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**Mission**

EMPOWER COMMUNITIES TO  
PREVENT SUICIDE & OFFER HOPE  
AND HEALING TO SURVIVORS

**Vision**

A WORLD WITHOUT SUICIDE





*A charitable organization empowering communities  
to prevent suicide and offering hope and healing to survivors*

*Founded in memory of Kevin Urso*



**HELP US PREVENT SUICIDE AND SAVE LIVES**

Kevin's Song was founded in September 2013 by Gail and John Urso after they lost their son Kevin to suicide. It is a charitable organization dedicated to generating public awareness about the causes of suicide, its prevalence in our society and possible preventive measures. Kevin's Song is creating a working community of professionals and advocates that is rapidly being recognized as an important resource in the metropolitan Detroit area for offering knowledge, hope and healing to individuals, families and communities touched by suicide.

The increasing frequency of suicides touches more and more individuals, families and communities across the country. Mental health and community organizations have been working for many years to increase awareness and prevention of suicide. There is obviously much more work to be done.

Kevin's Song intends to be a central hub where people can come to find resources and learn about organizations that are helping understand the causes of suicide as well as effective methods of preventing it. Through conferences, workshops, documentary films and its website, Kevin's Song

provides up-to-date information on the impacts of suicide and helpful resources to make communities safer and welcoming for those who are at-risk and their loved ones.

**Conference on Suicide: *Advocacy in ACTION*** will tackle this difficult issue - discussing suicide as a complex and indiscriminating phenomenon that must be addressed by a unified and collaborative coalition of community resources. Communities, including schools and the workplace, can play a critical role in suicide prevention. Facilitating community engagement in suicide prevention is an important task and overall goal of the 2020 Kevin's Song Conference on Suicide and School Summit. Creating safer schools, safer workplaces and safer communities is one of the overall goals of the 2020 Kevin's Song Conference on Suicide.

This year's conference theme is in keeping with the Mission Statement of Kevin's Song: ***to engage communities to prevent suicide and offer hope and healing to survivors.***



# TAKING ACTION

## Our Mission

*Empowering communities to prevent suicide and to offer hope and healing to survivors.*

## Our Plan – What We Intend to Do

**We Need To Talk.** A thirty-minute educational documentary profiling effective suicide prevention initiatives in Michigan schools and communities.



This film profiles West Bloomfield High School which experienced five suicides in a period of just three years and how Principal Patrick Watson adopted and integrated the “Prepare U” curriculum into the school’s 9th grade health program. Rabbi Yarden Blumstein, Teen Director of the Friendship Circle is profiled for his U-Matter teen resiliency program and for his methods of bringing SafeTalk training to over seven hundred teens in neighboring communities. The University of Michigan Comprehensive Depression Center’s Peer-to-Peer program reaching over thirty middle and high schools in Washtenaw County is documented as is Know Resolve—the story of how its founder, Dennis Liegghio conceived and partnered with the Macomb County Suicide Prevention Coalition to open a new after-school facility called the SHED. The film was produced through a grant from the Community Foundation for Southeast Michigan. It was written by Alan Hibbert, produced by James McGovern and will be available for on-demand viewing at both DPTV.org and KevinsSong.org.

**The Kevin’s Song Education Task Force,** under the leadership of Sarah Gough, has built a strong relationship with the Grosse Pointe Public Schools. Since 2018, the group has sponsored many educational and support programs about suicide prevention within the communities of Grosse Pointe and Harper Woods. Throughout 2019, a small committee of dedicated Task Force members met with representatives of school systems from around the State of Michigan to plan the first Kevin’s Song School Summit.



**With One Voice.** If our vision is to someday live in a world without suicide, we must first establish reasonable, achievable goals along with a plan and a timeline to achieve them. That goal could be to reduce the number of suicides in Michigan by at least twenty-percent by the year 2025.



Kevin’s Song is committed to a leadership role in that effort through a strategy called “With One Voice”. Think of it as a super coalition; or a coalition of coalitions, if you will. A united effort that combines the best ideas, practices and relationships of Michigan’s leading mental health advocates, organizations and professionals to bring needed legislative and policy changes to our state.

Early initiatives will include support of the Governor’s 2020 Michigan Suicide Prevention Plan...a voice on the Governor’s Suicide Prevention Commission...a year-long series of educational programs produced in partnership with Detroit Public Television and broadcast state-wide... and continuous input from strategic partners.

Kevin’s Song believes that if all of us can speak With One Voice – our business, community leaders and policy makers will understand that there is a unified and organized coalition representing common interests across the State of Michigan – working together to effectuate meaningful change, prevent suicides and save lives.



**Saving Lives-Preventing Youth Suicide.** The first of three one-hour programs dealing with the suicide epidemic in Michigan. Produced through a grant from The Children’s Foundation in partnership with Detroit Public Television, the series hosted by Cynthia Canty, formerly of “State-side” on Michigan Public Radio, will feature in-depth presentations and panel discussions with leading mental health professionals, researchers, business and service-organization leaders, and others. Topics such as the impact of social media on youth, building resilience in high-pressure environments, successful intervention strategies and much more will be covered in-depth in front of a live audience, with a question-and-answer session immediately following. The public is invited to attend. The series will be broadcast throughout Michigan during the first quarter of 2020 and available on-demand at both DPTV.org and KevinsSong.org.

***We invite you to join us.***



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Save The Date



# STARRY, STARRY NIGHT

*Please Join Us for an Evening of*

## DINNER, MUSIC, SILENT & LIVE AUCTIONS

### Thursday, May 21, 2020

The Detroit Yacht Club | Detroit, MI

## DEAR FRIENDS,

Welcome to Kevin's Song's 4th Annual Conference on Suicide. We are filled with gratitude that an idea conceived over five years ago by our newly formed nonprofit organization, has become a recognized place for people to come together to learn about the latest research on suicide, to share information on best practices for professionals, and to network with others who care about suicide awareness and prevention. Our conference this year is entitled "A Conference on Suicide: Advocacy in Action." We will focus on what we as individuals and as members of a community, a school system, a place of worship, a business, a state, and a nation, can do together to prevent suicide.



We are also thrilled to present our first ever "School Summit." Our School Summit Committee, made up of teachers, counselors, and parents from throughout southeast Michigan, has worked for a year to put together a full day of information on suicide awareness and prevention for educators, counselors, school social workers, administrators, parents and students. We know that everyone who attends will take back to their schools and school districts concrete ideas for suicide education and prevention.

Sadly, suicide continues to be a leading cause of death in our country. It continues to affect people of all ages, genders, races, ethnicities, and economic levels. It is, according to the Centers for Disease Control and Prevention, a public health crisis in which almost 50,000 people will die by suicide this year. The information learned at this conference will help Kevin's Song achieve its mission of "empowering communities to prevent suicide and to offer hope and healing to survivors."

Finally, those of us who have lost a loved one to suicide, will find comfort and strength in being with others who have experienced the devastating loss resulting from suicide on Saturday when the discussion turns to healing.

Thank you for your support. Together let us all **Envision a World Without Suicide.**

With gratitude,

**Gail and John Urso**

*Cofounders, Kevin's Song*

“*Empowering communities to prevent suicide and to offer hope and healing to survivors.*”

”



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*Kevin's Song would like to thank the  
numerous volunteers who have so generously  
given their time and talents to the many  
Kevin's Song events and activities throughout  
the past year.*

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## Kevin's Song Would Like to THANK the Following Individuals and Organizations for their Assistance in Making this Conference a Success

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## We Would Like to Recognize the Dedicated Service of the Kevin's Song Staff

Ellen Adelman, Joann Brown, Ellen Paré and Mary Ellen White



KEVIN FRANCIS URSO was loved and respected for his quick wit, his intelligence, his sense of humor and his caring nature. For ten years he was a child care worker at the Children's Home of Detroit where he won the praise of the staff, board members and, most importantly, the children. Numerous young adult men would return to the Children's Home to thank Kevin for his kindness, firmness and humor in their interactions with him.



Others remember Kevin fondly for his love and care of animals. As a child he rescued numerous stray dogs and, as an adult, he delighted in caring for his own dogs as well as those of others.

His sense of humor was legendary. Many thought he could have had a career in stand-up comedy. Kevin also loved music. He loved music so much so that many of his major life experiences were identified and even defined by specific songs or artists.

Sadly, Kevin also dealt with depression. On March 23, 2013, at the age of 41, Kevin ended his life at his home in Florida. He will be forever remembered and missed.

Following his death, his parents, John and Gail Urso, founded Kevin's Song - in honor of Kevin and to give voice to his memory. Kevin's Song is working to educate and comfort other survivors whose lives have been affected by similar tragedy. Hopefully, with the founding of Kevin's Song in memory and honor of Kevin, more open discussion about mental health issues and suicide will occur and lives will be saved.



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ADVOCACY IN  
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# Suicide – The Most Misunderstood of all Deaths

*Death is always painful, but its pains are compounded considerably if its cause is suicide.*

When a suicide occurs, we aren't just left with the loss of a person, we're also left with a legacy of anger, second-guessing and fearful anxiety.

So each year I write a column on suicide, hoping that it might help produce more understanding around the issue and, in a small way perhaps, offer some consolation to those who have lost a loved one to this dreadful disease. Essentially, I say the same things each year because they need to be said. As Margaret Atwood once put it, some things need to be said and said and said again, until they don't need to be said any more. That's true of suicide.

What needs to be said, and said again, about it?

First of all that it's a disease and perhaps the most misunderstood of all diseases.

We tend to think that if a death is self-inflicted it is voluntary in a way that death through physical illness or accident is not. For most suicides, this isn't true. A person who falls victim to suicide dies, as does the victim of a terminal illness or fatal accident, not by his or her own choice. When people die from heart attacks, strokes, cancer, AIDS, and accidents, they die against their will. The same is true of suicide, except that in the case of suicide the breakdown is emotional rather than physical – an emotional stroke, an emotional cancer, a breakdown of the emotional immune system, an emotional fatality.

This is not an analogy. The two kinds of heart attacks, strokes, cancers, break-downs of the immune-system, and fatal accidents, are identical in that, in neither case, is the person leaving this world on the basis of a voluntary decision of his or her own will. In both cases, he or she is taken out of life against his or her own will. That's why we speak of someone as a "victim" of suicide.

Given this fact, we should not worry unduly about the eternal salvation of a suicide victim, believing (as we used to) that suicide is always an act of ultimate despair. God is infinitely more understanding than we are and God's hands are infinitely safer and more gentle than our own. Imagine a loving mother having just given birth, welcoming her child onto her breast for the first time. That, I believe is the best image we have available to understand how a suicide victim (most often an overly sensitive soul) is received into the next life.

Again, this isn't an analogy. God is infinitely more understanding, loving and motherly than any mother on earth. We need not worry about the fate of anyone, no



**Father Ron Rolheiser**

matter the cause of death, who exits this world honest, over-sensitive, gentle, over-wrought, and emotionally-crushed. God's understanding and compassion exceed our own.

Knowing all of this, however, doesn't necessarily take away our pain (and anger) at losing someone to suicide. Faith and understanding aren't meant to take our pain away but to give us hope, vision, and support as we walk within it.

Finally, we should not unduly second-guess when we lose a loved one to suicide: "What might I have done? If only I had been there? What if...?" It can be too easy to be haunted with the thought: "If only I'd been there at the right time." Rarely would this have made a difference. Indeed, most of the time, we weren't there for the exact reason that the person who fell victim to this disease did not want us to be there. He or she picked the moment, the spot, and the means precisely so that we wouldn't be there. Perhaps it's more accurate to say that suicide is a disease that picks its victim precisely in such a way so as to exclude others and their attentiveness. This should not be an excuse for insensitivity; especially towards those suffering from dangerous depression, but it should be a healthy check against false guilt and fruitless second-guessing.

We're human beings, not God. People die of illness and accidents all the time and all the love and attentiveness in the world often cannot prevent a loved one from dying. Suicide is a sickness. There are some sicknesses that all the care and love in the world cannot cure.

A proper human and faith response to suicide should not be horror, fear for the victim's eternal salvation, or guilty second-guessing about how we failed this person. Suicide is indeed a horrible way to die, but we must understand it (at least in most cases) as a sickness, a disease, an illness, a tragic breakdown within the emotional immune-system. And then we must trust, in God's goodness, God's understanding, God's power to descend into hell and God's power to redeem all things, even death, even death by suicide.

*Used with permission of the author, Oblate Father Ron Rolheiser. Currently, Father Rolheiser is serving as President of the Oblate School of Theology in San Antonio, Texas. He can be contacted through his website, [www.ronrolheiser.com](http://www.ronrolheiser.com). Facebook [www.facebook.com/ronrolheiser](http://www.facebook.com/ronrolheiser)*



# Building and Maintaining an Effective Community Coalition For Suicide Prevention



Communities can play a critical role in suicide prevention. A coalition is a voluntary, formal agreement and collaboration between groups or sectors of a community in which each group retains its identity, but all agree to work together toward a common goal of building a safe and healthy community. Kevin's Song is currently working with many other behavioral health and suicide prevention organizations to build a coalition in the State of Michigan to address the growing problem of suicide, especially among young people, veterans and working aged men.

## *The Rising Suicide Rate*

Suicide is the 10th leading cause of death in the United States with one person dying every 11 minutes and someone attempting to take their life every 28 seconds. Youth, young adults, middle-aged adults and seniors coming from all walks of life are dying at their own hand. For the families, friends and co-workers left grieving, their lives are never the same.

Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress. Making sure government, public health, healthcare, employers, education, churches, the media and community organizations are working together is important for preventing suicide.

