

# Preventing Suicide in Public Health Regions IX and X Conference Agenda

Portland Downtown Marriott

February 28-March 2, 2005

## Sunday, February 27, 2005: Arrival

4:00 - 7:00pm Conference Registration

## Monday, February 28, 2005: Day One

7:00 - 8:00am Continental Breakfast and Conference Registration

8:00 - 8:15am Opening Remarks

8:15 - 9:00am Plenary: Mr. Charles Curie and Senator Gordon Smith

9:00 - 9:45am Welcome Ceremony and Remarks

9:45 - 11:45am State Planning Teams: Coming to a Common Understanding

11:45am - 1:00pm Working Lunch: Discussion of National Strategy for Suicide Prevention Goals (see below for discussion topics)

1:15 - 2:00pm **Choosing Suicide Prevention Programs Wisely: A Consumer's Guide**

Track A

**Phil Rodgers, PhD, Evaluation Specialist, American Foundation for Suicide Prevention**

The presenters will discuss the knowledge and skills necessary to make informed decisions in selecting suicide prevention programs, to help state planners in their decision-making processes.

### **Promoting Prevention Efforts Through Social Marketing**

**Heidi Keller, Director, Office of Health Promotion, Washington State Department of Health**

This workshop will address social marketing as a tool to promote prevention and as a strategy for behavior change. It will explore the differences between social marketing and commercial media campaigns, with particular attention paid to the link between social marketing and formative research, with a focus on target audiences. Participants will leave with a better understanding of how to employ social marketing to effect results in suicide prevention.

### **Co-morbidity: The Relationship Between Suicide, Mental Illness and Substance Abuse**

**Richard McKeon, PhD, MPH, Substance Abuse and Mental Health Services Administration**

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.

### **Educating Decision Makers About Suicide Prevention**

**Jerry Reed, MSW, Executive Director, SPAN USA**

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.

2:15 - 3:00pm

Track B

### **Suicide Prevention Among Latinos**

**Jo Velasquez, PhD, LCP**

This session will examine the current level of knowledge about suicidal behaviors in Latino communities, address biopsychosocial factors, and share innovative prevention strategies for use with Latino populations.

### **Promoting Prevention Efforts Through Social Marketing**

This is a continuation of Breakout Session A.

# Preventing Suicide in Public Health Regions IX and X Conference Agenda

Portland Downtown Marriott

February 28-March 2, 2005

2:15 - 3:00pm  
Track B (cont.)

## **Building Capacity: Developing State Infrastructure to Address Mental Health Needs**

**Michael Borunda, Assistant Deputy Director, California State Department of Mental Health**  
**Randy Jenkins, PhD, Psychologist, Southern Nevada Adult Mental Health Services**

This session will identify the elements that are essential to state and community suicide prevention efforts, using California and Nevada to illustrate two examples of mental health infrastructure. Participants will recognize the importance of a comprehensive mental health system in establishing a safety net for the community as a whole.

## **Suicide Prevention in the Context of Faith-Based Settings**

**David Litts, OD, FAAO, Associate Director, SPRC**

This session will explore the role of the faith community in facilitating educational programs, organizing systems-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.

3:15 - 4:00pm  
Track C

## **Anyplace, USA: The Complexity of Suicide Prevention**

**Lanny Berman, PhD, Executive Director, American Association of Suicidology**

This 90-minute, 2-part interactive panel will present a sequential, hypothetical scenario initiated with data regarding the problem of suicide in the participants' hypothetical home community, *Anyplace, USA*. The panel will be comprised of persons taking both real and assumed roles (clinician, public health professional, school administrator, elected official, etc.) common to a state or community suicide prevention task force. The task of the panelists will be to dialogue through a series of compelling, complex, scenarios in order to **Prioritize and Make Decisions** about target goal(s) for their prevention program to **Establish Criteria for Selecting an Intervention**, based on *Anyplace, USA's* constraining **Community Capacities and Resources**.

