

THURSDAY SCHEDULE

(UPDATED December 6, 2019) Times and Sessions Subject to Change

		SCHOOL SUMMIT 8am to 3pm	CONFERENCE ON SUICIDE DAY 1 8am to 5:15pm Runs concurrently with School Summit
7:00 – 8:00	REGISTRATION and Breakfast		
8:00 – 8:15	WELCOME	<p><i>The goal is to assist educators, schools and school districts in designing and implementing strategies to prevent suicide, promote behavioral health, to better protect students and to save lives. Knowing how to identify a young person at risk and understanding the role of the school in preventing suicide is analogous to learning the Heimlich maneuver or how to perform CPR or how to use a defibrillator – and just as vital.</i></p> <p><i>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.</i></p> <p><i>2) Learn about resources that are available to assist in your efforts toward mental health promotion and suicide prevention.</i></p> <p><i>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.</i></p>	<p><i>The goal of the two-day conference is to provide attendees with strategies based on the best available research and evidence-based practices to help individuals and communities advocate for targeted prevention activities with the greatest potential to prevent suicide.</i></p> <p><i>Participants will learn the specific, preventative and evidence-based practices that have the greatest measurable impact on saving lives.</i></p> <p><i>1. What can I do in my community to raise awareness and encourage prevention?</i></p> <p><i>2. What can I do in the workplace, or in conversation with a friend?</i></p> <p><i>3. How do I help a buddy in my national guard platoon?</i></p> <p><i>4. How do I respond to a crisis with a family member?</i></p> <p><i>5. What do I do if I am the one contemplating suicide?</i></p>
8:15 – 9:15	Plenary Keynote – Grand Ballroom	<p>John Della Volpe Director of Polling, Harvard Kennedy School Institute of Politics; CEO of SocialSphere United States of Anxiety <i>His 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</i></p>	
9:15 – 9:30	BREAK		

9:30 – 10:30	Plenary	<p>Debut of NEW Kevin’s Song documentary film</p> <p>Cheryl King, PhD Professor, Departments of Psychiatry and Psychology, University of Michigan <i>Cheryl King’s presentation will provide the latest research in youth suicide with a focus on screening and intervention strategies</i></p>	<p>With One Voice: The Role of Government in Suicide Prevention</p> <p>Pat Smith, MS Youth Suicide Prevention Program Director, Michigan Department of Health and Human Services</p> <p>Robert Sheehan CEO Community Mental Health Association of Michigan</p> <p>Michelle Cornette, PhD, Lead Public Health Advisor SAMHSA <i>An effective strategy to prevent suicide requires effort from multiple levels of society, including private and public sectors. Join us as we discuss the role government and the community mental health network can play in this joint effort.</i></p>
10:30 – 10:45	BREAK		
10:45 – 11:45	AM 1 Breakout Sessions	<p>Nancy Buyle, MA, LPC, NCC School Safety / Student Assistance Consultant & Psychotherapist, Macomb Intermediate School District</p> <p>Bullying & Suicide <i>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</i></p> <p>Nicole Law, PsyD, LP Ashley Lupico, MA, LLP, Aloe Integrative Psychology Group</p> <p>LGBTQIA Youth and Suicide Risk Reduction in Schools <i>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.</i></p>	<p>Sarah Emmerson, MA, LLP Program Manager, Home Based and School Based Services, The Guidance Center</p> <p>Resiliency, Trauma Informed Systems and Education <i>This breakout session will go in depth about the underlying issues of suicidal behavior and help the audience to understand what trauma is, what it may look like for parents/professionals and how it affects children biologically, behaviorally and emotionally. In addition, a focus on resiliency and healing will be discussed, along with self-care for teachers, parents and caregivers.</i></p> <p>Fred Hogan II, MA, LPC Certified EMDR Therapist, Wentworth & Associates</p> <p>Using EMDR to Treat Survivors of Suicide Loss <i>An introduction to Eye Movement Desensitization and Reprocessing Therapy and how it can be used to help survivors of suicide loss with their grieving process.</i></p>