There are not exact numbers on how many suicides occur in hospitals or healthcare systems in the US, but even one is too many. Adding to this is the high rate of suicide immediately following and in the first two months after a hospital discharge which is why hospitals play a critical role in suicide prevention and The Joint Commission (JC) is doing more than ever before to help reduce the number of fatal outcomes.

"Based on work done by the VA, we know that the majority of suicides in hospitals can be prevented," said Dr. David Baker of The Joint Commission. "We want all people in a hospital to always receive the safest, highest quality health care available. We believe that as an industry, health care should formally adopt the goal of zero patients harmed, and self-harm is just as important as any other mechanism of harm," said Dr. Baker. In a recent meeting between the National Council for Suicide Prevention (NCSP) and the Joint Commission, the groups discussed how they can make an impact on the rising rates of suicide in the country and ways they could work together on this issue.

"We applaud The Joint Commission for their increased attention on suicide prevention and see it as a big step forward for our healthcare settings and the patients who receive care there for psychiatric illnesses and suicidal behaviors," said Dr. Dan Reidenberg, Managing Director of the National Council for Suicide Prevention (NCSP). "Our hope is that working collaboratively with The Joint Commission on potentially innovative life-saving initiatives will give us a better understanding of the needs and opportunities to create prevention of a suicide for those in care or recently discharged from a hospital."

The NCSP is comprised of the leading national nonprofit organizations dedicated to the prevention of suicide. The mission of the National Council for Suicide Prevention is to advance suicide prevention through leadership, advocacy and a collective voice.

The Joint Commission is an independent, not-for-profit organization that accredits and certifies nearly 21,000 health care organizations and programs in the United States. The Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

## *Building A Community Coalition*

The next step is to expand the prevention model to other aspects of community life and to encourage the business and education communities to partner with health systems to prevent suicide and save lives.

It's impossible to develop a successful suicide prevention strategy without help and input from all other community resources. Bringing together a range of partners gives prevention advocates the opportunity to interact with folks already involved in suicide prevention, as well as those in related fields, who may offer key resources and perspectives that are critical to a comprehensive response. Building partnerships requires teamwork, open dialogue, and compromise. Clearly establishing partner roles, functions, and responsibilities for the project builds positive relationships and avoids duplication of efforts.



According to Jeff Elhart, Playground Director II of the Elhart Automotive Campus in Holland, communities can:

- *Identify and support people at risk of suicide.*
- *Teach coping and problem-solving skills to help people manage challenges with their relationships, jobs, health, or other concerns.*
- *Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.*
- *Offer activities that bring people together so they feel connected and not alone.*
- *Connect people at risk to effective and coordinated mental and physical healthcare.*
- *Expand options for temporary help for those struggling to make ends meet; and*
- *Prevent future risk of suicide among those who have lost a loved one to suicide.*

Identifying the mutual benefits of the collaboration can help develop a shared vision for the partnership that can be long-lasting and impactful. For example, if a campus counseling center and a wellness program agree on the goal of improving life skills among students, each could supplement the other's work to promote this mutual aim.

Involving target audience members in planning and carrying out collaborative efforts is key to ensuring that the work performed together addresses the community's needs. There are many ways to get community members involved, from partnering with agencies representing the audience to conducting focus groups and stakeholder interviews.

## Assessing Capacity for Prevention

Assessing a community's available **resources** and **readiness** to address suicide is a key part of the prevention planning process. Prevention efforts are more likely to succeed when they are informed by a complete assessment of a community's capacity to address the suicide epidemic and associated impacts on families, businesses, government and education. Capacity for prevention includes two main components: resources and readiness .

**Resources** include anything a community can use to establish and maintain a prevention effort that can respond effectively to local problems. A well-planned and focused resource assessment will produce far more valuable information than one that casts a wide net. To that end, it's helpful to focus capacity

assessments on resources that are related to your priority problem(s). At the same time, keep in mind that useful and accessible resources may also exist beyond the boundaries of the community's prevention effort. Many organizations, including state and government agencies, law enforcement, health care centers, and faith-based organizations are also working to reduce the impact of suicide and other harmful behavioral health problems.

**Readiness** describes the motivation and willingness of a community to commit local resources to addressing identified problems related to suicide. Readiness assessments should reflect the preparedness of the community sectors that will be involved in addressing the priority problem and/or will be affected by it. To do this, prevention planners must engage in a culturally competent assessment process that includes representatives from across community sectors.

Employers can apply policies that create a healthy environment and reduce stigma about seeking help. Promote employee health and well-being, support employees at risk, and have plans in place to respond to people showing warning signs. Encourage employees to seek help, and provide referrals to mental health, substance use disorder, legal, or financial counseling services as needed.

Communities can offer programs and events to increase a sense of belonging among residents.

Schools can teach students skills to manage challenges like relationship and school problems.

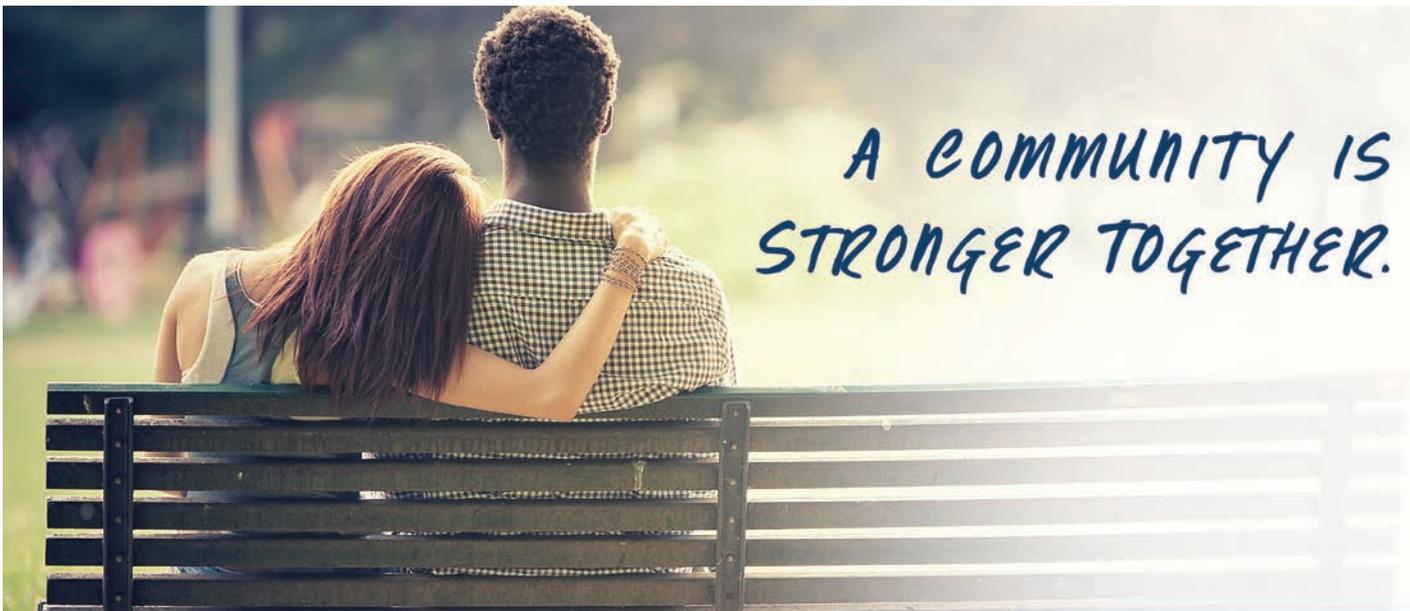
Churches can provide a safe place for people to be encouraged to seek help and offer assistance to those in need.

Media can describe helping resources and avoid headlines or details that increase risk.

## Sharing Assessment Findings

The final step in completing a needs and capacity assessment is to communicate key findings to prevention stakeholders. There are many ways to share findings, but what is critical is that the chosen approach is the right match for the audience. The development of a full report is a key objective of any coalition building effort. Funders and close prevention partners will want the whole story. It's helpful to have all of the details in one place. The State of Michigan is currently working on a State-wide Plan for Suicide Prevention and building coalitions is a key component of the Plan.





**Henry Ford Health System** is honored to sponsor the 2020 Kevin's Song: A Conference on Suicide. As founder of the Zero Suicide movement, we proudly support organizations that are dedicated to eliminating suicide around the world. We recognize Kevin's Song for your relentless efforts and profound commitment to reducing suicide in our community through awareness and education, as well as supporting those touched by suicide or mental illness. We stand with you. [HenryFord.com/ZeroSuicide](https://www.henryford.com/ZeroSuicide)



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## Tips for Parents & Educators

Suicide is the leading cause of death among school age youth. However, suicide is preventable. Youth who are contemplating suicide frequently give warning signs of their distress. Parents, teachers, and friends are in a key position to pick up on these signs and get help. Most important is to never take these warning signs lightly or promise to keep them secret. When all adults and students in the school community are committed to making suicide prevention a priority-and are empowered to take the correct actions-we can help youth before they engage in behavior with irreversible consequences.

### *Suicide Risk Factors*

Although far from perfect predictors, certain characteristics are associated with increased odds of having suicidal thoughts. These include:

- *Mental illness including depression, conduct disorders, and substance abuse.*
- *Family stress/dysfunction.*
- *Environmental risks, including presence of a firearm in the home.*
- *Situational crises (e.g., traumatic death of a loved one, physical or sexual abuse, family violence).*

### *Suicide Warning Signs*

Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:

- *Suicidal threats in the form of direct (“I am going to kill myself”) and indirect (“I wish I could fall asleep and never wake up again”) statements.*
- *Suicide notes and plans (including online postings).*
- *Prior suicidal behavior.*
- *Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions).*
- *Preoccupation with death.*
- *Changes in behavior, appearance, thoughts and/or feelings.*

### *What to Do*

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- *Remain calm.*
- *Ask the youth directly if he or she is thinking about suicide (e.g., “Are you thinking of suicide?”).*
- *Focus on your concern for their well-being and avoid being accusatory.*
- *Listen.*
- *Reassure them that there is help and they will not feel like this forever.*
- *Do not judge.*
- *Provide constant supervision. Do not leave the youth alone.*
- *Remove means for self-harm.*
- *Get help: No one should ever agree to keep a youth’s suicidal thoughts a secret and instead should tell an appropriate caregiving adult, such as a parent, teacher, or school psychologist. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional or administrator.*

*Continues on Next Page*



## **CONTINUED FROM PREVIOUS PAGE:**

### ***The Role of the School in Suicide Prevention***

Children and adolescents spend a substantial part of their day in school under the supervision of school personnel. Effective suicide and violence prevention is integrated with supportive mental health services, engages the entire school community, and is imbedded in a positive school climate through student behavioral expectations and a caring and trusting student/adult relationship. Therefore, it is crucial for all school staff members to be familiar with, and watchful for, risk factors and warning signs of suicidal behavior. The entire school staff should work to create an environment where students feel safe sharing such information. School psychologists and other crisis response team personnel, including the school counselor and school administrator, are trained to intervene when a student is identified at risk for suicide. These individuals conduct suicide risk assessment, warn/inform parents, provide recommendations and referrals to community services, and often provide follow up counseling and support at school.

### ***Parental Notification and Participation***

Even if a youth is judged to be at low risk for suicidal behavior, schools may ask parents to sign a documentation form to indicate that relevant information has been provided. Parental notifications must be documented. Additionally, parents are crucial members of a suicide risk assessment as they often have information critical to making an appropriate assessment of risk, including mental health history, family dynamics, recent traumatic events, and previous suicidal behaviors. After a school notifies a parent of their child's risk for suicide and provides referral information, the responsibility falls upon the parent to seek mental health assistance for their child. Parents must:

- ***Continue to take threats seriously:*** Follow through is important even after the child calms down or informs the parent “they didn’t mean it.” Avoid assuming behavior is simply attention seeking (but at the same time avoid reinforcing suicide threats; e.g., by allowing the student who has threatened suicide to drive because they were denied access to the car).
- ***Access school supports:*** If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- ***Maintain communication with the school:*** After such an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place for your child.

### ***Resiliency Factors***

The presence of resiliency factors can lessen the potential of risk factors to lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth. These include:

- ***Family support and cohesion, including good communication.***
- ***Peer support and close social networks.***
- ***School and community connectedness.***
- ***Cultural or religious beliefs that discourage suicide and promote healthy living.***
- ***Adaptive coping and problem-solving skills, including conflict-resolution.***
- ***General life satisfaction, good self-esteem, sense of purpose.***
- ***Easy access to effective medical and mental health resources.***

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*What is T.A.S.K.S. you ask?*

**Training and Awareness on Suicide from Kevin’s Song**

As a community of health care professionals and educators, we all have T.A.S.K.S. to do in order to help save lives and prevent suicide whenever possible.

While the field of suicidology is not an exact science, and it is difficult to predict who will end their lives, we are amassing more and more scientific, evidence-based information that can help put a stop to such tragic losses in our communities.

This Recognition is something extra we are providing to qualifying attendees at our annual Kevin’s Song Conference on Suicide starting this year. The Conference on Suicide and School Summit offer a comprehensive program of educational sessions that focus on suicide.

Kevin’s Song will send the certificate to you *after* the conference.

**To become qualified for T.A.S.K.S. recognition:**

- *You must be a licensed health care professional.*
- *You will be required to attend every PLENARY SESSION during the 2-Day Conference.*
- *You must attend at least 4 Breakout sessions each day of the 2-Day Conference. You can include the Plenary and Breakout sessions from both the School Summit and the Conference on Suicide in order to earn your T.A.S.K.S. recognition.*
- *You must complete and turn in evaluation forms to the Continuing Education desk; and*
- *You must complete and turn in the TASKS form to the Continuing Education desk.*

Not only will you earn CEUs, you will go home with a Certificate for your office, certifying to your colleagues and to the community that you have attended this comprehensive 2-Day conference with its focus on suicide – awareness, research, prevention and treatment.

