</b>  <i>Cheryl DiCara, Coordinator, Maine Youth Suicide Prevention Program</i>  <i>Keri Lubell, PhD, Behavioral Scientist, Centers for Disease Control</i>  <i>Diane Haley, MPH, Evaluation Coordinator, University of Southern Maine, Institute for Public Sector Innovation</i>  This session will look at implementing school-based suicide prevention programs. Focus will be on ways to introduce a suicide prevention program in schools and make the program sustainable. This workshop will also offer an overview of the essential components of effective youth suicide prevention programs. Participants will understand the complexities of school-based screening for suicidal ideation and learn some practical tips to apply to their youth suicide prevention programs.  Moderator: Phil Rodgers, AFSP</p>
<p>3:00 - 3:15 pm</p>	<p><b>Break</b></p>
<p>3:15 - 4:15 pm  <i>Brunswick Room</i></p>	<p><b>Educating Decision Makers About Suicide Prevention</b>  <i>Jerry Reed, MSW, Executive Director, SPAN USA</i>  <i>Lidia Bernik, MHS, Program Coordinator, SPAN USA</i>  This presentation will introduce the participants to the principles involved in effectively educating and raising awareness about suicide prevention. It will also outline the value of collaboration between survivors and state health departments, among other partners, and it will teach participants practical skills related to engaging decision makers on the topic of suicide prevention.  Moderator: Patrice Melvin, SPRC</p> <p><b>Findings from a New Data Source for Suicide Prevention: the National Violent Death Reporting System</b>  <i>Cathy Barber, MPA, Co-Director, National Violent Injury Statistics System, Harvard Injury Control Research Center</i>  <i>Jennifer Almeida, MPH, Epidemiologist and Intentional Injury Coordinator, Safe Rhode Island Violence and Injury Prevention Program</i>  This workshop will introduce the strengths, limitations, and uses of the National Violent Death Reporting System as a data source for suicide prevention. It will highlight findings from a pilot site for the NVDRS—such as the proportion of victims testing positive for antidepressants; victims’ mental health substance abuse status and treatment status, and the precipitating circumstances associated with younger, middle-aged, and older suicide victims. The session will also summarize findings from a study of poisoning suicides in Rhode Island as one example of how the data are being used locally.  Moderator: Lloyd Potter, SPRC</p>
<p><i>Fairfield Room</i></p>	<p><b>Suicide Prevention Among Men in the Middle Years</b>  <i>Kerry Knox, PhD, Associate Professor, Department of Community and Preventive Medicine, University of Rochester</i>  <i>Gary Spielmann, MA, MS, Director of Project Management, New York State Office of Mental Health</i>  This session will address the significant problem of suicide among men in the middle years of life by examining the associated risk and protective factors, and discussing strategies currently underway. Findings from evaluation of the Air Force Suicide Prevention program will be discussed, with implications for civilian populations.  Moderator: Ramya Sundararaman, SPRC</p>
<p><i>Arlington Room</i></p>	<p><b>Suicide Prevention Among Men in the Middle Years</b>  <i>Kerry Knox, PhD, Associate Professor, Department of Community and Preventive Medicine, University of Rochester</i>  <i>Gary Spielmann, MA, MS, Director of Project Management, New York State Office of Mental Health</i>  This session will address the significant problem of suicide among men in the middle years of life by examining the associated risk and protective factors, and discussing strategies currently underway. Findings from evaluation of the Air Force Suicide Prevention program will be discussed, with implications for civilian populations.  Moderator: Ramya Sundararaman, SPRC</p>



