



EQUITY & EQUALITY IN SUICIDE PREVENTION



EXPANDING THE CONVERSATION & OFFERING SOLUTIONS

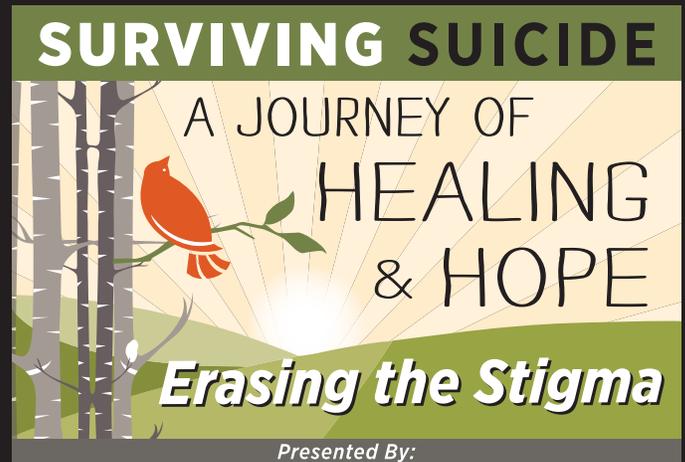
KEVIN'S SONG

2022 | 6TH ANNUAL CONFERENCE ON SUICIDE

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



Presented By: **Children's Foundation**



Presented By: **JOSEPH J. LAURENCELLE**
MEMORIAL FOUNDATION
JULMF

January 27-29, 2022 | www.KevinsSong.org

About Kevin’s Song2

Kevin’s Song Board
and Advisory Council.....3

Welcome..... 4

Committees5

Kevin Francis Urso 6

Sponsors, Donors and Supporters 8

Starry, Starry Night..... 11

ZFest12

The State of Mental Health
in the LGBTQ+ Community13

U.S. Surgeon General Issues Advisory
on Youth Mental Health Crisis Further
Exposed by COVID-19 Pandemic.....15

Suicide Survivors:
The Ties That Bind Us.....17

Governor’s Challenge to Prevent
Suicide Among SMVP - Michigan19

Suicide – The Most
Misunderstood of all Deaths
by Father Ron Rolheiser 20

With One Voice21

Tips for Parents & Educators 24

T.A.S.K.S. Recognition 27

The Memorial Forest 28

Continuing Education Credits 29

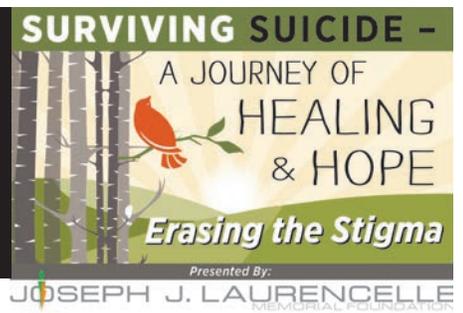
Virtual Resource Gallery31

Saving A Life Award..... 33

**THURSDAY -
Conference and School Summit**
Schedule of Events 36

FRIDAY - Conference
Schedule of Events 45

SATURDAY - Conference
Schedule of Events 54



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

A prestigious roster of leading mental health professionals, educators and experts in the field of suicide will participate in Michigan's largest conference on suicide from January 27 - 29, 2022. The Kevin's Song 6th Annual Virtual Conference on Suicide: Equity and Equality: Expanding the Conversation and Offering Solutions features a three-day online summit to offer solutions to inequalities regarding suicide prevention. The conference is produced by Detroit Public Television and can accommodate up to 1,000 participants.

available research and evidence-based practices. On Thursday, January 27, the 3rd Annual School Summit brings together educators to share best practices and innovative programs for students, teachers and parents. On Friday, January 28, the conference features conversations and solutions to increased suicide risk in marginalized communities. On Saturday, January 29, "Surviving Suicide - Erasing Stigma" is FREE to all registrants, offering survivors of suicide loss and attempt survivors a journey of hope and healing.

Researchers, clinicians and advocates will cover the topic of suicide during general and breakout sessions, featuring the best

Visit www.kevinssong.org for more information

The Goals of the 2022 Conference on Suicide: EXPANDING THE CONVERSATION AND OFFERING SOLUTIONS

- To share information that will help attendees to identify and address risk factors and promote protective factors within and beyond their own communities.
- To assist schools and school district employees and college and university staff to implement strategies to prevent youth suicide with a special focus on high risk and underserved youth.
- To understand the role of the school in preventing suicide if we are going to have an impact on reducing the incidence of suicide attempts and completions.
- To provide loss and attempt survivors with information and resources to help with their individual journeys through healing, loss and grief, to combat stigma and to assist mental health professionals and other caregivers in understanding the needs of survivors.

THE DOLORES AND PAUL LAVINS FOUNDATION

Children's Foundation

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BUDCO FINANCIAL IS PROUD TO SPONSOR KEVIN'S SONG IN THEIR EFFORTS TO BRING AWARENESS AND PREVENTION TO SUICIDE.

We admire your dedication to bringing communities and individuals together to change the narrative.



DEAR FRIENDS,

On behalf of the Kevin's Song Board of Directors, we welcome you to our 6th Annual Conference on Suicide, "Equity and Equality in Suicide Prevention: Expanding the Conversation and Offering Solutions." We are pleased to be able to present this conference to you virtually in partnership with Detroit Public Television, and through the generosity of our Presenting Sponsors, The Dolores and Paul Lavins Foundation, The Children's Foundation and the Joseph J. Laurencelle Memorial Foundation.

We are very cognizant of what a difficult year this has been for so many. With the pandemic still impacting our decisions and activities, the tragic school shooting at Oxford High School, the Surgeon General's report on the mental health of our young people, and the recent release of a poll on the mental health of our country's youth conducted by the Harvard Institute of Politics, we realize that many of us, and especially our young people, are living with a great deal of stress, anxiety and depression. Our conference will address these issues through various keynote speakers and breakout sessions.

Many of you attending this conference are mental health professionals, medical professionals, teachers, school counselors, social workers and school psychologists. We appreciate your participation in this conference and honor you for your willingness to expand your knowledge and skills in dealing with the ever increasing mental and emotional problems being experienced by so many.

In spite of, and perhaps because of, these challenges, Kevin's Song has been blessed with a very successful year. We are thankful to our Starry, Starry Night Co-chairs, Fritz and JoJo Klingler, their Committee and our Sponsors for an amazingly successful event.

We are thankful once again to our Conference Planning Committee who began meeting early in 2021 to plan this conference, to our Conference Coordinator, Leo Nouhan, and to our many generous sponsors and donors who make this conference possible.

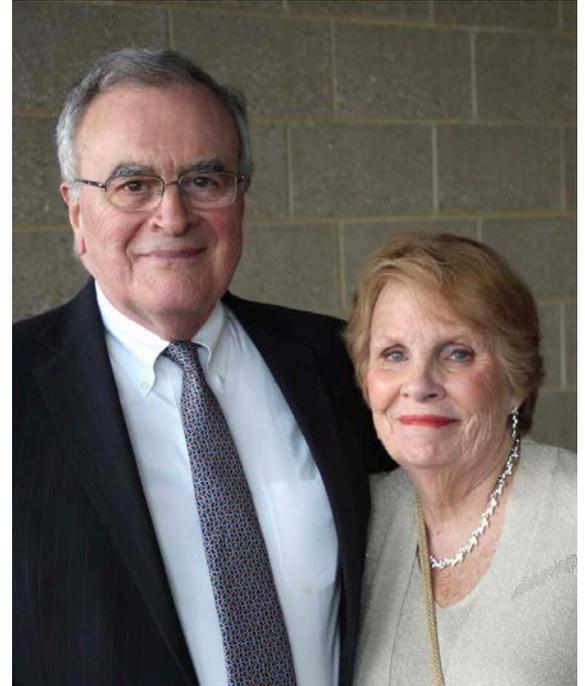
None of the work we do could be accomplished without the many volunteers who work in various capacities throughout the year. We are so grateful for their efforts!

We are very pleased to report that we have begun a search for an Executive Director for Kevin's Song. The ability to begin this search is in part due to a generous grant from the Ethel & James Flinn Foundation. Please view our website at www.KevinsSong.org for more information about this position.

We wish you all a healthy and happy New Year!

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*

Amelia Lehto, *Social Media*

Ellen Paré, *Program and Virtual Platform Content Editor*

Lisa Kent, *Speaker Coordinator*

Al Hibbert and Dawn Wolf, *Communications*

Linda Holton and the Michigan Public Health Institute
and Mary Ellen White

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

Lawrence Wentworth, PhD, *Chairperson*

Susan Francis

Amelia Lehto

Karen Marshall

Leo Nouhan

Ellen Paré

Jennifer Peltzer-Jones, PsyD, RN

Achmat Salie, Adim Fadil, PhD

Gail Urso

John Urso

2021 School Summit Planning Committee

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Joann Brown

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Sarah Gough

Kiesha Jackson

Shelleyann Keelean

Jojo Klingler

Christine Kuhl

Stephanie Lange

Allyson Rockwell

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, 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 the entire Television Production Team 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, Brian Denn,
Mariellen Chynoweth, Jessica Fidler, and Colleen O'Donnell





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.



Wayne County Commission

Tim Killeen
Commissioner District 1



WAYNE COUNTY COMMISSION
500 GRISWOLD, 7TH FLOOR
DETROIT, MICHIGAN 48226

Commission Office:
(313) 224-0920

January, 2022

Dear Kevin's Song,

Congratulations on your upcoming conference, January 27-29, 2022, that sheds light on suicide. This year is the 6th Annual Conference, and it is exploring **Equity and Equality in Suicide Prevention – Expanding the Conversation and Offering Solutions.**

Thank you for continuing to shed light on this critical issue that all-too-often gets buried from public discussion due to the stigma that surrounds it. Thanks for your efforts in reducing that stigma and providing hope and help to those dealing with this difficult issue.

Sincerely,



Tim Killeen

Wayne County Commissioner, District 1

We are so grateful for our Sponsors and Donors who support the mission of Kevin's Song throughout the year!



Presenting Sponsor

**THE DOLORES AND PAUL
LAVINS FOUNDATION**



Presenting Sponsor



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LORI WENTZEL

*We are also thankful for our donations under \$500.00 and regret not being able to list all of the donors.
We apologize for any omissions or errors in the above list.*

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

Ellen Adelman, Ellen Paré and Mary Ellen White

**BEAUMONT IS DEDICATED TO HELPING
AND HEALING OUR COMMUNITIES**

Nearly one in five Americans has a mental health condition.

At Beaumont, we are always moving forward to better serve our communities. Our goal is to provide access to the integrated care that is so necessary to the health and well-being of our patients and their families all across the region.



For additional information, visit beaumont.org

Beaumont

Starry Starry Night is the annual fundraiser for Kevin's Song featuring sponsorship opportunities, a dinner with entertainment, followed by a silent and live auction. Your financial support enables Kevin's Song to empower communities to prevent suicide and offer hope and healing to survivors. In the seven short years since Kevin's Song was founded, we have grown to become a leader in the suicide education and prevention effort in Michigan and beyond. **We have accomplished so much to fight this tragic epidemic thanks to your support and the success of Starry Starry Night.**

THANK YOU!

2021 Starry, Starry Night Committee

Chairpersons: JoJo and Fritz Klingler

Committee:	Peter King	Kevin O'Shea	Justin Urso
	Sidney King	Ann Percy	Brian Urso
	LaShauna Lowry	Gail Urso	
	Tom McGovern	John Urso	
Advisors:	Elizabeth Daily	Bill Gough	
	Kyle Dold	Sarah Gough	

A special thank you to Emcee Angela T. Moore, Fr. Tim McCabe for the Invocation, Auctioneer Chris Aslanian, Photographer John McTaggart, The Detroit Jazz Collective and the Detroit Yacht Club.

Save The Date



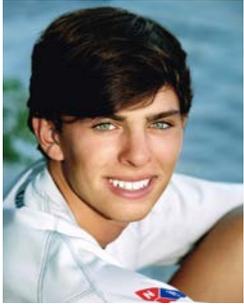
STARRY, STARRY NIGHT

Please Join Us for an Evening of

DINNER, MUSIC,
SILENT & LIVE AUCTIONS

September 22, 2022

The Detroit Yacht Club | Detroit, MI



ZFest was planned by Allyson and Alex Rockwell as a fun musical event to celebrate the memory of their son Zach and raise funds for Kevin's Song. Over 200 people came to enjoy the great music, good food and comradery of friends. Over \$7,000 was raised! **A huge thank you to Allyson and Alex. Thank you as well to the musicians who donated their time and talent to the event: Noah Dakho. The T-junction Blues Band, Moral Soul, Rocky & The Resets, and J.C. & The Disciples.**

On October 9th 2021, the first ZFest was held at the Cadieux Café!

