



2021 | FIFTH ANNUAL

A VIRTUAL CONFERENCE ON SUICIDE:

EQUITY & EQUALITY

IN SUICIDE PREVENTION

Presented By: **THE DOLORES AND PAUL LAVINS FOUNDATION**



Kevin's Song Vision: A WORLD WITHOUT SUICIDE



2021 | SECOND ANNUAL

BEST PRACTICES IN SUICIDE AWARENESS & PREVENTION

PART OF THE 2021 KEVIN'S SONG
VIRTUAL CONFERENCE ON SUICIDE

Presented By: **Children's Foundation**

Surviving
Suicide Loss
with Barb Smith...
A Journey of
Healing & Hope



Making Mental Health a Priority

The Children's Foundation continues to prioritize funding programs and solutions that address mental health for children and adolescents. We have worked collaboratively with key partners to understand, discuss and raise awareness to the growing need and concerns about the overwhelming stigma surrounding mental illness. Our collective strength gives children the voice and the support they need. We have worked collaboratively to raise awareness about substance abuse, addressing the overwhelming stigma.

It's partnerships like these that drive our mission with a focus on mental health to secure a better future for our children.



About Kevin’s Song2

Taking Action3

Kevin’s Song Board
and Advisory Council..... 4

Welcome5

Committees.....6

Kevin Francis Urso7

Sponsors, Donors and Supporters.....8

Starry, Starry Night12

COVID-19 and Suicide
By Rebecca A. Clay.....13

New Findings About Children’s Mental
Health During COVID-19
By Karen Dineen Wagner, MD, PhD15

What Can Be Learned From Differing
Rates of Suicide Among Groups
By Austin Frakt17

Racial Discrimination Linked to Suicide
By Laurie Fickman19

Surviving Suicide Loss: A Journey of
Healing and Hope”With One Voice
with Barb Smith..... 20

With One Voice.....21

Preventing Youth Suicide23

T.A.S.K.S. Recognition25

The Memorial Forest 26

Continuing Education Credits27

Resource Gallery 28

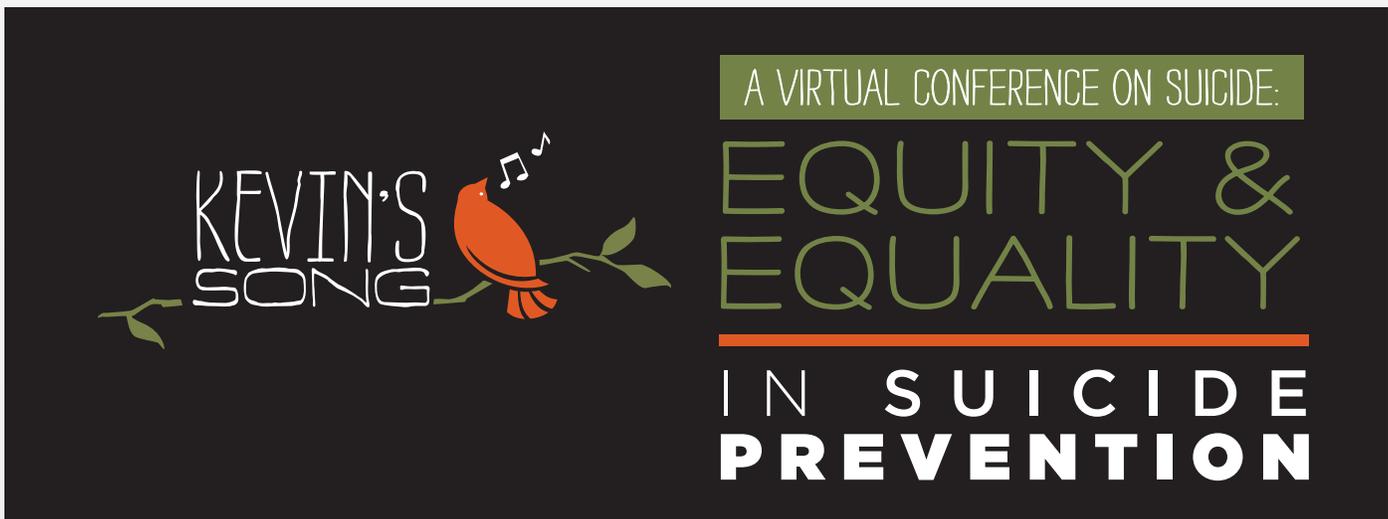
Saving A Life Award 29

2021 Virtual Conference on Suicide.....31

**THURSDAY -
Conference and School Summit**
Schedule of Events.....32

FRIDAY - Conference
Schedule of Events..... 43

SATURDAY - Conference
Schedule of Events.....52



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.

The 2021 Conference on Suicide:

Equity and Equality in Suicide Prevention will tackle suicide prevention by addressing and challenging existing bias and belief systems, including the impact of the worldwide pandemic. The journey from trauma to resilience demands that we address systemic issues to pave the way forward, from risk factors to access to quality care.

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. Equity and Equality in Suicide Prevention will emphasize suicide prevention for all demographics, with a special focus on high risk and underserved communities, and fairness to all regardless of one's race, ethnicity, gender, ability, socio-economic status, sexual orientation, or geographical location.

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 Accomplishments So Far

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 is 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 sponsored many educational and support programs about suicide prevention within the communities of Grosse Pointe and Harper Woods. The Task Force has been instrumental in bringing representatives of school systems from around the State of Michigan to plan and implement the annual 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 have included 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 and community leaders as well as our 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 was produced through a grant from The Children's Foundation in partnership with Detroit Public Television. The series is hosted by Cynthia Canty, formerly of "State-side" on Michigan Public Radio, and features 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 are covered in-depth in front of a live audience, with a question-and-answer session immediately following. The public is invited to attend. The first episode of the series was broadcast throughout Michigan during the first quarter of 2020 and is now available on-demand at both DPTV.org and KevinsSong.org.

We invite you to join us.

The Kevin’s Song Board of Directors

- | | | |
|--|----------------------|-------------------------------------|
| John R. Urso,
<i>President</i> | Susan M. Francis | Leo A. Nouhan |
| Gail M. Urso,
<i>Vice President</i> | Sarah M. Gough | Justin M. Urso |
| Kathleen McGovern, <i>Secretary</i> | Alan Hibbert | Ann W. MacDonald
(Emeritus) |
| William C. Gough, <i>Treasurer</i> | Peter King | Michael J. MacDonald (Emeritus) |
| Carmie Buhalis | Sidney J. King | Annette U. Rickel, Ph.D. (Emeritus) |
| Linda B. Finkel | Fritz Klingler | Lynn E. Maitland, Ph.D. (Deceased) |
| Robert J. Finkel | Paul N. Lavins | |
| | Katie MacDonald | |
| | John Thomas McGovern | |

Kevin’s Song Advisory Council

- | | | |
|---|--|--|
| Deena Baxter,
<i>Author and Mental Health Advocate</i> | Dennis Liegghio,
<i>Founder/President, KnowResolve</i> | Rabbi Daniel Syme,
<i>Jewish Family Service</i> |
| Nancy Buyle, <i>Safe Schools/Student Assistance Consultant, Macomb Intermediate School District</i> | Karen Marshall, <i>Loss Survivor, Suicide Prevention Trainer, Advocate</i> | Lawrence Wentworth, Ph.D.,
<i>Psychotherapist, Wentworth & Associates, P.C.</i> |
| Gigi Colombini, LMSW,
<i>Psychotherapist, Institute for Hope and Human Flourishing</i> | Sherry McRill, <i>CEO/President, Northeast Guidance Center</i> | |
| Jean Larch,
<i>Co-Author, “Dying to Be Free”</i> | Kenneth J. Meisel, LMSW,
<i>Author, Psychotherapist</i> | |
| Amelia Lehto, <i>Clinical Manager of Quality, Crisis Text Line</i> | Barb Smith,
<i>Executive Director, Barb Smith Suicide Resource & Response Network</i> | |

Consultants

- Becky Davenport,
Strategic Planning
- Sam Kennedy,
Fundraising & Major Gifts



A COMMUNITY IS STRONGER TOGETHER.

Henry Ford Health System is honored to sponsor the *2021 Kevin’s Song Virtual Conference on Suicide: Equity & Equality in Suicide Prevention*. As founder of the Zero Suicide movement, we proudly support organizations that are dedicated to eliminating suicide around the world, especially among high-risk and underserved communities. We recognize Kevin’s Song for your relentless efforts and profound commitment to reducing suicide through awareness and education, as well as supporting those touched by suicide or mental illness. We stand with you.
Henryford.com/ZeroSuicide



DEAR FRIENDS,

Welcome to Kevin's Song's 5th Annual Conference on Suicide: ***Equity and Equality in Suicide Prevention***, and to our 2nd School Summit. We have all just experienced an extremely difficult year in which we have had to adapt to different ways of doing almost everything. Kevin's Song is, of course, no exception. Planning this virtual conference has been challenging, but we believe it will be exceptional, and we thank you for joining us.

We know that the pandemic, the resulting economic hardships it has caused for so many, the social justice issues that have come to the forefront, and the recent political unrest have affected each of us in different ways. For some, the loss of a loved one to COVID-19, the loss of a job, food insecurity, the absence of internet services, the challenge of helping children learn at home while working from home, the loss of in person contact with family, friends and loved ones, the isolation, fear, anxiety, stress, frustration and loneliness have been overwhelming.

Our Conference and School Summit will tackle suicide prevention through a social justice lens, addressing and challenging existing bias and belief systems. The journey from trauma to resilience demands that we address systemic issues to pave the way forward, from risk factors to access to quality care, and that is what our speakers and presenters will do over the next three days.

We wish to thank all of our Sponsors, especially The Dolores and Paul Lavins Foundation and The Children's Foundation for trusting that this Conference and School Summit will meet our high standards for excellence. We also want to thank Detroit Public Television, our Conference Planning Committee, and Leo Nouhan for once again being our Conference Coordinator under especially difficult circumstances.

The mental health problems caused by the issues which are the focus of this Conference and School Summit are going to make the mission of Kevin's Song all the more urgent in the months ahead. We look to the future with hope but understand that resilience will be needed to survive and thrive as we work toward brighter years ahead.

With gratitude,

Gail and John Urso

Cofounders, Kevin's Song



Conference Committee

Leo Nouhan, *Conference Coordinator*

Ellen Adelman, *Administrative Assistant*

Joann Brown, *Bookstore*

Elizabeth Dailey, *Kevin's Song Newsletter*

Jeanne Knopf DeRoche, *Resource Gallery*

Amelia Lehto, *Social Media*

Ellen Paré, *Speaker Coordinator*

Al Hibbert and Dawn Wolf, *Communications*

Mary Ellen White, Kathy Ransome and Ellen Paré, together with *Henry Ford Health System, Continuing Education*

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.

Conference Planning Committee

Susan Francis

Amelia Lehto

Angela T. Moore

Leo Nouhan

Ellen Paré

Jennifer Peltzer-Jones, PsyD, RN

Achmat Salie, Adim Fadil, PhD

Gail Urso

John Urso

Lawrence Wentworth, PhD

2021 School Summit Planning Committee

Joann Brown

Nancy Buyle

Linda Finkel

Lanie Fitzpatrick

Susan Francis

Tresa Galloway

Sarah Gough

Jim Hassett

Shelleyann Keelan

Jojo Klingler

Christine Kuhl

Stephanie Lange

Ann O'Neill

Jodie Randazzo

Beth Walsh-Sahutske

Gail Urso

Patrick Watson

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

Bill Bowen and Rachel Peeples, Octane Design

Tom Coughlin and Jill Girodat, Sir Speedy Detroit

Rob Benz, Justin Silles and Ian Grey, InsideOut Design and Development

Jim Izzi, JT Graphics

Michael Layne, Michael Odom, David Stoyka, Christine Snyder and Josh Jackman of Marx Layne & Company, Public Relations Consultant

Self Esteem Bookstore

Kevin's Song thanks the leadership and staff at Detroit Public Television for their tireless technical production and promotional expertise. We value our partnership with you in furthering the health and well being of people of Michigan and helping to save lives.

Rich Homberg, Fred Nahhat, Martin Fischhoff, Cheryl Jones, Nakia Mills, Brian Denn, Zachary Allen and Emily Pellegrini.



**Detroit
Public TV**

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.





Presenting Sponsor



Presenting Sponsor



Conference Keynote Speaker Sponsors



Conference & School Summit Partner Sponsors:

DTE ENERGY

KAREN HIYAMA

DARLENE and SCOTT TAYLOR

ANN and MICHAEL MACDONALD

WENTWORTH & ASSOCIATES, PC

Contributing Sponsors:

BEAUMONT

AMY BOUQUE

DONNA and BUD BRIAN FUND

LINDA and ROBERT FINKEL

FK ENGINEERING

JEANNE GOUGH

JOHN MACDONALD

PLANTE MORAN / JOHN BEBES

RORY SULLIVAN

TAU BETA ASSOCIATION

Sustaining Sponsors:

AZIMUTH CAPITAL MANAGEMENT, LLC	SIDNEY & PETER KING
GIGI COLOMBINI	ALICIA AND MARTIN KRALL
DETROIT WAYNE INTEGRATED HEALTH NETWORK	LYNNE LYONS, MD
GROSSE POINTE MEMORIAL CHURCH	KATIE MACDONALD AND BRIAN WOLSTONE
GEORGE R. & ELISE M. FINK FOUNDATION	MR. & MRS. CHARLES SAMPLE
FLYNN & COMPANY, INC.	JEAN STENGER

Supporting Sponsors:

BARB SMITH RESOURCE & RESPONSE NETWORK	KNOWRESOLVE
DAVID BARRETT	ERICA AND DONALD LINDOW
CENTER FOR COMMUNITY HEALTH & WELLNESS AT CENTRAL MICHIGAN UNIVERSITY	DR. MICHAEL AND MARY NABOR
SUSAN AND WILLIAM FRANCIS	RAY E. NEWTON, JR.
SARAH AND WILLIAM GOUGH	BRUCE ROCKWELL
GEORGIA GROVESTEEEN AND MICHAEL RINKEL	AMY AND JASON SCOTT
NANCY AND ALAN HIBBERT	THE SELF-ESTEEM SHOP, LLC
BARBARA AND JOHN JAY	DR. ANDREA SWITCH
JOSEPHINE AND FRITZ KLINGLER	SANTO URSO, JR.

