



*Michigan Association of Community Mental Health Boards
Michigan Department of Community Health
Michigan Association for Suicide Prevention
Michigan Suicide Prevention Coalition
Macomb County CMH Services
Oakland County CMH Authority
Shiawassee County CMH Services
University of Michigan Depression Center*

Have partnered to present

***2nd Annual Statewide Suicide
Prevention Conference***

***Sustaining Hope,
Saving Lives:***

***Suicide Prevention Across the
Peninsulas***

November 11-13, 2009

***Lexington Lansing Hotel
925 S. Creyts Road
Lansing, MI 48917***

~CONFERENCE DETAILS~

Conference Goals and Objectives: Learning objectives for each educational activity are identified within the body of the brochure. The following overarching goals have been established for this conference:

- ☞ Participants will gain new information and increase their awareness of suicide as a public health issue.
- ☞ Participants will become familiar with the goals and objectives of the (**Michigan**) Strategic Plan for Suicide Prevention.
- ☞ Participants will identify stress reduction and self care strategies.
- ☞ Participants will gain knowledge about the special needs of suicide survivors.
- ☞ Participants will enhance their suicide assessment and intervention skills.

Who Should Attend: Public health and mental health professionals, social workers, nurses, public safety officials, first responders, law enforcement officers, emergency medical technicians, corrections personnel, community leaders and advocates, survivors, counselors, clergy and faith community leaders, educators and school administrators, elder service staff, persons working with youth programs, GLBT advocates, providers of veterans' services and allies and anyone interested in preventing self-harm and suicide in the State of Michigan.

Social Work Continuing Education Clock Hours: The Michigan Association of Community Mental Health Boards (MACMHB) approval #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org Approved Continuing Education Program (ACE). Approval Period: November 10, 2007 to November 10, 2010. MACMHB maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers may receive a maximum of 7.5 continuing clock hours.

Evaluation: There will be an opportunity for each participant to complete an evaluation of the conference and the instructor(s). If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation of the conference or you may contact MACMHB at 517-374-6848 or through our webpage at www.macmhb.org for resolution.

Cancellation Policy: Substitutions are permitted at any time. No-shows will be billed at the full conference rate. All cancellations must be received in writing. All cancellations will be assessed a \$25 administrative fee. Cancellations received less than 10 business days prior to the conference will be charged the full conference rate and no refunds will be given.

Overnight Accommodations – Lexington Lansing Hotel: **ENTIRE PROPERTY HAS A SMOKE FREE POLICY.**

For reservations call: 517-323-7100 and mention that you are with the Suicide Prevention Conference to receive a \$99/night + TAX RATE. **ROOM RATES AVAILABLE: November 11-12, 2009.** All reservations must be accompanied by first night room deposit or guaranteed with a major credit card. Hotel room rates are subject to applicable state and local taxes (currently 12%) in effect at the time of check-out. Check in time: 3:00pm/Check out time: 12:00pm. **THE HOTEL SHALL HOLD THE ROOM BLOCK UNTIL 10/28/09.** Reservations made after this date or above the contracted block amount are subject to the availability and pricing availability of the hotel. **ALL CANCELLATIONS MUST BE MADE BY NOVEMBER 2, 2009 ANY ROOMS CANCELLED AFTER MIDNIGHT WILL BE SUBJECT TO 1 NIGHT ROOM AND TAX CHARGES!**

Directions to the Lexington Hotel: From I-96 take I-496 to Creyts Road. Take the North Creyts Road Exit. Go North on Creyts Road. Turn right at the light onto Anacapi Boulevard (first road). Pass the first drive and enter either of the next two drives to complimentary parking.

Handouts: With few exceptions, **there will be NO paper handouts** for keynote or workshop session(s). Those that have been submitted by presenters will be included on the conference CD given to you at the conference registration. MACMHB will put others on our website at www.macmhb.org when they are received.