OCTOBER 9th
at the
Cadieux Cafe
4300 Cadieux Rd, Detroit, MI
(313) 882-8560

Music Festival

Tickets: \$10 Each
Donations Welcome!

Doors Open at 5pm
Show Starts at 6pm

A Fundraiser For
KEVIN'S SONG
Empowering communities to prevent suicide and offering hope and healing to survivors.
www.KevinsSong.org

Bands to Perform:

- Noah Dakho
- Mortal Soul
- The T-Junction Blues Band
- Rocky & The Resets
- J.C. & The Disciples

The health and safety of our guests and their families is of primary concern for all of us at Kevin's Song. We are monitoring state and local mandates and guidelines carefully. It is highly recommended that those attending "ZFest" be fully vaccinated against COVID-19, or please wear a mask. Masks will be available at the door. Please know that as mandates may change, a vaccination requirement may become necessary for attendance.





THE STATE OF MENTAL HEALTH IN THE LGBTQ+ COMMUNITY

Disclaimer: This resource discusses suicide and other sensitive content. If you or someone you know is in suicidal crisis or emotional distress, call the [National Suicide Prevention Lifeline](https://www.suicidalhelp.org/) at 1-800-273-8255.

LGBTQ+ people experience alarmingly high rates of mental health challenges. It disrupts their daily lives and can be life-threatening, especially for children and youth. Too often, false narratives attempt to blame LGBTQ+ people for their own mental health challenges. The truth is that mental health challenges in the LGBTQ+ community are largely due to stigma, discrimination and bias in all of its forms. LGBTQ+ people also face gaps in receiving adequate mental health care. Significant gaps in health insurance coverage, economic injustice, discrimination, bias, stigma and violence all interact to worsen the mental health challenges facing LGBTQ+ people today.

MENTAL HEALTH IN LGBTQ+ ADULTS

HRC Foundation analyzed data from the most recent [Behavioral Risk Factor Surveillance System](https://www.brfss.gov/) (BRFSS) and observed that:

- + **59%** of LGBTQ+ adults and **60%** of transgender adults are battling poor mental health today.
- + As a result of poor mental and physical health, **19%** of LGBTQ+ adults and **28%** of transgender adults say they have sustained periods of time in which they are unable to do usual activities, such as self-care, work or recreation, compared to **15%** of non-LGBTQ+ adults.
- + Only **39%** say they have been diagnosed with a depressive disorder, despite high prevalence of depressive symptoms among the entire community.

MENTAL HEALTH IN LGBTQ+ YOUTH

- + More than half of LGBTQ+ youth (**54%**), **61%** of transgender youth and **61%** of questioning youth are battling symptoms of depression, compared to **29%** of non-LGBTQ+ youth.
- + Only **41%** of LGBTQ+ youth have received psychological or emotional counseling.
- + **35%** of LGBTQ+ youth, **45%** of transgender youth and **40%** of questioning youth have seriously considered attempting suicide, compared to **13%** of non-LGBTQ+ youth.
- + LGBTQ+ youth who have at least one accepting adult in their life were **40%** less likely to attempt suicide.



HUMAN
RIGHTS
CAMPAIGN
FOUNDATION™

LGBTQ+ people of color can experience additional stressors and barriers that contribute to poor mental health and emotional care. View HRC Foundation’s research specifically on mental health and LGBTQ+ people of color to learn more.

SOCIETAL FACTORS CONTRIBUTING TO MENTAL HEALTH CHALLENGES IN LGBTQ+ PEOPLE

- + HRC Foundation observed in BRFSS that **18%** of LGBTQ+ adults currently have no health insurance and nearly one-quarter (**24%**) have needed to see a doctor but could not due to costs.
- + Nearly one in ten (**9%**) of LGBQ people and one in five (**21%**) of transgender people said that they received harsh or abusive language from a doctor or other health care provider when receiving care.
- + More than one-fifth (**22%**) of LGBTQ+ people are living in poverty compared to **16%** of non-LGBTQ+ people.
- + In 2019, sexual orientation motivated nearly **17%** of hate crimes, the third largest category after race and religion. There was also an uptick in gender identity based hate crimes, which rose by **23%** from 2018.
- + **30%** of youth in foster care and **40%** of homeless youth are LGBTQ+.
- + **31%** of LGBTQ+ youth, **43%** of transgender youth and **40%** of questioning youth have been bullied at school, compared to **16%** of their non-LGBTQ+ peers.
- + Intimate partner violence has affected roughly half of LGB women and **54%** of transgender and non-binary people.

If you or someone you know are in need of help or assistance, contact [The Trevor Project](#), which runs [phone and text chat support lines](#) specifically for LGBTQ+ youth, or [other similar programs](#) committed to providing LGBTQ+ people with mental health support. You can also take this [confidential, online mental health screening test](#) courtesy of our partners at Mental Health America.

Methodology for BRFSS Analysis

HRC Foundation extracted data from the combined landline and cell phone database to estimate mental health prevalence and other rates. Data on sexual orientation and gender identity was taken from 28 states across contiguous U.S. as well as Alaska, Hawaii and Guam (31 total sites). Weighting (_LLCPWT) was used, as [outlined](#) by the Centers for Disease Control and Prevention, to ensure national representation and generalizability of results.

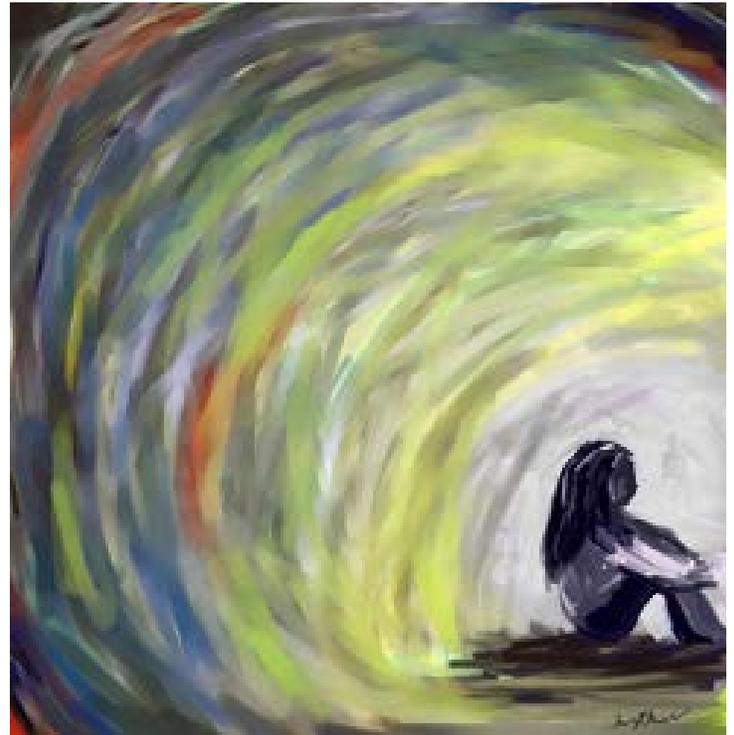
U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic

U.S. Surgeon General Dr. Vivek Murthy issued a new Surgeon General's Advisory to highlight the urgent need to address the nation's youth mental health crisis. As the nation continues the work to protect the health and safety of America's youth during this pandemic with the pediatric vaccine push amid concerns of the emerging omicron variant, the U.S. Surgeon General's Advisory on Protecting Youth Mental Health outlines the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the pandemic.

The Surgeon General's advisory calls for a swift and coordinated response to this crisis as the nation continues to battle the COVID-19 pandemic. It provides recommendations that individuals, families, community organizations, technology companies, governments, and others can take to improve the mental health of children, adolescents and young adults.

"Mental health challenges in children, adolescents, and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide — and rates have increased over the past decade." said Surgeon General Vivek Murthy. "The COVID-19 pandemic further altered their experiences at home, school, and in the community, and the effect on their mental health has been devastating. The future wellbeing of our country depends on how we support and invest in the next generation. Especially in this moment, as we work to protect the health of Americans in the face of a new variant, we also need to focus on how we can emerge stronger on the other side. This advisory shows us how we can all work together to step up for our children during this dual crisis."

Before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes in young people, with up to 1 in 5 children (https://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm?s_cid=su6202a1_w) ages 3 to 17 in the U.S. having a mental, emotional, developmental, or behavioral disorder. Additionally, from 2009 to 2019, the share of high school students who reported persistent feelings of sadness or hopelessness increased by 40%, to more than 1 in 3 students. Suicidal behaviors among high school students also increased during the decade (https://www.cdc.gov/nchhstp/dear_colleague/2020/dcl-102320-YRBS-2009-2019-report.html) preceding COVID, with 19% seriously considering attempting suicide, a 36% increase from 2009 to 2019, and about 16% having made a suicide plan in the prior year, a 44% increase from 2009 to 2019 (https://www.cdc.gov/nchhstp/dear_colleague/2020/dcl-102320-YRBS-2009-2019-report.html).



Between 2007 and 2018, suicide rates among youth ages 10-24 in the U.S. increased by 57%, - PDF (<https://www.cdc.gov/nchs/data/nvsr/nvsr69/nvsr-69-11-508.pdf>) and early estimates show more than 6,600 suicide deaths - PDF (https://www.cdc.gov/nchs/data/vsrr/VSR016.pdf?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_axiosvitals&stream=top) among this age group in 2020.

The pandemic added to the pre-existing challenges that America's youth faced. It disrupted the lives of children and adolescents, such as in-person schooling, in-person social opportunities with peers and mentors, access to health care and social services, food, housing, and the health of their caregivers. The pandemic's negative impacts most heavily affected those who were vulnerable to begin with, such as youth with disabilities, racial and ethnic minorities, LGBTQ+ youth, low-income youth, youth in rural areas, youth in immigrant households, youth involved with the child welfare or juvenile justice systems, and homeless youth. This Fall, a coalition of the nation's leading experts in pediatric health declared a national emergency (<https://www.aap.org/en/advocacy/child-and-adolescent-healthy-mental-development/aap-aacap-cha-declaration-of-a-national-emergency-in-child-andadolescent-mental-health/>) in child and adolescent mental health.

Continues on Next Page

The Surgeon General's Advisory on Protecting Youth Mental Health outlines a series of recommendations to improve youth mental health across eleven sectors, including young people and their families, educators and schools, and media and technology companies. Topline recommendations include:

- *Recognize that mental health is an essential part of overall health.*
- *Empower youth and their families to recognize, manage, and learn from difficult emotions.*
- *Ensure that every child has access to high-quality, affordable, and culturally competent mental health care.*
- *Support the mental health of children and youth in educational, community, and childcare settings. And expand and support the early childhood and education workforce.*
- *Address the economic and social barriers that contribute to poor mental health for young people, families, and caregivers.*

- *Increase timely data collection and research to identify and respond to youth mental health needs more rapidly. This includes more research on the relationship between technology and youth mental health, and technology companies should be more transparent with data and algorithmic processes to enable this research.*

Surgeon General's Advisories are public statements that call the American people's attention to a public health issue and provide recommendations for how it should be addressed. Advisories are reserved for significant public health challenges that need the American people's immediate attention.

Read the full Surgeon General's Advisory on Protecting Youth Mental Health - PDF (<https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>).

For more information about the Office of the Surgeon General, please visit: www.surgeongeneral.gov.



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www.MillerLawPC.com

248-841-2200

Suicide Survivors: The Ties That Bind Us



Main: 703-524-7600
Member Services: 888-999-6264
Helpline: 800-950-6264

4301 Wilson Blvd., Suite 300 Arlington, VA 22203
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Suicide survivors belong to an exclusive club with a costly membership fee. As the lyrics from the Eagles song *Hotel California* say; “you can check out any time you like, but you can never leave.” The same can be said about the house of grief where suicide survivors live.