## **Surveillance: Finding and Using Data Effectively**

**Lisa Millet, MS, Section Manager, Health Division, Oregon Department of Human Services**

This workshop will present an overview of national suicide statistics, and showcase the various data collection tools currently being used in Oregon. It will explore unique approaches to suicide surveillance; underline the benefits and limitations of available data sources; and offer strategies for improving data systems in participants' states and communities.

## **ASIST and Reconnecting Youth: Two Approaches to Suicide Prevention Training**

**Gary McConahay, PhD, Deputy Director, Oregon Regional Behavioral Services**  
**Brooke Randell, DNSc, RN, CS, Associate Professor, School of Nursing, University of Washington**

This presentation will offer an overview of two suicide prevention training programs: *ASIST*, a community gatekeeper training strategy, and *Reconnecting Youth*, a school-based training curriculum. Participants will gain an understanding of these two programs, and learn which features to consider when selecting suicide prevention training strategies.

## **Surviving Suicide Panel: Building a Community Response**

**Linda Flatt, SPAN Nevada, AFSP Nevada**  
**Nancy Johnson, AFSP Northwest**

**Joyce Gatson, MA, LPC, Suicide Prevention Coordinator, Mental Health Association of AZ**  
The panelists will share their experiences as survivors of suicide and discuss the work they have undertaken as a result. They will share examples of how 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.

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Portland Downtown Marriott

February 28-March 2, 2005

## Anyplace, USA: The Complexity of Suicide Prevention

This is a continuation of Breakout Session B

## Discussion of Issues Concerning Crisis Centers

**Moderated by David Westbrook of the Oregon Partnership**

Crisis centers face many challenges in their efforts to provide quality services to persons in crisis. This session will provide a forum for discussing such issues as: recruiting and training staff and volunteers, sustainability and fundraising, and network participation.

4:15 - 5:00pm Poster Session and Exhibits

## Tuesday, March 1, 2005: Day Two

7:00 - 8:00am Kundalini Yoga (voluntary)

8:00 - 9:00am Continental Breakfast

9:00 - 10:00am Plenary: State Suicide Prevention Efforts, Common Barriers and Successful Strategies  
Keri Lubell, PhD, Behavioral Scientist, CDC  
Peggy West, PhD, Associate Field Director, HRSA Regional Office, Seattle

10:15 - 11:30am State Planning Team Meetings

11:45 - 1:00pm Working Lunch: Practicing Suicide Prevention (see below for discussion topics)

1:15 - 2:00pm **Suicide Prevention Among American Indians and Alaska Natives**

Track A

**Denise Middlebrook, PhD, Substance Abuse and Mental Health Services Administration**  
**Susan Soule, MA, Consultant, Alaska Suicide Prevention Council**

This session will examine the current level of knowledge about suicidal behaviors in American Indian and Alaska Native communities, explore the biopsychosocial factors that need to be addressed to prevent suicide, and share examples of successful strategies being employed in Native villages in Alaska.

**Suicide Prevention Among Asian and Multi-ethnic Groups**

**Tom Rankin, JD, MA, Suicide Prevention Educator, Didi Hirsch Community Mental Health Center**

This session will examine the current level of knowledge about suicidal behaviors among Asians of various ethnicities, explore the biopsychosocial factors that need to be addressed to prevent suicide, and share some innovative prevention strategies.

**Suicide Prevention in Rural Communities: Determining the Importance of Place**

**Chris Hanna, MPH, Director, Rural & Agricultural Injury & Violence Prevention, Children's Safety Network**

This session will offer an outline of suicide/suicide behavior data and maps for rural states, communities, and places. It will also review potential factors associated with suicides in rural places and opportunities and challenges to preventing suicides.

# Preventing Suicide in Public Health Regions IX and X Conference Agenda

Portland Downtown Marriott

February 28-March 2, 2005

## Antidepressants and Suicide Prevention

**Lanny Berman, PhD, Executive Director, American Association of Suicidology**

**Mort Silverman, MD, Senior Advisor, SPRC**

This session will address the continuing debate over prescribing antidepressants to children and adolescents, including the FDA's recent black box warning.