**T.A.S.K.S.**  
*Training and Awareness on Suicide from Kevin’s Song*





# MEMORIAL FOREST

*The Memorial Forest is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.*

THE MEMORIAL FOREST was created for the Kevin's Song Fourth Annual Conference on Suicide to help us remember and honor some of the people who have died by suicide and to offer solace to those who were left behind. This Memorial Forest, located in the Nazareth Room on the Main Level of the Conference Center, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

***Please stop in and reflect, remember, meditate, pray and honor your loved ones.***

- *Most of all, we hope to plant seeds of compassion in the hearts of those who read the names: seeds that may develop into a commitment to understanding suicide, finding solutions and offering hope and healing.*
- *We all have within us a center of stillness surrounded by silence.*
- *This Memorial Forest, dedicated to survivors of those whose lives were prematurely ended, is a room in the middle of a busy conference center, dedicated to silence in the outward sense and stillness in the inner sense.*
- *We wanted to create in this small room – a quiet place where you may gather to remember, in thought and prayer, a loved one, a spouse, a child, a parent, a colleague or a friend who has died by suicide.*
- *There are simple things which speak to us all. We have sought for such things and we believe that we have found them in this forest of simple birch trees covered in shimmering points of light surrounding and embracing those who pass among their branches.*
- *So, in the middle of the room we see a symbol of how, daily, light gives life to the earth, a symbol to many of us of how the light of the spirit renews and restores.*
- *The trees in the room remind us of the many individual families and communities that have been affected by suicide. **Visitors to the Memorial Forest are invited to hang a bird from the trees – in memory of a loved one lost to suicide or to honor a survivor.** In this way, we remember that we are all connected in loss and fortified with hope.*
- *There is an ancient saying that the sense of a vessel is not in its shell but in the void. So it is with this Memorial Forest. It is for those who come here to fill the void and to unsettle their stillness with hope and resilience. (inspired by the words of Dag Hammarskjöld on the 1957 opening of the United Nations Meditation Room)*

***The Nazareth Room is located on the Main Level of the Conference Center in the hallway opposite from the Judea Room. The Memorial Forest will be open throughout the 3 day Kevin's Song Conference on Suicide.***



*Evaluation forms, sign-in sheets and instructions are available at the Continuing Education table located in the Conference Registration Area in the Grande Ballroom Lobby*

**If you are seeking credit for Continuing Education, you MUST complete evaluation forms for each session attended.**

## **SW** Social Workers

Continuing education credits approved by NASW-MI Social Work Continuing Collaborative. Course Approval ID: MICEC-0014. Number of Credits: 16.5. Participants must sign in and out at the Continuing Education Desk and must stay for the entire day in order to get credit. No partial credits will be offered.

**Thursday - 5.5 credits**

**Friday - 7 credits**

**Saturday - 4 credits**

## **HR** Human Resource Professionals

*Approval was still pending at the time this Program went to print. Check at the Continuing Education Desk for approved sessions for HR Professionals.*

## **PS** Psychologists

Henry Ford Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Henry Ford Health System maintains responsibility for this program and its content, in conjunction with Kevin's Song. This educational activity is approved for 14.5 credit hour(s) for psychologists.

**Thursday - up to 6 CE credit hours**

**Friday - up to 5.25 CE credit hours**

**Saturday - up to 3.25 CE credit hours**

## **ED** Educators

State Continuing Education Clock Hours (SCECHs) for Educators approved by an application through the Macomb County Intermediate School District. Michigan Educator Certification System Approval Number: 20196474. Number of contact hours: 14 credits

**Thursday - 6.75 contact hours**

**Friday - 7.25 contact hours**

## **LC** Licensed Counselors

Conference on Suicide: Advocacy in Action has been approved by NBCC for NBCC credit. Sessions approved for NBCC credit are clearly identified. Kevin's Song is solely responsible for all aspects of the program. NBCC Approval No. SP-3452.

**Thursday credit hours - 6.5**

**Friday credit hours - 7**

***Continuing Medical Education Credits  
NOT AVAILABLE***

## KEVIN'S SONG SUPPORTIVE STAFF

The subject of suicide being discussed throughout this conference may cause discomfort for some individuals.

Something seen or discussed in a presentation may trigger an emotional reaction such as sadness, anger or other emotions. Please know that it is okay to get up and leave during any presentation. Please also know that there are qualified Supportive Staff members available to talk with you.

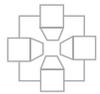
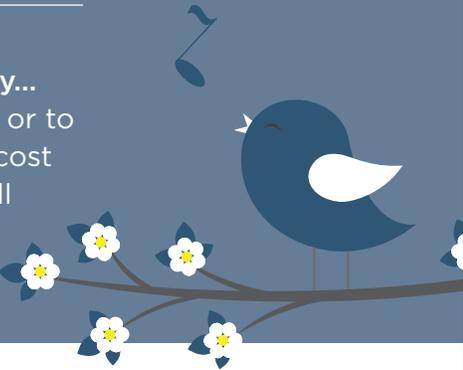
They can be identified by the **ORANGE NAME TAGS** they are wearing.



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TO TALK**



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**A JCM FILM & MUSIC Production**  
**Directed by James C. McGovern**  
**Produced by Kevin's Song**  
**Written by Alan Hibbert**

## Wireless Internet

at the Conference Center

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"ST JOHN'S EVENTS"**

*No access code required*



## Breakfast, Lunch and Refreshments

Continental breakfast will be served each morning in the Garden Gallery. On Thursday, a buffet lunch will be served in the Grande Ballroom for the School Summit attendees and in the Atrium on the Lower Level for Conference attendees. Friday's buffet lunch will be served in the Grande Ballroom. Afternoon snacks will be served in the Garden Gallery. Refreshments will be served daily outside the breakout rooms and in the Garden Gallery.

The Saturday program, including breakfast and a box lunch will be served in the Judea Room. If you have dietary restrictions, please see one of the volunteers so that we can make an effort to accommodate your needs.

## Thursday VIP Resource Reception

Kevin's Song is hosting a Resource Gallery Reception in the Garden Gallery at the conclusion of the Thursday afternoon Breakout sessions. **All conference attendees and presenters are invited to attend** to network and interact with each other and the many organizations represented in the Resource Gallery.

## Friday Dinner and Music of Matt Watroba

All conference attendees and presenters are invited to a casual dinner in the Judea Room after the conclusion of the Friday afternoon breakout sessions.

After dinner, join us for a musical performance by *Matt Watroba*, the voice of folk music in Michigan.

This event is included in your registration package at no additional charge.



*All conference attendees are encouraged to visit the many Resource Exhibitors located adjacent to the Grande Ballroom in the Garden Gallery.*

- |  |  |  |
|--|--|--|
| American Foundation for Suicide Prevention           | H3 Emotional Wellness                    | New Directions                           |
| Anonymous Heros Save Lives                           | Harbor Oaks                              | New Oakland Family Center                |
| Barb Smith Resource and Response Network             | Havenwyck Hospital                       | Newport Academy                          |
| Cedar Creek Hospital/Forestview                      | Hegira Programs                          | Northeast Integrated Health              |
| CNS Healthcare                                       | Institute for Hope and Human Flourishing | Prepare U                                |
| Common Ground  | Jewish Family Service                    | Rose Hill                                |
| Detroit Wayne Integrated Health Network              | Judson Center                            | Saginaw Survivors of Suicide             |
| Garrett's Space                                      | Kadima Center                            | Six Feet Over/ Suck It Suicide           |
| Great Lakes Mental Health Technology Transfer Center | KnowResolve                              | The Guidance Center                      |
| Gryphon Place  | Living Works                             | University of Michigan Depression Center |
|  | NAMI Metro of MI                         | John D. Dingell VA Medical Center        |
|  | NeuroStar                                | Wentworth & Associates                   |



# Thomas Dionne



The 2020 Recipient of the annual **SAVING A LIFE AWARD** presented by Kevin's Song, recognizing his heroic efforts that saved the life of a man contemplating suicide.

Thomas Dionne, Utica's mayor, prevented a man from taking his own life during the early hours of July 7 in Grosse Pointe Farms. In his regular full-time job, Mayor Thom Dionne works as a public safety officer for the city of Grosse Pointe Farms. According to a police report from the Grosse Pointe Farms Department of Public Safety, Dionne had seen a 24-year-old man from Sterling Heights parked in the driveway at Pier Park, which is right on Lake St. Clair at 350 Lake Shore Road, after 1 a.m.

*"I had approached him, and he was sitting on the grass between the road and the water's edge — sitting down and he had his head in his hands, seated with his knees up. I'm like, 'Hey man, is everything OK?' And he's like, 'Hey, I'm just having a bad day.'"*

But roughly 30 minutes later, at around 1:58 a.m. July 7, Dionne saw the same man drive over the curb toward the seawall and Lake St. Clair.

*"This time I'm going opposite of him. I'm going westbound on Lake Shore and he is going eastbound. I see his car slowly driving down Lake Shore. ... He's on the water's edge in the lane closest to the water, and he kind of slows down, and he turns right towards the water and his tire's up over the curb.*

*"I know he said he was having a bad day. Now you see him up over the curb, driving to the water," said Dionne. "I happened to think about him again and thought I should go check on him," said Dionne.*

Seeing the man's move toward the water, Dionne activated his emergency lights and loudly called out for the driver to stop, and he also called for backup units, who arrived moments later to help.

*"He's had a series of troubles in the past. He's a good person and had a series of unfortunate events happen," Dionne said.*

Police said the man's sister told them that her brother had made statements on social media about wanting to end his life.

His awareness of the man's acute distress, while still performing his duty, is an example of how a simple act of kindness can save a life. We can all learn from Thomas Dionne's actions that night. Sometimes all someone needs to hear is: "Hey man, is everything okay?"

Congratulations to Mayor and Public Safety Officer, Thomas Dionne, for saving a life and being the first recipient of the Kevin's Song SAVING A LIFE AWARD for outstanding service to the community.

Excerpts from article by K. Michelle Moran and Kara Szymanski, C&G Newspaper Shelby - Utica News | Published July 15, 2019

CONFERENCE ON SUICIDE:  
ADVOCACY IN  
»»»»»»»» ACTION

Presenting Sponsor

THE DOLORES AND PAUL  
LAVINS FOUNDATION

The January 23-24, 2020 **Conference on Suicide: Advocacy in ACTION**, will tackle this difficult issue - discussing suicide as a complex and indiscriminating phenomenon that must be addressed by a unified and collaborative coalition of community resources. Communities can play a critical role in suicide prevention. Facilitating community engagement in suicide prevention is an important task and overall goal of the 2020 Kevin's Song **Conference on Suicide**. Researchers, clinicians and suicide prevention advocates will share information about suicide, suicidal persons and the repercussions of suicide at both the personal and community level.

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.

Participants will learn the specific, preventative and evidence-based practices that have the greatest measurable impact on saving lives.

- *What can I do in my community to raise awareness and encourage prevention?*
- *What can I do in the workplace, or in conversation with a friend?*
- *How do I help a buddy in my national guard platoon?*
- *How do I respond to a crisis with a family member?*
- *What do I do if I am the one contemplating suicide?*



Presenting Sponsor

Children's Foundation 

On Thursday, January 23, 2020, as part of the Kevin's Song Conference on Suicide, Kevin's Song will host **The School Summit** that will bring together public, independent, parochial and charter schools to share best practices in suicide awareness and prevention, and learn about creative, innovative programs that are bringing mental health and suicide awareness to students, teachers and parents throughout Michigan.

The Kevin's Song **School Summit** 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.

**The goals of the 2020 School Summit:**

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



## THURSDAY SCHOOL SUMMIT & CONFERENCE: January 23, 2020

7:00 - 8:00 am REGISTRATION Grande Ballroom Lobby

7:00 - 8:00 am BREAKFAST Garden Gallery

### PLENARY SESSION 8:00 am - 10:45 am

8:00 - 8:15 am WELCOME Grande Ballroom  
**John Urso**, *Co-Founder and President of Kevin's Song*

### SESSION 1:

8:15 - 9:15 am UNITED STATES OF ANXIETY Grande Ballroom

Keynote Speaker: **John Della Volpe**, *Director of Polling, Harvard Kennedy School Institute of Politics; CEO of SocialSphere*

With Introduction by **Lawrence J. Burns**, *President and CEO, The Children's Foundation, Presenting Sponsor of the School Summit*

Mr. Della Volpe's 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.

### BREAK 9:15 - 9:30 am

**School Summit Attendees Please Proceed to the Judea Room.**

### PLENARY SESSIONS 9:30 am - 10:30 am

#### SESSION 2:

#### SCHOOL SUMMIT

"WE NEED TO TALK" Judea Room

Debut of NEW Kevin's Song documentary film  
 Welcome and introduction by **Sarah Gough**,  
*Kevin's Song Board Member and Chairperson of the Education Task Force*

CONNECTEDNESS AND  
 YOUTH SUICIDE PREVENTION

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

With Introduction by **Nancy Buyle, MA, LPC, NCC**, *School Safety / Student Assistance Consultant, Macomb Intermediate School District*

Cheryl King's presentation will provide the latest research in youth suicide with a focus on screening and intervention strategies.