Since my soulmate of 33 years, Steve, took his own life in March, 2015, I have observed that there are some common ties that bind suicide survivors. Yes, some of these ties are shared by anyone who grieves the loss of a loved one and I am by no means trivializing their pain. We all grieve differently and in different ways for different relationships. However, in the case of suicide survivors, I believe our grief is intensified due to the stigmas associated with suicide and society’s inability to comprehend how someone can take their own life.

In connecting with other suicide survivors, these are the common themes I have seen that many of us share:

- **We have so many unanswered questions.**

Why did he (she) give up hope? What could I have done differently to prevent this tragedy? Why didn't I see the signs? How could he (she) do this if he (she) loved me? These questions will never have answers and they will always haunt us.

- **We want our loved one to be remembered as the good person they were, not as someone who completed suicide.**

In the case of suicide, more often than not, the loved one’s cause of death is how they are remembered. In the case of death by other circumstances, people are likely to be remembered for their accomplishments and/or who they were as a person.

- **We will always remember the sadness in our loved one’s eyes, the fear on their face and our feelings of helplessness leading up to the suicide.**

Yes, we knew something was not right, but we never in a million years would have thought our loved one would die by their own hand.

- **The cause of death of our loved one is something many—including family and friends—do not want to talk about.**

When there is disagreement within the family as to whether or not to be public with the cause of death, the family can be torn apart. This is so sad since we need each other now more than ever to join

hands and console each other on our journey of grief. When fellow suicide survivors turn against us, it further adds to everyone’s pain. This is so ironic because we all loved the one lost to suicide just as they loved all of us.

- **Someone must take the blame for the death of our loved one.**

It is human nature, when trying to make sense of a tragedy, to place blame on someone or something. More often than not, it is unfairly placed on someone who was closest to the lost loved one. As people take “sides” family and friends are torn apart, further compounding the grief and pitting suicide survivor against suicide survivor.

- **We have a tendency to isolate ourselves.**

This is mainly self-imposed, however, many longtime friends and acquaintances seem to avoid us. No one knows what to say. We are so weary of heartless comments like: “suicide is a permanent solution to a temporary problem.” We are so worn out by grief, we are too weary and drained to educate, especially since most people are not open to being educated about suicide and are steadfast in their opinions.

- **At some point prior to their death, our loved one articulated we would be better off without them.**

This is so sad as it is the farthest thing from the truth. He (she) had no idea how those left behind would suffer after they were gone.

Continues on Next Page

• **The intensity of the pain of loss will always be with us.**

Whether it is ten weeks, ten months or ten years since our loved one's suicide, the passage of time does not lessen the pain we feel. The waves of grief will still come, sometimes like ripples on the ocean or they could be like crushing tsunamis. I believe time will only lessen the frequency and duration of these waves, not reduce the depth of the pain.

• **We feel guilty for being angry at our loved one lost to suicide.**

Our tears of sadness sometimes turn to tears of rage because our loved one "gave up" and chose suicide, leaving us to pick up the shattered pieces of their lives. Yet, upon

further reflection, we know in our hearts they were suffering intense mental anguish. Then, our tears of anger transform back into tears of sadness.

• **We take comfort in knowing we are not alone in our feelings.**

This, in my mind, stands out as the most prevalent feeling shared by others like myself. We are already grieving a tragic loss and compounding that grief are some or all of the other experiences I have notated above.

I am thankful for all the suicide survivors who have reached out to me and made me feel that I am not alone. They have all inspired me to continue writing about suicide awareness and the collateral damage that results from it.



Share your story, message, poem, quote, photo or video of hope, struggle or recovery. By sharing your experience, you can let others know that they are not alone.

LOSS SURVIVOR SUPPORT GROUP



If you or someone you know has been impacted by suicide, please reach out and consider joining the Kevin's Song Loss Survivor Support Group. The group meets virtually (for now) through Zoom on the **first Wednesday of each month and the third Thursday of each month at 7:00 PM.**

If you're interested in attending, please email Gail Urso at gail@kevinssong.org and she'll send you an invitation code to join.



Did you know there is a preferred method when screening for military connectedness? **“Have you or a member of your household served in the military?”** This is the most effective way to accurately capture military service in the population that you assist.

Using “have you served?” instead of “are you a veteran?” allows for those who may not consider themselves a veteran or are uncomfortable identifying as such to answer yes.

For those who identified as being military connected, did you know that the Michigan Veterans Affairs Agency (MVAA) can connect them to their benefits and other assistance programs? All services are free and confidential.

It all starts by calling 1-800-MICH-VET (1-800-642-4838). Lean on the MVAA to link those who are military connected to their benefits, including:

- *Health care and mental health resources*
- *Disability compensation*
- *Education assistance*
- *Employment, including connection to our Veteran-Friendly Employers*
- *Food programs*
- *Legal aid*
- *Emergency financial assistance*
- *Retrieval of DD-214s*

Useful Resources and Websites:

2021 National Veteran Suicide Prevention Annual Report:
www.mentalhealth.va.gov/mentalhealth/suicide_prevention/data.asp

VA Safe Firearm Storage Toolkit:

Suicide Prevention is Everyone’s Business: A Toolkit for Safe Firearm Storage in Your Community (va.gov)

Veterans Crisis Line. If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 or visit veteranscrisisline.net/. For emergency mental health care, you can also go directly to your local VA medical center 24/7 regardless of your discharge status or enrollment in other VA health care.



Suicide – The Most Misunderstood of all Deaths

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

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

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

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

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

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

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

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

Again, this isn't an analogy. God is infinitely more understanding, loving and motherly than any mother on earth.



Father Ron Rolheiser

We need not worry about the fate of anyone, no matter the cause of death, who exits this world honest, over-sensitive, gentle, over-wrought, and emotionally-crushed. God's understanding and compassion exceed our own.

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

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

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

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

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

Building and Maintaining an Effective Community Coalition For Suicide Prevention



Communities can play a critical role in suicide prevention. A coalition is a voluntary, formal agreement and collaboration between groups or sectors of a community in which each group retains its identity, but all agree to work together toward a common goal of building a safe and healthy community.

Kevin's Song is currently working with many other behavioral health and suicide prevention organizations to build a coalition in the State of Michigan to address the growing problem of suicide, especially among young people, veterans and working aged men, 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 Michigan Suicide Prevention Commission issued its *Initial Report* in March 2021. The first section is the *Preliminary Report* highlighting in-depth data regarding the burden of suicide within the state, identified risk factors and populations at greater risk for death by suicide. The second section includes the Michigan Suicide Prevention Commission initial priorities and recommendations as a comprehensive approach to reduce suicide attempts and deaths. 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.



MAN THERAPY™ MICHIGAN

You can't fix your mental health with duct tape.

mantherapy.org

What is Man Therapy Michigan?

Man Therapy Michigan reshapes the conversation about suicide prevention and broader men's mental health using stories of hope, resilience and recovery, coupled with humor, to cut through stigma and tackle issues like depression, divorce and even suicidal thoughts head on.

Man Therapy Michigan provides men approaching crisis, and the people who care about them, a place to go and learn more about men's mental health, examine their own and consider a wide array of actions that can put them on the path to treatment and recovery, all within an easy-to-access online portal at www.mantherapy.org.

20 Point Head Inspection

Visitors can take the 20-Point Head Inspection to get the run down of how they excel and where they can improve their mental health; it's anonymous and free!

Contact Us



ManTherapyMI@gmail.com



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[@ManTherapyMI](https://twitter.com/ManTherapyMI)

Statistics about Suicide¹ in Michigan

10th leading cause of death

76.5% of communities did not have enough mental health providers to serve residents in 2020, according to federal guidelines

Meet Dr. Rich Mahogany...

a character created to greet visitors, make them feel at ease and provide an overview of what they will find and explore during their visit.

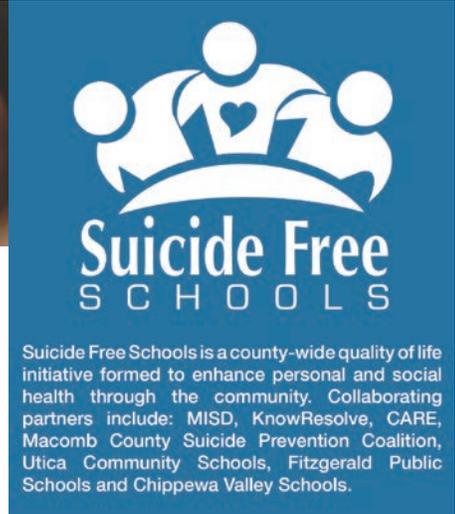
He's a man's man who is dedicated to cutting through the stigma with a fresh approach.



Project part of state-wide initiative, *Preventing Suicide in Michigan Men*, funded through a five-year grant awarded by the U.S. CDC to the Michigan Department of Health and Human Services (MDHHS)

[1] American Foundation for Suicide Prevention (Data from CDC 2019, Verified Jan. 2021)
aws-fetch.s3.amazonaws.com/state-fact-sheets/2021/2021-state-fact-sheets-michigan.pdf

mantherapy.org
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Tips for Parents & Educators

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

It is more important than ever that teachers help prevent youth suicide. By knowing how to identify early warning signs, risk factors and protective factors, you, as a teacher, could literally save the life of a child.

Teachers, Take a Closer Look:

While adolescent suicide is not taken lightly, the motivation, risk factors and warning signs are often missed and misunderstood. Teachers can sometimes mistake a youth's change in mood as a case of "being a typical moody teenager" when, in fact, it may be more serious. It could be that the youth is suffering from depression. It could be the youth is thinking of suicide.

Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt or die by suicide. They can be considered "clues." Partial list includes:

- Previous attempts
- Abuse (physical, sexual, emotional)
- Feelings of hopelessness or isolation
- Mental health disorders (especially mood disorders)
- Parental mental health disorder
- Substance abuse disorder (especially when combined with mental health disorder)
- Conduct disorder or disruptive behaviors
- Juvenile delinquency
- School problems
- Exposure to suicidal behaviors of family, friends or acquaintances, or in the media
- Chronic physical illness
- Being homeless or having run away from home
- Aggressive-impulsive behaviors
- Life stressors, such as interpersonal losses (relationship, social, work) and legal or disciplinary problems
- Access to firearms or other means

Signs of Concern

Warning signs are behaviors and characteristics that someone may harm himself or herself in the near future; these may be considered "red flags."

- Communicating thoughts of suicide verbally, in writing or artistically
- Making suicide plans
- Making hopelessness, helplessness, worthlessness or being "beyond help" statements
- Becoming suddenly cheerful after a period of depression (this may mean that the student has already made the decision to escape all problems by ending his/her life)
- Visiting past teachers/saying goodbye
- Withdrawal from or changing in social connections/situations
- Changes in grades and attendance
- Changes in sleep (increased or decreased)
- Recent increased agitation or irritability (e.g., exhibiting impulsivity, such as violent behaviors, rebellious behaviors or running away or anger hostility that seems out of character or out of context)

School Protective Factors:

Research indicates that suicidal thoughts and behavior in youth may be buffered or equalized with the presence of protective factors. There are many protective factors across multiple domains (Individual, Peer, Family, Community and School). Schools help youth mitigate the effects of risk factors by being responsive to students' needs and promoting:

- Positive attitudes toward school
- School bonding
- Regular school attendance
- High expectations for behavior and academics

Continues on Next Page



- Goal-setting, academic achievement and positive social development
- Positive instructional climate
- Leadership and decision-making opportunities for students
- Active involvement of students, parents

The Next Step... School Counselor

If you've noticed warning signs of depression or suicide, DO NOT ignore them and hope your student will "get over it." Instead, step in and help prevent suicide by:

- Taking suicidal and homicidal talk seriously
- Making yourself available
- Connecting with your student
- Setting limits when needed
- Sharing information with appropriate school officials

After you have identified a student as being at risk for depression or suicide, the next step is to refer the student to his/her school counselor.

Where There's Help, There's Hope!

As a teacher, you play a crucial role in the early recognition and referral of students who may be depressed or suicidal. Knowing what to look for and what to do could mean the difference between life and death for a student close to you.

PARENTAL PARTICIPATION IS CRUCIAL

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.