Payment Method: Payment **DOES NOT** need to accompany registration form. However, payment or purchase order must be received by the **day of the conference**. **Credit cards are no longer accepted for onsite payment.** You must pay with check, money order or cash onsite. If you would like to pay by credit card, you must pre-register online through PayPal. A PayPal account is not required. **Please note that confirmation letters are NOT sent. If you require confirmation, please contact Annette Pepper at apepper@macmhb.org or 517-374-6848.**

2nd Annual Statewide Suicide Prevention Conference Agenda

~Wednesday, November 11, 2009~

2:00pm – 5:00pm

Registration

3:00pm – 4:20pm

Pre-Conference Institutes

A. “safeTALK Training” (this pre-conference institute is limited to 35 participants)

- Anne Kramer, LMSW, University of Michigan

Complementing ASIST, safeTALK helps to create suicide-safer communities. safeTALK is for everyone in the community and is designed to ensure that persons with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions. safeTALK is built on the premise that suicide alert helpers are part of a suicide-safer community.

B. “Working in Your Community to Support Survivors”

- Amy Smith, LMSW, Community Planning Officer, St. Clair County CMH Services

- Barb Smith, Survivors of Suicide

- Vanessa Lewis, LMSW, Michigan Association for Suicide Prevention

This workshop will cover how to strengthen the support system for survivors in your community. Learn what works from the community, community mental health and therapeutic perspectives.

C. “Life Goals” ☒ Qualifies for 3.0 CEU Hours

- Julia Clogston, MSW, Senior Case Manager, University of Michigan Medical School

This workshop is an introduction for mental health professionals to the *Life Goals* program, which aims to help individuals with bipolar disorder achieve personal wellness goals through a combination of self-management and individualized guidance by promoting healthy lifestyles and symptom management. *Life Goals* is a brief intervention that is based on the workbook, "Overcoming Bipolar Disorder: A Comprehensive Workbook on Managing Your Symptoms and Achieving Your Life Goals". *Life Goals* is a brief intervention based on principles of the Chronic Care Model and Motivational Interviewing. It combines best practices in patient self-management education and care management. Participants will be able to: Understand the background and rationale for Life Goals; List the three core elements of the Life Goals Model; Conduct two exercises used in Life Goals.

4:20pm – 4:30pm

Refreshment Break

4:30pm – 6:00pm

Pre-Conference Institutes Continue

6:00pm

Adjourn

~Thursday, November 12, 2009~

7:30am – 5:00pm

Registration

7:30am – 8:30am

Full Breakfast Buffet

8:30am – 8:40am

Welcome

8:40am – 9:00am

State-of-the-State Plan

- Larry Lewis, MSW, Michigan Association for Suicide Prevention

- Pat Smith, MS, Violence Prevention Program Coordinator, MDCH

9:00am – 10:00am

Opening Keynote: “What We Have Learned About Suicide and Life from Edwin Schneidman”

- Jack Klott, MSSA, LISW, CSW

10:00am – 10:15am

Break

10:15am – 11:45am

Concurrent Workshops

1. “Developing the Community Approach for Youth Suicide Prevention”

Qualifies for 1.5 CEU Hours

- *Shari Spoleman, BA, Wexford County Extension Director, Michigan State University*
- *Nichole Ellens, Sources of Strength Youth Suicide Prevention Program Coordinator, Northern Lakes Community Mental Health*

Developing a community plan and approach to youth suicide prevention requires unique consideration of the elements of youth suicide. Like many initiatives, participants will learn that it takes a whole community to make a difference in the lives of our youth. See what one community who was hit hard with youth suicide did to engage the community in youth suicide prevention, who they brought to the table, what strategies they have used, what has worked well and what challenges they still face. Participants will be able to: List at least five key community partners for a youth suicide prevention plan; Identify three important elements of a youth suicide prevention plan; and Learn three strategies to increase sustainability of your plan.