#### CONFERENCE ON SUICIDE

WITH ONE VOICE: Grande Ballroom  
 THE ROLE OF GOVERNMENT  
 IN SUICIDE PREVENTION

With Introduction by **John Urso**,  
*Co-Founder and President of Kevin's Song*

**Pat Smith, MS**, *Youth Suicide Prevention Program Director, Michigan Department of Health and Human Services*

**Robert Sheehan**, *CEO Community Mental Health Association of Michigan*

**Michelle Cornette, Ph.D.**,  
*National Suicide Subject Matter Expert*

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.

### BREAK 10:30 - 10:45 am



**THURSDAY SCHOOL SUMMIT & CONFERENCE: January 23, 2020**

**AM BREAKOUT SESSIONS 10:45 am - 11:45 am**

**SCHOOL SUMMIT**

**SESSION 3A Wisdom Room**

**BULLYING & SUICIDE**

**Nancy Buyle, MA, LPC, NCC**

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.

**SESSION 3B Kings Room**

**LGBTQIA YOUTH AND SUICIDE RISK REDUCTION IN SCHOOLS**

**Nicole Law, PsyD, LP and Ashley Lupico, MA, LLP**

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.

**SESSION 3C Samuels Room**

**PEER-TO-PEER**

**Will Heinger, BA, Lizelle Salazar, MPH and Stephanie Salazar, MPH**

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.

**SESSION 3D Judea Room**

**RESOURCE PANEL I**

**Stephanie Lange, LMSW, Mary Gager Drew, Christy Buck and Barb Smith**

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, Ok2Say, Be Nice, and LivingWorks.

**CONFERENCE ON SUICIDE**

**SESSION 3A Ruth Room**

**RESILIENCY, TRAUMA INFORMED SYSTEMS AND EDUCATION**

**Sarah Emmerson, MA, LLP**

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.

**SESSION 3B Judith Room**

**USING EMDR TO TREAT SURVIVORS OF SUICIDE LOSS**

**Fred Hogan II, MA, LPC**

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.

**SESSION 3C Sarah Room**

**COLLABORATIVE ASSESSMENT AND MANAGEMENT OF SUICIDALITY (CAMS)**

**Natalie Burns, LMSW**

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.

**SESSION 3D Esther Room**

**DIALECTICAL BEHAVIOR THERAPY – THE CRISIS SKILLS**

**Christine Hilton, LMSW**

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.



## THURSDAY SCHOOL SUMMIT & CONFERENCE: January 23, 2020

**SCHOOL SUMMIT: LUNCH & RESOURCE CENTER** 11:45 am - 1:00 pm Grande Ballroom  
Presented by 100 Women Who Care, Troy, MI

**CONFERENCE: LUNCH & RESOURCE CENTER** 11:45 am - 1:00 pm Atrium

**PLENARY SESSION 1:00 - 1:45 pm**

### SESSION 4:

1:00 - 1:45 pm

### LETHALITY SCREENING AND ASSESSMENT

Grande Ballroom

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

With Introduction by **Selena M. Schmidt, MSN, MMJ, PMHNP-BC, HNB-BC, Director, Behavioral Health Service Line, Ascension Michigan**

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

**BREAK 1:45 - 2:00 pm**

**PM 1: BREAKOUT SESSIONS 2:00 - 3:00 pm**

### SCHOOL SUMMIT

#### SESSION 5A

Kings Room

FINDING HOPE, HELP & RESILIENCE: SUICIDE PREVENTION PROGRAMMING IN BERKLEY PUBLIC AND OXFORD COMMUNITY SCHOOLS

**Robyn Weiss, M.Ed, MA, LPC, Christina Belsky, MA, LLPC and Pamela Fine, M.Ed.**

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.

#### SESSION 5B

Wisdom Room

PUBLIC HEALTH IMPLICATIONS OF CHRONIC TRAUMATIC EXPOSURE

**Polly Gipson, Ph.D.**

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.

SESSION 5 CONTINUES ON NEXT PAGE

### CONFERENCE ON SUICIDE

#### SESSION 5A

Sarah Room

DLIVE: DETROIT LIFE IS VALUABLE EVERYDAY

**Tolulope Sonuyi, MD and Ray Winans**

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.

#### SESSION 5B

Esther Room

ENGAGING THE FAMILY OF A SUICIDAL YOUTH

**Gigi Colombini, LMSW**

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.

#### SESSION 5C

Ruth Room

SUICIDE PREVENTION AND SOCIAL MEDIA

**Amelia Lehto**

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.

SESSION 5 CONTINUES ON NEXT PAGE



**THURSDAY SCHOOL SUMMIT & CONFERENCE: January 23, 2020**

**SCHOOL SUMMIT**

**SESSION 5C** **Judea Room**

**RESOURCE PANEL II**

**Ryan Beale, Dennis Liegghio, Will Heininger and Anthony Grupido**

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.

**SESSION 5D** **Samuels Room**

**SUPPORTING STUDENTS' MENTAL HEALTH IN SCHOOL**

**Catherine Livingston, MA, LPC and Dave Ersig, MAT, Ed.D.**

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

**CONFERENCE ON SUICIDE**

**SESSION 5D** **Judith Room**

**EMPOWERING YOUTH THROUGH COMMUNITY/SCHOOL PARTNERSHIPS**

**Maricela Alcalá, BBA, Ruth Garcia and Laura Pantoja**

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.

**BREAK 3:00 - 3:15 pm**

**PM 2: BREAKOUT SESSIONS 3:15 - 5:15 pm**

**SESSION 6A** *This Session Will Run Until 6:15 pm*

**SAFE TALK TRAINING**

**Barb Smith** **Samuels Room**  
**Lisa Clavier** **Wisdom Room**

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.

**SESSION 6B** **Ruth Room**

**INTERNAL FAMILY SYSTEMS: WORKING WITH CLIENT'S SUICIDAL PARTS IN A NEW WAY**

**Lawrence Wentworth, Ph.D., LMSW**

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.

**SESSION 6C** **Ruth Room**

**QUESTION, PERSUADE, REFER**

**Melissa Tolstyka, MA, LPC, NCC**

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.

**SESSION 6D** **Sarah Room**

**EMPOWERING EMOTIONAL RESILIENCE THROUGH MEDITATION & MINDFULNESS**

**Jonathan Itchon, MA**

Learn how practices of meditation and mindfulness can expand emotional resilience, promote holistic healing, and strengthen hope, positivity, balance, and genuine joy for life.

5:30 - 7:00 pm

**VIP RESOURCE RECEPTION - JOIN US!**

**Garden Gallery**

*Presented by 100 Women Who Care, Grosse Pointe, MI*



## FRIDAY CONFERENCE: January 24, 2020

7:00 - 8:00 am REGISTRATION Grande Ballroom Lobby

7:00 - 8:00 am BREAKFAST Garden Gallery

### PLENARY SESSION 8:00 am - 10:15 am

8:00 - 8:15 am WELCOME Grande Ballroom  
**John Urso**, *Co-Founder and President of Kevin's Song*

### SESSION 1:

8:15 - 9:00 am TOWARD A NATIONAL RESEARCH STRATEGY Grande Ballroom

Keynote Speaker: **Thomas Joiner, Ph.D.**,  
*Robert O. Lawton Distinguished Professor, Department of Psychology, Florida State University*  
 With Introduction by a representative from **Beaumont**

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.

### SESSION 2:

9:00 - 10:15 am WITH ONE VOICE: Grande Ballroom  
 PUBLIC/PRIVATE COMMUNITY COALITIONS

**Travis Atkinson MS, LPC**, *Crisis Systems Specialist / Consultant, TBD Solutions*  
**Rich Homberg**, *President and CEO, Detroit Public Television*  
**Karen M. Marshall**, *Outreach and Training Coordinator, American Indian Health and Family Services of SE Michigan, Retired*

With Introduction by **John Urso**, *Co-Founder and President of Kevin's Song*

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.

### BREAK 10:15 - 10:30 am



**FRIDAY CONFERENCE: January 24, 2020**

**AM BREAKOUT SESSIONS 10:30 am - 11:30 am**

**SESSION 3A** Sarah Room  
**LEGISLATIVE UPDATE**  
**Michael Pyne, LSW and State Senator**  
**Mallory McMorrow, Michigan Senate District 13**  
 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.

**SESSION 3E** Wisdom Room  
**CRISIS MANAGEMENT**  
**IN THE NON-ED ENVIRONMENT**  
**Jennifer Peltzer-Jones, PsyD, RN; Lisa Turbeville, BA; Sojourner Jones, MPA, LBSW; Amelia Jackson, LMSW; Kimberly Smith, LMSW; Rebecca Markonni, LMSW and Micole Jameson, CPSS**

**SESSION 3B** Judith Room  
**FOCUS ON ZERO: ONE ORGANIZATION'S EXPERIENCE WITH SUICIDE PREVENTION**  
**Melissa Tolstyka, MA, LPC, NCC**  
 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.

The assumption is that the only way to intervene with psychiatric crisis is to send someone to the Emergency Department to "be admitted." Often, alternative plans are created, utilizing community-based crisis intervention programs, that help to stabilize the crisis in the community/non-institutional setting. This break-out will provide information about local SEMI Models of crisis intervention.

**SESSION 3C** Kings Room  
**VETERAN SUICIDE PREVENTION UPDATE**  
**Nicole Stromberg, MD, Kipling Bohnert, Ph.D., Mark Ilgen, Ph.D., and Michelle Cornette, Ph.D.**  
 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.

**SESSION 3F** Samuels Room  
**CREATING CONNECTION WITH A SUICIDAL PATIENT**  
**Gigi Colombini, LMSW**  
 No matter which therapeutic modality we might use, we will not successfully help a suicidal patient if we don't build a strong connection with them from the start. This session will focus on ways to build that connection in order to gain the patient's trust, hear their whole story, and help them find themselves again.

**SESSION 3D** Ruth Room  
**IS IT COMPASSION FATIGUE?**  
**Cheryl LeClear Wallace, LMSW**  
 This course is intended for mental health workers, first responders and family members who wish to learn more about how experiencing traumatic events, either directly or indirectly, and providing continuous services may impact their professional and personal well being. It defines and provides insight to Compassion Fatigue and hopes to identify self-care and resiliency strategies to overcome this.

**BREAK 11:30 am - 11:45 am**



## FRIDAY CONFERENCE: January 24, 2020

### PLENARY SESSION 11:45 am - 12:30 pm

#### SESSION 4:

11:45 am - 12:30 pm

GUN DEATHS IN THE UNITED STATES: Grande Ballroom  
CHALLENGING NARRATIVES ABOUT THE ROLE OF MENTAL ILLNESS

Keynote Speaker: **Michael Anestis, Ph.D.**, *Associate Professor of Psychology, Director of the Suicide and Emotion Dysregulation Laboratory, University of Southern Mississippi*

With Introduction by **Katy Barclay**, *Former Senior Vice President of International Human Resources, General Motors Corporation Michigan*

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.

### LUNCH 12:30 - 1:00 pm

### PLENARY SESSION 1:00 - 2:45 pm

#### SESSION 5:

1:00 - 1:45 pm

Guest Speaker: **United States Congresswoman Debbie Dingell**,  
*U.S. House Representative - Michigan's 12th Congressional District*

With Introduction by **Rich Homberg**, *CEO, Detroit Public Television*

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.

#### SESSION 6:

1:45 - 2:45 pm

GETTING TO ZERO SUICIDE: RESEARCH UPDATES Grande Ballroom

**Brian Ahmedani, Ph.D., LMSW**

*Director, Center for Health Policy and Health Services Research, Henry Ford Health System*

**Jodi Jacobson Frey, Ph.D., LCSW-C**

*Associate Professor, University of Maryland, School of Social Work*

With Introduction by **John Urso**, *Co-Founder and President of Kevin's Song*

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).

### BREAK 2:45 - 3:00 pm

### PM BREAKOUT SESSIONS 3:00 - 4:00 pm

#### SESSION 7A

Wisdom Room

#### SURVIVOR GRIEF JOURNEY

**Barb Smith**

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.

#### SESSION 7B

Judith Room

#### DEPRESSION/BIPOLAR UPDATE

**Jennifer Severe, MD**

Dr. Severe will discuss the diagnosis and treatment of depression and bi-polar disorder and their correlation to suicide.



**FRIDAY CONFERENCE: January 24, 2020**

**PM BREAKOUT SESSIONS - CONTINUED 3:00 - 4:00 pm**

**SESSION 7C** Ruth Room  
**ADDRESSING THE S WORD**  
**Amelia Lehto, Andrew Parrish, CPSS and Lisa Klein**

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.

**SESSION 7E** Samuels Room  
**TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION**  
**Reid Depowski, LLMSW**

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 fight suicide.

**SESSION 7D** Sarah Room  
**CONTEMPORARY TREATMENTS FOR DEPRESSION AND SUICIDAL BEHAVIOR IN ADULTS AND THE GERIATRIC POPULATION**  
**Joel Young, MD**

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, concluding with a review of available treatments, and an opportunity to ask questions.

**SESSION 7F** Kings Room  
**SUICIDE PREVENTION IN PRIMARY CARE**  
**Dr. Lia Gaggino, MD**

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.