Suicide Warning Signs

Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These are signs that parents can observe:

- Poor school attendance or performance
- Changes in eating and sleeping habits
- Withdrawal from friends and activities
- Persistent sadness and hopelessness
- Poor self-esteem or guilt
- Frequent physical complaints, such as headaches
- Anger or rage
- Low energy, lack of enthusiasm
- Thoughts of death or suicide
- Sudden lifting of mood, which could indicate having made a decision to end one's life
- Depression in a family member
- Previous attempt
- Question about one's sexual orientation

Students... Don't Let Things Get Too Bad

- Talk about your feelings with friends or family
- Make time for regular exercise and healthy meals
- Don't use alcohol or drugs to mask your feelings
- Make time to play, no matter your age
- Volunteer your time and talents in tutoring kids, helping older people or some other worthwhile activity
- Enjoy compliments and believe in yourself
- Find your own spirituality
- Read good books or listen to music
- Laugh and find the humor even in rough situations
- Get immediate help if someone is abusing you sexually, physically or emotionally
- Get immediate help if you feel depressed or desperate, for any reason

Frequently Asked Questions

Q. Will asking a person "Do you feel like killing yourself?" encourage them to attempt?

A. *Asking a person directly about suicidal intent will often relieve the anxiety surrounding the feeling and act as a deterrent to the suicidal behavior. Studies show that asking the question does not "put the idea into someone's head." In fact, asking if someone is thinking about suicide can be an excellent prevention tool.*

Q. Doesn't youth suicide happen mostly with students who are troubled or come from difficult family situations?

A NO. *Suicidal youth come from all kinds of families—rich and poor, healthy and unhealthy, two-parent and single-parent. To suggest that suicidal youth come only from "bad," "sick" or "neglectful" families is like saying that only these kids have diabetes.*

Q. Don't most suicides happen without any warning signs?

A. *The survivors of a suicide often say that the intention was hidden; however, it is more likely that the intention was not recognized. There are almost always warning signs, but, unless we know what they are, they can be very difficult to recognize. Means of suicide is so important. Some studies indicate that having a firearm in the home makes a suicide attempt significantly more likely and, if attempted, the completion of suicide much more inevitable.*

Q. Are people who talk about or attempt suicide just trying to get attention?

A. *All talk or threats of suicide need to be taken seriously. Research indicates that up to 80% of individuals give clues or indicators in hopes that someone will recognize the signs of suicidal thinking. Indicators may be making a joke, threat or reference to being dead. Taking statements like these seriously and asking the person if they mean them may result in our finding out they were joking, but not asking may result in a far worse outcome. If someone is asking for attention with suicidal talk or behavior, all the more reason we should give them attention, as this is a cry for help.*



Your Community Connection to WELLNESS.



CNS Healthcare is a non-profit organization providing mental health and substance use disorder services to more than 10,000 people across Wayne, Oakland and Macomb Counties. We

are a Certified Community Behavioral Health Clinic (CCBHC) and use a patient-centered approach to identify, support and promote the overall health of children and adults.

For more information on our services, please visit cnshealthcare.org or call 800-615-0411

Appointments: 877-211-8611 • Crisis: 800-273-8255
cnshealthcare.org

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. 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 or educator.
- You will be required to attend every **PLENARY SESSION**.
- At least two (2) Breakout sessions each day of the 2-Day Conference.
- You must complete and submit evaluation forms for each session for which you are seeking credit. **THE EVALUATION FORM WILL BE EMAILED TO ALL ATTENDEES FOLLOWING THE CONFERENCE.**
- You must also complete and submit in the **TASKS** form which will be emailed to you following the Conference.

Processing of the T.A.S.K.S. Certificate will be handled by MPHI and information can be found at the MPHI - Continuing Education Solutions Virtual booth in the Resource Gallery

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

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



MEMORIAL FOREST

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

THE MEMORIAL FOREST was created for the Kevin's Song Fourth Annual Conference on Suicide to help us remember and honor some of the people who have died by suicide and to offer solace to those who were left behind. This 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 28th.

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

2022 Kevin’s Song 6th Annual Conference on Suicide Equity & Equality in Suicide Prevention – January 27, 28 & 29, 2022

Continuing Education opportunities for this activity have been jointly provided by Kevin’s Song, The Dolores and Paul Lavins Foundation, Children’s Foundation, The Joseph J. Laurencelle Memorial Foundation and MPHI.

IMPORTANT REQUIREMENTS FOR CONTINUING EDUCATION OPPORTUNITIES

PLEASE NOTE: CREDIT WILL NOT BE AWARDED UNLESS ALL CRITERIA IS MET

- Participants requesting credit must be registered for the event and have verified attendance.
- Participant must complete an education evaluation. Click the link in the email you receive after the event to access the evaluation.
 - IMPORTANT TIP: Evaluation Link Emails can fall into the Junk or Spam area of your email. Please check in those areas for your link.
 - If you do not receive a link to the survey within 5 business days of the event, please email CEInfo@mph.org for next steps. Include your activity name and date with your request.
- The certificate reconciliation process starts as soon as the evaluation closes and can take up to 45 days to complete.
 - After reconciliation has been completed, you will receive an email with information on how to access your certificate(s).
- Direct any questions to: CEInfo@mph.org

You Can Find Complete Information About Continuing Education in the Resource Gallery at the MPHI Continuing Education Solutions Booth.

AVAILABLE CONTINUING EDUCATION:

Nurses (CNE)

A total of **16.00 Nursing contact hours** have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions (MPHI CES 100763729).

Credit Amounts by Day:

Thursday 6, Friday 6, Saturday 4

Michigan Public Health Institute-Continuing Education Solutions is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91)

Social Workers (MiSW)

A total of **16.00 Social Work clock hours** for Michigan licensed social workers, have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions (MPHI-CES 20228051sw).

Credit Amounts by Day:

Thursday 6, Friday 6, Saturday 4

This course is approved by the Michigan Social Work Continuing Education Collaborative – Approval #MICEC-0042

Physicians (CME I)

Central Michigan University College of Medicine designates this live activity for a maximum of **16.00 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (MPHI-CES 20228051cmu)

Credit Amounts by Day:

Thursday 6, Friday 6, Saturday 4

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Central Michigan University College of Medicine and MPHI-CES. CMU College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Continues on Next Page

Available Continuing Education – Continued

Certified Health Education Specialist (CHES)

Sponsored by Michigan Public Health Institute, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education specialist (MCHES) to receive up to **16.00 total Category I continuing education contact hours**. Maximum advanced-level CHECH available are 0.00. Program ID # 101877-37033.

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

State of Michigan Teachers (SCECH)

A maximum of **16.00 State Continuing Education Clock Hours (SCECHs) and 16.00 School Counselor – Career Exploration (SCECHs)** have been awarded by Grand Valley State University. (Approval # 202110202).

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

To claim your credit, you must register on Grand Valley’s web site using this link: www.noncredit.gvsu.edu/wconnect/CourseStatus.awp?&course=EDUC00101130 or the QR code at the right. A \$10.00 fee is also required. You can register any time on or before 2/4/2022.



Alcohol/Drug Counselors (MCBAP)

A total of **16.00 contact hours** have been awarded for this activity by MCBAP. Trainings have been identified as RELATED to Substance Abuse. (MPHI-CES 20228051MCBAP)

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

Emergency Medicine (EMS)

A total of **16 CEU hours** have been awarded by the Bureau of EMS, Trauma and Preparedness. These hours are Preparatory and available for all levels of EMS.

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

Licensed Professional Counselors (LPC)

A total of **16 NBCC credits**. 2022 Kevin’s Song 6th Annual Conference on Suicide Equity & Equality in Suicide Prevention has been approved by NBCC for NBCC credit. Sessions approved for NBCC credit are clearly identified. Michigan Public Health Institute is solely responsible for all aspects of the program. **NBCC Approval No. SP 3805.**

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

Michigan Law Enforcement (MCOLES)

A total of **16.00 educational hours** have been awarded for this activity for MCOLES. (MPHI-CES 20228051MC). **Your MCOLES number is required and will be collected in the evaluation.**

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

Other: Psychologists and Healthcare Professionals

A total of **16.00 educational hours** will be available to satisfy licensing requirements via a **Certificate of Attendance**.

Credit Amounts by Day:
Thursday 6, Friday 6, Saturday 4

You Can Find Complete Information About Continuing Education in the Resource Gallery at the MPHI Continuing Education Solutions Booth.

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 | Kevin’s Song |
| Barb Smith Resource and Response Network | Gryphon Place |
| Hegira Health, Inc. (Wellness First) | Ascension Health |
| PRiSMM, Preventing Suicide in Michigan Men | Detroit Wayne Integrated Health Network (DWIHN) |
| Garrett’s Space: Hope, Healing and Connection For Young Adults Facing Mental Health Challenges | Rose Hill |
| MPHI - Continuing Education Solutions | Veteran’s Crisis |
| National Council for Mental Health Wellbeing | Beaumont Health |
| | Susie Q’s Kids |

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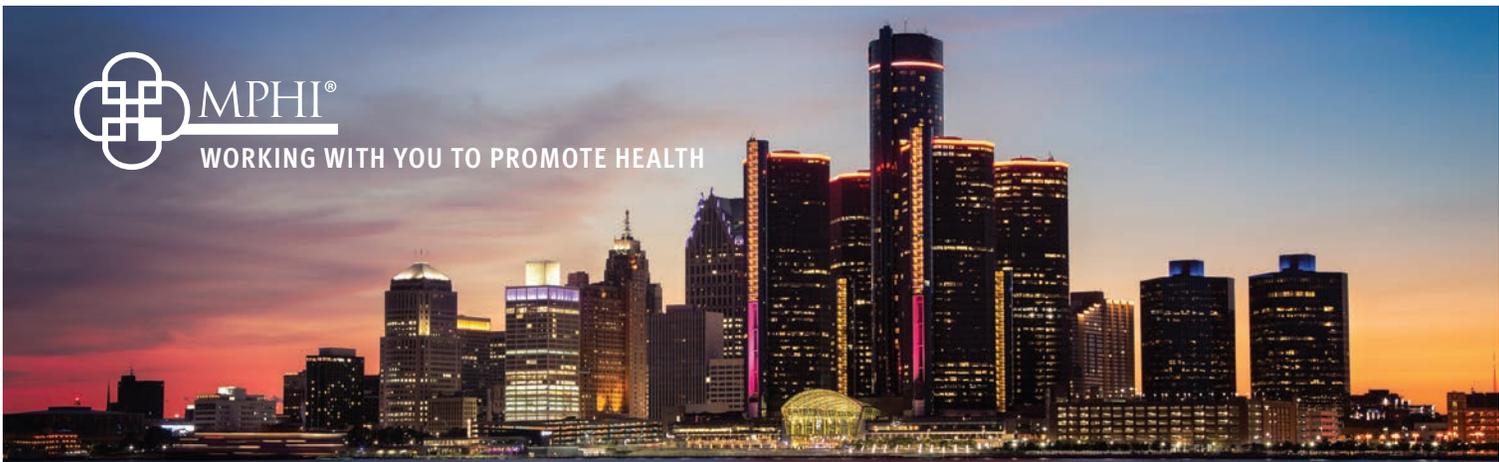


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SAVING A LIFE AWARD

Recipients exemplify outstanding service to the community in Suicide Prevention. Past recipients have been individuals who have made a significant difference in the lives of citizens in crisis.



2022 HONOREES:



Barb Smith
Founder and Executive Director, Barb Smith Suicide Resource & Response Network

Barb Smith's passion for suicide prevention began in the aftermath of the loss of her brother John to suicide. Barb's one-woman campaign to bring solace to other survivors has grown into the Barb Smith Suicide Resource & Response Network. Barb is being honored for the positive impact she has had on countless lives across the state and beyond, through education, intervention, and shared expertise.



Will Heinger, BA
Outreach Coordinator, Eisenberg Family Depression Center

After Will Heinger experienced a mental health crisis as a defensive lineman for the University of Michigan, he became a passionate advocate for the mental health of student athletes and other young people across the country. Will is being honored for opening new doors in the suicide prevention world, for participating in Kevin's Song's conferences and films, and for his work with the Eisenberg Family Depression Center.

Our Network trains individuals in evidence-based suicide prevention with the hope of destigmatizing suicide, increasing help-seeking behaviors, and caring for those impacted by suicide.

Our goal is to save lives through prevention, intervention, and aftercare.



To learn more about our Network -
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Your staff, board, and family are proud of all you do for Michigan!

Congratulations, Will Heinger!

2022 KEVIN'S SONG
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As a renowned speaker, advocate and former University of Michigan football player, Heinger helps increase awareness of mental health issues and promote positive coping skills among youth and young adults.