2. “Understanding the Cultural Dimension to Suicide”

- *Frederick Leong, PhD, Professor of Psychology and Director of the Center for Multicultural Psychology Research, Michigan State University*

3. “Using Theater as Suicide Prevention” Qualifies for 1.5 CEU Hours

- *Amy Smith, LMSW, Community Planning Officer, St. Clair County CMH*
- *John Baugh, MD, St. Clair County CMH*

Beginning suicide prevention programs in communities may be difficult. This workshop will demonstrate a creative way of using theater as a stepping stone to introduce the issue of suicidal thoughts and gestures and the importance of recognizing the warning signs in our daily lives. Participants will be able to: Learn how to take a one-act play involving suicidal thoughts and gestures and turn it into a suicide prevention program; learn three serious warning signs of suicide; and Learn two steps to take or not to take when a person is suicidal.

4. “Implementing Suicide Prevention Practices in a Primary Care Setting”

Qualifies for 1.5 CEU Hours

- *David Litts, OD, Director, Science and Policy, Suicide Prevention Resource Center*

Suicidal patients often visit their primary care providers within days or weeks of taking their lives. This fact suggests the primary care setting would present an excellent opportunity for suicide prevention. This session will introduce you to a new web-based toolkit that contains information and tools to implement state of the art suicide prevention practices and overcome the significant hurdles this life-saving work faces in primary care practices. The toolkit offers the support necessary to establish the primary care provider as one member of a team, fully equipped to reduce suicide risk among their patients. Participants will be able to: Explain at least three components of a comprehensive suicide prevention approach for primary care settings; Identify at least one barrier to implementing suicide prevention practices in primary care settings; and Access instructions and resource materials for expanding suicide prevention practices in primary care settings.

11:45am – 12:00pm

Refreshment Break

12:00pm – 1:15pm

Lunch and Interest Group Discussions

Roundtable Discussions on anti stigma efforts in the community, funding and other resources for suicide prevention, first responders and suicide prevention, veteran’s issues and youth suicide prevention. While enjoying lunch, learn in an informal atmosphere what our communities, colleagues and others are doing to move suicide prevention forward in Michigan.

12:30pm – 1:45pm

Book Signing

1:45pm – 3:15pm

Concurrent Workshops

5. “Why People Do What They Do: An Examination of Self-Harm Behaviors”

- Jack Klott, MSSA, LISW, CSW

This breakout session will look at self-harm behaviors from the perspective of the major medical mental disorders. Exploring the correlation between mood disorders, anxiety disorders, psychotic disorders, substance related disorders and self-harm behaviors. This session will also address the special circumstances in which men and women are at risk for self-harm when depression, Bi-polar Disorders, PTSD, and psychotic disorders are emerging. Participants will be able to: Note the special circumstance that puts the Bipolar at risk for suicide; Understand the severe risk for self-harm for men and women who are the "self-medicating mentally ill"; Understand the concern for suicide in the individual recently diagnosed with schizophrenia; and Understand the concern with the "hopeless addict".

6. “Engaging Faith-Based Communities in the Battle Against Suicide”

Qualifies for 1.5 CEU Hours

- David Litts, OD, Director, Science and Policy, Suicide Prevention Resource Center

This session will consider the prevention effect faith communities can have by their very nature and enhanced effect they can have if they are respected, welcomed and engaged by the suicide prevention and mental health communities. Participants will be able to: List at least three characteristics found in many faith communities that contribute to preventing suicidal behaviors; Identify at least two barriers that prevent faith communities and their leaders from being (more) involved in preventing suicidal behaviors; and Identify two or more specific roles or approaches that enable faith communities to advance suicide prevention.

7. “Adolescent Emergency Patients: Suicide Risk Screening and Brief Intervention”

- Cheryl King, PhD, Director of the Institute for Human Adjustment, University of Michigan

This workshop will cover new information about the feasibility, utility and acceptance (by parents and adolescents) of screening for elevated suicide risk in medical and specialized psychiatry emergency departments. Specific screening strategies will be discussed and the components of a treatment linkage intervention will be described.