		<p>Will Heining, BA Program Coordinator, University of Michigan Depression Center</p> <p>Lizelle Salazar, MPH Senior Outreach Specialist, U of M Depression Center</p> <p>Stephanie Salazar, MPH Outreach & Education Program Manager, U of M Depression Center</p> <p>Peer-to-Peer <i>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.</i></p> <p>Resource Panel I</p> <p>Stephanie Lange, LMSW Student Assistance Specialist, Dakota High School</p> <p>Mary Gager Drew Consumer Programs Administrator for the Michigan Department of Attorney General.</p> <p>Christy Buck Executive Director of the Mental Health Foundation of West Michigan</p> <p>Barb Smith Founder and Executive Director of Barb Smith Suicide Resource and Response Network <i>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, and LivingWorks.</i></p>	<p>Natalie Burns, LMSW Senior Clinical Social Worker, University of Michigan Outpatient Psychiatry</p> <p>Collaborative Assessment and Management of Suicidality (CAMS) <i>CAMS is first and foremost a clinical philosophy of care. It is a therapeutic framework for suicide-specific assessment and treatment of a patient's suicidal risk. It is a flexible approach that can be used across theoretical orientations and disciplines for a wide range of suicidal patients across treatment settings and different treatment modalities. Over 30 years of research, including 4 randomized controlled trials (RCTs), has proven CAMS to be an effective evidence-based assessment, intervention and treatment that directly targets suicidal risk. The research is further supported by 40 CAMS-related publications, including 37 peer reviewed journal articles, 5 book chapters, and 2 books.</i></p> <p>Christine Hilton, LMSW Supervisor, Partial Hospitalization Program, Henry Ford Health System</p> <p>Dialectical Behavior Therapy – The Crisis Skills <i>This session will provide an overview of the benefits of the evidenced based treatment of dialectical behavior therapy in treating individuals with suicidal ideation or other problem behaviors. The 4 main skills components will be introduced with special focus on Distress Tolerance/Crisis Survival Skills.</i></p>
11:45 – 1:00	Lunch and Resource Center	Grande Ballroom	Judea Room
1:00 – 1:45	Plenary Session – Grande Ballroom	<p>Thomas Joiner, Ph.D. Robert O. Lawton Distinguished Professor, Department of Psychology, Florida State University</p> <p>Lethality Screening and Assessment <i>Dr. Joiner will present a general overview of lethality assessment and its specific relevance to youth and school settings.</i></p>	

1:45 – 2:00	Break		
2:00 – 3:00	PM 1 Breakout Sessions	<p>Robyn Weiss, M.Ed, MA, LPC School Counselor at Berkley Public Schools</p> <p>Christina Belsky School Counselor at Berkley Public Schools</p> <p>Pamela Fine, Restorative Practices Coordinator, Oxford Community Schools</p> <p>Finding Hope, Help & Resilience: Suicide Prevention Programming in Berkley Public and Oxford Community Schools <i>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.</i></p> <p>Polly Gipson, Ph.D. Clinical Associate Professor; Director, Trauma & Grief Clinic, Frankel Integrated Behavioral Health Program, Michigan Medicine</p> <p>Public Health Implications of Chronic Traumatic Exposure <i>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.</i></p>	<p>Tolulope Sonuyi, MD Founder, DLive; Emergency room physician, DMC</p> <p>Ray Winans DLive: Detroit Life is Valuable Everyday (1.5 hrs) <i>Understanding and navigating the intersection between community violence, mental health and community toxic stress through the lens of Michigan's first hospital-based violence intervention program.</i></p> <p>Gigi Colombini, LMSW Founder and Psychotherapist, Institute for Hope and Human Flourishing</p> <p>Engaging the Family of a Suicidal Youth <i>Assisting a young person who is contemplating suicide is a team effort. Join us to discuss how to educate, engage, and support the family as they guide their young person through this difficult time.</i></p> <p>Amelia Lehto Lead Community Educator, CNS Healthcare</p> <p>Suicide Prevention and Social Media <i>Social Media in suicide prevention is a powerful tool to be embraced and understood. This session aims to stimulate discussion about suicide prevention and to complement resources available on social media and in our communities. The overall goal is to learn how to encourage someone who is in crisis, feeling suicidal, concerned about someone else or seeking resources to reach out for support and what is available to them</i></p>

		<p>Resource Panel II</p> <p>Ryan Beale CEO/Founder, Prepare U Mental Health Education</p> <p>Dennis Liegghio Founder, KnowResolve</p> <p>Will Heininger Program Coordinator, University of Michigan Depression Center</p> <p>Anthony Grupido Wellness Advocate and Magician <i>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.</i></p> <p>Catherine Livingston, MA, LPC Counselor, Henry Ford II High School</p> <p>Dave Ersig, MAT, Ed.D Assistant Principal, Henry Ford II High School</p> <p>Supporting Students' Mental Health in School <i>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</i></p>	<p>Maricela Alcala, BBA Chief Executive Officer, Gryphon Place</p> <p>Ruth Garcia and Laura Pantoja – Gryphon Place Empowering Youth through Community/School Partnerships <i>Gatekeeper and Restorative Justice programs invite students to share in a space that is confidential and reduces stigma within communities. Both programs address underlying issues and identify changes in behavior, resulting in connecting individuals to necessary resources sooner.</i></p>
3:00 – 3:15	BREAK		