**BREAK 4:00 - 4:15 pm**

**PLENARY SESSION 4:15 - 5:00 pm**

**SESSION 8:** Grande Ballroom  
**4:15 - 5:00 pm** **THE WATER WE SWIM IN: HOW INDIVIDUALS AND COMMUNITIES CAN TURN THE TIDE IN SUICIDE PREVENTION**

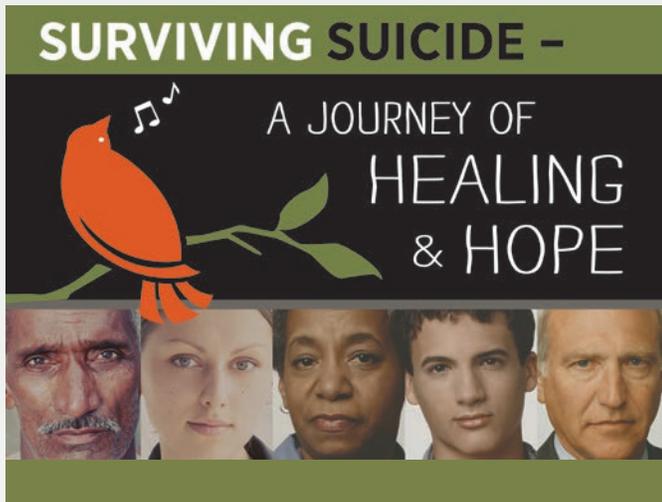
Keynote Speaker: **Bart Andrews, Ph.D.**  
*Vice President, Clinical Practice/Evaluation, Behavioral Health Response*  
 With Introduction by **John Urso, Co-Founder and President of Kevin's Song**

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.

**DINNER 5:30 pm** After Dinner Entertainment : **Matt Watroba** Judea Room  
 Matt is known as the voice of folk music in Michigan for his work as producer and host of WDET-Detroit Public Radio's Folks Like Us program, and the nationally syndicated Sing Out! Radio Magazine and Folk Alley.



## SATURDAY CONFERENCE: January 25, 2020



On Saturday, the Conference focuses on survivors of suicide loss and people with a lived experience, 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.

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.

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.

8:00 - 8:30 am REGISTRATION Judea Room Hallway

8:00 - 8:30 am BREAKFAST Judea Room

### PLENARY SESSION 8:30 am - 10:30 am

8:30 - 8:45 am WELCOME AND INTRODUCTION Judea Room  
**Gail Urso**, *Co-Founder / Vice President of Kevin's Song and Conference Host*

8:45 - 9:45 am A STORY OF HEARTACHE, HEALING, AND HOPE Judea Room  
 Keynote Speaker: **Jenny Landon**,  
*Founder and Executive Director, Growing Out Of Darkness; Author, TV Host*

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.

9:45 - 10:30 am A STORY OF HOPE AND SURVIVAL Judea Room  
 Guest Speaker and Honoree **Thomas Dionne**,  
*Mayor of the City of Utica and Public Safety Officer, City of Grosse Pointe Farms*

With Introduction by **Lawrence Wentworth**, *President/CEO, Wentworth & Associates, PC*  
 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.

**Gail Urso will present Mr. Dionne with the 2020 Kevin's Song Save a Life Award.**

**BREAK 10:30 - 10:45 am**

**SATURDAY CONFERENCE: January 25, 2020**

**SUPPORT GROUPS 10:45 am - 12:00 NOON**

**LOSS SURVIVORS SUPPORT GROUP**  
 Facilitated by:  
**Gigi Colombini, LMSW** Kings I Room  
**Karen Marshall** Kings II Room  
 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.

**LIVED EXPERIENCE WITH SUICIDE (ATTEMPT SURVIVORS) SUPPORT GROUP** Sarah Room  
 Facilitated by **Amanda Stein, MSW**  
 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.

**BREAKOUT SESSIONS**

**SUPPORTING SOMEONE IN GRIEF** Judith Room  
**Barb Smith**  
 Barb will discuss "why suicide" and teach simple yet effective words and tools to help support those who are impacted by suicide.

**SUPPORTING SOMEONE WHO FEELS SUICIDAL** Esther Room  
**Ellen Paré, MPA, LBSW**  
 This session will share tips for those who seek to support someone, personally or professionally, who struggles with suicide.

**LUNCH 12:00 Noon - 1:00 pm** Judea Room

**PLENARY SESSION CLOSING 1:00 - 2:00 pm**

1:00 - 2:00 pm **KNOWRESOLVE – HEALING AFTER THE TRAUMA OF SUICIDE** Judea Room  
 Keynote Speaker: **Dennis Liegghio, Founder, KnowResolve**  
 With Introduction by **Gail Urso, Co-Founder / Vice President of Kevin's Song & Conference Host**  
 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.



## Conference Hosts



**JOHN URSO**

*President and Co-Founder of Kevin's Song*

John, along with his wife Gail, co-founded Kevin's Song to honor their oldest son who died by suicide in March 2013. John and Gail have

two other sons: Brian who resides in Naples, Florida and Justin who, with his wife Carrie, daughter Evie and son Judson, resides in Fort Worth, Texas. John is an attorney whose career includes election to the position of Judge of the Municipal Court of Grosse Pointe Park. He is now engaged in the private practice of law in the Metropolitan Detroit area



**GAIL URSO**

*Vice President and Co-Founder of Kevin's Song*

A professional Interior Designer for over 35 years, Gail Urso has lived and worked in the Metropolitan Detroit area for most of her life. When their

oldest son Kevin died of suicide in 2013 at the age of 41, Gail and her husband John co-founded Kevin's Song to educate about the prevalence of suicide, the stigma associated with mental illness which prevents people from getting needed help, and the measures available to prevent suicides. Gail and John's son Brian resides in Naples, FL, and son Justin lives with his wife Carrie, daughter Evie and son Judson in Fort Worth, TX.

## Presenters



**KATHLEEN BARCLAY**

*Member, Board of Directors, Five Below and Kontoor Brands*



REPRESENTATIVE FROM  
**BEAUMONT**



**LAWRENCE J. BURNS**

*President and CEO, The Children's Foundation*



**SARAH GOUGH**

*Board Member and Chairperson of Kevin's Song Education Taskforce*



**RICH HOMBERG**

*President and CEO, Detroit Public Television*



**SELENA M. SCHMIDT,**

*MSN, MJ, PMHNP-BC, HNB-BC  
Director, Behavioral Health Service Line, Ascension Michigan*



**LAWRENCE WENTWORTH, PH.D.**

*President/CEO, Wentworth & Associates, PC*



## Guest Speakers



### DEBBIE DINGELL

*US Congresswoman*

Congresswoman Debbie Dingell represents Michigan's 12th District in the U.S. House of Representatives, where she has made it a priority to be a voice for the Midwest on issues

that matter most to working families. A member of the House Committee on Energy and Commerce, Debbie is a leader on efforts to grow manufacturing, improve access to quality affordable health care, support seniors and veterans and protect the Great Lakes. Recognized as one of the 25 hardest-working Members of Congress, Debbie is focused on forging bipartisan solutions that support Michigan's families and economy, including improving long-term care and ushering in the future of the American auto industry.



### THOMAS DIONNE

*Mayor and CEO, City of Utica*

Mayor Thom served five years in the US Army and 21 years as a police officer / firefighter. He describes himself as the fortunate husband of a really pretty wife, father of four

pretty good kids, and one great dog, Maggie!

## Keynote and Plenary Speakers



### BRIAN AHMEDANI, PH.D., LMSW

*Director of the Center for Health Policy & Health Services Research, Director of Research for Behavioral Health Services, Henry Ford Health System*

Dr. Brian Ahmedani received his PhD and MSW degrees from Michigan State University. He is a licensed clinical and macro masters-level social worker and completed a NIDA-funded fellowship in Drug Dependence Epidemiology. His research interests are in the area of health services and interventions for individuals with mental health and substance use conditions, with expertise in suicide prevention. He serves as PI or Co-I on several research projects, and has published more than 100 research papers.



### MICHAEL ANESTIS, PH.D.

*Associate Professor of Psychology, Director of the Suicide and Emotion Dysregulation Laboratory, University of Southern Mississippi*

Dr. Anestis has published over 120 peer reviewed articles and recently published his first book, *Guns and Suicide: An American Epidemic*. He was the 2018 recipient of the Edwin Shneidman Award from the American Association of Suicidology, which honors the early career professional who has made the most pronounced contribution to the field of Suicidology.



### BART ANDREWS, PH.D.

*Vice President, Clinical Practice/Evaluation, Behavioral Health Response*

Bart Andrews, PhD, is Vice President of Telehealth & Home/Community Services at Behavioral Health Response. Dr. Andrews is the Chair of Missouri's Suicide Prevention Network, Co-Chair of the Suicide Lifeline's Standards, Training and Practices committee, a member of the Suicide Prevention Resource Center's (SPRC) Steering Committee, a ZeroSuicide Academy Faculty member and member of the American Association of Suicidology's Executive Board of Directors. Dr. Andrews is a suicide attempt survivor and a proponent of embracing of lived expertise in our suicide prevention efforts.



### TRAVIS ATKINSON, MS, LPC

*Crisis Systems Specialist / Consultant, TBD Solutions*

Travis Atkinson, MS, LPC, has spent the last 16 years serving his communities as a behavioral health therapist, supervisor, administrator, trainer, consultant, and musician. A native of Grand Rapids, MI, Travis has actively engaged community leaders and mental health advocates to advance the access and quality of health care services in Michigan and beyond. Travis earned degrees from the University of Michigan (BA, Psychology) and National Louis University (MS, Community Counseling). Travis works for TBD Solutions, a consulting group based in Grand Rapids, and he is also an avid songwriter.

## Keynote and Plenary Speakers - Continued



### LAWRENCE J. BURNS

*President and CEO,  
The Children's Foundation*

A Detroit native, Lawrence J. Burns returned to Detroit in January 2017 to lead The Children's Foundation in their efforts to make a lasting, positive impact on Michigan children. The Foundation is a statewide community foundation for children and currently awards over 25% of its grants to community-based organizations. The Children's Foundation now has more than 77 community-based, service-oriented partners assisting children and their families. Mr. Burns is a member of the Michigan Health & Hospital Association, Macomb County Chamber, Michigan Nonprofit Association, Detroit Economic Club, Detroit Regional Chamber, Advisory Council member of the Root Cause Coalition, The Jamie Daniels Foundation Board of Trustees, and sits on the Executive Committee and Board of CATCH.



### MICHELLE CORNETTE, PH.D.

*National Suicide  
Subject Matter Expert*

Dr. Cornette has devoted the entirety of her career to suicide prevention. Her professional history in suicide prevention includes roles as administrator, researcher, clinician, educator, and survivor of suicide loss. She is a Past Executive Director of the American Association of Suicidology, the nation's sole membership organization in suicide prevention. Prior positions include posts with the Department of Defense and the VA. She earned her Ph.D. in Clinical Psychology from the University of Wisconsin-Madison.



### JOHN DELLA VOLPE

*Director of Polling, Harvard  
Kennedy School Institute of Politics;  
CEO of SocialSphere*

The Washington Post referred to John Della Volpe as one of the world's leading authorities on understanding global sentiment, opinion and influence especially among Millennials and in the age of digital and social media. John has advised heads of state, Fortune 100 CEOs, military generals, athletes and entertainers on how to use public opinion to tell their story, identify and empower key audiences. A graduate of the University of San Diego, he currently serves as President of the New England Association of Eisenhower Fellowships, is a member of the Eisenhower Fellowships Global Alumni Steering Committee, a member of the Ad Club of Boston Board of Directors, and a Trustee for iCatholic Media.



### JODI JACOBSON FREY, PH.D., LCSW-C

*Associate Professor, University of  
Maryland, School of Social Work*

Dr. Frey chairs the Employee Assistance Program (EAP) sub-specialization and the Financial Social Work initiative. Her MSW and PhD degrees were earned from the University of Maryland. Dr. Frey's research focuses on workplace behavioral health, including the impact of employee health and well-being on productivity and safety. She studies the effectiveness of employee assistance, work/life, and financial capability programs for working families. She has dedicated a significant portion of her research agenda to the prevention of suicide and crisis response in the workplace.



### RICH HOMBERG, BA

*President and CEO,  
Detroit Public Television*

Mr. Homberg earned a BA from Temple University in Radio, Television and Film. Under his leadership Detroit Public Television was named "Best Managed Non-Profit" of 2010 by Crain's Detroit Business. An active member of the Metro Detroit community, Homberg serves on multiple boards for nonprofit organizations and is knowledgeable about forging partnerships with the business community.



### THOMAS JOINER, PH.D.

*Robert O. Lawton Distinguished  
Professor, Department of  
Psychology, Florida State University*

Thomas Joiner grew up in Georgia and went to college at Princeton. His work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions. Author of over 500 peer-reviewed publications, and author or editor of 17 books, Dr. Joiner has made many appearances on radio and television, in print, and in documentaries. He is a consultant to NASA's Human Research Program, and is co-Director of the DoD-funded Military Suicide Research Consortium. He runs a part-time clinical and consulting practice and lives in Tallahassee, Florida.



### CHERYL KING, PH.D.

*Professor, Departments of  
Psychiatry and Psychology,  
University of Michigan*

Cheryl King directs the Youth Depression and Suicide Prevention Program, which is dedicated toward developing improved suicide risk screening tools, risk assessment strategies, and interventions for youth at risk. Dr. King is currently leading three major research projects funded by the National Institute of Mental Health, including one designed to identify 24-hour warning signs for adolescent suicide risk. A clinical educator and research mentor, Dr. King has served as Director of Psychology



Training and Chief Psychologist in the Department of Psychiatry, and is the lead author of *Teen Suicide Risk: A Practitioner Guide to Screening, Assessment, and Management*. In addition, Dr. King has provided testimony in the U.S. Senate on youth suicide prevention and is a Past President of the American Association of Suicidology, the Association of Psychologists in Academic Health Centers, and the Society for Clinical Child and Adolescent Psychology.