8. “Understanding the Clinical Implications of the Substance Abusing Clients with Suicidal Thoughts” Qualifies for 1.5 CEU Hours

- Judith L. Cates, RN, MA, LPC, CAAC, CMH Authority of Clinton-Eaton-Ingham Counties

Suicide is the 11th leading cause of death in America and the leading cause of death among individuals who abuse alcohol and drugs. In America alone we continue to have over 32,000 completed suicides a year. It is imperative that those individuals who work with clients that abuse drugs and/or alcohol understand how this increases the risk for suicide events. In this workshop we will identify those competencies, risk factors and counseling skills needed to support individuals at risk and identify how personal emotional factors negatively impact the therapeutic alliance with the client. Participants will be able to: Describe how co-occurring disorders impact the suicidal event; List four core competencies in assessing and managing suicide risk; and State four facts on how substance abuse increases suicidal risk and list two possible emotional reactions by the therapist during treatment that could disrupt the therapeutic alliance.

3:15pm – 3:30pm

Refreshment Break

3:30pm – 4:30pm

Plenary Session: “Means Matter”

- Catherine Barber, MPA, Research Manager and Director of the Means Matter Campaign, Harvard Injury Control Research Center

Reducing the odds that an attempter will use highly lethal means is an important part of a comprehensive approach to suicide prevention. There are many ways of helping, but one step is clear; reducing a suicidal person’s access to lethal means helps save lives. Firearms are the most lethal and most common suicide method. Suicide attempts with a firearm are almost always fatal, while those with other methods are less likely to kill. Nine out of ten people who survive an attempt do not go on to die by suicide later. This workshop will talk with us about why it’s time to start talking about firearms and how to begin using the “Means Matter” program.

~Friday, November 13, 2009~

8:00am – 9:00am

Continental Breakfast

9:00am – 9:15am

Break

9:15am – 10:45am

Concurrent Workshops

9. “Implementing Means Matter in Your Community” ☒ Qualifies for 1.5 CEU Hours

- Catherine Barber, MPA, Research Manager and Director of the Means Matter Campaign, Harvard Injury Control Research Center

Building on her plenary presentation, this session will walk participants through how to put the “Means Matter” program to work in their own communities. Participants will be able to: Articulate the rationale for providers/gatekeepers routinely asking about gun access when working with a person who is suicidal or at high risk of becoming suicidal; working with the client and their family to store the guns elsewhere, or very securely lock them away, until the situation improves; identify strategies for institutionalizing the practice in medical, mental health, social service and “gatekeeper” settings; and Sketch out a logic model to ensure that the implementation plan is population-based, likely to be effective and able to be evaluated.

10. “Setting the Stage for Success: Community-based Suicide Prevention”

- Michelle Rose-Armstrong, Washtenaw Alive
- Guy Golomb, Director, Suicide Prevention Services, Gryphon Place
- Michael Swank, MI Services Director, Bay-Arenac Behavioral Health Authority

There are many successful suicide prevention efforts taking place locally around the state. However, engaging a local community in developing a plan or implementing suicide prevention activities is not necessarily an easy task. Join this session to hear from some communities where efforts are flourishing. This session will cover steps you can take to move things forward productively when you return home.

11. “Heading Way Upstream – Primary Prevention and Suicide” ☒ Qualifies for 1.5 CEU Hours

- Pat Smith, MS, Violence Prevention Program Coordinator, MDCH

This session will expand your thinking about what suicide prevention involves. Suicide prevention is a continuum. Most efforts focus at the individual level with early intervention, crisis intervention and/or mental health treatment. However, if we truly want to be doing prevention work we need to include a focus on primary prevention or the prevention of conditions that are risk factors associated with suicidal behavior. For many of us this involves stepping outside our comfort zone because we need to look at how we can be involved in larger community issues such as child abuse and neglect, social isolation, chronic disease prevention and substance abuse prevention. Participants will be able to: Define primary prevention; List at least three distal risk factors for suicide; and Describe two ways that risk factors differ from protective factors; Identify at least two ways to become involved in primary prevention of suicide in your community.