Friend:

MARCIA and WILLIAM BALL	MR. & MRS. GARRETT JOHNSON
KATHLEEN BARCLAY	MRS. ROBERT KEMP, JR.
CNS HEALTHCARE	ELAINE and SAM KENNEDY
COMMON GROUND	NEW OAKLAND FAMILY CENTERS
THE HON. MAURA CORRIGAN	OAKLAND COMMUNITY HEALTH NETWORK
AMY COWAN	KEVIN O'SHEA
KATHERINE and ANTHONY DECRESCENZO	KIM and JIM PALMER
KYLE and ANDREW DOLD	ASHLEY SARNOWSKI
LINDA and GEORGE ELLIS	LYNN CARPENTER SCHNEIDER
DAVID and KATHLYN ELSILA	GAIL and JOHN URSO
GERALD EVELYN	PATRICIA and MARK VAN FAUSSIEN
GARY HAUBNER	MONA and ROBERT WILSON

Partners:

ELLEN and CARY ADELMAN
 BARBARA BIESS
 TARA and HANSON BRATTON
 WALTER and BRENDA BUSHALA
 BIG APPLE BAGELS
 JEANNE KNOPF DEROCHE
 KATHRYN DIFAZIO
 MICHELLE DEVUONO-WATTS
 RBE, INC.
 NORTHEAST INTEGRATED HEALTH
 JOSEPH GAUS
 HAAS PROKOPEC - THE FAMILY LAW FIRM

SHAUNA and KURT HARAS
 MICHAEL HOLLERBACH
 MIKE HUELLMANTEL
 ROTARY CLUB OF PONTIAC CHARITIES
 JUDY and SEAN KELLY
 THOMAS KOLOJESKI
 TERRY and SETH LLOYD
 MICHAEL MADIGAN
 KEVIN and CAROLYN MAHER
 SARAH MCCANDLESS
 JAMES and MEGAN MCGOVERN
 THERESE MCGRATTY

ANN PERCY
 DEBBIE and STUART PETTITT
 MICHELLE RAMSDELL
 JEN ROSIN
 THERESE and MICHAEL SCHRAGE
 ELIZABETH STOCKER
 SANDRA and MARTIN TESSLER
 ANN TOBIN
 ELIZABETH ZATINA
 D'ANN ZONA

Donors:

BARBARA AALFS
 GREG ADAMS
 STACY and MARK ADAMS
 STEPHEN ADAMS
 DIANE and JOE ALBERTS
 GRETCHEN and TOM ANDERSTON
 SUZAN ANDERSON
 ANDREE ANDERSON
 MARY ELLEN ANGLEWICZ
 EVIE and RICH ANSELL
 LORI APFEL
 GAIL and KURT ASSENMACHER
 SUZANNE BALES
 ANNE and RON BARLOW
 HON. MARIANNE BATTANI
 GLORIA BECKER
 KYLE BELZ-THOMAS
 BIBIANA BENVENUTO
 MARY and RICHARD BERSCHBACK
 BRIAN BESSERT
 MARGARET BOHEN
 MARILYN BOWERMAN
 JENNIE BREITMEYER
 ELLIOTT BROOM
 JOANNE BROWN
 CONNIE BURKE
 TERRI BURTON
 SHANNON BYRNE
 JANET and JOSEPH CALCATERRA
 THERESA CALLAN
 MARY ELLEN and RAYMOND J. CAREY
 SHARON and DALLAS CARRIER
 LAURA CHARBONNEAU
 GERALDINE and DAVID CLARK
 MELISSA, STEVE & ABBEY CLARK
 TISH and GARY COLETT
 DEIRDRE CROWLEY
 LISA and ROBERT CUFFE
 LINDA and RICHARD CUNNINGHAM
 SHARON and TOM DAILEY
 JANET DAVIDSON

CATHERINE DAVIS
 ANGELICA DETOMA
 NANCY and WILLIAM DOMAN
 MARY MARGARET DOSSIN
 LORI DOYLE
 LISA and DOMINIC DULAC
 MARY and JOE DZIEDZIC
 DULCE and HASSAN ELBADAWI
 ROBYN ELSON
 LAURA R. and EDWARD S. EVANS, III
 DEBRA FAHLE
 KATHY FASEL
 KRISAN FEDOKOVITZ
 KAREN FELDMAN
 SUZANNE FELLOWS
 MARCY and JOHN FIKANY
 KATHY and CHRIS FLYNN
 KELLY FORDON
 CHRISTINE and CHRISTOPHER GALLI
 MARY GAMORY
 SHELLEY and JEFF GARLAND
 CAROL and DAVID GASKIN
 DAVID GEALER
 LENORE GIMPERT
 JANET and BRANDON GLADSTONE
 DR. GEORGE GOFFAS
 ALYSON GOLD
 JUDITH GOLDWASSER
 DANIEL GOODMAN
 CAROL RODGERS GOVE
 NANCY and JIM GROSFELD
 LAURA GUZMAN
 ANN and MIKE HAILER
 KAREN and RICK HALBERG
 MARY and THOMAS HALEY
 SALLY and TIM HANNERT
 SUZAN HARBIN
 JOHN, LEAH, MAX and ALEX HARRING
 JUDITH HARRIS
 VICKI HARRY
 RICHARD HERMAN

MARGIE and KEITH HESSEN
 GRETTEL HOLLISTER
 ROBERT ISBELL
 KATHY and WAYNE ISKEN
 NANCY and MARK ISKEN
 NICOLE JENSEN
 COLLEEN JOHNSON
 GEORGE JOHNSTON
 SUSAN JONES
 KATE and DAVE JUDSON
 KAREN KAHN
 ROBIN and STEVE KAHN
 SUZANNE and THEODORE KAZMIERCZAK
 LISA KEELER
 POCO KERNSMITH
 HADLEY KIMBERLIN
 CHERYL KING
 MARLENE KLER
 GENE KLINGLER
 KATHERINE KOCHANЕК
 ERIN and SCOTT KORHORN
 RENEE and JAY KOZLOWSKI
 HOLLIS KRUPA
 CHRISTINE KUHL
 REGINA and CRAIG P. KUPER
 LESLEY and JULIAN KUTINSKY
 KIMBERLY KYANKA
 BETTY and JOSEPH LALIK
 BARBARA and SHELDON LARKY
 MARY ANNE and JAMES LEE
 RACHEL and SCOTT LEIBOVITZ
 KIRSTIN LEIBY
 ELIZABETH LEPOUTTRE
 SUE and AARON LEVINE
 KATRINA LEWINSKI
 DANA and RICK LOEWENSTEIN
 KATE and JAY LYTLE
 MARJORIE MARKART
 JEN and STEVEN MARLETTE
 PAULA and MIKE MARPLE
 LAURA MARPLE

Donors Continued:

- | | | |
|--------------------------------|-------------------------------------|--------------------------------|
| KERRI MARTIN | EVE PIDGEON | MARY SPADAFORE |
| JASON MATTEO | EMILY PIPER | NANCY STANEK |
| BRIDGET MCDEVITT | CATHIE and BERNIE POLEN | PATRICIA and DANIEL STEFFES |
| SHANNON MCDEVITT | AMY POTTER | ALLYSON STONE |
| TIM MCDEVITT | KAREN QUARNSTROM | SARAH STRAUSS |
| THERESE MCGRATTY | REBECCA RADCLIFF | JACKLYN and STEVEN SWARTZINSKI |
| STEVEN MCGRATTY | JUDITH and EDGAR RAININ | BONNIE SYSLING |
| BETH and KEVIN MCINTYRE | AMY RANDAZZO | ANN TENNISWOOD |
| JOHN MCSORLEY | DANA RAYMANT | TARA TIMOTHY |
| DEBBIE and MICHAEL MCSUNAS | ALLEN REBOLD | MARGARET TOBIN |
| BRENDA and CHRIS MELLER | JAN and DAN REELITZ | BETH TRYON |
| MAUREEN and PETER MERCIER | ANDREA RENTZ | JAMES TURNBULL |
| MARY LYNN MILLER | JOSEPH RICCI | MICHAEL URSO |
| THE PINK FUND, MOLLY MACDONALD | RENEE ROBERTS | CAROLYN and JUSTIN URSO |
| LISA MOODY | MARY ROCK | GAETANO URSO |
| TERI MOORE | STEPHEN, MELANIE and ETHAN ROCKWELL | GEORGE UZNIS |
| MAXINE and MOSELEY | SUSAN and RICHARD ROGERS | MICHELE and STEPHEN VAN EVERY |
| LARRY MOSELLA | NANCY and STEVE ROMA | JULIE VAN HOVE |
| JANAE NEDWICKI | AMANDA RORAFF | ANNA VANTOAI |
| JILL NOLL | SUZANNE ROSS | BEVERLY CURTISS WALSH |
| JOANNA NOON | JULIE and ADAM ROTHSTEIN | ANN and JOHN WALTON, JR. |
| JANET and TODD NURNBERGER | ELAINE and JOHN RYAN | ELIZABETH WALSH-SAHUTSKE |
| PERSEPHONE O'DONNELL | AMY and ERICK RYBERG | PHOEBE B. WEINBERG |
| MARGARET and TOM O'REILLY | ANTOINETTE and JOHN SALVADOR | TONYA WELLS |
| SUSAN O'ROURKE HAGGARTY | EVELYN SANOM | LOUISE and ROBERT WELLS |
| JULIE and PATRICK ODOOVAN | SPENCER SCHEELER | JUDY WERNETTE |
| KATHY OLESKI | CHARLOTTE SCHOTTE | MARY LOU and REX WHITE |
| SANDRA and MILTON OSGOOD, JR. | SUE and RICK SCHRAGE | MARY ELLEN WHITE |
| TAARA O'SHEE | SANDRA and ALAN SCHWARTZ | AEJA WHITE |
| ROUZBEH OSKUI | DIANN SCOTT | JODI WILLIAMS |
| ANN and DAVE OTTENHOFF | LLOYD SEMPLE | ROSEMARY and JOSEPH WORTMAN |
| NICOLE and ERIC OTTNOD | DOROTHY and CRAIG SHETLER | JACKIE YEOMANS |
| ALLISON PAINE | SUSAN SHEVRIN | DEANNA ZAPICO |
| DENISE ELSON PARKER | RENEE SIEGAN | CATHERINE ZAPORSKI |
| CLAIRE and KEN PERRY | ERICA SLAWSKI | NINA ZARRO |
| MARTY PETERS | RITA, MIKE and CHRISTINE SLEEMAN | ELIZABETH ZATINA |
| FRANKIE and MATTHEW PICCIRILLI | DEBORAH and JEFFREY SMITH | |

We apologize if your name was inadvertently left off this list. We wish to thank all of the people who made donations through Social Media and who requested donations for Kevin's Song for their birthday on Facebook! Those donations add up and are much appreciated!

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

Ellen Adelman, Ellen Paré and Mary Ellen White

THANK YOU!

2020 Starry, Starry Night Committee

KYLE DOLD

Chairperson

DAVE BARRETT

ELIZABETH DAILEY

SARAH GOUGH

WILLIAM GOUGH

LAURA GUZMAN

SAM KENNEDY

FRITZ KLINGLER

JOJO KLINGLER

KATHLEEN MCGOVERN

KEVIN O'SHEA

GAIL URSO

JOHN URSO

JUSTIN URSO

A special thank you to Tony Nouhan and Leo Nouhan who served as Emcees for the event.

Save The Date



STARRY, STARRY NIGHT

Please Join Us for an Evening of

DINNER, MUSIC,
SILENT & LIVE AUCTIONS

September 23, 2021

The Detroit Yacht Club | Detroit, MI

COVID-19 and Suicide

How the pandemic will affect suicide rates is still unknown, but there's much psychologists can do to mitigate its impact

By **Rebecca A. Clay**

Date created: June 1, 2020

COVID-19 has brought a raft of intense new stressors while removing many of the resources people have traditionally used to cope with stress. Millions of people have lost their jobs; some have lost their homes or businesses. Families cooped up together because of stay-at-home orders are chafing under the stress, which may increase the risk of intimate partner violence and child abuse. Disrupted routines and the potential for contracting a life-threatening disease may be exacerbating preexisting problems such as mental illness or substance use. At the same time, physical distancing is endangering mental health even as it protects physical health. People in crisis may avoid hospitals, whether for fear of adding to the burden of already overwhelmed facilities or of catching the virus. Gun sales are up.

The result could be a “perfect storm” when it comes to risk of suicide, says Mark Reger, PhD, chief of psychology services at the VA Puget Sound Health Care System in Seattle and an associate professor of psychiatry and behavioral sciences at the University of Washington School of Medicine. But despite those concerns, COVID-19's impact on suicide is still unknown. And there's much that practicing psychologists can do to make sure that people weather the storm without resorting to suicide, including screening all of their patients, coming up with safety plans appropriate for the pandemic and advocating for improved mental health services.

“Suicide is preventable,” says Reger. “We must use what we know can work to mitigate the risk in this time.”

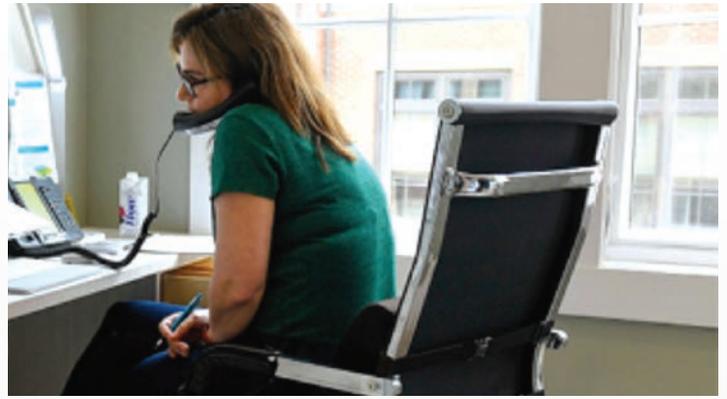
Increased Risk?

The media has reported on several heart-wrenching suicides believed to be linked to the toll COVID-19 is taking on individuals. High-profile suicides include a state finance minister in Germany who despaired over the virus's economic impact in March and a Manhattan emergency room physician on the front line of treating coronavirus patients in April.

But it will be a while before COVID-19's actual impact on the nation's suicide rate is known, says psychologist Jill Harkavy-Friedman, PhD, vice president of research at the American Foundation for Suicide Prevention. “We're two years away from having data,” she says. And it's not a given that the pandemic will cause suicide rates to increase, emphasizes Harkavy-Friedman, who is also an associate professor of clinical psychology, in psychiatry, at Columbia University.

“One event can bring stress, but it's not going to make someone suicidal out of the blue,” she says, explaining that it is typically a combination of biological, psychological, environmental and other factors that renders people vulnerable to suicide. Take the Great Recession of 2008, she points out. “About 4.8 million people lost their jobs, and the suicide rate didn't skyrocket,” she says. “We're much more resilient than we give people credit for.”

Plus, she says, the media and the mental health field have done a good job getting out the message that stress is a normal reaction



to the current crisis and that routines, healthy habits, social connections and relaxation techniques can help ease that stress.

For some, the fight against the virus may even result in a sense of solidarity that protects them from thoughts of suicide. “Sometimes in periods of stress, people find strengths in themselves they didn't know they had,” says Joan Asarnow, PhD, a professor of psychiatry and biobehavioral sciences at the David Geffen School of Medicine at the University of California, Los Angeles. “In World War II, for example, they were anticipating all kinds of problems during the Blitz, but it turned out people for the most part didn't have any additional mental health symptoms.”

And for some populations, being stuck at home may even be a plus. Children, for example, are being more closely monitored by their parents, which can help prevent suicide. “We've actually seen quite a number of kids doing well without school and at home with their parents,” says Asarnow. “It's not always a negative story.”

How Clinicians Can Help

Practicing psychologists can help ensure that the suicide rate doesn't exhibit a COVID-19-related bump. Harkavy-Friedman and other experts suggest several steps psychologists can take to achieve that goal:

Learn more about suicide and suicide prevention techniques.