## JENNY LANDON, BA

**Founder and Executive Director, *Growing Out of Darkness*; Author, TV Host**

Jenny is the founder and executive director of Growing Out Of Darkness (GOOD), author of *Growing Through*

Grief, and host of GOOD chats. For over twenty years Jenny has devoted herself to understanding suicide, exploring various modes of healing, and promoting wellness. Recognizing that simply speaking about mental health disorders and suicide more frequently will not end the stigma nor the rate of occurrence, Jenny is focused on improving the way we speak and think about every aspect of mental health. She hopes to help individuals understand that while no one chooses to have mental health struggles, there are things we can do to support our mental health function and give ourselves the best chance at living a life we love.



## DENNIS LIEGGHIO

**Founder, *KnowResolve***

KnowResolve founder Dennis Liegghio lost his father to suicide when he was a teenager. For years he battled guilt, shame, anger, depression and his own thoughts of suicide. A song that he wrote years later allowed him to begin a

journey towards healing. Eventually this song ignited a passion to raise awareness about suicide in his community because the subject is highly stigmatized and rarely discussed. With the help of family, friends and colleagues, KnowResolve was born in 2007 and remains dedicated to raising awareness about youth suicide and advocating for prevention.



## KAREN MARSHALL

**Suicide Prevention Specialist**

Karen M. Marshall has more than 25 years of experience in suicide awareness, prevention, intervention and postvention. She is retired as Outreach and Prevention Coordinator with American Indian Health

and Family Services of SE Michigan, where she coordinated and delivered training for Native American populations throughout Michigan and the Bemidji Indian Health Service Region.



## ROBERT SHEEHAN, MSW, MBA

**Chief Executive Officer, Community Mental Health Association of Michigan**

Mr. Sheehan holds an MSW from Wayne State University and an MBA from the

Broad School of Management at Michigan State University. Mr. Sheehan's experience includes work in mental health, substance use disorders, and intellectual/developmental disability services, services to at-risk youth, women's healthcare, statewide research and advocacy, services to farm workers, and anti-poverty efforts. Immediately prior to joining the CMH Association, he served as the CEO of the CMH Authority of Clinton, Eaton, and Ingham Counties. Mr. Sheehan is an adjunct member of the teaching faculty of the Michigan State University School of Social Work.



## PATRICIA K. SMITH, MS

**Youth Suicide Prevention Program Director, Michigan Department of Health and Human Services**

Patricia K. Smith has worked in injury and violence prevention at the state level for 25 years, with most of that time spent in

violence prevention, including self-directed violence. Nationally, she has served on the advisory committee for the Suicide Prevention Resource Center and currently serves on the Data & Surveillance Task Force for the National Action Alliance for Suicide Prevention.

## Promoting Mental Health Preventing Youth Suicide



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[www.KnowResolve.org](http://www.KnowResolve.org)



## Breakout Session Speakers



### MARICELA ALGALA

**Chief Executive Officer,  
Gryphon Place**

Maricela received her bachelor's degree in Business Administration/Information Systems from the University of Veracruz (Mexico). Before becoming CEO of

Gryphon Place, Maricela was the Program Director for United Way 2-1-1, in Toledo, Ohio. Before joining United Way, Maricela was an Outreach Specialist at Adelante Latino Resource Center assisting Latino/Hispanic families with Drug and Alcohol Prevention. Maricela has been an active member of National AIRS (Alliance of Information and Referral Systems) and acts as a National Accreditation Reviewer.



### CHRISTY BUCK, LBSW

**Executive Director, Mental Health Foundation of West Michigan;  
Founder, be nice**

With over 33 years of experience in mental health, Christy passionately leads the Mental Health Foundation of West

Michigan. Her desire for transforming and saving lives through mental health education led her to develop two classroom programs – be nice. and Live Laugh Love and become a certified instructor in Mental Health First Aid and QPR. Christy and her staff have educated thousands of individuals each year through their education programs and other various speaking engagements and presentations throughout Michigan. Christy serves on the Grandville School Board and is involved with numerous community organizations and coalitions. She recently was honored by the American Red Cross as a Hometown Hero, an Athena Finalist in 2017, and in 2018 one of the 50 Most Influential Women In West Michigan. She is a graduate of Michigan State University.



### RYAN BEALE, MA

**CEO/Founder,  
Prepare U Mental Health Education**

Ryan G. Beale is the CEO and Founder of The Live Network, a Public Benefit Corporation. The combination of personal family tragedy and the

changing landscape of mental health due to emerging social network platforms, prompted Ryan to journal and author the book "40 Days Off Facebook," which is now utilized in schools across North America through the Prepare U Mental Health Curriculum. He created Therapy Live, a HIPAA compliant intelligent Telehealth platform. Ryan is the coauthor of Prepare U, the first ever evidence-supported experiential mental health curriculum for teens and is being utilized in 8 states. Ryan's work has been featured in Teen Vogue, The U.S. Department of Education Newsletter, Huffington Post, Education Weekly, Michigan Education Association, NowThis, NPR, and FOX News.



### NATALIE BURNS, LMSW, MA

**Senior Clinical Social Worker,  
University of Michigan  
Outpatient Psychiatry**

Natalie has advanced intensive training in Dialectical Behavior Therapy, Trauma focused Cognitive Behavioral Therapy,

Motivational Interviewing, and Acceptance Commitment Therapy. She serves on the Zero to Thrive Perinatal Clinic in Ambulatory Psychiatry. Natalie has expertise working with women in the perinatal phase and specializes in perinatal mood disorders, reproductive loss, and infertility related issues. Natalie is also a certified post-partum Doula. Her clinical interests include mood disorders, reproductive loss, trauma, relational work with parents and infants, and suicidality. Natalie also serves as a consultant for the Collaborative Assessment and Management of Suicidality where she trains mental health providers in suicide specific assessment and intervention. She also has a private practice where she primarily treats adolescents struggling with suicidality.



### CHRISTINA BELSKY, MA, LLPC

**Counselor, Berkley High School**

Christina Belsky has been a school counselor at Berkley High School since 2014. Prior to entering the school counseling field in 2011, Christina worked in politics and government. She is currently

the advisor for Sources of Strength at Berkley High School.



### KIPLING BOHNERT, PH.D.

**Assistant Professor, Department of Psychiatry, Michigan Medicine**

Dr. Bohnert is a research investigator with the Department of Veterans Affairs. As a VA researcher, his work aims to better understand mental health

and substance use services delivery following mandatory behavioral health screening in the VA, and to improve mental health and substance use treatment initiation and engagement among Veterans identified via screening who served in the recent conflicts in Iraq and Afghanistan. He earned his Ph.D. in Epidemiology from Michigan State University.



### NANCY BUYLE, MA, LPC, NCC

**School Safety / Student Assistance Consultant, Macomb Intermediate School District**

Nancy Buyle has her Master's Degree from Oakland University in Counseling. She has been working for the Macomb

Intermediate School District since August 2000 as their School Safety/Student Assistance Consultant. Nancy has been instrumental in developing comprehensive crisis management protocol that has been distributed and shared with schools across the nation. Nancy is the Chair of the Macomb County Suicide Prevention Coalition. She is trained in Critical Incident Stress Management and is an Advanced Certified Trauma Practitioner through the National Institute of Trauma and Loss in Children (TLC).





**LISA CLAVIER**  
*President, Kiersten's Ride*

Lisa is a co-founder of Kiersten's Ride, a non-profit for suicide awareness, education and prevention in Northern Lower Michigan. Lisa serves as Chair of the Charlevoix/Emmet County Suicide Prevention Coalition, and facilitator of Boyne City Survivors of Suicide Loss providing support to those who have lost a loved one to suicide. Clavier has provided direct outreach services for the Victims Service Unit of local County Sheriff's Departments. She has received certification in Yellow Ribbon presentation, is a certified SafeTALK (Suicide alertness for everyone) trainer and is a registered ASIST (Applied Suicide Intervention Skills Training) trainer.



**GIGI COLOMBINI, LMSW**  
*Psychotherapist; Founder, Institute for Hope and Human Flourishing*

Gigi Colombini is a Clinical Social Worker who, since 1990, has focused her passion on working with youth and adults who experience trauma, grief, anxiety, depression and suicide. She has worked as a Crisis Counselor/Supervisor, facilitated grief groups, and led CISM teams and various suicide prevention efforts throughout Southeast MI. She has consulted on programs for Harvard, Dartmouth, and the National Action Alliance for Suicide Prevention. Ms. Colombini is a sought out speaker who has provided extensive education in business and community settings. Her Institute for Hope and Human Flourishing outpatient clinic is located in Bloomfield Hills, MI.



**REID DEPOWSKI, LLMSW**  
*President, American Foundation for Suicide Prevention*

Reid is a psychotherapist and Clinical Development Coordinator at Therapy Today, a private practice located in East Lansing, MI. She is the President of the Michigan Board for the American Foundation for Suicide Prevention. In her clinical work, she specializes in grief and loss, and regularly works with clients who experience suicidal ideation. She advocates for the implementation of regular suicide risk assessment to prevent suicide in outpatient mental health care and has developed presentations for other mental health professionals to become more comfortable screening for and intervening with suicide risk. She came to this cause upon losing her mother Debbie Tramel to suicide in May 2014. Reid is a strong believer that suicide is preventable through education and empowering communities to engage in this conversation.



**MARY GAGER DREW, MPA**  
*Consumer Programs Administrator, Michigan Department of Attorney General*

Ms. Drew manages OK2SAY, a nationally recognized student safety program which enables Michigan students to

confidentially report harmful behavior that threatens their safety or the safety of others. Prior to working for the state, Ms. Drew had 15 years of experience in school safety while working for Michigan State University School of Criminal Justice and as a consultant on school safety for the Michigan State Police. In addition, Ms. Drew worked for over ten years in the Michigan State Senate and the Executive Branch specializing in children and victim related issues. Ms. Drew graduated with a Master's in Public Administration from Western Michigan and a Bachelor's in Education from Hope College. Ms. Drew is happily married to her husband, Jack. They have a daughter and a double doddle dog.



**SARAH EMMERSON, MA, LLP**  
*Program Manager, Home Based and School Based Services, The Guidance Center*

Sarah Emmerson has been serving children and families in Wayne County, MI for 14 years and is currently the Program Manager of Home Based and School Based Services at The Guidance Center, a Wayne County Community Mental Health Organization. This program services children 5-21 with Severe Emotional Disturbance and many with present or histories of suicidal ideation or attempts. These services are to assist the family and community partners in understanding, supporting and being active in the treatment of children and to improve their quality of life. Mrs. Emmerson is trained in Critical Incident Debriefing, Reflective Supervision, Secondary Traumatic Stress and Trauma Focused Cognitive Behavior Therapy.



**DAVID ERSIG, MAT, ED.S.**  
*Asst. Principal, Henry Ford II High School*

Dave Ersig is a driven educator that has developed as a curriculum specialist, instructional expert, and educational leader. He has demonstrated a mastery of content in math and science that has enabled new pathways through curricular expectations that are more efficient and effective. He has also supported the collaborative partnership with community mental health counselors, using all resources to improve academic and personal growth for students. In addition to earning a B.S. with a major in Mathematics and minor in Physics from Wayne State University, he also completed his M.A.T. from Marygrove College. Furthermore, Mr. Ersig has completed his Education Specialist degree, and is currently pursuing his Education Doctorate, from the University of Michigan-Flint. Additionally, Mr. Ersig participated in the 2016 Gerstacker Fellowship Program through Saginaw Valley State University. His dissertation topic studies the need, structure, and impact of collaborative school based mental health supports.



**PAMELA FINE, M.ED.**  
*Restorative Practices Coordinator, Oxford Community Schools*

Pam Fine is currently serving as the Restorative Practices Coordinator for Oxford Community Schools. Pam taught Special Education (EI, CI) for 15 years before becoming a school counselor. Pam has counseled in all



## Breakout Session Speakers - Continued

levels of public education (elementary, middle and high school) and was named Dean of Students in 2017. The past year and a half, Pam has been responsible for the training of all district staff in restorative circles, as well as implementing the use of restorative practices in the district. Pam has also implemented the Olweus Bully Prevention Program district-wide the past 9 years and overseen suicide prevention projects like 13 Reasons Why Not, which received national recognition and was recently named EAB's Best Practices in Mental Health Programs for teens. Pam now speaks around the country about suicide prevention programs for high school students.



**LIA GAGGINO, MD, FAAP**  
*Medical Director,  
Behavioral Health, Bronson System*

Dr. Gaggino is a board certified general pediatrician and a Fellow of the American Academy of Pediatrics. She has been in practice for the past 30 years

and is the System Medical Director of Behavioral Health Services for Bronson Healthcare Group in Kalamazoo serving southwest Michigan. She has a special interest in integrated behavioral health and Zero Suicide initiatives and is a Zero Suicide faculty member and content expert.



**RUTH GARCIA, BS**  
*Restorative Justice Program  
Manager, Gryphon Place*

In her current role, Ruth leads a terrific team of staff, interns, and volunteers and provides Restorative Justice training to schools, community partners, and

workplaces. Gryphon Place's Restorative Justice program spans into seventeen schools for direct restorative practices services. Ruth is passionate about making her community a more just, equitable, empowered, and safe place for all. Ruth has held a variety of roles working with youth from many different backgrounds. She has an educational background in exercise physiology, with a Bachelor of Science from Western Michigan University. Prior to her current role, she worked as a Crisis Worker in the Gryphon Place contact center and as a Gatekeeper providing suicide prevention education.



**POLLY GIPSON, PH.D.**  
*Clinical Associate Professor;  
Director, Trauma & Grief Clinic,  
Frankel Integrated Behavioral Health  
Program, Michigan Medicine*

Dr. Polly Gipson is a Licensed Clinical Psychologist, and Clinical Associate

Professor in Michigan Medicine's Department of Psychiatry, as well as Director of the Trauma and Grief Clinic and Director of the Frankel Psychotherapy Program. Her expertise is in youth suicide risk assessment; universal screening and brief suicide prevention interventions; trauma- and bereavement-informed assessment and intervention; and community-based participatory research methods.