**Day 2**June 7<sup>th</sup>

7:00 - 8:00 am	<b>Continental Breakfast</b>
8:00 - 9:00 am <i>Charter Oak Ballroom</i>	<b>State Suicide Prevention Efforts, Common Barriers and Successful Strategies</b> <i>Keri Lubell, PhD, Behavioral Scientist, Centers for Disease Control and Prevention</i>
9:00 – 9:15 am	<b>Break</b>
9:15 - 11:15 am <i>Fairfield Room Brunswick Room Jericho Room Danbury Room Hanover Room Arlington Room Ivoryton Room Guilford Room</i>	<b>State Team Meetings</b> <b>Connecticut</b> <b>Massachusetts</b> <b>Maine</b> <b>New Hampshire</b> <b>New Jersey</b> <b>New York</b> <b>Rhode Island</b> <b>Vermont</b>
11:15 – 11:30 am	<b>Break</b>
11:30 am – 12:00 pm <i>Charter Oak Ballroom</i>	<b>Surviving Suicide</b> <i>Sharon Smith, Survivor, SPAN USA Board Member</i>
12:00 - 1 pm <i>Fairfield Room</i>	<b>Samaritans Approach to Community-Based Hotlines</b> <i>Alan Ross, Executive Director, The Samaritans of New York</i> <i>Roberta Hurtig, MA, Executive Director, The Samaritans of Greater Boston</i> <i>Jennifer Costa, Executive Director, The Samaritans of New Hampshire</i> Crisis centers face many challenges in their efforts to provide quality services to persons in crisis. This session will provide a Samaritans perspective on issues such as: philosophy, recruiting and training staff and volunteers, sustainability and fundraising. Moderator: Lori Bradshaw, SPRC
<i>Danbury Room</i>	<b>Building a Community-Based Infrastructure to Address Suicide Prevention: The Frameworks Project</b> <i>Ken Norton, LICSW, Special Projects Director, NAMI New Hampshire</i> <i>Elaine de Mello, LICSW, Director of Programs, NAMI New Hampshire</i> This session will identify the elements that are essential to state and community suicide prevention efforts, using New Hampshire’s Frameworks curriculum to illustrate an example of a community-based infrastructure. Participants will recognize the importance of a comprehensive mental health system in establishing a safety net for the entire community. Moderator: Lloyd Potter, SPRC
<i>Hanover Room</i>	<b>Evaluation &amp; Outcome Measures</b> <i>Ramya Sundararaman, MD, MPH, Coordinator of Prevention Support Services, Suicide Prevention Resource Center</i> This workshop will review the principles of program evaluation, developing logic models, selecting indicators for evaluation and available resources for program evaluation. Participants will have the opportunity to work on a logic model and use the logic model to identify evaluation indicators. Moderator: LaVonne Ortega, SPRC
<i>Brunswick Room</i>	<b>Evidence Based Practices</b> <i>Phil Rodgers, PhD, Evaluation Specialist, American Foundation for Suicide Prevention</i> This session will introduce and discuss the knowledge and skills necessary to make informed decisions in selecting suicide prevention programs. Participants will learn about the evidence base for suicide prevention programs as well as ways to demonstrate evidence for effectiveness of their programs. Moderator: Patrice Melvin, SPRC

<p><i>Arlington Room</i></p>	<p><b>Suicide Risk in Older Adults</b>  <i>Jerry Reed, MSW, Executive Director, SPAN USA</i>  <i>Risa Breckman, LMSW, Director of Social Work Programs and Education, Division of Geriatrics and Gerontology, Weill Cornell Medical College</i></p> <p>This session will review the data and describe the special characteristics pertaining to suicide in the elderly population, and propose intervention strategies based on the best available science. A model program from New Jersey, Cornell Cares, will be presented to inform the participants about an innovative web based tool making geriatric mental health and psychosocial assessments and interventions easier and more effective. Preliminary results of a pilot study from Cornell University's Weill Medical College on the use of a Psychosocial Screening Tool in a geriatric primary care setting will also be discussed.</p> <p>Moderator: Lidia Bernik, SPRC</p>
<p>1:00 - 2:00 pm  <i>Patio</i></p>	<p><b>Lunch</b></p>
<p>2:00 - 3:00 pm  <i>Hanover Room</i></p> <p><i>Arlington Room</i></p> <p><i>Fairfield Room</i></p> <p><i>Danbury Room</i></p>	<p><b>Enhancing Resiliency in Young People</b>  <i>Dianna Baitinger, Program Director, Passion for Life</i></p> <p>This workshop will discuss, from a young person's perspective, the main reasons some young people feel suicidal: relationships, social status, substance abuse, academic achievement, and the need for tangible proof of success. Suicide prevention strategies covered will include redefining success, rebuilding self-esteem, and self-worth.</p> <p>Moderator: Ellen Freedman, SPRC</p> <p><b>Native American Suicide Prevention</b>  <i>Donna Holland Barnes, PhD, President, National Organization for People of Color Against Suicide</i></p> <p>This session will examine the current level of knowledge about suicidal behaviors in American Indian communities and explore the biopsychosocial factors that need to be addressed to prevent suicide.</p> <p>Moderator: Patrice Melvin, SPRC</p> <p><b>Suicide Prevention in the Context of Faith-Based Settings</b>  <i>LaVonne Ortega, MD, MPH, Prevention Specialist, Suicide Prevention Resource Center</i></p> <p>This session will explore the role of the faith community in facilitating educational programs, organizing system-wide support, 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 that are available to advance the efforts of faith communities will be reviewed and discussed.</p> <p>Moderator: Ramya Sundararaman, SPRC</p> <p><b>College Student Mental Health and Suicide Prevention</b>  <i>Bethany Koestner, Research Administrator, American Foundation for Suicide Prevention</i>  <i>Patrice Melvin, MPH, Senior Prevention Specialist, Suicide Prevention Resource Center</i></p> <p>The panelists will offer an overview of strategies being implemented at various institutions of higher education and discuss barriers and opportunities for engaging in suicide prevention on campus. SPRC will also present on the white paper, <i>Promoting Mental Health and Preventing Suicide in College and University Settings</i>, and on collaboration with the Jed Foundation to implement comprehensive suicide prevention strategies at several universities on the East coast.</p> <p>Moderator: Lori Bradshaw, SPRC</p>