“Suicides are a pretty rare occurrence, thankfully,” says Lynn Bufka, PhD, associate executive director for practice research and policy at APA. But the result of that lack of familiarity, she says, can be anxiety among psychologists and other mental health practitioners about whether they are prepared to assess and address suicidal ideation, suicidal behaviors or suicide attempts. The shift to what may be the unfamiliar medium of telehealth can exacerbate those worries, adds Bufka. To boost their understanding of suicide, psychologists can review the suicide prevention literature and clinical resources. Practitioners should make sure they are up to date on newer approaches to preventing and treating suicide, says Harkavy-Friedman, citing as examples specific interventions such as the Safety Planning Intervention and the Collaborative Assessment and Management of Suicidality as well as more general approaches like crisis response planning and dialectical behavior therapy. Psychologists might also want to identify apps that can provide supplemental support to patients between therapy sessions. In addition to apps offering help with mindfulness, relaxation and coping, there are resources specifically focused on suicide, such as the MY3 and Safety Plan apps and NowMattersNow.org, an online repository of videos. “It is best if someone searches and tests them out to see which apps work for them,” says Harkavy-Friedman.



Screen every patient. “This is a time when we really need to be hypervigilant about suicidal thoughts and behaviors,” says Mitch Prinstein, PhD, ABPP, a professor of psychology and neuroscience at the University of North Carolina at Chapel Hill. “Of course, our most serious attention should be on those with prior emotional or behavioral difficulties,” he says. “But even people who may never have thought about suicide before could also be at greater risk because of the level of stress we’re all experiencing.” One way to normalize such screening is for psychologists to ask patients at the beginning of every session how they’re feeling physically, then segue into checking on their emotional states.

Providers also need to be on the lookout for another risk factor that has become more of an issue during the pandemic: discrimination against Asian Americans. “There has been an uptick in discriminatory events,” says Joyce Chu, PhD, a psychology professor at Palo Alto University in California. “Those can be culturally specific risk factors for suicide.”

Develop an action plan. If a psychologist suspects that a patient is experiencing suicidal ideation, he or she should work with the patient to create or update a safety plan that includes a list of warning signs, coping strategies like exercise or relaxation techniques, and contact information for the psychologist, other professionals and friends they can ask for help. “Help them write down and print out some sheets they can put in places in their house they are very likely to see with the phone number for their therapist and someone else they can call if they experience difficulties,” says Prinstein. “You want anything that creates a reminder, a barrier, a moment to stop and make a call before they engage in self-injury impulsively.” Be sure the plan is appropriate for use during the pandemic. Going to a gym or dining at a restaurant are no longer appropriate coping strategies, for example. Psychologists should also persuade patients to get guns, pills and other potentially lethal objects out of their homes if they can do so while practicing physical distancing and should get permission to contact someone else in a patient’s home if the patient doesn’t show up for a virtual session.

Follow telehealth guidelines. Some practitioners are leery of using telehealth with patients who may be suicidal. For one, they worry that they won’t be able to pick up on nonverbal cues as easily, says Bufka. “On the phone, I’m not going to see a person avert their eyes when I’m asking about thoughts of suicide. On video, I might. In the room, I will see it,” she says. Another concern is the physical distance from the patient. “If someone is in my office and tells me they are actively thinking about suicide, I don’t have to let them leave until we have a plan figured out for a more intensive level of care,” she says. “Over video or a cellphone, the person can just hang up.”

However, the evidence shows that mental health professionals can follow best practices for assessing and managing suicide risk, even if they’re doing so by way of a laptop or telephone (McGinn, M.M., et al., *Psychiatric Clinics*, Vol. 42, No. 4, 2019).

And psychologists can prevent problems by being sure to follow APA’s Guidelines for the Practice of Telepsychology. Psychologists should always know the patient’s location and how to call for emergency help, for example. Of particular concern at this time of stay-at-home orders is ensuring patient privacy so that family members or roommates can’t overhear therapy sessions, says Cheryl King, PhD, a professor of psychiatry and psychology at the University of Michigan. Patients may need a few minutes to get to someplace private—even a car—before a therapy session begins. Some may need reassurance about the technology itself and how privacy is ensured, King adds.

Educate patients, their families and the public. Psychologists should do their best to educate patients and everyone else on ways to recognize warning signs of suicide and how to keep those at heightened risk safe and make sure they get the care they need. “During a pandemic or other national crisis, one of the most important things is for folks in the community to be eyes and ears,” says Chu. “They need to reach out often, especially if they think someone is more isolated or if they see some of the warning signs of suicide.” Chu offers advice on how to do this in a webinar, which she originally presented to more than 500 community members and health-care professionals in April.

Prioritize self-care. The COVID-19 pandemic is just as stressful for practitioners, who must also spend their days hearing about other people’s worries. “We have to do the same things we’re telling everyone else,” says Harkavy-Friedman, citing breathing exercises, time off and the basics of sufficient sleep, healthy food and regular exercise. “If we want to have the stamina and capacity to help other people, we have to take care of ourselves.”

Be an advocate. Psychologists can help push for increased mental health services, especially for the underserved populations disproportionately affected by the pandemic and for patients and families who have experienced illness, says Prinstein.

For example, psychologists successfully advocated for the Centers for Medicare and Medicaid Services to allow audio-only telehealth for Medicare beneficiaries—a priority during the pandemic since many older adults don’t have smartphones or broadband for telehealth (see Telepsychology expands to meet demand). To learn more about APA’s suicide-related advocacy priorities, sign up for legislative alerts and learn how to make your advocacy with Congress more effective.

Advocacy will have to continue even after the initial crisis passes, adds Prinstein. “Flattening the curve on physical health is only the first half of the story,” he says. “The second curve will be the national rise in mental health concerns that will follow very soon after.”

Resources

Crisis Text Line Text “Home” to 741741 National Suicide Prevention Lifeline 1-800-273-TALK
Mental Health and COVID-19

American Foundation for Suicide Prevention

Crisis Response Planning for Preventing Suicidal Behaviors

APA continuing-education course

Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians

American Association of Suicidology continuing-education course
Suicide Prevention: An Ethically and Scientifically Informed Approach

Knapp, S.J. APA, 2019

Psychiatric Times

New Findings About Children's Mental Health During COVID-19

Studies around the world are measuring the effects of the pandemic on children and adolescents.

By **Karen Dineen Wagner, MD, PhD**

October 7, 2020

COVID-19 has brought about a complex array of factors (uncertainty, social isolation, and parental angst) that have an impact on the mental health of children and adolescents. Predictability is a stabilizing force for children and adolescents, but it has been disrupted since the COVID-19 outbreak.

Children have many worries related to the consequences of COVID-19 such as whether they will see their friends and relatives, go to school or get sick. It is often difficult for parents to calm their children's anxieties because of the uncertainty in their lives. Parents are typically adept at making plans for their children, but future plans are currently on hold. The challenges facing parents may interfere with their usual ability to address their children's emotional needs.

Research Findings Related to COVID-19

An online questionnaire survey was administered to 359 children and 3254 adolescents aged 7 to 18 years during the spread of COVID-19 in China.¹ The questionnaire included a depression scale, an anxiety scale, and a coping style scale. It showed 22.3% of youth had scores indicative of clinical depressive symptoms, which is higher than the 13.2% estimated prevalence of youth depression in China. Anxiety symptom levels were also higher after COVID-19 than previously reported. Youth who had a family member or friend with COVID-19 had higher levels of anxiety than those who did not. A problem-focused coping style was associated with lower levels of clinical depressive symptoms, whereas an emotion-focused coping style was associated with higher levels of clinical depressive symptoms.

In another online survey, 8079 junior and senior high school students in China completed assessments about depressive and anxiety symptoms during the COVID-19 epidemic period. Using the Patient Health Questionnaire (PHQ-9) and the Generalized Anxiety Disorder (GAD -7) questionnaire.² The prevalence of depressive symptoms was 43.7%, anxiety symptoms 37.4%, and both depressive and anxiety 31.3%. Depressive and anxiety symptoms were higher in females, and with increasing grade level from junior to senior high. Students without depressive and anxiety symptoms had more knowledge about preventive and control measures, as compared to those students with depressive and anxiety symptoms.

Mental health of children was assessed during the lockdown in Bangladesh via an online survey of 384 parents with children aged 5 to 15 years.³ Children's depression, anxiety, and sleep

disorder scores were grouped into severity categories. Severity and percentages of mental health problems in the children were as follows: subthreshold (43%), mild (30.5%), moderate (19.3%), and severe (7.2%).

The emotional impact of the COVID-19 quarantine was assessed for children and adolescents from Italy and Spain.⁴ Participants included 1143 parents of children aged 3 to 18 years who completed a survey about the effects of the quarantine on their children, compared to before the home confinement period. The study found 85.7% of parents reported changes in their children's emotions and behaviors during the quarantine. The most frequently observed changes were difficulty concentrating (76.6%), boredom (52%), irritability (39%), restlessness (38.8%), nervousness (38%), loneliness (31.3%), uneasiness (30.4%), and worries (30.1%). About 75% of parents reported feeling stressed about the quarantine situation. Parental stress was associated with increased reports of emotional and behavioral symptoms in their children.

In a systematic review, Loades and colleagues examined the impact of social isolation and loneliness on mental health in children and adolescents.⁵ The relationship between loneliness and mental health problems in healthy children and adolescents was assessed to determine if quarantine and social isolation are predictive of future mental health problems. The review included 63 studies with a total of 51,576 participants. Social isolation and loneliness increased the risk of depression up to 9 years later. Duration rather than intensity of loneliness was more strongly associated with mental health symptoms. The findings from this literature review on loneliness and social isolation have potential implications for the current COVID-19 pandemic. These researchers suggest that loneliness for youth during the disease containment measures for COVID-19 may affect the future mental health of youth. They recommend preventive support and early intervention to address the mental health needs of children and adolescents during the COVID-19 pandemic.

Concluding Thoughts

Overall, the research demonstrates that COVID-19 is affecting the mental health of children and adolescents and that depression and anxiety are prevalent. Additional research is needed, however, to assess the short- and long-term effects of COVID-19 on children's overall mental health.



So, what can clinicians do for their patients? For clinicians who treat children and adolescents, talk with them about the impact of COVID-19 on their lives and assess its potential relationship to their current mental health. For some youths, the psychosocial impact of COVID-19 may be related to the onset or exacerbation of their current mental health problems. For other youths, particularly those with social anxiety disorders, remaining at home and doing online schooling may temporarily relieve their anxiety, but this is not a long-term solution and may result in overwhelming anxiety when it is necessary to return to school.

For clinicians who treat parents of children and adolescents, it is important to inquire about the mental health of their children during this pandemic. Parents' mental health may be affected by their children's mental health. Encourage parents to seek an evaluation for their children if they have any concerns about their children's mental health. Early intervention may prevent long term mental health consequences from this COVID-19 pandemic.

Dr Wagner is professor and chair, Department of Psychiatry and Behavioral Sciences, University of Texas Medical Branch, Galveston, TX. She is immediate past president of the American Academy of Child and Adolescent Psychiatry.

References

1. Duan L, Shao X, Wang Y, et al. An investigation of mental health status of children and adolescents in China during the outbreak of COVID-19. *J Affect Disord.* 2020;275:112-118.
2. Zhou SJ, Zhang LG, Wang LL, et al. Prevalence and socio-demographic correlates of psychological health problems in Chinese adolescents during the outbreak of COVID-19. *Eur Child Adolesc Psychiatry.* 2020 Jun;29(6):749-758.
3. Yeasmin S, Banik R, Hossain S, et al. Impact of COVID-19 pandemic on the mental health of children in Bangladesh: A cross-sectional study. *Child Youth Serv Rev.* 2020;117:105277.
4. Orgilés M, Morales A, Delvecchio E, et al. Immediate psychological effects of the COVID-19 quarantine in youth from Italy and Spain. *PsyArXiv.* Accessed September 22, 2020. <https://psyarxiv.com/5bpfz/>
5. Loades ME, Chatburn E, Higson-Sweeney N, et al. Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19 [published online ahead of print, 2020 Jun 3]. *J Am Acad Child Adolesc Psychiatry.* 2020;S0890-8567(20)30337-3.

wentworth & associates p.c.
Mental Health Professionals

Full Service Psychological Clinic
A few of the services we offer:

- CLINICAL HYPNOSIS -
- CHILD/ADOLESCENT THERAPY -
- DEPRESSION SCREENING -
- EMDR -
- FAMILY THERAPY -
- FORENSIC EVALUATIONS -
- IFS THERAPY -
- INDIVIDUAL THERAPY -
- MEDICATION EVALUATION & REVIEW -
- PSYCHOLOGICAL TESTING -
- PTSD/ANXIETY -
- TREATMENT PLANNING -

wentworth & associates p.c.
Mental Health Professionals

Ph: 586-997-3153
Fax: 586-997-4956
www.wentworthandassociates.com

live better—mind body spirit

Bonaventure Center
11111 Hall Road Suite 303
Utica, Michigan 48317

What Can Be Learned From Differing Rates of Suicide Among Groups

White Americans have higher rates than most other racial and ethnic groups.

By **Austin Frakt**

Dec. 30, 2020



U.S. suicide rates vary widely across racial and ethnic groups in ways that can upend expectations. The explanations may suggest avenues for prevention.

Suicide in America has been rising for two decades, with rates for white Americans consistently well above those for Asian-Americans, Black Americans and Hispanics.

In data released in 2017, the rate for white Americans was around 19 per 100,000, and it was about 7.1 for both Hispanics and Asian-Americans/Pacific Islanders, and 6.6 for Black Americans, according to the Centers for Disease Control and Prevention.

Emotional and social stress is associated with suicide. From this, a puzzle emerges.

Because of pervasive racism, Black Americans experience substantial stress, fewer opportunities for advancement and more threats to well-being. These negative experiences can degrade mental and physical health, as well as limit education, employment and income — all of which can increase suicide risk. Unemployment, which is higher for Black Americans than white Americans, is itself a source of stress.

Yet the Black suicide rate is about one-third that of whites.

“Social stressors — lower socioeconomic status and racism among them — are more prevalent and severe for the Black population than the white one,” said Joshua Breslau, a senior behavioral and social scientist at RAND. “But suicide and some risk factors for it, like mental health conditions, are less prevalent in the Black population. This is puzzling.”

One explanation may be a racial disparity in suicide data.

Ian Rockett, an epidemiologist with West Virginia University, studies mortality data. “Because suicides can be difficult to prove, many may be misclassified as undetermined intent or accidents,” he said. “This problem is greater for Black Americans than white Americans.”

His work, and that of others, shows that deaths of Black Americans are far more likely to be coded as undetermined than those of white Americans, in part because Black Americans dying by suicide are less likely than whites to leave a note and to have a record of mental disorders. (Lower rates of mental health diagnoses reflect at least in part poorer access to health care and treatment that stems from racism.)

But misclassification cannot fully explain the racial difference in suicide. Other factors may help protect Black Americans from suicide, despite conditions that would seem to place them at higher risk. Dawne Mouzon, a sociologist and associate professor at Rutgers University, suggested that religious involvement is one source of protection. Black Americans overwhelmingly identify as Christian. “Because of their faith, Black Americans are more likely to believe suicide precludes reaching heaven after death,” she said.

Although church membership has trended downward over the last two decades, it has been lower and fallen faster for white Americans than Black Americans. According to a national survey by the Pew Research Center, by almost any measure of religiosity, Black Americans are more religious than whites. Emotional and social support from a church congregation may also confer mental health benefits, Professor Mouzon added.

It’s a much debated connection. A recent systematic review of studies found that attending religious service is not especially protective against suicidal ideation (thinking about or planning suicide), but it does protect against suicide attempts, and possibly protects against suicide.