Heinger is an outreach coordinator at the Eisenberg Family Depression Center where he furthers our vision to meaningfully lower burden of depression and bipolar disorders.

Learn more at depressioncenter.org



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

**We're committed to bringing attention to this urgent issue
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KEYNOTE SPEAKERS



Dr. Caelan Soma, PsyD, LMSW
Chief Clinical Officer, Starr Commonwealth



Johnny Crowder,
Founder & CEO, Cope Notes



Jan Cairnes, CEO,
The Hanley Foundation

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CHILD & ADOLESCENT BEHAVIORAL HEALTH SUMMIT

A Children's Foundation Initiative

Tuesday, April 12
8:00 AM - 4:00 PM

Investing in the mental wellness of our youth.

Join us for the 2022 Child and Adolescent Behavioral Health Summit featuring a variety of topics on mental health and wellness by experts in the field.

This event is intended for:

- Service Providers
- Educators
- Parents
- Anyone who works with youth

FOR MORE INFORMATION PLEASE VISIT
YourChildrensFoundation.org/summit



Presented By: **Children's Foundation** 

EQUITY & EQUALITY
IN SUICIDE PREVENTION

**EXPANDING THE CONVERSATION
AND OFFERING SOLUTIONS**

On Thursday, January 27, 2022, as part of the Kevin's Song Conference on Suicide, Kevin's Song will host the Third 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 Expanding the Conversation and Offering Solutions. Come to hear from experts who are well versed in helping young people in all age groups who feel marginalized and discuss ways that these young people can become healthy and heard.



Goal:

The goal is to assist schools and school district employees and college and university staff 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.

OBJECTIVE 1



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.

OBJECTIVE 2



Learn how to recognize students who are at risk.

OBJECTIVE 3



Address marginalized youth who feel unconnected to the school community.

Conference on Suicide

Breakout Sessions

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th

8:00 – 8:15 am



Stages



STAGE

Welcome and Introductions

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



Opening of the School Summit

Lawrence J. Burns, *President and CEO*

Children's Foundation 



PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - Continued

8:15 am



Stages

THURSDAY MORNING



Moderator

Shelleyann Keelean, *Principal, Monteith Elementary School, Grosse Pointe Woods*

Shelleyann is passionate about mental health and youth suicide prevention. She helped to create the School Summit as a member of Kevin's Song School Summit Planning Committee.

8:15 – 9:15 am



Stages

1st KEYNOTE – STAGE

Promoting Mental Health and Well-Being Among LGBTQ+ Youth: A Role for Each and Every One of Us



Ellen Kahn, MSS, LICSW, *Senior Director, Programs and Partnerships, Human Rights Campaign*

In her role at the Human Rights Campaign, Ellen oversees programs and projects aimed at improving the lives of LGBTQ youth and families. She is a nationally recognized expert on LGBTQ-inclusive policies and practices. Ellen earned her BS from Temple University and her MSS from the Bryn Mawr School of Social Work and Social Research.

Session Description: This presentation will include a brief overview of the language and terminology relevant to working with LGBTQ youth, and short videos featuring LGBTQ youth sharing about their mental health needs. Further, the keynote will provide a look at the current landscape for LGBTQ youth, from family acceptance to the impact of COVID 19, and newly published research and emerging best practices for promoting safety and wellbeing for LGBTQ youth.

Session Objectives: Identify systemic, organizational, and individual barriers that may prevent the full inclusion of and equitable access to mental health services and treatment for LGBTQ youth and the LGBTQ community more broadly.

9:30 - 10:30 am



Sessions

SCHOOL SUMMIT MORNING BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 1-A

Intersectionality and Social Support: The Role of Families, Schools, and Communities in Suicide Prevention



Corbin Standley, MA, Ph.D. Candidate, *Michigan State University*

Corbin is a community psychologist and researcher who has worked with community-based organizations across the country to turn data and research into action to create change. His work examines how oppression and marginalization, intersectionality, and social support shape youth suicide risk and prevention. He earned his BS in psychology from Weber State University and his MA in Ecological-Community Psychology from Michigan State University.

Session Description: While suicide rates for minoritized youth continue to rise, most extant research continues to approach prevention from the individual level focused on risk factors. This session will challenge this focus by discussing the key roles that families, schools, and communities play in preventing youth suicide. Overall, this session will highlight the need to bolster social support and prevention efforts in every context in which youth live, learn, and play. Recommendations for schools and policy change will also be discussed.

Session Objectives:

1. Define intersectionality and understand the importance of social identity in suicide prevention.
2. Discuss social support at the family, school, and community levels.
3. Discuss the importance of equity and systems change in school-based suicide prevention programs.

All Day
Each Day



MEMORIAL FOREST

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - *Continued*

9:30 - 10:30 am



Sessions

SCHOOL SUMMIT MORNING BREAKOUT SESSIONS - *Continued:*

SCHOOL SUMMIT BREAKOUT 1-B

Is Bias Interfering with Suicide Prevention Efforts in Your School?



Stephanie Lange, LMSW, *Student Assistance Specialist, Chippewa Valley Schools*

Stephanie earned her MSW from the University of Michigan and a Bachelors in Sociology from Oakland University. She has worked in the field of social work since 1995 in many capacities, including therapist, community organizer, professor, researcher, and prevention specialist. Stephanie is employed by Dakota High School. Her contract work currently includes Macomb County Community Mental Health, MISD, and MDHHS.

Session Description: Implicit bias, microaggressions, and intergroup anxiety can all be barriers to effective suicide prevention with youth in your school. How can you identify if you or your team are impacted and what can be done about it? Unpack these and other terms along with some tools that you can use to improve your effectiveness with youth when it comes to justice, equity, diversity, and inclusion (JEDI). Create a personal action plan to help you improve your effectiveness with students when it comes to interrupting bias.

Session Objectives:

1. Define key concepts surrounding diversity, equity and inclusion as it relates to suicide prevention.
2. Identify a personal action plan that can be executed in the next 30 days related to bias concepts.

SCHOOL SUMMIT BREAKOUT 1-C

A Trauma Informed Look at Children's Mental Health



Sarah Emmerson, MA, LLP, *Private practice therapist, Sarah Emmerson, PLLC*

Sarah has worked with children and families in juvenile justice facilities, community based in-home, foster care, schools, group homes, and private practice. Sarah has a passion for addressing underlying issues of mental health symptoms, and has sought specialized training in Trauma Focused Cognitive Behavioral Therapy, secondary traumatic stress, critical incident debriefing, reducing attachment/relational trauma, and building trauma informed communities.

Session Description: This breakout session will open discussion regarding childhood trauma including relational trauma, common reactions, and how trauma is often overlooked as the underlying root cause of mental health diagnosis.

Session Objectives:

1. Identify different types of traumas.
2. Discuss how traumas and coping mechanisms are the root cause for mental health diagnosis.
3. Identify how to build a set of skills for kids, adolescents, and parents.

SCHOOL SUMMIT BREAKOUT 1-D

Children of a Lesser God: Preventing Suicide by Navigating Prevalent Stigma in Faith Based Communities



Farha Abassi, MD, *Michigan State University; Director, Geropsychiatric Evaluation and Management Services Unit, McLaren Hospital*

Dr. Abassi's work as a psychiatrist has led her to address the barriers that stigmatize and silence mental health. Her areas of interest are cultural psychiatry and teaching medical students how to provide culturally appropriate care to Muslim patients.

Session Description: Mental illnesses can be perceived as spiritual weakness, addiction as a moral failure, and suicide as the ultimate act of giving up on our faith. The prevalent stigma can become the biggest barrier to accessing timely care. Religion and spirituality often play a vital role in healing; people experiencing mental health concerns often turn first to a faith leader. This session discusses how faith leaders and mental health providers can be natural allies to reduce stigma and promote healing.

Session Objectives:

1. Describe a faith-based mental health model.
2. Explain how a faith-based mental health model can assist with suicide prevention.

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - *Continued*

9:30 - 10:30 am



Sessions

SCHOOL SUMMIT MORNING BREAKOUT SESSIONS - *Continued:*

SCHOOL SUMMIT BREAKOUT 1-E

Bringing to Life the Best Life: Young People and their Mental Health



Ellen Burstein, *Student, Harvard College*

Ellen is a senior studying social anthropology, government, and French. She is a former executive at The Harvard Crimson and a research team leader for the Harvard Public Opinion Project. She grew up in Massachusetts.



Jing Jing Shen, *Student, Harvard College*

Jing Jing is a junior studying chemistry and government, who currently serves as the Chair of the Harvard Public Opinion Project. She grew up in Cleveland, Ohio. She volunteers as a Crisis Text Line Counselor and also conducts research on renewable energy, sustainable development, and global mental health.

Session Description: These two Harvard graduate students will present their findings from the Fall 2021 Harvard Youth Poll, a nationwide survey of young Americans aged 18-29, regarding mental health challenges and resilience and will include insights from their focus groups and on-the-ground conversations with youth. The topics that will be covered include: (1) Factors influencing young people's mental health; (2) How mental health struggles have impacted youth; (3) How fulfilling young people perceive their current lives to be; and (4) What brings young people joy, and what makes them hopeful about the future.

Session Objectives:

1. Identify factors influencing young people's mental health.
2. Discuss insights learned from youth focus groups.

Continuing Education credits not approved for CNE or CME1 (nurses and physicians)

10:45 - 11:45 am



Stages

2nd KEYNOTE - STAGE

Changing Minds: Stories Over Stigma



Jordan Burnham, *Director of Training/Mental Health Advocate, Minding Your Mind*

Jordan is a mental health advocate and public speaker who has been making presentations for over 10 years.

Session Description: Jordan discusses the mental health issues and disorders that affect so many of us. Jordan shares the story of his childhood and the events that led to his suicide attempt at age 18. Since his suicide attempt, Jordan has sought help, sees a therapist and takes medication. He has now dedicated his time to sharing his story and providing mental health education to youth.

Session Objective: Identify risk and protective factors associated with mental health issues identified by our young adult speaker who experienced a mental health crisis.

11:45 - 12:15 pm



Stages



LUNCH BREAK

The Magic of Hope with Anthony Grupido

Anthony Grupido is a Magician and keynote speaker based out of Detroit, Michigan. He's performed Magic all over the world and worked with celebrities like the Impractical Jokers, David Dobrik, the Chainsmokers, and even some America's Got Talent Winners! His world class Magic is top notch—but his story of overcoming depression and anxiety is why you see him speaking at so many schools and conferences about mental wellness.

All Day
Each Day



Stages



MEMORIAL FOREST

The Memorial forest was created 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.

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - Continued

12:15 pm



Stages

THURSDAY AFTERNOON



Moderator

Patrick Watson, *Superintendent, Bloomfield Hills Public Schools*

Patrick has been heavily involved with mental health awareness and suicide prevention in schools. He helped to create the School Summit as a member of Kevin's Song School Summit Planning Committee.

12:15 – 1:15 pm



Stages

3rd KEYNOTE – STAGE

Together We Heal Our Youth: Conversations that Build Solutions for Marginalized Children and Teens



Shairi Turner, MD, MPH, *Chief Medical Officer, Crisis Text Line*

A physician with a Masters in Public Health. Areas of expertise include equity, trauma, and mental health. She graduated from Case Western Reserve University in Cleveland, and did her residency at Massachusetts General and Children's Hospital of Boston.



Alfiee Breland-Noble, Ph.D, MHSC, *Founder, AAKOMA Project, Inc*

As Founder of the AAKOMA Project, Inc. she translates complex scientific concepts into useful, everyday language for communities of color. Dr Alfiee hosts a video podcast "Couched in Color with Dr. Alfiee" and appears regularly on national media platforms.

Session Description: Crisis Text Line has exchanged over 200 million messages across 50 states, collecting real-time data to create real-time solutions to alleviate the pain throughout our communities. The landscape of COVID-19, social justice issues, political polarization, and civil unrest has had a direct impact on the communities we serve, especially marginalized children and teens. Join us as we discuss trauma, race, and how we heal our youth together.

Session Objectives:

1. Identify how to contact Crisis Text Line and describe the service.
2. Describe effective and efficient solution driven strategies.
3. Discuss key findings informed by Crisis Text Line data from marginalized children and teens.