**ANTHONY GRUPIDO**  
*Magician*

Anthony Grupido is hailed as Michigan's Best Magician; he's opened for the Impractical Jokers and Darci Lynn the Ventriloquist, but wanted to use Magic for a deeper purpose. Due to his own

struggles with Depression and Suicide, Anthony visits schools with his presentation The Magic of Hope educating audiences about coping skills and sharing his story of survival.



**WILL HEININGER, BA**  
*Program Coordinator, University  
of Michigan Depression Center*

Will Heininger is a former University of Michigan defensive lineman who struggled with depression during his time at the school. He is working to raise

awareness for student-athletes struggling with mental illness with the hope that as a culture and as a society, communities will realize the importance of mental health and the services which support it.



**CHRISTINE HILTON, LMSW**  
*Supervisor, Partial Hospitalization  
Program, Henry Ford Health System*

Christine Hilton is experienced in all levels of adult care such as assessment, intake, and inpatient treatment. She has been intensively trained by Behavioral

Tech, LLC in Dialectical Behavior Therapy (DBT). Christine received her Master of Social Work degree from Wayne State University and continues to advocate for those with mental health issues through her clinical work and her involvement in mental health initiatives and wellness in the community.



**FREDERICK J. HOGAN II, MA, LPC**  
*Certified EMDR Therapist,  
Wentworth and Associates*

Mr. Hogan obtained his B.A. in Psychology from The University of Michigan - Dearborn in April of 1987.

He worked for the State of Michigan's Hawthorn Center for twelve years as a Child Care Worker. He obtained his M.A. in Counseling in 1997 from Oakland University. He worked as a Therapist for Macomb County Community Mental Health for eight years prior to working the past six years in private practice at Wentworth and Associates.



**MARK ILGEN, PH.D.**  
*Professor, University of Michigan*

Mark Ilgen is a clinical psychologist, a Research Career Scientist with the VA Center for Clinical Management Research (CCMR) in Ann Arbor, and a Professor in the Department of

Psychiatry at the University of Michigan. He is also the Director of the University of Michigan Addiction Treatment Services



(UMATS). Dr. Ilgen received his doctorate from the University of Colorado, Boulder, and completed his clinical internship and postdoctoral fellowship at the Palo Alto VA. Much of his current work is focused on methods to improve treatment outcomes in individuals with substance use disorders as well as strategies to decrease the likelihood of suicide in high-risk individuals. His research is currently funded by the Department of Veterans Affairs (VA), the Department of Defense (DoD) and the National Institutes of Health (NIH).



**JONATHAN ITCHON, MA**  
*Holistic Wellness Expert,  
Healer, & Meditation Instructor*

Jonathan received his BA from the University of Michigan and his MA in Educational Psychology from the University of Texas. He has over 10 years

of experience teaching meditation and guiding clients from across the country to activate and elevate their lives through holistic, time-tested traditions of healing.



**AMELIA JACKSON, LMSW**  
*Clinical Supervisor,  
New Oakland Family Centers*

Amelia Jackson leads New Oakland's Mobile Intensive Crisis Stabilization team of 12 therapists and mental health technicians. She is also an active

member of the team, responding to crisis stabilization calls requiring deployment to hospital emergency departments and community settings. Amelia received her Master in Social Work from Wayne State University. Prior to becoming the Crisis Stabilization Supervisor, Amelia worked as part of New Oakland's Wayne County FACE to FACE program team as well as providing clinical outpatient therapy services.



**MICOLE JAMESON, CPSS**  
*Lead Certified Peer Support  
Specialist, Hegira Health at C.O.P.E.*

Micole is the Lead Peer for the Mobile Crisis Intervention Team, providing support not only for consumers, but for her fellow peers as well. She and her

very supportive husband of 17 years have 9 children combined, and 2 grandsons. But their real baby is Roxy, a 3 year old 150 lb Rottweiler. Micole loves reading, music, and spending time with her family, but most of all she is happy to be on call to be a help to her family and anyone else who needs her.



**SOJOURNER JONES, LBSW, MPA**  
*Community Liaison for Law  
Enforcement, Detroit Wayne  
Integrated Health Network*

Sojourner Jones has been working in the field of mental health for over 25 years, most often serving those who have

been clinically diagnosed as severe and persistently mentally ill. Her current position was created just for her. Prior employers include the Detroit Police Department, Michigan Department of Corrections, the US Attorney of Eastern District of Michigan,

and several non-profits. She earned her BS from Michigan State University and her MPA from Central Michigan University. She is the mother of two children, Ishmael and Mikalaha.



**LISA KLEIN**  
*Director, The S-Word documentary film*

Lisa Klein is an award-winning director and writer dedicated to crafting groundbreaking documentary features, including THE S WORD and OF TWO MINDS. She tours the country speaking

and using her films to raise awareness of mental health issues. She is co-founder, with her husband Doug Blush, of MadPix Films, an LA-based production company dedicated to producing character-driven stories that create global impact and social change. She is a graduate of the University of Michigan and received an M.F.A. from the University of Southern California.



**STEPHANIE LANGE, LMSW**  
*Student Assistance Specialist,  
Dakota High School*

Stephanie Lange earned her Masters in Social Work from the University of Michigan. She also currently holds her Academy of Certified Social Workers

credential (ACSW) and Certified Advanced Alcohol and Drug Counselor (CAADC), and is a Certified Clinical Supervisor in the State of Michigan (CCS-M). She has worked in the field of social work since 1993 in many capacities, including intake, assessment, screening, therapist, supervisor, clinical director, community organizer, field liaison, trainer, professor, researcher, and prevention specialist.



**NICOLE LAW, PSY.D., LP**  
*Aloe Integrative Psychology Group*

Dr. Law has a diverse set of experience in outpatient, university counseling, multicultural, LGBT issues, grief and loss. Dr. Law has degrees in both literature and psychology and describes them

as two different perspectives on the human experience. She received her masters and doctoral degrees in clinical psychology from the Michigan School of Professional Psychology. Much of Dr. Law's practice focuses on reproductive issues including fertility, miscarriage, postpartum depression/anxiety and gender dysphoria. Nicole works primarily with adolescents and early to mid-adulthood.



**AMELIA LEHTO**  
*Lead Community Educator,  
CNS Healthcare*

Amelia Lehto is the Lead Peer Community Educator with CNS Healthcare's Anti-Stigma Team. As a survivor of suicide loss, she specializes

in suicide prevention and postvention on the local, state and national levels. Amelia is also a Master Applied Suicide Intervention Skills (ASIST) Trainer through LivingWorks Education. Amelia is the Vice President of the nonprofit Six Feet Over and former Crisis Centers Division Chair for the American Association of Suicidology.



## Breakout Session Speakers - Continued



**CATHERINE LIVINGSTON, MA, LPC**  
*Counselor, Henry Ford II High School*

Catherine Livingston, with 35 plus years working with youth, has a Master's Degree in Counseling, a Bachelor Degree in Child Development, a Michigan Teaching Certificate, certified as a

Trauma and Loss Counselor/Supervisor and trained in Critical Incident Stress Management through the International Critical Incident Stress Foundation. She is on the Board of Directors for KnowResolve, 501(c)(3) non-profit organization dedicated to promoting youth mental health and suicide prevention awareness and established the first KnowResolve Student Club in 2014. She's involved with local and state projects addressing students' mental health and suicide prevention education, while consulting and conducting various workshops throughout Michigan. She has been a guest speaker on Michigan Public Radio and a Podcast for Michigan Secondary School Principals.



**HEATHER MCNUTT, LMSW**  
*Manager of Runaway and Homeless Youth programs, Common Ground*

Heather's responsibilities include managing Common Ground's Basic Center Runaway and Homeless Youth Shelter, a 26-bed scattered site

Transitional Living Program, Outpatient Counseling and a Mentoring Program for youth who are or at risk of commercial sexual exploitation. Heather earned a B.A. in Biology from Denison University and a Master of Social Work from Wayne State University. Her professional experience includes working as a Youth Coordinator in community service and personal growth retreats and has worked as a Behavioral Health Clinician assisting families experiencing trauma, anxiety, depression, family conflict, and mental health crisis.



**ASHLEY LUPICO, MA, LLP**  
*Psychotherapist, Aloe Integrative Psychology Group*

Ashley is a graduate of the Michigan School of Professional Psychology. She specializes in working with children and families.



**REBECCA MARKONNI, LMSW**  
*Mobile Crisis Intervention Coordinator, COPE-Community Outreach for Psychiatric Emergencies*

Rebecca earned her BSW from Madonna University and her MSW from University of

Southern California. She minored in Military Social Work focusing on PTSD, and is certified in CBT, DBT, problem solving therapy, motivation interviewing and received an endorsement from the International Institute Global for diversity and inclusion. She has worked in mental health since 2010, and prior to that worked as an EMT/Firefighter. She has 5 children ages 21, 19, 16, 10 and 8, and a cute shih tzu name Einstein. Her hobbies are painting, music (she owns over 1000 vinyl records) and working on her 1940 Buick Hearse named Bram Stoker. Rebecca is proud to say that as of October 2019 she is a 13 year survivor of domestic violence.



**MALLORY McMORROW, BA**  
*State Senator, Michigan's 13th District*

Senator McMorrow is serving her first term in the Michigan Senate. She gained more than a decade of experience in product design, media and advertising through her

work with Mazda, Mattel, Gawker Media, Hearst and other global brands. She brings a fresh, creative and collaborative approach to addressing and solving some of our state's most complex issues. She earned her bachelor's degree in industrial design from the University of Notre Dame. She resides in Royal Oak with her husband, Ray, and their rescue dog, Detroit.



**LAURA PANTOJA, BSW**  
*Impact and Evaluation Strategist, Gryphon Place*

Currently at Gryphon Place, Laura Pantoja serves as new member of the executive team by holding the role of Impact and Evaluation Strategist.

Prior to this position, Laura handled calls in Gryphon Place's Contact Center answering crisis lines as well as 211 lines. Laura obtained her Bachelor's in Social Work through Western Michigan University Summer of 2018. Her current role entails growing oversight of most of the non-profit's suicide education, prevention, intervention, and postvention initiatives. Laura oversees the Gatekeeper Program in which age appropriate material regarding warning signs, getting students to a trusted adult, and learning there is more to the story when someone is thinking of suicide. This program covers most of Kalamazoo Public Schools and around 14 other school districts to provide education on suicide to Middle School and High School grades. Laura is curious and determined to approach crises in our communities by promoting normalizing, de-stigmatizing, and safety for all.



**ELLEN PARÉ, MPA, LBSW**  
*Practice Administrator, Institute for Hope and Human Flourishing*

Ellen Paré has devoted her career to preventing suicide by intervening at both the individual and the community level. In nearly thirty years at the

Macomb County Crisis Center, Ellen worked to help callers through their suicidal crises, to train members of the community to provide crisis intervention services, and to lift the overall quality of services by incorporating innovative and evidence-based practices into the Center's policies and procedures. Currently Ellen works as a consultant for the Institute for Hope and Human Flourishing and the suicide prevention non-profit Kevin's Song. Ellen is a Licensed Bachelor's Social Worker who earned her Master of Public Administration from Wayne State University.





**ANDREW PARRISH, CPSS**  
*Community Educator,  
CNS Healthcare*

Andrew was born in Chicago and later moved to Detroit. As a child life became difficult for him when he was diagnosed with ADD. As a young man Andrew started experimenting with marijuana which negatively impacted his studies. In spite of that, Andrew was able to go to college. While in college he began using other drugs and drinking, which eventually led to a diagnosis of Schizophrenia. Andrew has a new found new passion. He's a Certified Peer Support Specialist, using his recovery story to inspire hope in others.



**JENNIFER PELTZER-JONES, PSY.D., RN**  
*Senior Staff Psychologist,  
Department of Emergency Medicine,  
Henry Ford Health System*

Originally from Philadelphia, Dr. Peltzer-Jones graduated from De Sales University in Allentown, PA with a Bachelor's in Nursing with a minor in Psychology then went on to Millersville University for a Master of Science Degree in Clinical Psychology and finally returned to Philadelphia in 1999 to pursue her Doctorate in Clinical Psychology (PsyD) at LaSalle University. Dr. Peltzer-Jones was hired on as the first Senior Staff Psychologist for the Henry Ford Emergency Department in 2008 and has published and presented on topics such as frequent ED use interventions, integration with community mental health services, and quality improvement.



**MICHAEL PYNE, LSW**  
*Co-chair, Suicide Prevention  
Coalition of Muskegon County*

Michael has been a social worker in West Michigan for 34 years. Currently he is employed at HealthWest (the Community Mental Health) in Muskegon, Michigan. In the past several years his focus has been community outreach and suicide prevention. He co-chairs the Suicide Prevention Coalition of Muskegon County, chairs the Regional Suicide Prevention Alliance in West Michigan, has been involved in legislative workgroups on suicide prevention, has been a regular participant in planning the state suicide prevention conference as well as participating on the team that is updating the state's suicide prevention plan. Michael lives in Spring Lake, Michigan with his wife Sarah (who also does suicide prevention work) and too many dogs.



**LIZELLE SALAZAR, MPH**  
*Senior Outreach Specialist,  
University of Michigan  
Depression Center*

As Senior Outreach Specialist, Lizelle provides education, training, and ongoing consultation to staff, mentors and students of twelve schools involved in the Peer to Peer Depression Awareness Campaign program (P2P). She is energized by the challenge of figuring out the most effective way to communicate with people to drive positive health behavior change.