Other types of group activities may confer a similar sense of belonging. Volunteers with caregiving responsibility maintain a significantly reduced suicide risk, a 2019 study found. As a 1976 study put it, social support is anything that leads someone “to believe that he/she is cared for and loved, esteemed, and a member of a network of mutual obligations.”

Jonathan Lee Walton, dean of the School of Divinity at Wake Forest University, sees another angle to Black religiosity that could reduce suicide rates. “It’s in the Black theological tradition that in this life you will experience trouble and hardship,” he said. “Unfortunately, this is born of tragic

experiences in this nation. This prepares one for paths of despair, for traveling the lonely road of heartbreak, perhaps in a way that white Americans don't learn to the same degree or from a young and formative age."

Single parenthood is another possible explanation. Black women are more likely to be single parents than white women, and they have the lowest suicide rates across any race/gender group. (Suicide is less common among women than men in general.)

"For single parents, being the sole financial, instrumental and/or emotional support provider for children can deter suicide, even in times of extreme distress," Professor Mouzon said. Another way single parenthood may reduce suicide risk is through the coalescing of extended family and community support for the care of the child. It's possible this support, once in place, also confers mental health benefits that reduce suicide risk for the mother.

Experts say some reasons for the relatively low suicide rate among Latinos — who also tend to be poorer and face discrimination — are close social and family networks, which can build and maintain resilience, as well as moral objection to suicide based on religion. A study published in 2014 in the *Journal of Clinical Psychiatry* suggested that immigrant families can lose some of that protection when they assimilate and lose ties to Latino culture.

Though it's impossible to predict who will attempt or complete suicide, the broad risk factors that contribute to suicide in all racial and ethnic groups are widely documented. They include mental health challenges and psychiatric disorders, exposure to suicide by others, being bullied, substance use, loneliness and social isolation, and exposure to stressful life events.

In the last two decades, there has been a sharp rise in so-called deaths of despair — suicides, drug overdoses or alcohol abuse — among middle-aged white Americans without a college degree. In their research on the subject, the Princeton economists Anne Case and Angus Deaton pointed to, among other factors, loss of community and loss of status.

Over all, the C.D.C. report found higher suicide rates in rural America than in medium/small and large metropolitan counties. Most gun deaths in America are suicides, not murders, and white men are more likely to own a gun. The C.D.C. report said rates of suicide by gun in rural counties were "almost two times that of rates in larger metropolitan counties."

Among Asian-Americans, one study suggests that collectivist cultures among immigrants that promote care for others could be a protective factor. Another points to close family relationships. But what holds for one group may not for another. Aparna Kalbag, a mental health research psychologist and advocate, works with South Asian-Americans. "Their relatively higher education also plays a role," she said. "It influences how they perceive and react to mental health symptoms. They view them as something they can change,

and they have the resources to do so."

This is not the case with other, lower-income groups whose access to mental health care is more circumscribed.

Suicide rates are highest among Native American and Alaska Native populations: 21.8 per 100,000 people.

One study found that American Indian youth in southeastern Montana are more likely than white youth to report feeling sad or hopeless — one predictor of suicide risk. Greater alcohol and drug use among Native American populations is also associated with higher suicide rates. Another study documented high rates of psychological distress among Indigenous populations.

According to scholars of suicide in Indigenous populations, these are all byproducts of colonization.

"Colonization is not only in the past," said Desi Rodriguez-Lonebear, an assistant professor at U.C.L.A. and a citizen of the Northern Cheyenne Nation. "It's an ongoing system, a series of structures that continue to disenfranchise, erase and traumatize Indigenous peoples."

One of the most obvious and tangible effects of colonization on those populations is their forced segregation into reservations and the intergenerational trauma that ensued from severing ancestral relationships to their lands, cultures, languages and ways of life. "The psychological, social, and economic harms this causes cannot be overstated," Professor Rodriguez-Lonebear said.

Explanations for variation in suicide rates across racial and ethnic groups point to ways to reduce it. "Whether through family, church or another community, emotional and social support is key to suicide prevention," said Lillian Polanco-Roman, an assistant professor of psychology at The New School. "Beyond that support, these groups can also serve as bridges to mental health services."

If you are having thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK). You can find a list of additional resources at SpeakingOfSuicide.com/resources



INTERDISCIPLINARY CENTER FOR
**COMMUNITY HEALTH
& WELLNESS**

CENTRAL MICHIGAN
UNIVERSITY

Allison Arnold, Ed.D.

Director

allison.arnold@cmlch.edu

med.cmlch.edu/lcchw

Racial Discrimination Linked to Suicide

By **Laurie Fickman**
August 3, 2020

In this age of racial reckoning, new research findings indicate that racial discrimination is so painful that it is linked to the ability to die by suicide, a presumed prerequisite for being able to take one's own life. However, the ability to emotionally and psychologically reframe a transgression can mitigate its harmful effects.

Over the last decade, suicide rates in the United States have increased dramatically among racial and ethnic minorities, and Black Americans in particular. For Black young adults ages 15-24 years, suicide is the third leading cause of death with approximately 3,000 Black Americans dying by suicide each year.

Two studies conducted independently tell a compelling story.

“Our findings demonstrate that for Black adults, perceived discrimination serves as a sufficiently painful experience that is directly associated with higher capability to overcome one's inherent fear of death and achieve an increased capacity for selfharm,” reports Rheeda Walker, professor of psychology and director of the University of Houston's Culture, Risk and Resilience Lab. As author of the newly released “The Unapologetic Guide to Black Mental Health,” Walker is one of the leading researchers in the U.S. specializing in culture, race, mental health and suicide.

The studies were led by Jasmin Brooks, a doctoral student in the research lab, and published in the journals *Suicide and Life-Threatening Behavior* and *Cultural Diversity and Ethnic Minority Psychology*, premier journals in suicide science and cultural psychology, respectively.

Capability for suicide: Discrimination as a painful and provocative event

In this study, the research team measured the relationship between a person's experiences of discrimination and their level of capability for suicide. The study included 173 Black and 272 white college students, who responded to questionnaires about their experiences.

The findings suggest that while perceived discrimination creates emotional disturbance for white adults, it is a uniquely painful event for Black adults.

“For Black adults, perceived discrimination accounted for statistically significant variance above and beyond both feelings of depression and non-discriminatory stressors in predicting suicide capability. For white adults, perceived discrimination was not uniquely associated with capability for suicide,” reports Walker.



University of Houston professor Rheeda Walker is reporting that racial discrimination is so painful that it is linked to the ability to die by suicide, a presumed prerequisite for being able to take one's own life, and certain mental health tools - like reframing an incident - can help. Credit: University of Houston

In a separate, but timely study, Walker and her team examined how some of the effects of racism could be mitigated.

The moderating effect of dispositional forgiveness on perceived racial discrimination and depression for African American adults

While perceived racial discrimination is associated with depression for African American adults, insight into protective measures for racism and depression in African Americans is limited. In this study, 101 African American college students reported their personal experiences and feelings, and Walker's team investigated whether dispositional forgiveness is associated with less depression. Dispositional forgiveness, the ability to reframe an incident, is not the same as excusing, encouraging reconciliation, or freeing an offender from the consequences of their actions.

“Using internal coping strategies is vital for marginalized populations that experience racial discrimination daily. The results of this study suggest that dispositional forgiveness, a robust internal coping mechanism, can serve as a helpful coping strategy associated with fewer depressive symptoms for African American adults who have experienced racial discrimination,” reports Walker.

Walker said the findings could have important clinical implications in that dispositional forgiveness, and specifically the ability to engage in cognitive restructuring and reframing, prevents prolonged rumination.

“In a better, more inclusive world, racism would not exist. Until that happens, psychological tools are critical for mitigating acute and long-term emotional consequences of racial discrimination in African American individuals,” said Walker.

More information: Jasmin R. Brooks et al. The moderating effect of dispositional forgiveness on perceived racial discrimination and depression for African American adults., *Cultural Diversity and Ethnic Minority Psychology* (2020). DOI: 10.1037/cdp0000385

*Provided by University of Houston
APA citation: Racial discrimination linked to suicide (2020, August 3) retrieved 12 January 2021 from <https://medicalxpress.com/news/2020-08-racial-discrimination-linked-suicide.html>*

Surviving Suicide Loss: A Journey of Healing and Hope”



“Suicide grief is individual; no matter where you are on the journey, you too can begin to bring purpose to your pain.”

with Barb Smith



**Detroit
Public TV**

Hosted by **Detroit Public Television**

**Saturday, January 23rd
12:00 Noon - 1:30 PM**

Free on Facebook Live



Barb is the founder and Executive Director of the Barb Smith Suicide Resource & Response Network, recognized at the state and national level for its work in training individuals in suicide prevention and the role played in aftercare for those who have been impacted by suicide. As a survivor of both her brother and sister-in-law’s suicides, Barb took her experience to help find purpose for her pain. Barb is the facilitator of her local Survivors of Suicide support group and coordinator for the local LOSS (Local Outreach for Suicide Survivors) Team. She was recently appointed to the Michigan Suicide Prevention Commission and is co-chair of the Michigan Department of Health & Human Services Postvention Suicide Recommendation Committee for the state of Michigan.

***Barb will be joined by
four suicide loss survivors:***

- Tessa lost her husband after 38 years of marriage.
- Matisa lost her teenage daughter who had a promising life ahead.
- Mark suffered silently for nearly 20 years before addressing the death of his father.
- Frank is a Detroit area high school student who formed a youth mental health program in his high school after losing three friends.

Each will share their story, discuss how they dealt with the various stages of grief, and offer insights into the resources they were able to call upon to support them through their grief journey. Viewers will have the opportunity to submit questions via Facebook Live.

At the end of this session, viewers will:

1. Realize that there is hope.
2. Learn how others have brought purpose to their pain.
3. Become aware of support groups and other resources in their communities.

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, and diverse and under-served communities.

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 Network

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.

With One Voice

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.

In addition, the Michigan legislature and the Governor created the Michigan Suicide Prevention Commission to assess suicide in Michigan to make policy and legislative initiatives to address this growing public health crisis. With One Voice will work with the Commission to give a strong unified voice to suicide prevention organizations from the four corners of Michigan, to advocate for better education about mental health and suicide, better prevention and postvention resources and better support for those touched by suicide.



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.***

© 2015, National Association of School Psychologists, 4340 East West Highway, Suite 402, Bethesda, MD 20814; (301) 657-0270, Fax (301) 657-0275; www.nasponline.org

Here to Talk. Here to Help.

DWHN

Your Link to Holistic Healthcare

Integrated Health Services

DWHN Helps Nearly 75,000 People

- Behavioral Health
- Children's Services
- Developmental Disabilities
- Intellectual Disabilities
- Substance Use

www.dwhn.org

f i t y o l i n

@DetroitWayneIHN





Do You Need Help? Contact Our 24-Hour HelpLine 800-241-4949

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 submit evaluation forms for each session for which you are seeking credit. THE EVALUATION FORMS CAN BE FOUND IN THE CHAT SECTION OF EACH ONLINE PRESENTATION.*
- *You must complete and turn in the TASKS form which will be emailed to you following the Conference.*

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.

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 year, the Memorial Forest will be virtual and set up on one of the stages that you can access on the Conference virtual platform. The memorial Forest 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 virtual room in the middle of a busy conference, dedicated to silence in the outward sense and stillness in the inner sense.*
- *We wanted to create in this small virtual 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, with gentle music playing.*
- *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. Those lost to suicide are symbolized by birds in the trees. In this way, we remember that we are all connected in loss and fortified with hope. **Visitors are invited to share the names of loved ones lost to suicide, or survivors they wish to honor.***
- *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 Memorial Forest will be open and viewable at 7:30 am each morning and will remain open until 30 minutes after the final session each day. You may use the CHAT feature in the Memorial Forest stage to add the name of a loved one lost to suicide. New names will be accepted until 3pm on Friday, January 22nd.

The Virtual Memorial Forest can be found on its own stage in the conference virtual platform. The Memorial Forest will be open and accessible throughout the 3 day Kevin's Song Conference on Suicide.

Continuing Education Credits

Evaluation forms can be found at the top of the CHAT section in each keynote and breakout session. Simply click on the evaluation link, complete the form and click on SUBMIT. In case you miss the opportunity to complete the evaluation at the end of the session, a list of session evaluation form links will be emailed to you at the end of the conference.

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

SW Social Workers

This education activity is approved by the National Association of Social Workers (NASW) State of Michigan Social Work Continuing Education Collaborative (CEC) for 15 Continuing Education hours. Provider # MICEC-0014

Approved for 15 CE Credits

Thursday 6.0
Friday 7.0
Saturday 2.0
3 Day Total: 15

PS Psychologists

This education activity is approved by the National Association of Social Workers (NASW) State of Michigan Social Work Continuing Education Collaborative (CEC) for 15 Continuing Education hours. Psychologists will receive a Social Work certificate.

Approved for 15 CE Credits

Thursday 6.0
Friday 7.0
Saturday 2.0
3 Day Total: 15

ED Educators

State Continuing Education Clock Hours (SCECHs) for Educators through an application through the Macomb County Intermediate School District. Michigan Educator Certification System Approval - Program Approval Number: 20208466

Approved for 15.5 SCECHs

Thursday 6.0
Friday 7.25
Saturday 2.25
3 Day Total: 15.50

LC Licensed Counselors

A Virtual Conference on Suicide: Equity & Equality in Suicide Prevention 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-3572.

Approved for 13.50 CE Credits

Thursday 5.25
Friday 6.25
Saturday 1.50
3 Day Total: 13.50

Continuing Medical Education Credits NOT AVAILABLE

If you are seeking CE credits or SCECHs for conference attendance, you will receive an email AFTER the conference with the forms necessary to complete your credit request. You must attend and submit evaluation forms for each session for which you are seeking credit. Any questions about CE credits or SCECHs should be directed to Mary Ellen White (mary_ellen@kevinsong.org) or call Kevin's Song at 313-236-7109.

All sessions of the 2021 Virtual Conference and School Summit will be recorded and made available for remote viewing after the conference. Pre-recorded sessions do not qualify for Continuing Education credits. Watch the Kevin's Song website for more details.

IF YOU NEED SUPPORT

As we are virtual this year, we are mindful that what's presented may bring up a range of strong emotions, and we want you to know there are free 24/7 services available to contact. You may call the National Suicide Prevention Lifeline at 800-273-8255 or text HOME to 741741 to reach the Crisis Text Line. With that in mind, please take breaks as you need them - not just between sessions, but during them if that's what works best for you. Visit the Memorial Forest, take some time for deep breathing in your home or workspace, call a friend for a few minutes - whatever coping strategies work best for you. All of these sessions will be recorded and will be available to you after the event, so please don't feel that you have to grit your teeth and soldier on out of fear of missing something important.

VIRTUAL RESOURCE GALLERY

The Virtual Resource Gallery can be found on its own stage in the conference virtual platform. The Virtual Resource Gallery will be open and accessible throughout the 3 day Kevin’s Song Conference on Suicide.