1:30 - 2:30 pm



Sessions

SCHOOL SUMMIT AFTERNOON BREAKOUT SESSIONS:

SCHOOL SUMMIT BREAKOUT 2-A

Together We Serve: Mental Well-Being for People Wherever They Are



Shairi Turner, MD, MPH, *Chief Medical Officer, Crisis Text Line*

Shairi Turner-Davis is a physician with a Masters in Public Health. Her areas of expertise include equity, trauma, and mental health. She graduated from Case Western Reserve University in Cleveland, and did her residency at Massachusetts General and Children's Hospital of Boston.

PANELISTS INCLUDE:



Tanasha Driver



Nicole Kraus



Samuel Villaseñor

Session Description: Crisis Text Line works at the intersection of empathy and innovation, using a medium we all trust, text messaging. Join us as we share our learnings over the past eight years, highlight current trends in our data, and where we head from here as we expand the national conversation on accessible services that support our collective and individual mental well-being.

Session Objectives:

1. Identify the key findings for supporting well-being through text-based intervention.
2. List 3 techniques that Crisis Text Line has taken from our data to advance the national conversation on mental health.
3. Describe how Crisis Text Line has created a confidential text-based intervention and share the mission, vision and values of the organization.

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - *Continued*

1:30 - 2:30 pm



Sessions

SCHOOL SUMMIT AFTERNOON BREAKOUT SESSIONS - *Continued:*

SCHOOL SUMMIT BREAKOUT 2-B

How to Create a Bully Free Zone



Tresa Deal-Galloway, BS, M.A.T., CEO, Love Laces LLC

Tresa has served in the field of education for over 25 years as a teacher, administrator, and intervention specialist. As an educator, she dealt with bullying by providing students with coping skills. When her own children became victims of bullying, however, it was a very emotional experience for her and she struggled with how to equip them with the tools they needed to shield themselves. She shares what she has learned, and how shoelaces became part of the story.

Session Description: Bullying affects a minimum of one in every five students. These numbers reflect those students who are courageous enough to report the bullies. While most schools have a zero tolerance policy in place, we have developed five strategies to build a safe social emotional learning community within your classroom..

Session Objective: Identify strategies that build a safe social emotional learning community within your classroom.

Continuing Education credits not approved for CNE or CME1 (nurses and physicians)

SCHOOL SUMMIT BREAKOUT 2-C

Suicide Postvention in Schools, 2.0: An Interactive Scenario-Based Session that will Explore Effective Suicide Loss Postvention for Schools



Nancy Buyle, MA, LPC, ACTP, School Safety/Student Assistance Consultant, Macomb Intermediate School District; Clinical Therapist

Nancy is the Chair of the Macomb County Suicide Prevention Coalition. She has leadership positions with multiple local and state level initiatives for overdose prevention and suicide prevention, and is a certified instructor for several evidence-based programs.



Cynthia Cook, Ph.D., School Health Consultant, Wayne RESA

Dr. Cook has over 30 years experience in the field of school health education. She earned her masters and doctoral degrees in school health education from Kent State University. 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

Angela has classroom experience as well as experience with supporting educators in curriculum, instruction, and assessment related to the field of health education.

Angela services a five-county region in the areas pertaining to the Whole School, Whole Community, Whole Child (WSCC) framework.

Session Description: This workshop builds on last year's training by exploring in a more in-depth manner the considerations that schools have to take into account as they respond to the mental health needs of students following a suicide death. Presenters will role play a crisis team meeting where they will make decisions on how to execute their postvention plan. Participants will be able to ask questions throughout the role play.

Session Objective: Identify the components of effective postvention in schools.

All Day
Each Day



Stages



MEMORIAL FOREST

The Memorial forest was created 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.

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - *Continued*

1:30 - 2:30 pm



SCHOOL SUMMIT AFTERNOON BREAKOUT SESSIONS - *Continued:*

SCHOOL SUMMIT BREAKOUT 2-D

Upstream Suicide Prevention for the Whole School Community - be nice.



Christy Buck, *Executive Director, Mental Health Foundation of West Michigan*

With more than 35 years of experience in the mental health field, Christy's passion for transforming and saving lives through mental health education led her to develop two classroom programs, 'Live, Laugh, Love' for middle and high school students, and 'be nice.' She is in demand as a trainer and is involved with numerous community organizations and coalitions. She is a proud graduate of Michigan State University.



Catherine Lanting, *Program Director, Mental Health Foundation of West Michigan*

Catherine (Cat) started at the Foundation as an AmeriCorps member. In addition to coordinating be nice. in middle and high schools, Cat acts as trainer for several evidence based programs. She graduated from Michigan State University with a BS in Interdisciplinary Studies.

Session Description: Participants will learn the be nice. action plan for mental health and suicide prevention education. be nice. is an evidence based, upstream prevention program for K-12 schools that equips students, staff and parents with a tool to notice changes in mental health, invite caring and educated conversations about mental health, challenge an individual to utilize resources available, and empowerment through protective factors for mental health.

Session Objectives:

1. Define upstream suicide prevention for a school community.
2. Discuss the importance for all individuals within a school community to have the tools/knowledge to both notice and invite when it involves mental health.
3. Discuss the importance for all individuals within a school community to have the tools/knowledge to both challenge and empower others on suicide prevention.

SCHOOL SUMMIT BREAKOUT 2-E

Culturally Competent Approaches in Behavioral Health: The Minority and African American Experience



Kiesha Jackson, MS-HSA, *Founder and Executive Director, Caleb's Kids*

Under Kiesha's leadership, Caleb's Kids has provided scholarships to high school seniors, sponsored holiday care and wellness benefits for surviving families of suicide loss, and provided life changing outreach, materials and workshops to thousands of Detroit area youth and parents.

Kiesha earned a BA in Sociology from the University of Michigan, and an MS in Health Services from Central Michigan University.

Session Description: This interactive session will provide an overview of common mental health disorders in youth and how these disorders present in minority populations, specifically African Americans. We will discuss trauma, trauma informed approaches, adverse childhood experiences, and how having a working knowledge of these will help to facilitate meaningful and lifesaving conversations with youth and families. Participants will be able to recognize and identify signs of distress and dysregulation in diverse and African American youth populations, and apply culturally competent interventions.

Session Objectives:

1. Identify signs of distress in diverse youth populations.
2. Identify leading mental health concerns amongst youth.
3. Identify resources for engaging youth and families in mental health and suicide preventative measures.

All Day
Each Day



MEMORIAL FOREST

PLEASE NOTE: All times listed are Eastern Standard Time

Thursday, January 27th - Continued

2:45 – 3:45 pm



Stages

4th KEYNOTE – STAGE

Wellness On Demand



Seli Fakorzi, MA, LPC, *Director of Mental Health Operations, TimelyMD*

In her role with TimelyMD, Seli leads a diverse team of licensed counselors, psychiatrists and health coaches who specialize in meeting the unique needs of college students. She is a practicing clinician with experience in multiple settings including inpatient, outpatient, and residential.

Seli has a BA in Business Management and Public Relations from Coe College and a Master of Counseling from Dallas Baptist University.

Session Description: Colleges and universities that integrate care and support into the student experience and empower all stakeholders as champions for student well-being are more likely to keep students engaged, retained and on track to graduation. This presentation will explore inclusive, evidence-based strategies for shaping a culture of care to enhance equitable emotional and mental health and well-being.

Session Objectives:

1. Describe how to create an environment where the discussion of mental health and holistic wellness is normalized.
2. Describe how to proper training can enhance emotional and mental well-being in students.

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Proud to support the
mission of Kevin's Song to
empower communities to prevent
suicide and offer hope and
healing to survivors.





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

EXPANDING THE CONVERSATION AND OFFERING SOLUTIONS



Goal: 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.



Objectives:

Following the conference, participants will be able to discuss:

- *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.*

On Thursday & Friday, January 27-28, 2022 A Conference on Suicide: Equity and Equality in Suicide Prevention – Expanding the Conversation and Offering Solutions, Join us as we expand our conversation about Equity and Equality in Suicide Prevention that began at last year’s conference, digging deeper to look for solutions to assess risk, manage those in crisis, console survivors and share resources. Whether you’re new to the topic of suicide prevention or have been involved in the field for years, you will be inspired by our diverse group of national and local experts who will share their fresh perspectives on suicide as it intersects with race, ethnicity, gender, socioeconomic status, and sexual orientation.

PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th

8:00 – 8:15 am



Stages

STAGE



Welcome and Introductions

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

2022 | 6TH ANNUAL CONFERENCE ON SUICIDE



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

8:15 am



Stages

FRIDAY AFTERNOON



Moderator

Christine Hilton, *Supervisor, Behavioral Health Partial Hospitalization-Henry Ford Health System*

Christine is active in her workplace and in her local community, spreading awareness about suicide prevention and mental health issues. She has also facilitated break-out sessions on Dialectical Behavior Therapy during past Kevin's Song conferences.

PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th

8:15 – 9:15 am



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



Introduction by **Selena Schmidt,**
Ascension Health



Rethinking Suicide

Craig Bryan, Psy.D, ABPP, *Stress, Trauma and Resilience Professor, Ohio State University*

Dr. Bryan is a board-certified clinical psychologist in cognitive behavioral psychology, and an internationally recognized expert on suicide prevention, trauma, and resilience. He has published over 250 scientific articles and multiple books, and has received numerous awards and recognitions for his research.

Session Description: Over the past two decades, the U.S. suicide rate has steadily increased despite efforts to reverse this trend via expanded awareness campaigns, wide implementation of suicide prevention programs and initiatives, increased mental health advocacy, and antistigma campaigns. To the befuddlement, confusion, and frustration of researchers, clinicians, family members, and many others, these efforts have not reversed the trend of rising suicides in the U.S. Why do suicide rates continue to rise despite our best efforts? Why aren't we better at this? What are we doing wrong? This presentation seeks to answer these questions, and proposes that our typical strategies for preventing suicide are inadequate.

Session Objectives:

1. Identify common limitations of suicide risk screening.
2. Improve the effectiveness of suicide prevention strategies.

All Day
Each Day



MEMORIAL FOREST

The Memorial forest was created 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.

BUDCO FINANCIAL IS PROUD TO SPONSOR KEVIN'S SONG IN THEIR EFFORTS TO BRING AWARENESS AND PREVENTION TO SUICIDE.

We admire your dedication to bringing communities and individuals together to change the narrative.



PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th - Continued

9:30 - 10:30 am



CONFERENCE MORNING BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 3-A

Working Together to Prevent Suicide Among Working-age Men in Rural Communities: Collaborating with Researchers and Practitioners in Michigan to Broaden Outreach and Inclusion of Hard to Reach Men Throughout the State



Jodi Jacobson Frey, Ph.D, LCSW-C, CEAP, *Professor, University of Maryland*

Dr. Frey chairs the Social Work in the Workplace & Employee Assistance Sub-specialization and the Financial Social Work Initiative. Her MSW and PhD degrees were earned from the University of Maryland. Dr. Frey's research focuses on workplace behavioral health, including suicide prevention and crisis response in the workplace. She has presented at national and international conferences and has published research articles in several academic journals, including JAMA and Social Work.



Kari Granz, *Program Coordinator, Thumb Community Health Partnership*

Kari earned her Bachelor's degree in Business Administration from Saginaw Valley State University. In her role as TCHP program coordinator, she is primary marketing person for the Man Therapy program. She has a deep level of understanding of the health needs in rural communities.

Session Description: Join us for an overview of the public health campaign and research study, Healthy Men Michigan (HMM), which ran from 2016-2019 and evaluated the effectiveness of the male-oriented online intervention, Man Therapy. Learn how the research team built a statewide coalition of partners in Michigan through a combination of high tech, high touch, and organizational grassroots methods. The presentation will include findings from HMM and its impact on suicide among working-age men in Michigan. The success of engaging over 230 partners and collaborating together to prevent suicide with this high risk population of working age men, especially men in rural areas, has led to two new exciting grant-funded projects that will be introduced during this presentation.

Session Objectives:

1. Identify research-based interventions, such as Man Therapy, to reduce suicide risk among working age men in Michigan.
2. Describe effective public health messaging to outreach and engage working age men in mental health and suicide prevention help-seeking behaviors.
3. Identify one or more high tech and high touch public health activities to contribute to reducing suicide prevention among working age men.

