

Please Join KEVIN'S SONG & Presenting Sponsor: **The Children's Foundation** 



THE SCHOOL SUMMIT

We will bring together public, independent, parochial and charter schools to share research, best practices, discuss needs, present creative and tested options for schools, and give educators tools to take back to their schools and school districts.

Thursday, January 23, 2020

Presented in Coordination with:

Kevin's Song's 4th Annual CONFERENCE ON SUICIDE: ADVOCACY IN ACTION
January 23-25, 2020 at The Inn at St. John's | www.KevinsSong.org

OBJECTIVE 1

Educators, administrators and school mental health staff from across the state will have an opportunity to come together and receive up-to-date information and education about suicide and suicide prevention.



OBJECTIVE 2

Learn about resources that are available to assist in your efforts toward mental health promotion and suicide prevention.



OBJECTIVE 3

Meet and connect with colleagues around the state that are like-minded and passionate about making a positive difference in the lives of their students.



Speakers and Presenters for The School Summit Include:

Keynote Speaker:



John Della Volpe, Director of Polling at the Harvard University Kennedy School Institute of Politics who will speak on "The United States of Anxiety" as it affects today's youth.

Plenary Session:



Thomas Joiner, Ph.D., Leading expert on suicide, Robert O. Lawton Distinguished Professor of Psychology at Florida State University and recent recipient of the 2020

James McKeen Cattell Fellow Award from the Association of Psychological Science who will address what school mental health staff needs to know about lethality.



Cheryl King, Ph.D., Clinical Psychologist, Professor at the University of Michigan in the Departments of Psychiatry and Psychology and is the Director of the Youth Depression and

Suicide Prevention Research Program.

Breakout Sessions:

Nancy Buyle, MA, LPC, NCC, School Safety/ Student Assistance Consultant, Macomb Intermediate School District, will speak about Bullying and Suicide: A Better Understanding.

Polly Gipson, Ph.D., a licensed clinical psychologist and clinical assistant professor in the Department of Psychiatry, Child and Adolescent Section at Michigan Medicine. She will address youth suicide related issues.

Will Heininger, Stephanie Salazar, MPH and **Lizelle Salazar, MPH** will present on Peer-to-Peer, a collaboration between the University of Michigan Depression Center and the Ann Arbor Public Schools. This program is the recipient of the American Psychiatric Association Gold Award for academic programs in 2019.

Nicole Law, PsyD, LP, and her team will present on issues related to LGBTQ+ youth.

Stephanie Lange, LMSW, Mary Gager Drew, Christy Buck and **Barb Smith** will introduce you to programs in use in schools and communities throughout Michigan to enhance mental health and prevent suicide, including the Mental Health Fire Drill, Be Nice, OK2SAY and LivingWorks.

Robyn Weiss and **Christine Belsky**, Counselors, Berkley High School, and **Pamela Fine**, OHS Restorative Practices Services, Oxford High School, will present on "Finding Hope, Help & Resilience: Suicide Prevention Programming in Berkley Public and Oxford Community Schools

Dennis Liegghio, Ryan Beale, Anthony Grupido and **Will Heininger** will discuss the innovative programs they have developed for Middle and High School students.

Catherine Livingston, MA, LPC, Counselor and her colleague **David Ersig** from Henry Ford II High School in Utica will discuss how the interconnected impacts of students' mental health in children, their ability to learn and achieve has placed schools at the forefront of the discussion on supporting mental health.



A New Film Produced by Kevin's Song for Educators will Premiere at The School Summit

For Complete Details, and to Register, Visit: www.KevinsSong.org

SCHEDULE AND SESSION DESCRIPTIONS

(Professional CE Credits and SCECHs Available)

United States of Anxiety

John Della Voipe, Director of Polling, Harvard Kennedy School Institute of Politics; CEO of SocialSphere.

This presentation will address the mental health risks of young adults by understanding the impact that current events and technology have on millennial and post-millennial generations.

At the end of this session, the learner will be able to:

1. List 3 challenges facing young adults.
2. Describe the impact of current events on millennial and post-millennial generations.
3. Identify 3 ways that technology affects the mental health of younger generations

Connectedness and Youth Suicide Prevention

Cheryl King, Ph.D., Professor, Departments of Psychiatry and Psychology, University of Michigan.

This presentation will describe the importance of social connectedness to youth suicide risk and possible strategies for enhancing youth connectedness.

At the end of this session, the learner will be able to:

1. List five suicide risk factors that cross psychiatric and social domains.
2. Describe at least one intervention strategy with the potential to enhance youth connectedness and improve youth outcomes.
3. Discuss local efforts to prevent suicide in youth.

Bullying and Suicide: A Better Understanding

Nancy Buyle, MA, LPC, NCC, School Safety / Student Assistance Consultant & Psychotherapist, Macomb Intermediate School District. Too many times we hear "he was bullied to death" or "bullying caused her suicide." Learn about the complex relationship between bullying and suicidal behavior. This session will focus on research that has been done to help us understand that bullying is a risk factor for suicide; it does not cause it. Learn about circumstances and outcomes to make better decisions about what actions to take to prevent bullying and behaviors related to suicide.

Peer-to-Peer

Will Heininger, BA, Program Coordinator, University of Michigan Depression Center. **Lizelle Salazar, MPH**, Senior Outreach Specialist, U of M Depression Center. **Stephanie Salazar, MPH**, Outreach & Education Program Manager, U of M Depression Center.