**STEPHANIE SALAZAR, MPH, CHES**  
*Outreach and Education Program  
Manager, University of Michigan  
Comprehensive Depression Center*

Earning her Master of Public Health in Health Behavior and Health Education from the University of Michigan, Stephanie has experience planning and implementing health education and outreach initiatives for adolescents and young adults. Current projects include the Peer-to-Peer Depression Awareness Project, a peer-based mental health program for middle and high school students; Athletes Connected, an initiative to support student athletes; Campus Mind Works ([www.campusmindworks.org](http://www.campusmindworks.org)), a website and outreach program for college students; and the annual National Depression on College Campuses Conference.



**JENNIFER SEVERE, MD**  
*Clinical Assistant Professor,  
Department of Psychiatry,  
Michigan Medicine*

Severe is a clinician, researcher, educator, leader and community advocate. Dr. Severe joined the Michigan Medicine Department of Psychiatry as a Clinical Assistant Professor in July 2018 after she graduated from the Public Psychiatry Fellowship at Columbia University. She is a former research fellow from the Department of Global Health and Social Medicine of Harvard Medical School with a focus on mental health interventions for youth in central Haiti. She is also a former Diversity Leadership Fellowship from the American Psychiatric Association. Dr. Severe focuses on mood disorders and works in both the Depression and Bipolar Disorder Clinic as a clinician, educator and researcher. Her commitment to timely access to mental health care transpires through her role as a collaborative care consulting psychiatrist and through various initiatives at the Rachel Upjohn Building Ambulatory Psychiatry Clinics. Dr. Severe is also a healthcare advocate through the American Psychiatric Association where she currently serves as a consultant on the Council of International Psychiatry.



**BARB SMITH**  
*Executive Director,  
Barb Smith Suicide Resource  
& Response Network*

Since 1989 Barb Smith has served the community through the Barb Smith Suicide Resource & Response Network focusing on prevention and after care for those who have been impacted by suicide. Barb's drive and passion for suicide prevention came through her personal experience of losing her 20-year old brother, John, to suicide. Her pain became purposeful in founding the Barb Smith Suicide Resource & Response Network providing evidence-based prevention trainings delivered to people where they live, work, play and learn across the state of Michigan with the hope of de-stigmatizing suicide and increasing help-seeking behaviors.



## Breakout Session Speakers - Continued



**KIMBERLY SMITH, LMSW**

*Clinical Director,  
New Oakland Family Centers*

Kimberly Smith, LMSW, serves as Clinical Director for New Oakland's Macomb County locations in Clinton Township, Warren and Center Line, Michigan. She

is also New Oakland's Privacy Officer and leads New Oakland's Office of Recipient Rights. In her more than 20 years in mental health, she has become a recognized leader in the identification, diagnosis and treatment of trauma-related conditions, especially among children and adolescents. She received her Master's in Social Work from Wayne State University.



**MELISSA TOLSTYKA, MA, LPC, NCC**

*Director of Programs,  
Hegira Health, Inc.*

Melissa Tolstyka brings 20 years of experience in the human services field to Hegira Health. Melissa earned both her BS in Human Service and her

MA in Counseling from Oakland University and a certificate in Integrated Behavioral Health and Primary Care from the University of Michigan. Melissa began her career at Hegira Health as a therapist and quickly rose to the position of Clinical Supervisor and landed in Administrative roles including Director of Integrated Healthcare and Director of Clinical Development. Melissa is now the Director of Programs and provides operational and clinical oversight to 30 programs and services at Hegira. Melissa is passionate about suicide prevention having lost two family members to suicide and is the leader of the Zero Suicide Implementation Work Group at Hegira. She is a Question, Persuade, Refer (QPR) Gatekeeper Trainer and has trained over 300 individuals in the community on suicide prevention.

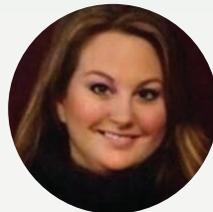


**TOLULOPE SONUYI, MD**

*Founder, DLive;  
Emergency room physician, DMC*

Tolulope Sonuyi is an Emergency Medicine physician and serves as the Health Director for DLIVE. After taking note of the alarming recurrent cycle

of violence seen in the ER with Detroit's youth, he founded DLIVE to address Community Violence with a dynamic health-centered, evidence-based approach. Dr. Sonuyi has been named a Crain's Health Care Hero as well as Emergency Medicine Physician of the Year by Michigan College of Emergency Physicians.



**LISA TURBEVILLE, BSW**

*Program Manager, Common Ground*

Lisa Turbeville currently serves as the Program Manager for the Resource and Crisis Helpline for Common Ground, a crisis center located in southeastern Michigan. She started with Common

Ground in 2000 and oversees the 24 hour crisis hotline, chat and text services. Ms. Turbeville is originally from Chicago, IL and earned a B.A. in Social Work from Southern Illinois University. She has 30 years of experience working in crisis intervention and mental health, beginning as a volunteer on a teen crisis line. Ms. Turbeville has served on the Board of Directors for the Oakland County Crisis Response Organization, Contact USA. Ms. Turbeville currently serves as a committee member for the National Suicide Prevention Lifeline Standards, Training and Best Practices committee and is an approved instructor for Critical Incident Stress Management through the International Critical Incident Stress Foundation.



**AMANDA STEIN, MSW**

*Survivor and Therapist*

Amanda Stein is a mother of 3, wife of 14 years, trained Masters of Social Work, lives with Bipolar 1, has been hospitalized 10 times, and is a six time suicide attempt survivor. She was given SSI on the first

attempt. Currently, she's healthier than she's been in years and working on rebuilding her life. It's going well.



**NICOLE STROMBERG, MD**

*Associate Chief of Staff,  
Mental Health Service Line,  
Detroit VA Medical Center*

Nicole Stromberg is a psychiatrist, working as the Associate Chief of Staff for Mental Health Services at the

Detroit VA Medical Center, where she also continues to practice psychiatry. She is also the Associate Chair for Veterans' Affairs, Department of Psychiatry and Behavioral Neurosciences at Wayne State School of Medicine in Detroit. Prior to landing at VA in 2013, she was the Director of Psychiatric Education, the Psychiatry Residency Program Director and an inpatient psychiatrist at Henry Ford Health System in Detroit. She has a strong commitment to public health and health care parity. Her facility has fully implemented VAs Suicide Prevention Initiative and she is pleased to share some of her experiences at this workshop.



**CHERYL LECLEAR WALLACE, LMSW**

*Vice President of Programs,  
Rose Hill Center*

Cheryl Wallace is a LMSW who has worked in the Mental Health Field for 34 years. Her career includes working at Community Mental Health as a Case

manager, Acute Care and Crisis Supervisor and the Director of Rehabilitation Services. She currently works for Rose Hill center, a private non-profit residential rehabilitation, therapeutic community for adults diagnosed with a mental illness. Cheryl has worked with the Suicide Prevention Resource Center as a speaker for suicide prevention and is an advocate for the need for Mental Health First Aid for every member of our community. Cheryl is trained in DBT and RO DBT therapy and works with many adults with Personality Disorders. Cheryl is also certified as a therapist in trauma, motivational therapy, CBT, schema and mindfulness therapy. Cheryl is a survivor of both her personal and professional suicide completions and attempts.



# »»»» SPEAKERS & PRESENTERS



**ROBYN WEISS, M.ED., MA, LPC**  
*Counselor, Berkley High School*

Robyn Weiss has been a school counselor in the Berkley School District since 2005. She has worked at both the middle school and high school level and is currently the Counseling Department

Chair at Berkley High School and the Counseling Department Chair for the district at large.



**RAY WINANS**  
*Executive Director, DLIVE*

Ray Winans serves as Executive Director and Chief Violence Intervention Specialist for DLIVE. He has delivered award-winning critical violence intervention for some of DLIVE's most challenging

situations and has developed expertise in the areas of Mental Health, Adverse Childhood Experiences and Trauma-Informed Care. Ray is a certified Master Trainer in ACEs and a recipient of the national Willis Young Award conferred by the Health Alliance for Violence Intervention. DLIVE as an organization has been the recipient of national recognition and notable awards as well.



**LAWRENCE WENTWORTH, PH.D., LMSW**  
*President/CEO, Wentworth & Associates, PC*

Dr. Wentworth is the President and CEO of Wentworth & Associates, P.C., a full service psychology practice in Utica

Michigan with over 35 therapists. Dr. Wentworth has been a practicing therapist in Macomb County for over 30 years. He specializes in helping individuals and families heal from trauma. He is certified in both EMDR and Internal Family Systems and enjoys integrating both evidence-based models into his practice. He also enjoys mentoring and supervising students and staff and helping them reach their professional goals.



**JOEL L. YOUNG, MD**  
*Medical Director, Rochester Center for Behavioral Medicine*

Joel L. Young, MD is the medical director and founder of the Rochester Center for Behavioral Medicine in Rochester Hills, Michigan. Dr. Young is certified by

the American Board of Psychiatry and Neurology with added qualifications in geriatric, forensic and adolescent psychiatry. He serves as a Clinical Associate Professor of Psychiatry at the Wayne State University School of Medicine. Dr. Young is Chief Medical Officer of the Clinical Trials Group of Southeast Michigan, where he has served as primary investigator for more than 90 clinical trials. He has authored many articles. ADHD Grown Up: A Guide to Adolescent and Adult ADHD was published by WW Norton. His fourth book will be released in 2020.

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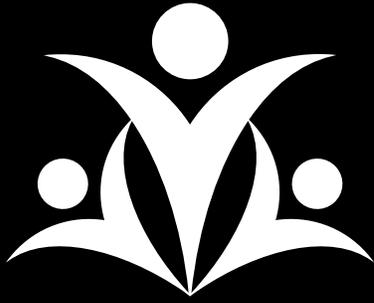
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**KEVIN'S SONG**

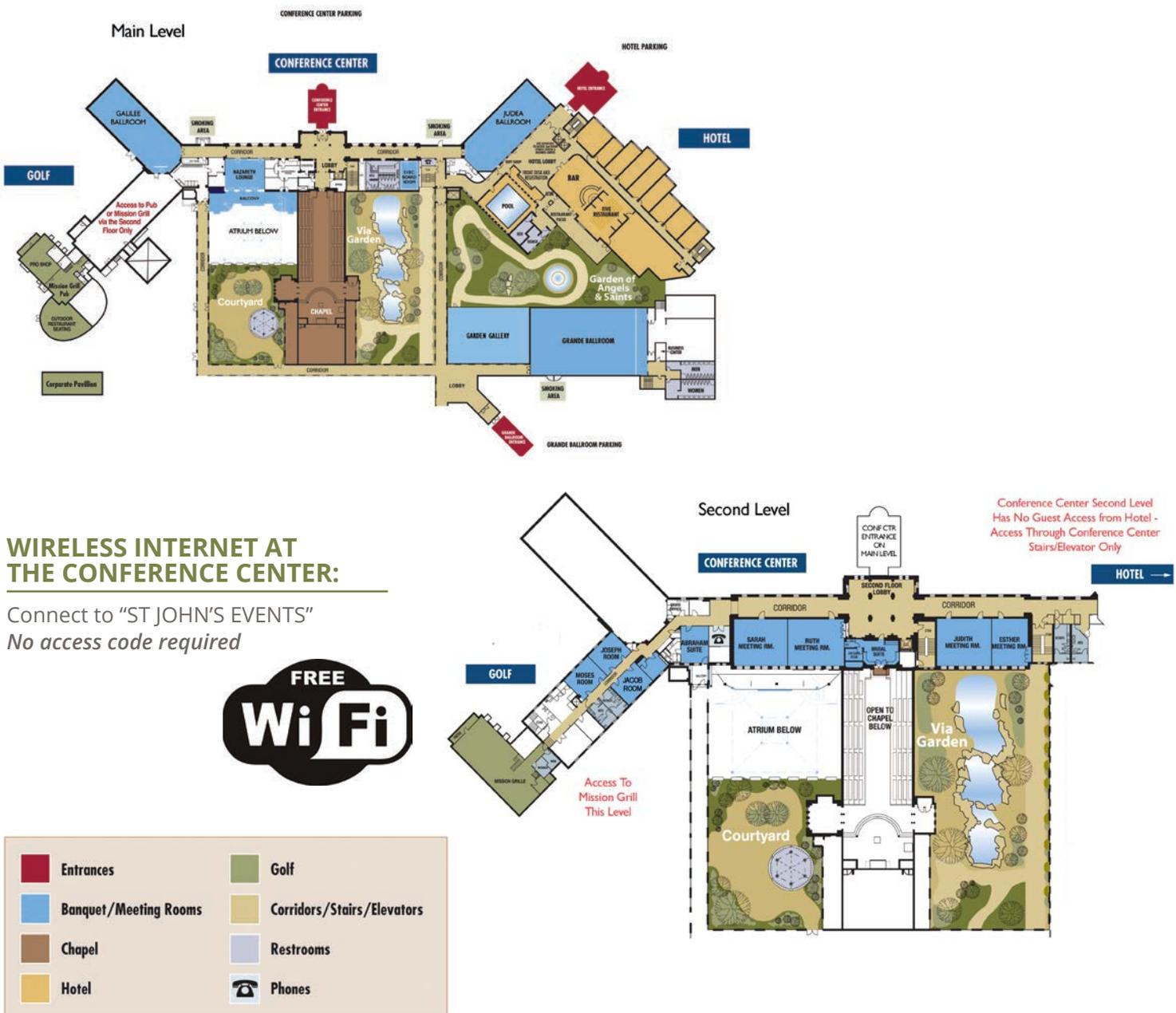
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