- | | |
|---|--|
| Self Esteem Shop | New Oakland Family Center |
| Barb Smith Suicide Resources & Response Network | Kadima |
| Common Ground | DWIHN |
| CNS Healthcare | Rose Hill |
| New Hope Center for Grief | Reach VET, John D. Dingell VAMC |
| Henry Ford Health System
(Pioneers of Zero Suicide) | KnowResolve |
| Hegira Health, Inc. (Wellness First) | American Foundation for Suicide Prevention |
| CMU Interdisciplinary | Wentworth & Associates |
| Garrett’s Space: Hope, Healing and Connection For
Young Adults Facing Mental Health Challenges | Beaumont Health |
| | Bethany Foundation |



SELF ESTEEM SHOP
9568 Marine City Hwy., BLDG A
Casco, MI 48064



***Schedule a virtual or in-person appointment for your personal, professional, and any other game, book, toy, sensory or other needs. We are proud to fulfill your grants, host fundraisers and get ANYTHING you may need for your practice as your “one stop shop”!**

Thank you for your continued support of our family-owned, therapeutic resource center! With Gratitude, Nicole & Kathryn

SAVING A LIFE AWARD

Sojourner Jones



The 2021 Recipient of the annual **SAVING A LIFE AWARD** presented by Kevin's Song.



Sojourner Jones has spent the majority of her 25 years as a mental health professional doing the very hard work of serving people who have been diagnosed as having severe, persistent mental illnesses, including many who are also struggling with addictions and/or exposure to our criminal justice system.

She has worked with the Detroit Police Department, the Michigan Department of Corrections, and is best known for her work coordinating care plans for formerly incarcerated Wayne County residents who received mental health services while incarcerated.

Ms. Jones is currently the Community Liaison for Law Enforcement with Detroit Wayne Integrated Health Network (formerly Detroit Wayne Mental Health Authority), a position that was created for her. In this role she wears a lot of hats related to assisting law enforcement and the courts with the behavioral health issues of people caught up in our justice system.

Her work includes working to resolve structural and communications issues among the courts, law enforcement, and community mental health providers; educating criminal justice professionals about other care options for people suffering from persistent mental illness; and training the Detroit Police Department and other first responders on de-escalation techniques when dealing with people who may be experiencing mental illness or suicidal ideation.

Congratulations to Sojourner Jones, for her dedicated service to the community and her commitment to suicide prevention and intervention in an effort to save lives. We are pleased to honor Sojourner Jones as the 2021 recipient of the Kevin's Song SAVING A LIFE AWARD for outstanding service to the community.

Mornings, nights, weekends or weekdays. We're *here* for it all.



Whether it's 2 a.m. on the weekend or a routine appointment, Blue Cross is here to help you access the care you need. Call our 24-Hour Nurse Line with questions or see a doctor from home with Blue Cross Online Visits. Plus, our Blue Cross mobile app gives you on-demand access to the resources you need so no matter where life takes you, you'll always be connected with your coverage anytime, anywhere. We're here for it all and always will be.

Learn more at [HereForItAll.com](https://www.hereforall.com)



Detroit Public TV is proud to partner on a second conference with Kevin's Song.

**We're committed to bringing attention to this urgent issue
and rallying support among those in the lives of youth to battle
this mental health crisis.**



VISIT [DPTV.org/SavingLives](https://www.dptv.org/savinglives)

to view our work with Kevin's Song on Suicide Prevention.



Detroit Public Television • Riley Broadcast Center • 1 Clover Court • Wixom, MI 48393



Presented By: **THE DOLORES AND PAUL LAVINS FOUNDATION**

On Thursday, January 21 and Friday, January 22 2021 - A Conference on Suicide: Equity and Equality in Suicide Prevention, will emphasize suicide prevention for all demographics, with a special focus on high risk and underserved communities as well as the impact of the pandemic. We will examine suicide risk and protective factors through a social justice lens and the four levels of a socioecological model - individual, relationship, community, and society.

Local and national experts will share information about suicide and the ways it affects us differently across race, ethnicity, gender, ability, socioeconomic status, and sexual orientation.

The goal of the two-day conference is to share information that will help attendees to identify and address risk factors and promote protective factors within and beyond their own communities.

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

- ***How to identify and assist someone at risk of suicide.***
- ***How to identify and/or mitigate factors within the greater community that increase the risk of suicide for members of particular groups.***
- ***How to tailor our prevention activities to be more socially and culturally inclusive and effective.***



Presented By: **Children's Foundation**

THURSDAY, JANUARY 21, 2021
**BEST PRACTICES
 IN SUICIDE
 AWARENESS &
 PREVENTION**
 PART OF THE 2021 KEVIN'S SONG
 VIRTUAL CONFERENCE ON SUICIDE

On Thursday, January 21, 2021, as part of the Kevin's Song Conference on Suicide, Kevin's Song will host the Second Annual School Summit inviting public, independent, parochial and charter school educators to attend. This year's school summit will build on the main conference theme of "Equity and Equality in Suicide Prevention". Come to hear from experts who are well versed in helping youth who feel marginalized and discuss ways that these young people can become healthy and heard.

The goal is to assist schools and school district employees to implement strategies to prevent youth suicide with a special focus on high risk and underserved youth. Knowing how to identify a young person at risk and understanding the role of the school in preventing suicide is vital if we are going to have an impact on reducing the incidence of suicide attempts and completions.

The goals of the 2021 School Summit:

- ***Learn how to recognize students who are at risk.***
- ***Address marginalized youth who feel unconnected to the school community.***
- ***Address themes in prevention that will provide strategies that are effective in reaching those youth who have traditionally been unrecognized as needing resources to improve skills that promote positive mental health and suicide prevention.***

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

8:00 – 8:15 am



STAGE

John Urso, *President and Co-Founder of Kevin's Song*
Welcome



Justin Urso,
Kevin's Song Board Member

Tech Notes: The HOPIN platform and Continuing Education requirements

8:15 – 9:00 am



1st KEYNOTE - STAGE

SCHOOL SUMMIT KICK-OFF:

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



Bart Andrews, Ph.D.
Chief Clinical Officer, BHR

Bart Andrews, PhD, is Chief Clinical Officer at BHR. Dr. Andrews is the Chair of Missouri's Suicide Prevention Network, member of the NSPL's STP committee, a member of the SPRC Steering Committee, a ZeroSuicide Academy Faculty member and member of the American Association of Suicidology's Executive Committee.

LET THE PIECES FIT: LOOKING AT SUICIDE THROUGH A BELONGING LENS

We have tempted to frame suicide as a function of mental illness instead of looking at suicide and mental illness as measures of our public health, of the value we place on living. It is easier to stay in a world where you feel like you belong, where your life matters. It's time we start asking how our social institutions, norms and culture can create lives worth living instead of focusing on "sick" people who need "treatment." While it is obvious we need to have better systems of care for people at risk of suicide, it is even more obvious we need to start addressing a world where too many of our loved ones don't feel like they belong.

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

1. Discuss the importance of unlearning the mental illness models of suicide and suicide prevention.
2. Identify the role of community and belonging in creating lives worth living.
3. Describe a framework for making our culture suicide safer.

9:00 – 9:45 am



2nd KEYNOTE – STAGE

Roy Perlis, MD, MSc
Director, Center for Quantitative Health, Massachusetts General Hospital



Dr. Perlis is the Director of the Center for Quantitative Health at Massachusetts General Hospital, and Associate Chief for Research in the Department of Psychiatry. He is Professor of Psychiatry at Harvard Medical School and Associate Editor (Neuroscience) at JAMA's new open-access journal, JAMA Network – Open. He graduated from Brown University, Harvard Medical School and Harvard School of Public Health, and completed his residency, chief residency, and clinical/research fellowship at MGH before joining the faculty.

Dr. Perlis's research is focused on identifying predictors of treatment response in brain diseases, and using these biomarkers to develop novel treatments.

THE IMPACT OF COVID-19 ON MENTAL HEALTH AND SUICIDE AMONG YOUNG ADULTS

Dr. Perlis will share what he has learned from researching young adults and their depressive symptoms, including suicidal thoughts, and how things have changed since the pandemic began.

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

1. Recognize how rates of depressive symptoms, including suicidal thoughts, among young adults have changed from prior to the COVID-19 pandemic to the present.
2. Identify stressors that are associated with suicidal thoughts among young adults during the COVID-19 pandemic.
3. Identify protective factors for depressive symptoms, including suicidal thoughts, among young adults during the pandemic.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

10:00 – 11:00 am



Sessions



SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 1-A



Nancy Buyle, MA, LPC, ACTP

*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). She is also a therapist in private practice.



Cynthia Cook, Ph.D.

School Health Consultant, Wayne RESA

Dr. Cook has over 30 years of experience in the field of school health education. After graduating from Kent State University in 1982, Cynthia began her career in K-12 education. Cynthia returned to Kent State in 1995 to complete her masters and doctoral degrees in school health education. She previously served as the Regional School Health Coordinator for the Calhoun Intermediate School District. In her current position she enjoys sharing her expertise in coordinated school health, prevention programming, and health promotion with school stakeholders.



Angela Blood Starr, M.Ed.

Regional School Health Coordinator, Calhoun Intermediate School District

In her current role, Ms. Blood Starr serves a five-county region in the areas pertaining to the Whole School, Whole Community, Whole Child (WSCC) framework. As an iRest Level 1 Teacher, Angela also provides training and support to educators experiencing compassion fatigue. She earned her BS in Physical Education and Health Education from Grand Valley State University, and her Master of Arts in Educational Leadership from Western Michigan University.

GOOD POSTVENTION IS PREVENTION

This session will highlight the importance of responding quickly and effectively to a school-related completed suicide. Doing so will lessen the risk that youth vulnerable to suicide will attempt in the aftermath. Come learn facts, theory, and effective ways to respond in a school setting.

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

1. Identify prevalence and risk factors of suicide.
2. Discuss the importance of working with youth in the aftermath of a suicide.
3. List the components of effective Postvention in schools.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day
Each Day



Stages



EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

10:00 – 11:00 am



Sessions



Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 1-B



Frank Blackman
President, beniceUDJ

Frank is a senior at University of Detroit Jesuit High School and Academy and founding member and president of beniceUDJ. Motivated by the loss of several students to suicide last year, Frank and six other classmates sought to create a club where students could have more peer-to-peer discussions without feeling labeled or judged. “Mental health is often a taboo subject and we wanted it to be more openly discussed throughout our school community,” says Frank. In addition to being a mental health and suicide awareness advocate, Frank is a member of the Just Peace Human Rights Council a member of the Black Awareness Society for Education (BASE), a Student Senate member, a Midnight Golf member, and a member of the varsity football team.



Jim Hassett, MA, LLPC, CT/RTC
High School Counselor, University of Detroit Jesuit High School and Academy

Mr. Hassett comes from the field of education, first as a long-time high school Spanish teacher, then as high school counselor, a position he has held for the past twenty years at University of Detroit Jesuit High School and Academy. In addition, Jim is a faculty member of the William Glasser Institute and Choice Theory/Reality Therapy Certified (CT/RTC).

**BENICE:
MORE THAN A CATCH PHRASE**

The BeNice organization is represented by a dynamic group of students throughout the state of Michigan aggressively devoted to suicide awareness and prevention and mental health promotion and education. The acronym NICE (Notice, Invite, Challenge, and Empower) was created by a devoted group of ladies who looked to change the way mental health was discussed in school communities. And they are doing just that with BeNice. Established eleven years ago on the west side of the state, BeNice has long been a presence there with chapters in over 130 middle and high schools. Now it is moving east. Last winter ten schools in metro Detroit were invited to inaugurate their own BeNice charters. Come learn what they are up to in this student-led panel session and how they are making a difference in their schools

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

1. Identify the BeNice Action Plan and BeNice Pledge.
2. Discuss how to implement their own BeNice Chapter in their schools and workplaces.
3. Describe how to foster meaningful, open, non-stigmatized mental health conversation within the school and work community.

All Day
Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin’s Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

10:00 – 11:00 am



Sessions



Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 1-C



Jay B. Marks, Ph.D.

*Diversity and Equity Consultant,
Oakland Schools*

Jay B. Marks, Ph.D. is a widely-respected educator who has been in education since 1991, when he began his career as a Special Education Teacher at Northern High School with the Detroit Public School System. During his career he has served as a classroom teacher for 17 years with both Detroit and Southfield Public School Systems, as well as an educational consultant on the national level. Currently, Dr. Marks is a Diversity and Equity Consultant with Oakland Schools (the Intermediate School District in Oakland County, Michigan) where he serves and supports the professional development needs of the 28 school districts within Oakland County. His academic credentials include a B.S. degree from Western Michigan University (1990), M.A. degree from University of Detroit Mercy (1995), and an Ed. Specialist Certificate (1997) and Ph.D. (2005) in Curriculum and Instruction both from Wayne State University.

CULTURAL COMPETENCE: AN APPROACH TO SUPPORTING THE SOCIAL-EMOTIONAL NEEDS OF CULTURALLY DIVERSE STUDENTS

This interactive professional learning experience will provide participants with an opportunity to develop the knowledge, understanding and skills necessary to support the social-emotional needs of students from diverse backgrounds (i.e. race, ethnicity, gender, language, sexual orientation, religion, SES, etc.). Areas of focus will include: 1. Self-Reflection and Awareness; 2. Knowing Your Students' Culture; and 3. Creating a Culturally Responsive Learning Environment that supports the social-emotional needs of diverse learners.

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

1. Engage in self-reflection for the purpose of exploring their own social and cultural identities.
2. Identify essential elements for creating a learning environment that supports the social-emotional needs of diverse learners.
3. Discuss research-based strategies and practices that can be used to support the social-emotional needs of diverse learners.

All Day
Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

10:00 – 11:00 am



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 1-D



Jennifer Schwartz, LMSW

Behavioral Health Services Program Manager and Therapist, Corktown Health Center

Jennifer Schwartz (utilizes She/Her and They/Them) is a licensed clinical social worker, and has worked as a therapist providing mental health treatment to individuals, couples, and groups, since 2012. Jennifer specializes in serving the LGBTQ+ community, People Living with HIV, and those exploring various identities, including trauma survivorship. Jennifer utilizes an eclectic approach in the provision of therapy services, incorporating elements of Dialectical Behavioral Therapy, Behavioral Activation, Motivational Interviewing, Solution Focused Therapy, Existential Therapy, and various art therapy techniques in her work. She received her MSW from University of Michigan, and her BSW from the University of Michigan-Flint.



Jay Fallon, LMSW

Clinical Therapist, Corktown Health Center / HELP

Jay Sean Fallon (utilizes he/him pronouns) received his Masters of Social Work degree in 2013 from Wayne State University and is currently a licensed clinical social worker in the State of Michigan. He has been providing behavioral health services at Corktown Health Center / HELP since 2018. He works specifically within the LGBTQ and HIV communities providing therapy services to individuals, couples and families that have experienced various forms of trauma, gender identity, HIV/AIDS, anxiety, depression, anger, life transitions, family/relationship issues, and parent/child concerns. Prior to joining Corktown Health Center / HELP, Jay has worked in the Social Work field for over 15 years providing case management, advocacy and mental health services to at-risk and vulnerable populations of all ages. Jay has assisted with regional and national trainings focused on Transgender Health Care, sexual identity, Collaborative Care, social determinants of health, adolescents, trauma and HIV/AIDS.

ADDRESSING SUICIDALITY FOR LGBTQ-IDENTIFIED INDIVIDUALS

This session will provide attendees with a brief introduction to LGBTQ identities, disparity, and suicide risk factors, as well as opportunities for intervention from various helping professionals, including clinicians. Information on LGBTQ-identified individuals' needs at a variety of life stages will be included, from youth to elders.