3:15 – 5:15	PM 2 Breakout Sessions		<p>Barb Smith Executive Director, Barb Smith Suicide Resource & Response Network SAFE TALK/Gatekeeping – 3 hrs. <i>We all have a role to play in suicide prevention. Join us to learn skills that can be used by anyone to make our community suicide safer.</i></p> <p>Lawrence Wentworth, Ph.D., LMSW President/CEO, Wentworth & Associates, PC Internal Family Systems: Working with Client’s Suicidal Parts in a New Way – 2 hrs <i>Internal Family Systems (IFS) was developed by Richard Schwartz, Ph.D. IFS is an evidence-based, nonpathological, integrative approach to healing trauma and many other symptoms and burdens clients carry. By getting to know and help clients to understand their inner world of parts, we can help them develop compassion for parts that were once hated, villainized or exiled and begin to understand their true, and noble, intentions or burdens. The model posits that multiplicity of mind applies to all of us and not just those struggling with DID and that our core Self is made up of qualities like compassion, curiosity, creativity and connection. The Self, not the therapist, ultimately becomes the true healing agent in this model.</i></p> <p>Melissa Tolstyka, MA, LPC, NCC Director of Programs, Hegira Health, Inc. Question, Persuade, Refer – 1-2 hrs. <i>Question, Persuade, Refer (QPR) is an emergency response to preventing suicide. This three step practical process can help an individual learn how to speak to someone who is suicidal in a clear, efficient manner. This process can help save lives by questioning if a person is suicidal, persuading a person to get help, and referring the person into treatment.</i></p>
5:30 – 7:00	VIP RECEPTION	Resource Gallery	

FRIDAY SCHEDULE

(UPDATED December 6, 2019) Times and Sessions Subject to Change

		CONFERENCE ON SUICIDE DAY 2 8am to 5pm	
7:00 to 8:00	Registration and Breakfast		
8:00 – 8:15	WELCOME		Grande Ballroom
8:15 – 9:00	Plenary Keynote	<p>Thomas Joiner, Ph.D. Robert O. Lawton Distinguished Professor, Department of Psychology, Florida State University Toward a National Research Strategy <i>Dr Joiner will discuss his latest research efforts and how they help advance initiatives like the National Roadmap to Empower Veterans and End Suicide (“PREVENTS”) - a result of a federal executive order - which will lead development of a National Research Strategy to improve the coordination, monitoring, benchmarking, and execution of public-and private-sector research related to the factors that contribute to veteran suicide. He will address ways to increase knowledge about factors influencing suicidal behaviors and ways to prevent suicide; inform the development of a robust and forward-looking research agenda; coordinate relevant research efforts across the Nation; and measure progress on these efforts.</i></p>	Grande Ballroom
9:00 – 10:15	Plenary	<p>Safe Community Coalitions Travis Atkinson MS, LPC Crisis Systems Specialist / Consultant, TBD Solutions Matt Samocki, EdD Director of the Great Lakes Bay Region Mental Health Partnership Karen M. Marshall Outreach and Training Coordinator, American Indian Health and Family Services of SE Michigan, Retired <i>Community based coalitions are an effective way to advocate for more education about suicide and prevention. Panel members will discuss how working with the business community and other non-profit organizations can help to build awareness and prevent suicide.</i></p>	Grande Ballroom
10:15 – 10:30	BREAK		

<p>10:30 – 11:30</p>	<p>AM Breakout Sessions</p>	<p>Michael Pyne, LSW Co-chair, Suicide Prevention Coalition of Muskegon County Legislative Update <i>Hear about current legislation pending in the Michigan legislature that addresses suicide training, prevention and death record review, and how state policymakers are addressing the rise in suicides.</i></p> <p>Melissa Tolstyka, MA, LPC, NCC Director of Programs, Hegira Health, Inc. Focus on Zero: One Organization’s Experience with Suicide Prevention <i>Attendees will learn how a large behavioral healthcare organization worked together to implement the Zero Suicide Model into all levels of care. Throughout the presentation, you will identify ways to strengthen patient safety and incorporate new suicide prevention strategies into your organization or practice.</i></p> <p>Nicole Stromberg, MD Associate Chief of Staff, Mental Health Service Line, Detroit VA Medical Center Kipling Bohnert, PhD and Mark Ilgen, PhD Ann Arbor VA Medical Center Veteran Suicide Prevention Update <i>45,390 American adults died from suicide in 2017, including 6,139 U.S. Veterans. Our nation is understandably grieving with each suicide, prompting our collective and tireless pursuit of evidence-based clinical interventions and expansion of community prevention strategies to reach each Veteran. This presentation will address local and national efforts to address the veteran and active duty suicide crisis.</i></p>	
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11:30 – 11:45	BREAK		