12. “Late Life Depression and Suicide Risk Prevention”

- Sara Wright, PhD, Clinical Lecturer in Psychiatry, University of Michigan Medical School

A significant number of older patients present to healthcare providers with symptoms of depression, and some of these patients are at risk for suicide. This presentation will discuss characteristics of depression during late life (LLD) and how the presentation of LLD may differ from that of depression earlier in life. It will identify risk factors for LLD and suicide during late life and discuss how practitioners can effectively screen for these problems. It will also describe interventions that have been found to be effective for reducing depressive symptomatology and suicide risk among geriatric patients.

10:45am – 11:00am

Break

11:00am – 1:00pm

Lunch and Plenary Session “Stomping Out Stigma”

- Malkia Maisha, Anti-Stigma Team, Community Network Services
- Margaret Thele, Anti-Stigma Team, Community Educator, Community Network Services

Stomping Out Stigma is an interactive presentation designed to stimulate discussion about mental health and/or substance abuse issues and the discrimination and stigma that is faced when someone has a mental health disorder. Sharing their own stories, the presenters create an atmosphere that is helpful for people to be able to learn the facts and myths about mental illness, what to do when faced with a crisis and how to get involved personally to address the stigma surrounding mental health and substance abuse disorders.

1:00pm

Conference Adjourns

**2nd Annual Statewide Suicide Prevention Conference – Attn: Annette Pepper
November 11-13, 2009 ❖ Lexington Lansing Hotel, 925 S. Creyts Road, Lansing, MI 48917**

The full conference registration fee provides you with a program packet, admission to pre-conference institute, plenary sessions, workshops, two breakfasts, two lunches and all breaks.

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| | MEMBER RATES: | NON-MEMBER RATE: |
| REGISTRATION FEE (per person) | \$180 | \$216 |
| ONLINE: www.macmh.org | BY FAX: (517) 374-1053 | BY MAIL: MACMHB 426 S. Walnut St., Lansing, MI 48933 |

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Please Check ✓ the Meals You Plan to Attend. (Meals are Included in the Cost of the Conference Registration)

Thurs Breakfast Thurs Lunch Fri Breakfast Fri Lunch

Please Check ✓ Workshop Attendance

Pre-Conference Workshops A B C

Thursday #1 #2 #3 #4 #5 #6 #7 #8 **Friday** #9 #10 #11 #12

Thursday Lunch and Interest Group Discussions: **Anti Stigma Efforts in the Community;** **Funding and Other Resources for Suicide Prevention;** **First Responders and Suicide Prevention;** **Veteran’s Issues;** **Youth Suicide Prevention**

I am requesting *Continuing Education Clock Hours for social workers.

Your Social Work Permanent Licensure # _____ (*required)

Name as Printed on Badge: _____ Title: _____

Agency/Company: _____

Address, City, St, Zip: _____

Phone: _____ Fax: _____

Email Address: _____

Special Needs: If You Have Special Dietary Or Physical Needs, Please Specify: _____

Arrangements for special needs will be honored for those written requests received 10 business days prior to the conference. Clearly state your specific needs for mobility assistance, interpreters, etc. Attempts for on-site requests will be made.

In Case Of Emergency During Conference, Please Contact: _____

Daytime Phone: _____ Evening Phone: _____

Billing Address if Different Than Above (Contact): _____

Address: _____ City, St, Zip: _____

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- Check enclosed (payable to MACMHB)
- Purchase Order (attached)
- PayPal – MACMHB now uses PayPal to process credit cards. If you would like to pay by credit card you must register online. Go to <http://www.macmh.org/trainingpage.html> and click on the appropriate training.

Questions? Call MACMHB (517) 374-6848