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

1. Identify some common LGBTQ identities and discuss the disparities that impact LGBTQ-identified people with regard to suicide.
2. Identify best practices for suicide screening, risk-reduction, and intervention with LGBTQ individuals.
3. Describe where to access LGBTQ specific suicide-prevention resources for use in various situations.



CONFERENCE BREAKOUT 1-E



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. Ellen continues her suicide prevention work with the Institute for Hope and Human Flourishing and Kevin's Song. Ellen is a Licensed Bachelor's Social Worker who earned her Master of Public Administration from Wayne State University.

THE TWO PEOPLE YOU CAN HELP: YOURSELF, AND SOMEONE ELSE

Ellen focuses on normalizing suicide prevention in our own lives to make us more helpful and effective when someone else needs us to intervene on their behalf, using the steps of the My SAFETY Plan as a guide.

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

1. Discuss the importance of being prepared for difficult times, both mentally and emotionally.
2. Identify three ways to assist someone who may be at risk of suicide.
3. List three actions to take if "emotionally on fire."

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

11:15 am – 12:00 pm



Stages



3rd KEYNOTE – STAGE



Brandon J. Johnson, MHS

Creator, The Black Mental Wellness Lounge

Brandon J. Johnson is a tireless advocate for positive mental health and suicide prevention services for youth and adults across the country and within the local community of Baltimore, MD. Brandon earned a Bachelor of Science Degree from Morgan State University in 2008 and a Master of Health Science Degree from Johns Hopkins University in 2012. He has provided guidance to states, tribes, and healthcare systems on suicide prevention initiatives. Outside of his career, Brandon works with youth as a part of the Royalty Youth Ministry of Morning Star Baptist Church in Woodlawn, MD.

BLACK FUTURES MATTER: EXPLORING THE MENTAL HEALTH OF BLACK YOUTH

Data from the Centers for Disease Control (CDC) has shown that African American children, ages 5-12, have seen a significant increase in suicide rates over the last few years. The most recent Youth Risk Behavioral Survey data highlighted an increase in suicide attempts among Black adolescents. Mr. Johnson will discuss the most current data on Black youth suicide and culturally specific prevention and intervention efforts for Black youth.

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

1. Describe the most recent data trends on increases in suicide deaths and attempts among various populations.
2. Explain implementation strategies for schools and other sectors to address the mental health and suicide prevention needs of youth of various ages and backgrounds.
3. Recognize the various social determinates of health that uniquely impact the mental health of youth of color.

12:15 – 1:15 pm



Sessions



SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 2-A



Stephanie Lange, LMSW

Student Assistance Specialist, Dakota High School

Stephanie Lange earned her Masters in Social Work from the University of Michigan and a Bachelors in Sociology from Oakland University. She also currently holds her Academy of Certified Social Workers credential (ACSW), 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 1995 in many capacities, including intake, assessment, screening, therapist, supervisor, clinical director, community organizer, field liaison, trainer, professor, researcher, and prevention specialist. Since 1999, Stephanie has been employed by Dakota High School as the Student Assistance Specialist. In 2012 she took on the role of District Sex Education Supervisor for Chippewa Valley Schools. Her consulting work currently includes Macomb County Community Mental Health, MISD, MDHHS, and Oakland Schools.



Katie Kraemer

Senior, Dakota High School

President of the Gender and Sexuality Alliance Student Club AND Co-President of the Coalition Teen Council plus a photographer for the school newspaper and yearbook, Katie brings their advocacy skills and ability to organize to the school and community in ways that are incredibly valuable to everyone.

SUPPORTING LGBTQ STUDENTS AT SCHOOL

This session will explore how schools can become more LGBTQ (Lesbian/Gay/Bisexual/Transgender/Questioning) friendly. We will discuss current terminology for the LGBTQ community, explore how gender roles / heteronormativity impact students, and explore gender / sexuality as a vast spectrum of identities. We will look at how schools can accommodate name changes and pronoun usage, support the development of GSA clubs at the secondary level, and be sure the health curriculum is inclusive. Hear from a senior in high school of their journey through high school with supports in place.

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

1. Utilize current inclusive LGBTQ vocabulary.
2. Defend/support the development of GSA clubs at the secondary level.
3. Identify why it is important to use a teen's proper pronouns if requested.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

12:15 – 1:15 pm



Sessions



SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 2-B



Asha Shajahan, MD

Graduate Medical Education Director of Health Equity and Health Disparities, Beaumont Health

Asha Shajahan is a board certified family physician. She is an assistant professor in the department of family medicine and biomedical sciences at Oakland University William Beaumont School of Medicine. She also has a master's degree in Health Services Administration. She is currently an Alfred Landecker Fellow, a cohort of 30 diverse leaders from Europe and the United States who reinvent democratic spaces, strengthen social cohesion and build community against the backdrop of COVID-19. She is the medical director of community health for the Beaumont Hospital in Grosse Pointe, MI. and also, the Graduate Medical Education Director of Health Equity and Health Disparities for Beaumont Health. Dr Shajahan is the founder of Dance Medicine, MD and co-host of Beaumont Health's award-winning podcast, Beaumont HouseCall.

BUILDING A RESILIENCE STRATEGY: DHARMA RX

This session will provide teachers and school staff with practical strategies to use with students in the school setting to promote mental wellness, resilience, calming, and coping. Participants will also learn how teaching, especially during a pandemic, may impact the mental health of school staff and provide self-care tips to help boost resilience.

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

1. Recognize and check in with your personal energy.
2. Identify ways to cope with personal stress during the pandemic.
3. Identify ways to help students cope with stress during the pandemic.



SCHOOL SUMMIT BREAKOUT 2-C



Anthony Ianni

National Motivational Speaker, Autism and Anti-Bullying Advocacy, Michigan Department of Civil Rights

Mr. Ianni is one of the most sought after anti-bullying motivational speakers in the country. At the age of 4 he was diagnosed with Pervasive Developmental Disorder (PDD), which is on the Autism Spectrum (ASD). His family pledged they would help Anthony be successful no matter what. And he is. Despite bullies, adversity and numerous personal challenges Anthony worked hard and never gave up. Not only did he earn his Bachelor's Degree from Michigan State University in Sociology, he is the first known athlete with autism to play Division One basketball in NCAA History.

THE RELENTLESS TOUR: AN ANTI-BULLYING INITIATIVE

In this presentation, Anthony Ianni talks about his life story of growing up with autism and dealing with bullying, and overcoming the challenges of both. He also explains how your actions can affect those around you more than you know.

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

1. Discuss how bullying can affect not just those on the autism spectrum, but how it can affect everyone.
2. Identify how making positive changes in our schools and communities can have a major impact on everyone.
3. Discuss how a solid support system will help individuals on the spectrum achieve, and often exceed, their own and others' expectations.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day
Each Day



Stages



EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

12:15 – 1:15 pm



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 2-D



Maricela Alcalá, BBA

Chief Executive Officer, Gryphon Place

Ms Alcalá is currently the CEO of Gryphon place. Gryphon Place is a non-profit that assists those that are facing crisis and conflict. From 2004-2014 Maricela was with United Way of Greater Toledo serving in the 2-1-1 program in different capacities, ending by being their Program Director. Before joining United Way, Maricela was an Outreach Specialist at Adelante Latino Resource Center assisting Latino/Hispanic families with Drug and Alcohol Prevention. Maricela was born in Toledo, OH and moved to Guadalajara, Jalisco Mexico when she was 10 years old. Maricela in Guadalajara finished her College education, married her husband Lalo and had her first son Paulo, before moving back to Toledo, OH in 2003. Maricela is one of the founding members of ELLAS (Empowering Latina Leaders Advocates for Success).



Adrian Vazquez

Executive Director, El Concilio

Mr. Vazquez is the Executive Director of El Concilio, a community organization serving the Latinx community in the greater Kalamazoo area. As a liaison between potential clients and service agencies, the Council seeks to meet the needs of a special population often hindered by language barriers, cultural differences, and unfamiliarity with service agencies and institutions. Mr. Vazquez holds an Associates Degree in International Studies from Kalamazoo County Community College.

COVID AND SUICIDE IN THE LATINX COMMUNITY

This workshop will cover the unique challenges the Latinx Community faces during COVID-19 and what supports can be provided during a global pandemic. This workshop will also provide Latinx cultural awareness, that can support you in doing suicide prevention in the Latinx Community.

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

1. Discuss the challenges of the Latinx community during COVID-19.
2. Discuss cultural features of the Latinx Community.
3. Describe resources providing suicide prevention services to the Latinx community.



CONFERENCE BREAKOUT 2-E



Marquita Felder, LMSW

Program Director – Children, Youth, and Family Services

Marquita Felder has worked in the human service field for more than 18 years serving minority youth and families in the Southwest Detroit community. She earned her Master's degree in Social Work from Wayne State University in 2001. Marquita began her career as a Wraparound Facilitator and instantly connected with the practice model and values of Strength Based and Family/Youth driven planning amongst others. Since that time Marquita has served as a Program Supervisor, Program Manager and since 2014 has served as Director of Children Youth and Families, overseeing Clinical Programming, potential Prevention Programming and Juvenile Justice Services at Southwest Counseling Solutions. In June of 2019, a shared services model was developed between Southwest Counseling Solutions and North East Integrated Health in which Marquita also serves as Program Director of all Children Services at Eli Rubin Center on the east side of Detroit. Marquita is a mother of 4 who enjoys singing, decorating, and spending quality time with her family.

FROM ENGAGEMENT TO TRANSITION: A CULTURALLY SENSITIVE APPROACH TO TREATING AFRICAN AMERICANS AND MINORITY GROUPS IN MENTAL HEALTH

African Americans and other minorities face unique challenges in the mental health care system. African Americans with mental illness are more likely than European Americans to be misdiagnosed or undiagnosed (Schwartz & Feisthamel, 2009). In addition, less likely to receive adequate or specialty mental health care and are more likely to end treatment prematurely. Cognitive Behavioral therapy has the potential to address African American and other minority groups' treatment needs positively.

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

1. Identify two ways to incorporate culture into therapy.
2. Discuss how Cognitive Behavioral Therapy can be effective in treatment with African Americans.
3. Describe how the impact of racism and mistrust has shaped the current climate in therapy amongst African Americans and other minorities.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

1:30 – 2:30 pm



Sessions



SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 3-A



Margaret Schultz, M.Ed.

Director of Instructional Equity and Title IX Coordinator, Bloomfield Hills Schools

Margaret spent ten years as a high school mathematics teacher and six years as a high school Associate Principal before becoming the Director of Instructional Equity and Title IX Coordinator in the fall of 2018. Margaret holds both bachelors and masters degrees in Mathematics Education in addition to a masters degree in Educational Leadership.

LEAVING NO MARGINS: THE BHS STUDENT EQUITY COUNCIL

As our country has been reckoning with the impact of centuries of systemic racism over the last several months, Bloomfield Hills high school students decided that they wanted to fight racism not only within their communities, but also within their school. Students led the Board of Education to adopt a Resolution to Eradicate Racism, and meet weekly with administrators on strategies to dismantle racism within the school system. We will spend some time sharing who the Student Equity Council is, when and how we meet, what we have accomplished, and what we hope to accomplish.

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

1. Discuss how staff and students can work collaboratively to fight for equity by dismantling traditional power structures and allowing students to lead.
2. Describe student-led professional learning activities.
3. Identify traditional power structures that may be at play in their schools or organizations.



SCHOOL SUMMIT BREAKOUT 3-B



Ann O'Neill, LPC

School Counselor, Boulan Middle School

Ann O'Neill is a school counselor at Boulan Park Middle School in Troy, MI. She also works with individual clients in private practice. Ann earned her BA from the University of Michigan and her MA in Counseling from Central Michigan University.

HAPPINESS, GRATITUDE AND SCHOOL CONNECTEDNESS

Join us to learn how creating a school climate invested in happiness, gratitude, empathy and resilience can positively impact both school connectedness and mental health.

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

1. Identify how establishing school connectedness is a protective factor in mental health.
2. Discuss how creating a school climate which invests in happiness, gratitude, empathy and resilience contributes to school connectedness.
3. Describe how practicing gratitude will increase your own happiness level.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day
Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

1:30 – 2:30 pm



Sessions



SCHOOL SUMMIT BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 3-C



Sarah Emmerson, MA, LLP

Private Practice Clinician, Sarah Emmerson, PLLC

Sarah Emmerson has over 15 years experience in working with children and families in the juvenile justice system, community mental health and most recently in private practice. Her work extends into the homes of families, juvenile residential facilities, foster care and group homes, schools and communities in Wayne County. In this experience of getting to know diverse and multicultural families, there was always one thing that was the common factor, the child's experience and the life experience of the family that molded the reason they sought out services. Understanding trauma and how it affects us was always important in allowing people to live to their full potential. Sarah has worked directly with families and also worked toward creating trauma informed environments for children and families including professional development and critical incident debriefing.

THE ROLE OF TRAUMA IN CHILDREN'S MENTAL HEALTH

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 and professionals, and how it affects children biologically, behaviorally and emotionally. In addition, considerations during COVID-19 will be explored and how trauma affects people differently when considering age, culture and the individual.

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

1. Describe types of traumatic events.
2. Describe the effects trauma has on children.
3. Understand ways we can help as professionals and caregiving adults.

CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 3-D



Gigi Colombini, LMSW

Founder and Psychotherapist, 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. She earned her MSW from the University of Michigan. Her Institute for Hope and Human Flourishing outpatient clinic is located in Bloomfield Hills, MI.

THE IMPORTANCE OF CONNECTION WITH A SUICIDAL PATIENT

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.

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

1. Describe the importance of empathizing with the pain experienced by a person contemplating suicide.
2. Identify two ways to build trust around the discussion of suicide.
3. Discuss the importance of discussing suicide often and honestly.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day
Each Day



Stages



EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Thursday, January 21st

All times listed are in Eastern Standard Time zone.

1:30 – 2:30 pm



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 3-E



Achmat Salie, Alim Fadil, DBA, Ph.D.

President and CEO, Tuan Guru Universal

Dr. Imam Salie has taught graduate and undergraduate courses on Islam, Ethics, Social Justice and Arabic

at local and overseas universities. He has lived in Michigan for 21 years and taken on roles as inter and intra-faith advocate, environmental activist, peace champion, and spiritual consultant. He has served as spiritual director and founder to several mosques. Dr. Salie serves on Kevin's Song conference planning committee.

FEAR, PANIC AND ANXIETY

Dr. Imam Salie discusses fear, panic and anxiety as leading causes to mental health problems, and antidotes to these poisons from an Islamic perspective.

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

1. Recognize the role of fear, panic and anxiety in contributing to our exacerbating mental health problems.
2. Identify some antidotes and psychological flexibility.
3. Discuss terrain theory and alternative healing.

2:30 – 3:15 pm



Stages



4th KEYNOTE – STAGE



Patrick Watson, Ed.S

Superintendent, Bloomfield Hills Schools

Patrick Watson has served as the Superintendent of Bloomfield Hills

School District since January 2020. Prior to joining Bloomfield Hills, he spent 25 years in the West Bloomfield School District as a coach, teacher, athletic director, assistant principal, and principal. Over the last six years Mr. Watson has been heavily involved with Mental Health Awareness and Suicide Prevention in schools. He earned his bachelors, masters and specialist degrees from Eastern Michigan University.