11:45-12:30	Plenary Keynote	<p>Michael Anestis, Ph.D. Associate Professor of Psychology, Director of the Suicide and Emotion Dysregulation laboratory, University of Southern Mississippi</p> <p>Gun Deaths in the United States: Challenging Narratives about the Role of Mental Illness <i>Those outside the mental health delivery system – often associate gun violence with disturbed behavior and often mistakenly attribute the use of weapons in mass shootings to be the work of a person suffering from mental illness. This presentation will debunk the myth that gun violence is connected to mental illness and address how family prevention efforts as well as community based initiatives can be used to curb gun violence and thereby reduce suicide.</i></p>	Grand Ballroom
12:30 – 1:15	Lunch		Grande Ballroom
1:15 – 1:45	Plenary Keynote	<p>Congresswoman Debbie Dingell <i>A distinguished champion for mental health advocacy, the Congresswoman will address the conference on Friday with a focus on community, business and governmental support for improved access to mental health care and for suicide prevention education and training.</i></p>	Grande Ballroom
1:45 – 2:45	Plenary Keynote	<p>Brian Ahmedani, Ph.D., LMSW Director, Center for Health Policy and Health Services Research, Henry Ford Health System</p> <p>Jodi Jacobson-Frey, Ph.D., LCSW-C Associate Professor, University of Maryland, School of Social Work</p> <p>Getting to Zero Suicide: Research Updates <i>Drs. Ahmedani and Frey will present on recent research related to implementing programs designed to reduce suicide with recent data from Mental Health Research Network (MHRN) and Healthy Men Michigan (HMM).</i></p>	Grande Ballroom
2:45 – 3:00	BREAK		
3:00 – 4:00	PM Breakout Sessions 60 min	<p>Barb Smith Executive Director, Barb Smith Suicide Resource & Response Network</p> <p>Survivor Grief Journey <i>Barb, a suicide loss survivor herself, brings 30 years of experience in the field of suicide prevention, intervention, and aftercare. She will discuss “why suicide” and common reactions to grief. Participants will leave with hope knowing they can survive the loss of a loved one to suicide.</i></p> <p>Jennifer Severe, MD Clinical Assistant Professor, Department of Psychiatry, Michigan Medicine</p> <p>Depression/BiPolar Update <i>Dr. Severe will discuss the diagnosis and treatment of depression and bi-polar disorder and their correlation to suicide.</i></p>	

		<p>Amelia Lehto Lead Community Educator, CNS Healthcare</p> <p>Andrew Parrish, CPPS Community Educator, CNS Healthcare</p> <p>Lisa Klein Director, The S-Word documentary film</p> <p>Addressing the S Word <i>The S Word carries many meanings -- Stigma... Silence... Survival. In this breakout session the presenters, all of whom have lived experience, will address what it means to them and how they've addressed it in not only their work but their lives. Join us for this interactive and important conversation.</i></p> <p>Joel Young, MD Medical Director, Rochester Center for Behavioral Medicine</p> <p>Contemporary Treatments for Depression and Suicidal Behavior in Adults and the Geriatric Population <i>Dr. Young will describe the epidemiology of depression through the life cycle. He will discuss the implications of these conditions on the individual and family, with a specific emphasis on suicide. The talk will conclude with a review of available treatments, and an opportunity to ask questions.</i></p> <p>Reid Depowski, LLMSW President, American Foundation for Suicide Prevention</p> <p>Talk Saves Lives: An Introduction to Suicide Prevention <i>Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can do to all fight suicide.</i></p> <p>Dr. Lia Gaggino, MD Medical Director, Behavioral Health, Bronson System</p> <p>Suicide Prevention in Primary Care <i>This presentation will outline a suicide prevention process for primary care practices that includes screening, risk assessment, safety planning and coordinated care. The process incorporates Zero Suicide methodology and resources.</i></p>
4:00 – 4:15	BREAK	