2:15 - 3:15pm  
Track B

## Suicide Prevention Among Gay, Lesbian, Bisexual and Transgender Individuals

**Ron Bloodworth, MA, LPC, Joyce Liljeholm, MEd, Reid Vanderburgh, MA**

This session will examine the current level of knowledge about suicidal behaviors among GLBT individuals, explore the biopsychosocial factors that need to be addressed to prevent suicide, and share some innovative prevention strategies, including an overview of the activities of the Oregon Safe Schools and Communities Coalition, and the use of holistic psychotherapy with transgender individuals.

## Suicide Prevention Among Older Adults

**Jerry Reed, MSW, Executive Director, SPAN USA**

**Mark Kaplan, DrPH, Professor, Portland State University**

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.

## Suicide Prevention Among Men In Their Middle Years

**David Litts, OD, FAACP, Associate Director, SPRC**

**Rich Paul, MSW, CEAP, Vice President, ValueOptions**

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 to build suicide prevention measures into Employee Assistance Programs.

## Strategies for Addressing Suicide Prevention in College/University Settings

**Donn Marshall, PhD, Director and Chief Psychologist, University of Puget Sound Counseling Health and Wellness Services**

**Peter Wollheim, PhD, Associate Professor, Boise State University**

**Robin Holmes, PhD, Director, University of Oregon Counseling and Testing Center**

The panelists will offer an overview of strategies being implemented at their respective institutions and discuss the barriers and opportunities for engaging in suicide prevention on campus. SPRC will also present briefly on the recently released white paper, *Promoting Mental Health and Preventing Suicide in College and University Settings*, and on our work with the Jed Foundation to implement comprehensive suicide prevention strategies at several universities on the East coast.

## Implementing Suicide Prevention Practices in Juvenile Justice Facilities

**Jeremy Bennett, MA, Training Specialist, Idaho Department of Juvenile Corrections**

**Ryan Hulbert, PhD, Clinical Psychologist, Idaho Department of Juvenile Corrections**

**John Crumbley, PhD, Senior Counselor, Lane County Department of Youth, Oregon**

This session will address the high incidence of mental illness among juvenile offenders, and opportunities for implementing suicide prevention practices in juvenile facilities. Representatives from juvenile detention centers in Idaho and Oregon will share lessons and propose strategies based on their work in developing suicide prevention programs for their respective facilities.

3:30 - 5:00pm

State Planning Team Meetings: Setting Goals

5:15 - 6:00pm

Town Hall Meeting and Reception

# Preventing Suicide in Public Health Regions IX and X Conference Agenda

Portland Downtown Marriott

February 28-March 2, 2005

## Wednesday, March 2, 2005: Day Three

- 8:00 - 9:00am Continental Breakfast
- 9:00 - 10:00am Plenary: Identifying and Employing Culturally Competent Practices in Suicide Prevention  
C.H. Hank Balderrama, Senior Administrator, Mental Health Division, Washington State  
Department of Social and Health Services
- 10:00 - 11:30am State Team Goals Presentation
- 11:30 - 12:00pm Conference Slide Show and Concluding Remarks

## Monday, February 28: Luncheon Discussion Topics

- Goal 1 Promoting Awareness that Suicide is a Preventable Public Health Problem
- Goal 2 Broad-based Support for Suicide Prevention
- Goal 3 Strategies to Reduce Stigma
- Goal 4 Suicide Prevention Programs
- Goal 5 Reducing Access to Lethal Means
- Goal 6 Training for Key Gatekeepers
- Goal 7 Training for Professionals
- Goal 8 Linkages with Mental Health and Substance Abuse Services
- Goal 9 Media Portrayals of Suicidal Behaviors, Mental Illness and Substance Abuse
- Goal 10 Research on Suicide and Suicide Prevention
- Goal 11 Improve and Expand Surveillance Systems

## Tuesday, March 1: Luncheon Discussion Topics

- A. State Mental Health Professionals (non-clinical)
- B. Clinicians
- C. Educators
- D. Survivors
- E. Corrections and Juvenile Justice
- F. Faith Community
- G. Community Health Workers
- H. Researchers
- I. State Public Health Professionals
- J. Policymakers