A CALL TO ACTION: SUPPORTING OUR STUDENTS' MENTAL HEALTH, NOW AND IN THE FUTURE

This presentation will focus on steps that can be taken now to best support our students' mental health in school, and what can be done in the future to increase that support.

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

1. Identify data trends in teen suicide.
2. Identify potential changes they can quickly make in a school setting to improve students' mental health.
3. Identify long term changes they can make in a school setting to improve students' mental health.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day
Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

8:00 – 8:15 am



STAGE

John Urso, *President and Co-Founder of Kevin's Song*
Welcome



Justin Urso,
Kevin's Song Board Member
Tech Notes: The HOPIN platform and Continuing Education requirements

8:15 – 9:15 am



**1st KEYNOTE – STAGE
CONFERENCE DAY 2 KICK-OFF:**



Introduction by **Selena Schmidt**,
Ascension Health



Rheeda Walker, Ph.D.
Author, Speaker, Psychologist, Consultant, Researcher, University of Houston

Dr. Walker is a licensed psychologist and award-winning Professor of psychology. She has published more than 60 scientific papers on psychological risk and resilience and African American mental health and been cited in or appeared on Good Morning America, The Washington Post, Los Angeles Times, and the Houston Chronicle. Her recently released book is *The Unapologetic Guide to Black Mental Health*.

BLACK SUICIDE IN PSYCHOLOGICAL AND SOCIOCULTURAL CONTEXT: A DIFFERENT TAKE ON THE "WHY"

Dr. Walker shares findings from her research program, which emphasizes risk and protective mechanisms in suicide, particularly for Black emerging adults.

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

1. Describe the role and importance of culture in the well-being of Black people.
2. Describe how racism can contribute to suicide vulnerability for young Black adults.
3. Identify strategies for expanding resilience among Black emerging adults.

9:15 – 10:15 am



2nd KEYNOTE – STAGE



Shelby Rowe, MBA
Program Manager, Suicide Prevention Resource Center, OU Health Science Center

Shelby Rowe was the 2016 Chickasaw Nation Dynamic Woman of the Year. A public health professional, crisis intervention expert, and suicide attempt survivor, Ms. Rowe has been a leader in the suicide prevention movement at the local, state and national level since 2007. She currently serves on the American Indian/Alaska Native Task Force and the Care Transitions Advisory Group for the National Action Alliance for Suicide Prevention, the Clinical Advisory Board for Crisis Text Line, and is the co-chair for the Lived Experience Committee for the National Suicide Prevention Lifeline. In 2019, she co-founded the Indigenous Peoples' Committee for the American Association of Suicidology. Ms. Rowe holds a B.A. in Sociology and Philosophy, and an M.B.A.

SAVE THE INDIAN, SAVE THE MAN: A SOCIAL JUSTICE PERSPECTIVE ON SUICIDE PREVENTION

After over 500 years of attempted extermination of the Indigenous peoples of America, we are still here, fully aware of the perceived inconvenience of our survival. The speaker will challenge the audience to abandon the policy of "Kill the Indian, Save the Man." Instead, saving the Indian could quite possibly Save Mankind. Intertwining music, art and humor to address the serious issues that have increased risk of suicide among American Indians – genocide, colonization & ongoing systemic oppression - the speaker will highlight the Indigenous Renaissance currently taking place in the US, and how embracing Indigenous culture could be a key to reducing suicide risk.

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

1. List at least 3 policies that contributed to genocide against Native Americans.
2. Discuss the role of historical/intergenerational trauma in increasing risk for suicide.
3. List at least three cultural strengths among Indigenous populations that protect against suicide risk.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

10:30 – 11:30 am



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 4-A



Doree Ann V. Espiritu, MD
Medical Director, Henry Ford Behavioral Health Services Adult Outpatient Division

Dr. Espiritu is the Director of the Behavioral Health Services Integrated Care and the Service Chief of Psychiatry of the Henry Ford West Bloomfield Hospital. She is board-certified in Adult Psychiatry and Geriatric Psychiatry. In addition to her administrative role, she maintains an active practice seeing adult and geriatric patients in the outpatient setting and provides geropsychiatry consults for the Program for All Inclusive Care for the Elderly (PACE). Dr. Espiritu finished her psychiatry residency in Adult Psychiatry at the Henry Ford Health System and then went on to do a fellowship in Geriatric Psychiatry at Wayne State University. Dr. Espiritu is a member of several advisory groups in community organizations including With One Voice.

DEPRESSION, GRIEF, AND SUICIDE AMONG OLDER ADULTS: WHAT WE NEED TO KNOW

Suicide is an important problem among older adults. Suicide rates are particularly high among older men, with men ages 85 and older having the highest rate of any group in the country. Suicide attempts by older adults are much more likely to result in death than among younger persons. Depression, substance use, physical illness, disability, pain and social isolation are among the risk factors that increase the risk of suicide. Educating families, caregivers and the community about these risk factors and how to strengthen the protective factors is an imperative in order to prevent suicide in the older adults.

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

1. Describe the scope of suicide in the older adults in Michigan and in the US.
2. Discuss the features of depression in older adults.
3. Discuss suicidal behaviors in older adults.



CONFERENCE BREAKOUT 4-B



Amelia Lehto
Program Operations Manager, Crisis Text Line

Amelia Lehto specializes in crisis intervention and suicidology on the local, state, and national levels through training, advocacy and technology. She is a Program Operations Manager at Crisis Text Line, sits on Kevin's Song Advisory Council, is the President of Michigan nonprofit Six Feet Over, and is the recent-past Crisis Center Division Chair on the Board of Directors for the American Association of Suicidology. She is also a Master Trainer in LivingWorks ASIST and safeTALK programs. After experiencing loss at a young age, she discovered that one is not defined by how they died, but how they lived.

WHAT ARE WE MISSING? FILLING THE GAP AT CRISIS TEXT LINE

For the past seven years, Crisis Text Line has exchanged over 129 million messages across 50 states. Crisis Text Line collects real-time data to create real-time solutions to alleviate the pain throughout our communities. This past year we have taken a deeper dive into the landscape of the social justice issues impacting our work. This session will explore how we have addressed these issues to create a more equitable service and workplace. Crisis Text Line offers free, 24/7 confidential crisis counseling via text.

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

1. Identify how to contact Crisis Text Line and describe the service.
2. List three techniques Crisis Text Line has taken to improve texter safety.
3. Describe how Crisis Text Line has created a more equitable service.



Matt Faulk
Director of Public Safety, Crisis Text Line

Matt Faulk has over 22 years of Public Safety and private consulting experience that includes leadership, organizational culture, wellness, data & technology, implicit bias, and emotional intelligence experience. Matt has been involved with implementing Crisis Intervention Training in Arizona, Washington State, and nationally. Matt has dedicated his career to working on discussing differing perspectives and worldviews to help create informed relationships, inclusive and collaborative engagements, and opportunities for meaningful and impactful change.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

10:30 – 11:30 am



Sessions



Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 4-C



Malkia Newman
Team Supervisor, CNS Healthcare

Behavioral health conditions are common in Malkia's family. Struggles with her mental health led her to CNS Healthcare in 2004. Once she stabilized, she pursued a job with the CNS Healthcare Anti-Stigma Program in 2005. The Peer-Led program challenges stigma and provides community education on several different behavioral health topics. Using poetry and music, Malkia's story shows that "hope and recovery is possible." The program has reached over 100,000 in the US and Canada.



Andrew Parrish, CPSS
Community Advocate Educator, CNS Healthcare

Andrew was diagnosed with ADD as a child. His life was further impacted when as a teen Andrew started experimenting with marijuana. Despite that, Andrew was able to graduate and go on to college. While in college he was diagnosed with Schizophrenia. Andrew is in recovery with a passion to share his story. He's a Certified Peer Support Specialist and since 2016 he has been using his life experiences to inspire hope in others through CNS Healthcare's Anti-Stigma Program.



Cheryl LaFleur, CPSS
Community Advocate Educator, CNS Healthcare

After being diagnosed with anxiety and PTSD, Cheryl learned to manage her symptoms with self-education and assistance from the public mental health system. As a Certified Peer Support Specialist she led and facilitated multiple groups teaching self-care and symptom management. She shared her recovery story and became a role model, assisting hundreds of individuals, empowering them to live more independent and complete lives.

YOUR BLUES AIN'T LIKE MINE: SUICIDE PREVENTION AND COMMUNITIES OF COLOR

The year 2020 has brought a pandemic which affects people of color more severely than their white counterparts. Then came the senseless death of George Floyd at the hands of police. Generational trauma, racial disparities – is there any reason to wonder why young people of color are without hope and dying by suicide at alarming rates? The CNS Healthcare Anti-Stigma Program has been challenging stigma and discrimination with a creative delivery that gives attendees a fresh perspective on barriers and challenges, and ways to overcome them.

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

1. Identify 3 of the barriers that hamper suicide prevention efforts in communities of color.
2. Identify 4 of the challenges that are unique to people of color in accessing culturally sensitive mental healthcare.
3. Identify 4 strategies to overcome challenges to these barriers and challenges.

All Day
Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

10:30 – 11:30 am



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 4-D



Lawrence T. Wentworth, Ph.D.

President/CEO, Wentworth & Associates, PC

Dr. Wentworth has been a practicing psychotherapist for over 30 years in the TriCounty area. He specializes in trauma and has been dedicated to suicide prevention groups for many years, and is a huge supporter of the work of Kevin's Song. Dr. Wentworth is also the President and CEO of Wentworth & Associates, P.C., a full service mental health counseling agency in Utica, Michigan. There, he has over 40 staff made up of a psychiatrist, counselors, psychologists, clinical social workers, and licensed marriage and family therapists. Dr. Wentworth enjoys supervision, consultation, and mentoring students and new clinicians to help end suffering and facilitate healing in our community.

PART OF ME WANTS TO DIE: AN INTERNAL FAMILY SYSTEMS APPROACH

Internal Family Systems (IFS) psychotherapy is an evidence-based treatment for trauma developed by Richard Schwartz, Ph.D. In this model, all parts are welcome – even suicidal parts. This presentation will include teaching the basic tenets of this radically different model and how to use the IFS approach when working with suicidal parts of clients.

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

1. Identify at least three tenets of the IFS model.
2. State an understanding of the noble intentions of suicidal parts.
3. Describe how to work a suicidal part directly or through insight work with the client, or how to find an IFS therapist or practitioner.



CONFERENCE BREAKOUT 4-E



Sojourner Jones, MPA, LBSW

Law Enforcement Liaison, Detroit Wayne Integrated Network

Sojourner Jones has been working in the field of mental health for over 25 years. Her current position was created just for her. Her role is to assist law enforcement and the courts in addressing the behavioral health issues of those who come to the attention of the justice system. She works to resolve structural issues, communication glitches, and consistent patterns between law enforcement, courts and community mental health treatment providers. In addition, she trains the Detroit Police Department and surrounding first responders on de-escalation techniques for engaging those persons who may be experiencing a mental illness. She is a college graduate from Central Michigan University (MPA) and Michigan State University (BS).

SPECIALIZED RESPONSE FOR LAW ENFORCEMENT: THE NEW NORMAL

Sojourner Jones & Andrea Smith share new initiatives and collaborations between Detroit Wayne Integrated Health Network and Law Enforcement.

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

1. Identify the goals of crisis intervention.
2. Discuss the application of cultural competence skills in crisis situations.
3. List some of the warning signs of mental health conditions in youth.



Andrea Smith, MSW

Director of Workforce Training & Program Development, Detroit Wayne Integrated Health Network

Andrea Smith leads the oversight, development, implementation, and monitoring of clinical service models while evaluating workforce needs — strategically planning and implementing ways to address gaps through training and grantsmanship. During her tenure, Andrea has been instrumental in the implementation of the 40-hour Crisis Intervention Team (CIT) training for law enforcement of Wayne County, Michigan. Andrea earned her Master of Social Work degree from Eastern Michigan University and is completing a Doctorate in Health Administration at Central Michigan University.

Continuing Education Credits



EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

11:30 am – 12:00 pm



3rd KEYNOTE – STAGE



Brian K. Ahmedani, Ph.D., LMSW *Director, Center for Health Policy & Health Services Research, Henry Ford Health System*

Dr. Brian Ahmedani received his PhD and MSW degrees from Michigan State University. He is a fully licensed clinical and macro masters-level social worker in the state of Michigan. Dr. Ahmedani also completed a NIH/NIDA-funded fellowship in Drug Dependence Epidemiology. He joined the Center for Health Policy and Health Services Research at HFHS in 2010 and was appointed director in 2018. His research interests are in the area of health services and interventions for individuals with mental health and substance use conditions, with particular expertise in suicide prevention. He is Project Director for several large federally funded projects on suicide prevention, including a study evaluating implementation of the Zero Suicide Model across multiple health systems. Dr. Ahmedani has been appointed by Gov. Gretchen Whitmer to the Michigan Suicide Prevention Commission and was elected chairperson by the commissioners. The Commission will work with state departments and agencies and nonprofit organizations to research the causes and possible underlying factors of suicide in Michigan.

Nancy Buyle, MA, LPC, ACTP



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 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). She is also a therapist in private practice.

THE MICHIGAN SUICIDE PREVENTION COMMISSION: DEVELOPING A STATEWIDE SUICIDE PREVENTION STRATEGY

The co-chairs of the Michigan Suicide Prevention Commission provide an overview of the commission's completed work, ongoing activities, and future efforts. A mission and vision of the future state of suicide prevention in Michigan will be offered.

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

1. Describe the State of Michigan statute for the Commission.
2. Describe data on suicide in Michigan.
3. Identify the work to be completed by the Commission.

12:30 – 1:15 pm



4th KEYNOTE – STAGE



Asha Z. Ivey-Stephenson, Ph.D., MA *Senior Behavioral Scientist / Epidemiologist, Centers for Disease Control and Prevention*

Dr. Ivey-Stephenson sits on the CDC's Suicide Prevention Team as a senior scientist and subject matter expert. She also currently serves as a Lieutenant Commander in the United States Public Health Service. While at CDC, she has worked as an Epidemic Intelligence Service (EIS) Officer in the Injury Center and as an Interdisciplinary Behavioral Scientist in the Office of Public Health Preparedness and Response, Division of State and Local Readiness. Prior to working at CDC she was an Assistant Professor in the Department of Psychology at Morehouse College in Atlanta, Georgia. Dr. Ivey-Stephenson completed her post-doctoral work at Emory University School of Medicine in the Department of Psychiatry and Behavioral Sciences; received her Ph.D. and Master's degrees in Clinical Psychology from the University of Michigan; and her Bachelor of Arts Degree in Psychology from Spelman College.

SUICIDE PREVENTION FOR YOUTH AND MINORITY COMMUNITIES

Dr. Asha Ivey-Stephenson presents trends in suicidal behavior for youth and minority communities, along with the best available evidence for prevention.

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

1. Describe trends in suicidal behavior among youth.
2. Describe trends in suicidal behavior among minority groups.
3. Identify the seven strategies from CDC's Suicide Technical Package.

Continuing Education Credits



All Day
Each Day



MEMORIAL FOREST

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

1:30 – 2:30 pm



Stages



5th KEYNOTE – STAGE



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.

SUICIDE RISK IN UNCERTAIN TIMES

Dr. Joiner sheds light on how cultural and societal factors are reflected in epidemiological data on suicide, and connects this data as evidence for a leading theory of suicidal behavior.