CONFERENCE BREAKOUT 3-B

Building Networks of Safety to Prevent Suicide



Karen Simba, *Community Development Consultant at LivingWorks Education Inc*

Karen has been active in the field of Community Mental Health for over 20 years in a variety of roles including crisis intervention, victim services and case management. As an ASIST (Applied Suicide Intervention Skills Trainer) Senior Training Coach, safeTALK Instructor, Suicide to Hope Instructor Coach mentoring new trainers to facilitate these life-saving workshops has been her passion. In the role of Community Development Consultant, Karen supports organizations and institutions in the fields of Education, Healthcare, and community groups across Canada and the United States to develop a comprehensive integrated Network of Safety approach to suicide prevention.

Session Description: This presentation will describe the LivingWorks "network of safety" approach, an integrated and community-driven approach to prevent suicide in which everyone can identify an important role in suicide prevention. The presentation will also detail the critical role that a network of safety plays as part of a comprehensive public health approach to suicide prevention.

Session Objectives:

1. Define the LivingWorks network of safety.
2. Discuss how LivingWorks fits into a comprehensive, integrated approach to suicide prevention.
3. Provide examples of organizations and communities that have implemented the LivingWorks network.

All Day
Each Day



MEMORIAL FOREST

PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th - Continued

9:30 - 10:30 am



Sessions

CONFERENCE MORNING BREAKOUT SESSIONS – Continued:

CONFERENCE BREAKOUT 3-C

The Two People You Can Help: Yourself, and Someone Else



Ellen Paré, MPA, LBSW,

Practice Administrator, Institute for Hope and Human Flourishing

Ellen has devoted her career to preventing suicide by intervening at both the individual and the community level. Ellen honed her skills in three decades at the Macomb County Crisis Center, and co-developed with Gigi Colombini the Holding On To Life youth suicide prevention toolkit. Currently Ellen works as a practice administrator and consultant for the Institute for Hope and Human Flourishing. Ellen is a Licensed Bachelors Social Worker who earned her Master of Public Administration from Wayne State University.

Session Description: This presentation will focus on normalizing suicide prevention in our own lives.

Using the steps of the MY SAFETY Plan as a guide, you will learn how to be more effective when someone else needs us to intervene on their behalf.

Session Objectives:

1. List the seven components of a safety plan.
2. Identify three ways to customize a safety plan.

CONFERENCE BREAKOUT 3-D

Part of Me Wants to Die: An Internal Family Systems Approach



Lawrence Wentworth, Ph.D, LP, ABPP (Clinical),

President/CEO/Psychologist, Wentworth and Associates, PC

Dr. Wentworth has been a practicing psychologist in the Detroit area for over 35 years. He has an advanced training and certification in EMDR and Internal Family Systems therapy. He is a passionate supporter of suicide prevention causes including Kevin's Song and KnowResolve. Dr. Wentworth has a license to practice in Michigan, Florida and Ohio.

Session Description: 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.

Session Objectives:

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

CONFERENCE BREAKOUT 3-E

Anti-Stigma vs Anti-Sanism: Suicide Prevention and Liberating Neurodiversity

Kiersten Gutherman, LLMSW, *Suicide Prevention Program Lead, CNS Healthcare*



Kiersten (she/her) implements the Zero Suicide model and framework at CNS Healthcare. Previously, Kiersten has worked in intake and admissions, outpatient counseling, crisis treatment, and school-based services. Kiersten received her Bachelor's in psychology from University of Delaware and earned her MSW from Rutgers University with a concentration in violence against women and children.

Session Description: Anti-stigma campaigns have focused on normalizing “mental illness” and neurodivergence, but it is time to address the structural oppression that mad and neurodivergent individuals face. This session will define sanism; confront discrimination against mad, mentally ill, and neurodivergent folks; discuss suicide prevention through an anti-sanist lens; and envision liberation.

Session Objectives:

1. Define stigma and its effects.
2. Discuss stigma within the medical and mental health fields.
3. Describe sanism and how to combat it.

PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th - Continued

10:45 - 11:45 am



2nd KEYNOTE - STAGE

Automatic & Controlled Antecedents of Suicidal Ideation & Action



Thomas Joiner, PhD, *The Robert O. Lawton Distinguished Professor of Psychology, Florida State University*

Dr. Joiner went to college at Princeton and received his PhD in Clinical Psychology from the University of Texas at Austin. Dr. Joiner's work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions. Author of over 750 peer-reviewed publications, he is Editor-in-Chief of the journal *Suicide & Life-Threatening Behavior*. Dr. Joiner has authored or edited 18 books. He works with NASA and the Department of Defense on suicide-related projects, and runs a part-time clinical and consulting practice specializing in, among other topics, suicidal behavior, including legal consultation on suits involving death by suicide.

Session Description: Dr. Joiner shares his latest research, a dual-process conceptualization of suicidality, which looks at whether suicide-relevant judgments and behavior are the result of relatively automatic associations or more controlled, deliberative cognition. The model articulates a number of novel predications regarding the sources of suicide-relevant automatic associations, motives, and opportunity factors, as well as their interactive influences on suicidal ideation and action.

Session Objectives:

1. Identify basic facts about the epidemiology and risk factors for death by suicide.
2. Discuss the new theory of suicidal behavior.
3. Discuss approaches to suicide risk assessment.

11:45 - 12:15 pm



LUNCH BREAK

The Music of Hope with Travis Atkinson

Travis Atkinson is a singer-songwriter from Grand Rapids, MI. For over 20 years, Travis has performed for audiences on local and national stages, opening for some of the country's finest folk, Americana, and country bands. Travis is also a mental health professional, having blended his passion and love of music with his vocation to facilitate songwriting events and musical self-expression activities for people struggling with depression, addiction, eating disorders, and anxiety. Travis is an eclectic performer with a catalog of hundreds of original songs. Travis lives in Grand Rapids, MI, with his wife and three children.



Henry Ford Health System is honored to sponsor the 2022 *Kevin's Song Virtual Conference on Suicide*. 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](https://www.henryford.com/ZeroSuicide)



PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th - Continued

12:15 pm



FRIDAY AFTERNOON



Moderator

Michelle Cornette, *Suicide Prevention Subject Matter Expert/ Independent Consultant*

Michelle is a nationally respected suicidologist, former member of Kevin's Song Advisory Council, and a frequent presenter and moderator at Kevin's Song conferences.

12:15 - 1:15 pm



3rd KEYNOTE - STAGE

The Future of Integrated Health Care



Eric Doeh, JD, *President/CEO, Detroit Wayne Integrated Health Network*

As interim CEO, Mr. Doeh was an instrumental force in driving the DWIHN System Transformation plan to successful outcomes for the people he served. He studied Political Science and English at the University of Michigan and received his Juris Doctorate from Cleveland-Marshall College of Law. Mr. Doeh has held positions with the United States Attorney's Office, Wayne County Prosecutor's Office, and Office of the Attorney General, and serves on several committees to promote mental health and jail diversion.

Session Description: The COVID pandemic has taught all of us many things, that isolation, loneliness, anxiety, depression and mental health are all real and important issues we should not take for granted. In this hour-long presentation, DWIHN President/CEO Eric Doeh will discuss why the community mental health public safety net must remain intact, why partnerships that share the same mission and vision are key and how organizations must reach out to youth and share why working in the mental health field is a good career choice.

Session Objectives:

1. Discuss the benefits of community mental health & the public safety net.
2. Discuss why partnerships work when the goals are shared (i.e. partnership with DPD, Wayne Health).
3. Identify innovative ways to attract youth to the field of behavioral health.

1:30 - 2:30 pm



CONFERENCE AFTERNOON BREAKOUT SESSIONS:

CONFERENCE BREAKOUT 4-A

Discerning the Truth: Let's Talk About It - LGBTQ & the Afro-American Community



D'Erika Nichols-Lewis, MA, AET, *Director of Programming & Development, Overcoming Barriers, Inc*

D'Erika works with individuals with special needs from ages 40 to 71. She is a QPR Certified Gatekeeper Instructor whose motto is to live a life of Hopefulness, through conversation and compassion. D'Erika was inspired by lived experiences to join the suicide prevention movement.

Session Description: Join us for an open and frank discussion about health disparities within the Afro-American LGBTQ+ community, the unique challenges these individuals face, and how alarming rates of suicide are impacting this community. We will explore approaches in how to support the African American LGBTQ+ community and how these approaches tie directly into solutions that could save lives.

Session Objectives:

1. Discuss the disproportionate rise in suicide deaths in the Afro-American LGBTQ community.
2. Describe how to provide supportive and safe spaces for those that are LGBTQ and Afro-American with mental health and suicide concerns.

All Day
Each Day



MEMORIAL FOREST

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PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th - Continued

1:30 - 2:30 pm



Sessions

CONFERENCE AFTERNOON BREAKOUT SESSIONS - Continued:

CONFERENCE BREAKOUT 4-B

Preventing Suicide in Michigan Men: Telehealth Suicide Prevention Toolkit for Providers



Alison Arnold, Ed.D., *Co-Program Director CMU Resilience Training Program/Director CMU Interdisciplinary Center for Community Health & Wellness.*

Dr. Arnold's experience cuts across education, business, and philanthropy. With over 20 years in education administration, she has led community engagement initiatives, grants, and partnerships to support learning for P-12 and higher education institutions. She is a Master Trainer for the Michigan ACEs Initiative and serves on the board of the Utopia Foundation.

Session Description: Providers of mental health resources are invited to preview a new Suicide Prevention Telehealth Toolkit, developed by Central Michigan University. Preventing Suicide in Michigan Men is a Centers for Disease Control grant-funded program aimed at reducing suicide in men ages 25 and older by at least 10 percent by 2024.

Session Objectives: 1. Identify strategies & resources to support their interactions with clients/patients across the continuum of suicide prevention. 2. Discuss unique considerations and implications of tele-mental health practice and strategies for improving access to mental health service for men. 3. Discuss needs data for Michigan related to priorities for tele-mental health provider education and training.

CONFERENCE BREAKOUT 4-C

The Importance of Connection When Treating a Suicidal Patient



Gigi Colombini, LMSW, *Owner & Psychotherapist, Institute for Hope and Human Flourishing*

Since 1990, Gigi has worked as a Clinical Social Worker focusing her passion on working with children, youth and adults using a holistic, common-sense and insight-oriented therapeutic approach, to help patients gain a clear and simple path to understanding and healing for depression, anxiety, and suicidality. She has consulted on programs for Harvard, Dartmouth, and the University of

Michigan, where she earned her MSW.

Session Description: No matter which therapeutic modality we might use, we will not successfully help a suicidal patient if we don't build a strong connection with them from the start. This session will focus on ways to build that connection in order to gain the patient's trust, hear their whole story, and help them find themselves again.

Session Objectives: 1. List at least three ways to approach a conversation about suicide. 2. Identify at least three tools for supporting a patient's safety.

CONFERENCE BREAKOUT 4-D

Answering the Call of Burnout Among Teachers and Parents: Compassion Resilience Circles



Polly Gipson, Ph.D., *Clinical Associate Professor, Associate Chair for Diversity, Equity & Inclusion, Michigan Medicine.*

Dr. Gipson is a licensed clinical psychologist with expertise in child and family evidence-based clinical practices; suicide risk assessment and intervention; and community-based participatory research approaches. She acts as principal investigator or co-investigator for research studies focused on resilience.

Session Description: Feeling physically and emotionally exhausted, also known as compassion fatigue, has become far too common for teachers, parents, and caregivers. Compassion Resilience Circles (CRCs) are one strategy to help combat the "cost of caring" by being in community while learning compassionate actions and resilience skills to care for self and others. This presentation will highlight one community's implementation of CRCs for school staff and caregivers, offering a blueprint for other communities to join in this effort of building community and compassion resilience.

Session Objectives: 1. Describe stages of compassion fatigue. 2. Identify compassionate actions steps. 3. Discuss the wellness compass and resilience strategies.

PLEASE NOTE: All times listed are Eastern Standard Time

Friday, January 28th - Continued

1:30 - 2:30 pm



Sessions

CONFERENCE AFTERNOON BREAKOUT SESSIONS - Continued:

CONFERENCE BREAKOUT 4-E

Proactive Approaches to Suicide Prevention: Asking the Question, Becoming a MI Veteran Connector, and Talk Saves Lives Firearms Safety



Julie Cortright, LNHA, *Health and Welfare Analyst, Michigan Veterans Affairs Agency*

Julie enjoys opening the lines of communication and facilitating healthcare coordination for the clients she serves with MVAA. She holds her degree from Ferris State University and professional licensure as a Nursing Home Administrator, and has experience in both hospital and long-term care.