<p><i>Brunswick Room</i></p>	<p><b>Suicide Prevention in Rural Communities: Determining the Importance of Place</b>  <i>Chris Hanna, MPH, Director, Rural &amp; Agricultural Injury &amp; Violence Prevention, Children's Safety Network, Wisconsin</i>  This session will review potential factors associated with suicides in rural areas and opportunities and challenges to preventing suicides. This session will also offer an outline of suicide and suicidal behavior data for rural states, communities, and places.  Moderator: Anara Guard, SPRC</p>
<p>3:00 – 3:15 pm</p>	<p><b>Break</b></p>
<p>3:15 - 4:45 pm  <i>Arlington Room</i></p>	<p><b>Suicide Prevention for Suicide Attempt Survivors</b>  <i>Jim Clemons, PhD, President, Organization for Attempters and Survivors of Suicide in Interfaith Services</i>  The speaker will discuss his suicide prevention work with survivors of suicide attempts. He will share examples of how survivors and attempt survivors can build effective partnerships with state and local agencies; offer lessons in building bereavement support in a community; and discuss how to recognize and address the needs of survivors.  Moderator: Louisa Holmes, SPRC</p>
<p><i>Brunswick Room</i></p>	<p><b>Screening for Suicide Prevention</b>  <i>Juan Pena, PhD, Research Fellow, University of Rochester Center for the Study and Prevention of Suicide</i>  <i>Doug Jacobs, MD, Associate Clinical Professor of Psychiatry, Harvard Medical School</i>  <i>Leslie McGuire, MSW, Co-Director, Columbia University TeenScreen Program, Department of Child Psychiatry, Columbia University</i>  Participants will gain an understanding of screening as a suicide prevention strategy and learn which features to consider when selecting suicide prevention screening strategies. This presentation will offer research insight into screening and also offer an overview of two suicide prevention screening programs: Columbia University TeenScreen® and SOS Signs of Suicide®.  Moderator: Phil Rodgers, AFSP</p>
<p><i>Fairfield Room</i></p>	<p><b>Restricting Means for Suicide</b>  <i>Matt Miller, MD, MPH, ScD, Associate Director, Harvard Injury Control Research Center</i>  <i>Elaine Frank, MPH, Injury Prevention Coordinator, Dartmouth Hitchcock Medical Center</i>  This session will focus on the efficacy of using restriction of different means of suicide as a strategy to prevent suicides. Participants will learn how means restriction may be combined with other aspects of injury prevention to create a comprehensive suicide prevention program. A New Hampshire model will be presented as a current means restriction intervention.  Moderator: Lidia Bernik, SPAN USA</p>
<p><i>Danbury Room</i></p>	<p><b>Managing Traumatic Loss in the School: Practical Applications</b>  <i>Maureen Underwood, LCSW, New Jersey Adolescent Suicide Prevention Project</i>  When suicide strikes a school, a planned proactive response is essential to effective management and crisis containment. Grounded in theory, this workshop will review the practical, community-based approach used in New Jersey schools for over 15 years.  Moderator: Ellen Freedman, SPRC</p>
<p><i>Hanover Room</i></p>	<p><b>Sustaining Suicide Prevention Programs</b>  <i>Lloyd Potter, PhD, Director, Suicide Prevention Resource Center</i>  <i>Roberta Hurtig, MA, Executive Director, Samaritans of Greater Boston</i>  <i>Effie Malley, MPA, Director, Suicide Prevention Partnership, New Hampshire</i>  This session will explore creative ways to find public and private funding for suicide prevention programs. Presenters will share their experiences and discuss successful fundraising strategies.  Moderator: Louisa Holmes, SPRC</p>
<p>4:45 to 5:30pm  <i>Charter Oak Ballroom</i></p>	<p><b>Town Hall Meeting</b>  An open forum with senior staff members of SPRC, SAMHSA, and CDC. Ask questions, raise issues, spark discussion.</p>

**Day 3****June 8<sup>th</sup>**

7:00 to 8:00 am	<b>Continental Breakfast</b>
8:00 to 9:30 am <i>Charter Oak Ballroom</i>	<b>Effectiveness of Hotlines: Research and the Road Ahead for the National Suicide Prevention Lifeline Network</b> <i>John Kalafat, PhD, Faculty, Rutgers Graduate School of Applied and Professional Psychology.</i> <i>John Draper, PhD, Director, National Suicide Prevention Lifeline Network, Mental Health Association of New York City.</i>
9:30 to 9:45 am	<b>Break</b>
9:45 to 11:15 pm <i>Charter Oak Ballroom</i>	<b>State Team Reports</b> <i>State Teams</i> Each state team will have 5 minutes to highlight what they accomplished during the course of the conference and their plans for moving ahead.
11:15 to 11:45 pm <i>Charter Oak Ballroom</i>	<b>SPRC Resources and Closing Remarks</b> <i>Anara Guard, MS, Associate Center Director, Suicide Prevention Resource Center</i>