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

1. Discuss the epidemiology of suicide in the 2000s.
2. Describe evidence for a theory of suicidal behavior.
3. Discuss how this data influences risk assessment, treatment, and prevention activities.

2:30 – 3:30 pm



Stages



6th KEYNOTE – STAGE



April C. Foreman, Ph.D.

Executive Board Member, American Association of Suicidology

Dr. Foreman is a Licensed Psychologist serving Veterans as the Deputy Director of the Veterans Crisis Line's Innovations Hub. She is an Executive Committee member for the Board of the American Association of Suicidology, and has served VA as the 2017 Acting Director of Technology and Innovation for the Office of Suicide Prevention. She is a member of the team that launched OurDataHelps.org, a recognized innovation in data donation for ground breaking suicide research. She is known for her work at the intersection of technology, social media, and mental health, with nationally recognized implementations of innovations in the use of technology and mood tracking. Her dream is to use her unique skills and vision to build a mental health system effectively and elegantly designed to serve the people who need it.

THE GREAT AWAKENING IN SUICIDODOLOGY

Dr. Foreman will share a timeline of the recent history of Suicidology pertaining to issues of social justice and racial equality. We will explore ways that different organizations addressed racism, and promoted equity and social justice. We will look at examples of best practice.

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

1. Describe the recent "history of Suicidology" pertaining to issues of social justice and racial equity.
2. Discuss one "best practice" for organizational development and change.
3. Discuss "real world" examples of organizations in suicide prevention that are "doing the work" to become more equitable, just, and inclusive.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

3:45 – 4:45 pm



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 5-A



Angela T. Moore, MSM, LLPC, NCC
Owner, The Body Principle, LLC

Angela T. Moore is a business owner, integrated health expert, keynote speaker, radio show host and advocate for personal responsibility, inspiring others to be the change they want in their lives, homes, workplaces, and communities. She is a National Academy of Sports Medicine Master Trainer, an Empowerment Coach, and a Limited License Professional Counselor. Angela is the founder and owner of The Body Principle, an integrated health organization that provides fitness programming, mental health and nutrition counseling, and empowerment coaching to individuals, community, and corporate groups. She earned her Masters in Counseling from Oakland University and a MSBM from Walsh College.

HEALING THROUGH HEALTHY LIVING

Healing from the loss of a special loved one is a lifelong journey. The best way to heal is from a mindset of health; healthy choices, healthy behaviors, healthy actions—healthy living. Making healthy decisions in all aspects of your life throughout the day supports not only healing but also growth.

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

1. Identify sabotaging behaviors that impede healing and growth.
2. Discuss how to intentionally shift to a positive mindset through physical activity and intentional movement.
3. Choose healthy nutrient dense foods that empower and energize the mind and body.



CONFERENCE BREAKOUT 5-B



Shawn Force
Co-founder, Forlane, LLC

Shawn Force, pronouns she/her, started off her adult career as a crisis intervention and suicide prevention specialist, working at various non-profit and government agencies. After a decade of trying to solve the problems of suicidality, substance abuse, and poverty from a “one at a time” approach, Shawn realized that it was going to take massive societal change to meaningfully address the issues of access to basic needs, healthcare, and support that tend to precipitate crises. In the 5 years since she left her last crisis center, Shawn co-founded Forlane, LLC and works to improve processes, push for equitable outcomes, and improve relationships in organizations. Shawn completed a fellowship with the Economic Justice Alliance of Michigan, helped found the Madison Heights Emergency Pantry, and has been appointed to the Madison Heights Human Equity and Relations Committee.

ECONOMIC JUSTICE AS SUICIDE PREVENTION

Shawn will talk about economic justice as a means of primary prevention, the impact of income equality and poverty on quality of life in the United States, and what participants can do in their own communities and workplaces to help build a world worth staying alive in.

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

1. Define economic justice.
2. Describe some of the drivers behind economic inequality and the ways in which it impacts all of us here in the USA.
3. List steps they can take to counter systemic problems of income inequality in their workplaces and communities.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

All Day
Each Day



Stages



MEMORIAL FOREST

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

3:45 – 4:45 pm



Sessions



CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 5-C



Mark David Strubler, MA, LPC, NCC

*Mental Health Counselor,
Wentworth and Associates, PC*

The treatment of trauma has always been the focus of Mark’s research and continuing education, even before becoming a mental health counselor. While finishing his graduate degree in Clinical Mental Health Counseling at Oakland University, Mark completed EMDR basic training in June of 2017. After completing basic training, he attended multiple continuing education events for EMDR. In addition to this highly effective treatment modality, Mark has also pursued continuing education in Internal Family Systems (IFS) which he has found to effectively work together with EMDR. Mark also holds degrees/certificates from Berklee College of Music in Boston, MA (Writing and Production) and Michigan State University (Supply Chain Management and Operations).

EMDR AND COPING WITH TRAUMA

Mark will provide an overview of the Eye Movement Desensitization and Reprocessing (EMDR) process, and how it can help heal trauma.

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

1. Describe the basic process of EMDR.
2. Identify how EMDR can assist in treating trauma, including trauma related to suicide.
3. Discuss how trauma is stored in the brain.



CONFERENCE BREAKOUT 5-D



Amanda Stein, LMSW

*Therapeutic Consultant,
Co-founder, Holding Hope Consulting*

Amanda Stein graduated from The University of Michigan School of Social Work in 2011. She has multiple certifications in crisis work, trauma, and suicide prevention. Amanda is currently the facilitator for Kevin’s Song’s Survivors of Suicide Loss group. With the help of Kevin’s Song, she founded the state’s second Attempt Survivors Support group. After years of battling symptoms of mental illness Amanda was diagnosed with Bipolar 1 rapid cycling in 2014. Over the next 3 years she was hospitalized 9 times and in 2016 attempted suicide three times. It was during her last visit and after her last attempt in 2017 that she found medication and a treatment plan that worked for her. Since then she has recovered to the point that she is currently the President and Executive Director of the Madison Heights Food Pantry.

WHAT DOES ILLNESS MEAN TO YOU: TWO VIEWS, ONE STORY

Amanda and Kenneth Stein discuss their story of love, illness, and recovery.

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

1. Discuss the “oh crap” moment of recognition of serious illness.
2. Describe the marathon ahead – the daily decision to continue on your path.
3. Discuss what recovery looks like and why it is so hard.



Kenneth Stein, LLMSW

*Therapeutic Consultant,
Co-founder, Holding Hope Consulting*

Kenneth Stein graduated from the University of Michigan in 2020 with a master’s degree in Social Work, with a concentration in Integrated Health, and a minor in Healthcare Management. Kenneth has multiple certifications in de-escalation, crisis work, and suicide prevention. He has a passion for working with emergency first responders and first receivers. Kenneth has been Amanda’s partner in illness and is her biggest cheerleader in her recovery. He began learning about mental illness and decided to pursue education in mental health to learn about Amanda’s mental illness.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Friday, January 22nd

All times listed are in Eastern Standard Time zone.

3:45 – 4:45 pm



Sessions



Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

CONFERENCE BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 5-E



Kimberly Smith, LMSW

*Clinical Director,
New Oakland Family Centers*

A 30-year veteran of child and adolescent mental health care, Kim Smith serves as the Clinical Director for New Oakland Family Centers, as well as New Oakland's privacy and recipient rights liaison. Ms. Smith joined New Oakland in 2004. Her primary responsibility is providing full clinical support and supervision for three of New Oakland's nine Michigan locations. She received her Master's in Social Work from Wayne State University. She has worked in various psychiatric inpatient, outpatient and day treatment settings. Kimberly also has an extensive background in pharmaceutical research, as she was previously Clinical Director for numerous adult and pediatric clinical trials. As one of the leaders and innovators behind New Oakland's FACE to FACE partial hospital program (PHP) for children and teens, Kim's career has been focused on the unique and often challenging needs of individuals in crisis as a result of current, recent or past traumatic events.

MOBILE INTENSIVE CRISIS STABILIZATION: CARE AT THE MOMENT OF NEED

The presentation will provide an introduction to the use of Mobile Intensive Crisis Stabilization teams for intervention in the mental health crises that often lead to suicide attempts. It will provide data and clinical examples showing how the rapid deployment of trained therapists in a crisis can dramatically improve the chances that suicide attempts can be averted and appropriate care paths can be developed that prevent future crises from arising.

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

1. Describe the basics of how Mobile Intensive Crisis Stabilization teams work.
2. Discuss the clinical effectiveness of Mobile Intensive Crisis Stabilization during mental health crises.
3. Describe how Mobile ICS interventions have saved lives by preventing suicidal acts in Michigan.

All Day
Each Day



Stages

MEMORIAL FOREST

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, a virtual respite during our Conference, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Saturday, January 23rd

All times listed are in Eastern Standard Time zone.

8:30 – 8:45 am



WELCOME

Gail Urso, Vice-President and “Co-Founder of Kevin’s Song

Welcome



Justin Urso,

Kevin’s Song Board Member

Tech Notes: The HOPIN platform and Continuing Education requirements

8:45 – 9:30 am



1st KEYNOTE – STAGE



Shelby Rowe, MBA

Program Manager, Suicide Prevention Resource Center, OU Health Science Center (attempt survivor)

Shelby Rowe was the 2016 Chickasaw Nation Dynamic Woman of the Year. A public health professional, crisis intervention expert, and suicide attempt survivor, Ms. Rowe has been a leader in the suicide prevention movement at the local, state and national level since 2007. Ms. Rowe is a former member of the board of directors for the National Association of Crisis Organization Directors and United Suicide Survivors International. She currently serves on the American Indian/Alaska Native Task Force and the Care Transitions Advisory Group for the National Action Alliance for Suicide Prevention, the Clinical Advisory Board for Crisis Text Line, and is the co-chair for the Lived Experience Committee for the National Suicide Prevention Lifeline. In 2019, she co-founded the Indigenous Peoples’ Committee for the American Association of Suicidology, and in 2020, she was added as a faculty member for the Zero Suicide Institute. Ms. Rowe holds a B.A. in Sociology and Philosophy, and an M.B.A.

RECONNECTING WITH AN UNCONQUERABLE SPIRIT

Suicide can affect anyone, even a suicide prevention professional. In this session, Ms. Rowe intertwines evidence-based suicide prevention best practices with her own experience as a suicide attempt survivor to discuss risk factors, address some of the barriers to help-seeking behavior, and challenge common stereotypes of who can be at risk for suicide. She walks us through her journey to recovery, shares the post traumatic growth that’s taken place, and shares her 6 steps to cultivating resilience.

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

1. Describe suicide risk factors, with a focus on the role of trauma in increasing the risk for suicide.
2. Identify the differences between post traumatic growth and resiliency.
3. List at least 3 action steps for improving resiliency and reducing risk for suicide.

9:30 – 10:15 am



2nd KEYNOTE – STAGE



Donna Holland Barnes, Ph.D., PCC

Founder and CEO, National Organization for People of Color Against Suicide, Inc. (NOPCAS) (loss survivor)

Dr. Barnes is an Associate Professor at Howard University and teaches suicide risk management in the College of Medicine’s Department of Psychiatry. She has published many articles and chapters on suicide and given presentations on the topic across the country. Dr. Barnes trains faculty, staff and students as well as the community on how to recognize the signs of someone who is in a suicidal crisis. She is the co-founder of NOPCAS and the author of the Truth About Suicide, published by DWJ books in New York as part of the “truth about series...” for middle school and high school students.

SUICIDE, SOCIETY, AND THE HUMAN EXPERIENCE IN THE AFRICAN AMERICAN COMMUNITY

Dr. Barnes will share her personal journey and discuss why there was a need for an organization that targets people of color, and the impact that ensued.

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

1. Explain the need to embrace empathy for the concrete other.
2. Describe how to create a new identity after a trauma.
3. Discuss the importance of staying in the present.

Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Saturday, January 23rd

All times listed are in Eastern Standard Time zone.

10:30 – 11:00 am



2021 SAVE A LIFE AWARD
Gail Urso, Vice-President and
 Co-Founder of Kevin's Song
 Award presenter

HONOREE



Sojourner Jones,
 LBSW, MPA, Community Liaison
 for Law Enforcement,
 Detroit Wayne Integrated Health Network

11:00 – 11:45 am



3rd KEYNOTE – STAGE



Frank Campbell, Ph.D., LCSW, C.T.
 Founder and Co-chair, National Suicidology
 Training Center; Owner, Campbell & Associates
 Consulting, LLC (loss survivor advocate)

Dr. Campbell is the Executive Director Emeritus of the Baton Rouge Crisis Intervention Center, where he serves as Volunteer Co-Chair of the National Suicidology Training Center (NSTC). He is also a volunteer Assistant Coroner in East Baton Rouge Parish. In addition to his volunteer activities he is the Senior Consultant for Campbell and Associates Consulting where he consults with communities on Active Postvention efforts and Forensic Suicidology cases. During his more than thirty years of working with those bereaved by suicide he introduced his Active Postvention Model (APM) in 1997, most commonly known as the LOSS Team (Local Outreach to Suicide Survivors). His work with survivors and victims of trauma has been featured in three discovery channel documentaries, professional journals and book chapters. He is a past-president of the American Association of Suicidology, a recipient of both national and international awards for his contributions. Dr. Campbell is also a veteran and is most proud to have been a consultant and contributor to the TAPS program for military family members who attend the survivor seminars and National programs for the past decade. To learn more about his work in the field of Suicidology you can visit his website www.losssteam.com or the NSTC at www.BRCIC.org

REMEMBER THE DASH

Headstones often note the date of birth and date of death, and between those dates is a dash that is intended to mark the lifeline of that individual. Clearly for so many the date of death is the focus, especially when it is as sudden and traumatic as suicide. The person's life should not be erased by a manner of death. Most of us know famous and historical people not by a diagnosis or manner of death, but by what they accomplished in their living days. This keynote will address the value of finding the memories hidden by the dash.

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

1. Discuss the nullification of one's life as depicted on gravestones.
2. Pose questions about the life lived by individuals who have died by suicide, and not just discuss the suicide.
3. Identify ways to change language to reduce stigma.



Continuing Education Credits

- Social Workers
- Psychologists
- Educators
- Licensed Counselors

12:00 – 1:30 pm



Surviving Suicide Loss:
 A Journey of Healing and Hope”



with Barb Smith



Hosted by **Detroit Public Television**

Saturday, January 23rd

12:00 Noon - 1:30 pm

Free on Facebook Live



Detroit Public TV



All Day
 Each Day



MEMORIAL FOREST **CLOSING** Memorial forest video

EVENT TYPE:

Joint Conference Session

Conference on Suicide

The School Summit

Survivor Program

Ascension Online Care

Get mental health care and emotional support from home

Through Ascension Online Care you can get connected to urgent care, mental health and counseling services from wherever you are. No driving and no leaving home, just one-on-one personalized care through a video visit with an experienced psychiatrist, therapist or counselor. Schedule 7 days a week. And remember that for a wide variety of in-person care, Ascension Michigan is close to home and ready to care for you.

Available in all 50 states. No insurance required.



Get started at ascension.org/onlinecare or download the mobile app.

If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.

The current change in all of our lives could become a risk factor for suicide if a person is also facing other life-altering events. A person in severe mental distress should go directly to the emergency room or call 911.

Ascension Michigan

© Ascension 2021. All rights reserved. The "Android" name, the Android logo, the "Google Play" brand, and other Google trademarks, are property of Google LLC. All rights reserved. Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc. All rights reserved.



Ascension