Join us to learn about Peer-to-Peer, a collaboration between the University of Michigan Depression Center and Ann Arbor Public Schools. This program is the recipient of the American Psychiatric Association Gold Award for academic programs in 2019.

At the end of this session, the learner will be able to:

1. Discuss two advantages of utilizing peers in academic programs.
2. Describe the roles of the school district and the Depression Center in providing Peer-to-Peer.
3. List two outcomes of the program so far.

LGBTQIA Youth and Suicide Risk Reduction in Schools

Nicole Law, PsyD, LP and **Ashley Lupico, MA, LLP**, Aloe Integrative Psychology Group.

This presentation will look at risk factors regarding LGBTQIA youth and the ways in which schools can identify at risk youth and mitigate minority stress that contributes to suicidality.

At the end of this session, the learner will be able to:

1. Identify the unique risks of suicide in the LGBTQIA population.
2. Name 3 unique risk factors for these youth in a school environment.
3. Identify at least one specific change that can be implemented to minimize the minority stress these youth experience.

Resource Panel I

Stephanie Lange, LMSW, Student Assistance Specialist, Dakota High School. **Mary Gager Drew**, Consumer Programs Administrator for the Michigan Department of Attorney General. **Christy Buck**, Executive Director of the Mental Health Foundation of West Michigan. **Barb Smith**, Founder and Executive Director or Barb Smith Suicide Resource and Response Network.

Join us as we introduce you to programs in use in schools and communities throughout Michigan to enhance mental health and prevent suicide, including the Mental Health Fire Drill, Be Nice, OK2SAY and LivingWorks.

At the end of this session, the learner will be able to:

1. Discuss at least one program that can be used as a lesson plan.
2. Discuss at least one program that can be used as a full-school initiative.
3. Discuss at least one program that can be used outside of school hours.

Lethality Screening and Assessment

Thomas Joiner, Ph.D., Robert O. Lawton Distinguished Professor, Department of Psychology, Florida State University.

Dr. Joiner will present a general overview of lethality assessment and its specific relevance to youth and school settings.

At the end of this session, the learner will be able to:

1. Identify 2 lethality screening tools.
2. Discuss how lethality assessment can be used in a school setting.
3. Discuss 3 important facets of lethality assessment.

Finding Hope, Health & Resilience: Suicide Prevention Programming in Berkley Public & Oxford Community Schools

Robyn Weiss, M.Ed, MA, LPC., School Counselor at Berkley Public Schools. **Christina Belsky**, School Counselor at Berkley Public Schools.

Pamela Fine, Restorative Practices Coordinator, Oxford Community Schools.

Attendees will learn about suicide prevention programming at Berkley High School and Oxford High School, highlighting the variety of supports available through the lens of restorative practices and strength-based learning. Discussion will center around the challenges, successes and commitment to building a culture of healthy communication and wellness in the high school setting. The focus of this presentation will be on building resilience and accessing existing supports.

At the end of this session, the learner will be able to:

1. Discuss positive alternatives to building resilience and wellness with high school students.
2. Discuss ideas to promote strength-based programming in a high school setting.
3. Describe 2 ways that schools are helping students manage their mental health.

Public Health Implications of Chronic Traumatic Exposure

Polly Y. Gipson, Ph.D., Clinical Associate Professor; Director, Trauma & Grief Clinic, Frankel Integrated Behavioral Health Program, Michigan Medicine.

Dr. Gipson will present her work on the cumulative effect of chronic traumatic exposure as a threat to our community's health which has a number of lifespan consequences, including posttraumatic stress and depressive disorders, suicide attempts, obesity, diabetes and cardiovascular disease. PROMISE for Success is a Trauma-Informed and Trauma-Responsive Community Intervention program with community engagement/collaborative frameworks.

At the end of this session, the learner will be able to:

1. Discuss 3 consequences of chronic exposure to trauma.
2. Identify sources of chronic traumatic exposure.
3. Describe one community intervention program.

Resource Panel II

Ryan Beale, CEO/Founder, Prepare U Mental Health Education. **Dennis Liegghio**, Founder, KnowResolve. **Will Heininger**, Program Coordinator, University of Michigan Depression Center. **Anthony Grupido**, Wellness Advocate and Magician.

Join us for an introduction to innovative programs and presentations that our speakers have developed to address suicide awareness and prevention for middle and high school students, including Prepare U, KnowResolve, Peer-to-Peer, and the Magic of Hope.

At the end of this session, the learner will be able to:

1. Describe a curriculum for mental health education.
2. Identify presentations that are available for student groups.
3. Discuss the importance of including youth in planning events and activities.

Supporting Students' Mental Health in School

Catherine Livingston, MA, LPC, Counselor, Henry Ford II High School. **Dave Ersig, MAT, Ed.D.**, Assistant Principal, Henry Ford II High School.

Learn how the interconnected impacts of mental health in children, their ability to learn and achieve has placed schools at the forefront of the discussion on supporting mental health. Schools must expand their educational efforts to include the development of the whole child. As schools continue to reform and adapt to the growing needs of its children and community, there is no ignoring the need for, or the academic benefits linked to, supporting the development of their mental health. Schools provide unparalleled access to children that can help alleviate barriers children and families face. Find out how one school took the opportunity to open access to critical, professional resources that might otherwise go unused and the impact it had on the students.

At the end of this session, the learner will be able to:

1. Identify 3 key barriers that students, teachers and families encounter when tackling student mental health needs.
2. Implement at least 1 action plan to overcome presented barriers.
3. Describe how addressing the mental health needs of students impacts their performance in school.