4:14	Plenary Closing Keynote	<p>Bart Andrews, Ph.D. Vice President, Clinical Practice/Evaluation, Behavioral Health Response</p> <p>The Water We Swim In: How Individuals and Communities Can Turn the Tide in Suicide Prevention</p> <p><i>We have been sold a false bill of goods, but are you truly ready to have the myth exposed? How many times have you heard that 90% of persons who die from suicide suffered from a mental illness or that depression is killing people? Have you ever stopped to wonder why the overwhelming majority of people who are fighting mental illness don't attempt suicide let alone die from it? The medical and psychopathological model of suicide behavior has been adopted with little resistance. There are many challenges with these models; first and foremost, it has alienated the role of the community in preventing suicide and erased the impact of the socio-cultural determinants of our suicide crisis. What if I told you our environment and culture had more to do with suicide than any individual psychological or genetic variable? What if I told you that this is good news; that we all have a role to play in suicide prevention and that there are things we can all do to not just prevent suicide but make life worth living for those who are struggling to stay alive? Let's talk about how our communities can become more resilient and how each of us can play a role in fighting suicide.</i></p>	Grande Ballroom
5:30	Lite Dinner		Atrium

SATURDAY SCHEDULE

(UPDATED December 6, 2019) Times and Sessions Subject to Change

		CONFERENCE ON SUICIDE DAY 3 SURVIVING SUICIDE – A JOURNEY OF HEALING AND HOPE 8:30am to 2pm	
		<p><i>On Saturday, January 25, 2020, the Conference focuses on survivors of suicide loss and attempt survivors, support group facilitators, mental health professionals, and others interested in sharing and understanding the lived experience of surviving a suicide attempt/suicidal thoughts, and/or the loss and grief following the suicide of a loved one.</i></p> <p><i>Goal: The goal is to provide loss and attempt survivors with information and resources to help with their individual journeys through healing, loss and grief and to assist mental health professionals and other caregivers in understanding the needs of survivors.</i></p> <p><i>Objectives: In this final day of the Conference, survivors and mental health professionals and caregivers will learn how to cope with loss, deal with grief and move forward with their lives in order to reintegrate into their families, school or work environment or community with needs identified, understood and met.</i></p>	
8:30	Welcome and Introduction		Grande Ballroom
8:45 – 9:45	Plenary Keynote	<p>Jenny Landon Founder and Executive Director, Growing Out Of Darkness; Author, TV Host A Story of Heartache, Healing, and Hope <i>Jenny will share her story of how she lost her dad to suicide and then five years later became suicidal due to missing her own signs of postpartum depression even though she had worked as a trained crisis counselor and public educator on suicide prevention. She will discuss how words and phrases impacted her healing as well as why she believes ending stigma around mental health is critical to reducing the rate of suicide. Jenny will also discuss the lessons she and her family have learned from her adolescent daughter experiencing a mental health crisis.</i></p>	Grande Ballroom

9:45 – 10:30	Honoree and Presentation	<p>Thomas Dionne <i>Dionne is the mayor of Utica and in his regular full-time job, he works as a public safety officer for the city of Grosse Pointe Farms. In the early morning hours of July 7, 2019, Officer Dionne saw a 24-year-old man from Sterling Heights parked in the driveway at Pier Park in Grosse Pointe Farms. Officer Dionne instinctively knew the man was in crisis and through his thoughtful and deliberate actions, he got the man to a safe place and saved his life. Thom Dionne will share his story of hope and survival as part of the Saturday Survivor Day program.</i></p>	Suicide and Intervention
10:30 – 10:45	BREAK		
10:45 – Noon	Breakout/Support Groups	<p>Loss Survivors Support Session <i>Moderated discussions for loss survivors. If you've lost someone to suicide, take some time to connect with others who share this devastating and life-changing experience</i></p> <p>Lived Experience with Suicide (Attempt Survivors) Support Session <i>Moderated discussions for attempt survivors, This session is an opportunity for those who have had their own struggle with suicide to find support with each other and know they are not alone.</i></p> <p>Supporting Someone in Grief Barb Smith Executive Director, Barb Smith Suicide Resource & Response Network <i>Barb will discuss "why suicide" and teach simple yet effective words and tools to help support those who are impacted by suicide.</i></p> <p>Supporting Someone Who Feels Suicidal Ellen Paré, MPA, LBSW Practice Administrator, Institute for Hope and Human Flourishing <i>This session will share tips for those who seek to support someone, personally or professionally, who struggles with suicide.</i></p>	Upstairs Breakout Rooms
Noon – 1:00	LUNCH		Grande Ballroom
1:00 – 2:00	Afternoon Closing Keynote	<p>Dennis Liegghio Founder, KnowResolve KnowResolve – Healing after the Trauma of Suicide <i>The complicated grief that comes along with the loss of a loved one to suicide is difficult to understand and navigate. In this powerful and raw presentation, Dennis openly discusses the loss of his father to suicide, and his journey through grief with the help and power of song.</i></p>	Grande Ballroom