Ian Perry, *Veterans and Military Relations Chair, AFSP Michigan Chapter Project 2025*

Ian is a long time volunteer, presenter, and former board member for the American Foundation for Suicide Prevention Michigan Chapter. He provides suicide prevention training and materials in the areas of firearm safety, veteran/first responder groups, corrections, and health care systems.

Session Description: Presentation will cover the free and confidential services offered to MI veterans and their families via Michigan Veterans Affairs Agency. Presentation will also cover aspects of MVAA's role within the Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their Families. This includes information on the MI Veteran Connector and our collaboration to create outreach and educational training with American Foundation for Suicide Prevention.

Session Objectives:

1. Describe why and how to screen for military status.
2. Identify resources available to service members, veterans, and their families including how to make a referral for earned military connected benefits.
3. Discuss programming for suicide prevention including Talk Saves Lives-Firearms Module from the American Foundation of Suicide Prevention.

2:45 - 3:45 pm



Stages

4th KEYNOTE - STAGE

The Importance of Mental Health Parity Laws in Increasing Access to Care



Kathleen MacDonald, *Insurance Advocate, Kantor & Kantor, LLP*

For over 15 years, Kathleen has been speaking around the country on eating disorders, mental health, and suicide prevention. Her story of overcoming eating/body image disorders and suicidal thinking has been featured in The New York Times and other publications. In her work as an insurance advocate, Kathleen writes appeals on behalf of persons whose insurance has denied benefits. Her first book will be published soon.



David Lloyd, MBA, *Senior Policy Advisor, The Kennedy Forum*

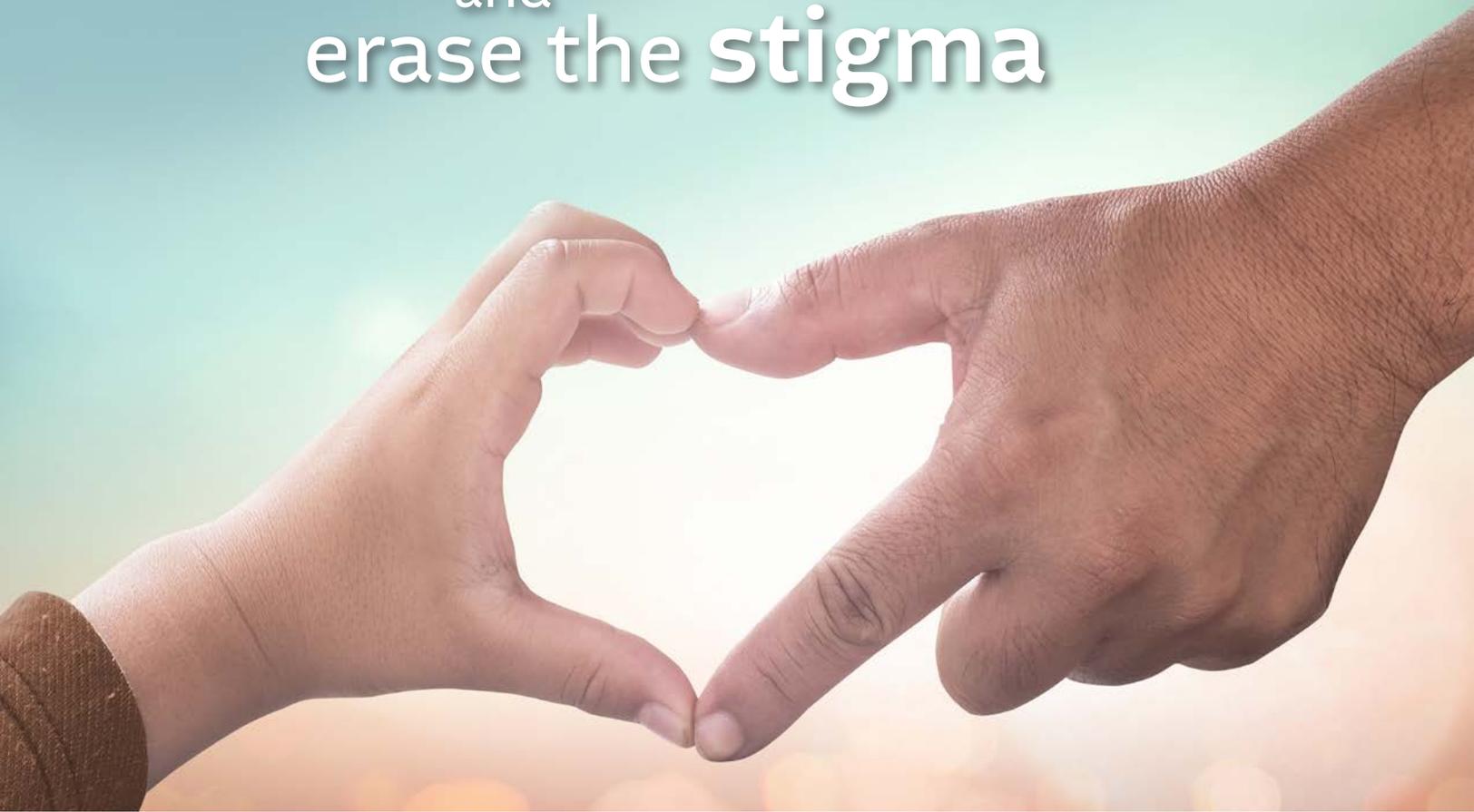
David focuses on a range of behavioral health policy issues but has devoted much of his time to improving enforcement of the federal Mental Health Parity and Addiction Equity Act and state-level parity laws. He has a bachelor's in history from Cornell University and an MBA from the Kellogg School of Management at Northwestern University.

Session Description: The Mental Health Parity and Addiction Equity Act established broad rights to equitable coverage of mental health and addiction treatment. Yet enforcement of the law has long been weak, with states and federal regulators doing relatively little to make its promise a reality. Thankfully, efforts to fully utilize and enforce the law are increasing federally and in some states. This session will focus on the Parity Act's requirements, potential violations, and how it can be used by individuals and advocates to increase access to treatment.

Session Objectives:

1. Discuss the basics of mental health parity requirements.
2. Identify common health insurance coverage violations.
3. Discuss strategies for how to leverage parity rules to reduce barriers.

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the work of Kevin's Song
and
mental health professionals
to in Michigan
PREVENT suicide
and
erase the stigma



 **JOSEPH J. LAURENCELLE**
MEMORIAL FOUNDATION
JULMF

Educating young men, women and their families about mental illness, to increase awareness of the disease in the community and to advocate for compassionate acceptance for the people who suffer from mental illness.

SURVIVING SUICIDE -
 A JOURNEY OF
 HEALING
 & HOPE
Erasing the Stigma
 Presented By:
JOSEPH J. LAURENCELLE
 MEMORIAL FOUNDATION
 PART OF THE 2022 KEVIN'S SONG
 VIRTUAL CONFERENCE ON SUICIDE



Goal:

The goal is to provide loss and attempt survivors with information and resources to help with their individual journeys through healing, loss and grief, to combat stigma and to assist mental health professionals and other caregivers in understanding the needs of survivors.



Objectives:

In this final day of the Conference, suicide attempt survivors and survivors of suicide loss as well as mental health professionals and caregivers will:

- *Learn how to cope with loss, deal with grief and move forward with their lives in order to reintegrate into their families, school or work environment or community with needs identified, understood and met.*

On Saturday, January 29, 2022, the Conference focuses on survivors of suicide loss and attempt survivors, support group facilitators, mental health professionals, and others interested in sharing and understanding the lived experience of surviving a suicide attempt/suicidal thoughts, and/or the loss and grief following the suicide of a loved one.

A compendium of survivor stories will be presented to attendees.

The Saturday Survivor Program is FREE and will be live streamed on **Facebook Live** and **Kevin's Song YouTube Channel** in partnership with Detroit Public Television.



Conference on Suicide

Breakout Sessions

PLEASE NOTE: All times listed are Eastern Standard Time

Saturday, January 29th

8:30 – 8:45 am



Stages

STAGE



Welcome and Introductions

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

All Day
Each Day



MEMORIAL FOREST

PLEASE NOTE: All times listed are Eastern Standard Time

Saturday, January 28th - Continued

8:45 – 9:15 am



1st KEYNOTE – STAGE

Changing Minds: Stories Over Stigma



Jordan Burnham, *Director of Training/Mental Health Advocate, Minding Your Mind*

Jordan is a mental health advocate and public speaker who has been making presentations for over 10 years.

Session Description: Jordan discusses the mental health issues and disorders that affect so many of us. Jordan shares the story of his childhood and the events that led to his suicide attempt at age 18. Since his suicide attempt, Jordan has sought help, sees a therapist and takes medication. He has now dedicated his time to sharing his story and providing mental health education to youth.

Session Objective: Identify risk and protective factors associated with mental health issues identified by our young adult speaker who experienced a mental health crisis.

9:30 – 10:15 am



2nd KEYNOTE – STAGE

Racism is a Public Health Crisis



Kevin Fischer, *Executive Director, NAMI Michigan*

A retired businessman, Kevin joined NAMI as a volunteer in 2011 after his son was diagnosed with a mental illness. He accepted the role of Executive Director in 2014. Kevin has held numerous roles at the state and local level related to eliminating the stigma of mental illness. He founded the Dominique Fischer Memorial Foundation in honor of his eldest son.

Session Description: This presentation will address how race and racism affect our mental health. How the issue of racial disparities in access, awareness, the lack of culturally competent care, and how variances in stigma affect the ways we view behavioral health disorders in the African American community. Kevin will share the challenges he has faced as the parent of a child with serious mental illness and a survivor of suicide loss, and his own battle with depression and suicidal ideation, and will offer possible solutions to “close the gap” in behavioral healthcare.

Session Objectives:

1. Describe the impact racial disparities have on mental healthcare and suicide prevention in the African American community.
2. Identify possible solutions to close the gap in behavioral healthcare.

10:30 – 11:00 am



2022 Saving A Life Award



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

Recipients exemplify outstanding service to the community in Suicide Prevention. Past recipients have been individuals who have made a significant difference in the lives of citizens in crisis.



2022 HONOREES:



Barb Smith, *Founder and Executive Director, Barb Smith Suicide Resource & Response Network*

Barb Smith's passion for suicide prevention began in the aftermath of the loss of her brother John to suicide. Barb's one-woman campaign to bring solace to other survivors has grown into the Barb Smith Suicide Resource & Response Network. Barb is being honored for the positive impact she has had on countless lives across the state and beyond, through education, intervention, and shared expertise.



Will Heininger, BA *Outreach Coordinator, Eisenberg Family Depression Center*

After Will Heininger experienced a mental health crisis as a defensive lineman for the University of Michigan, he became a passionate advocate for the mental health of student athletes and other young people across the country. Will is being honored for opening new doors in the suicide prevention world, for participating in Kevin's Song's conferences and films, and for his work with the Eisenberg Family Depression Center.

PLEASE NOTE: All times listed are Eastern Standard Time

Saturday, January 28th - Continued

11:00 - 11:45 am



3rd KEYNOTE - STAGE

A Journey Through Suicide Grief



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

As a survivor of both her brother and sister-in-law's suicides, Barb took her lived experience from the past 32 years to help find purpose for her pain. Barb's work as a suicide preventionist, with her focus on aftercare for those impacted by suicide, has been recognized at the state and national level.

Session Description: A presentation for educators, mental health professionals, clergy and those who support survivors of suicide loss. Appropriate for those bereaved by suicide. Barb will use research, case stories, her personal experience and humor to guide you through a Suicide Grief Journey.

Session Objectives:

1. Define survivors of suicide loss.
2. Identify common reactions to grief.
3. Describe how to find purpose for pain.

12 noon - 1:30 pm



SURVIVOR PANEL



Giving Purpose to Pain: An Honest Conversation with Suicide Loss Survivors

Amelia Lehto, *Manager, Clinical Quality Improvement, Crisis Text Line*

Amelia specializes in crisis intervention and suicidology on the local, state and national levels through training, advocacy and technology. She has had leadership roles with Kevin's Song, Six Feet Over, and the American Association of Suicidology. After experiencing loss at a young age, she discovered that one is not defined by how they died, but how they lived.

PANELISTS INCLUDE:



La Toya Bond



Greg Boudreau



Jacob Harris



Brianna Green

Session Description: Suicide loss is often a shocking, painful and unexpected experience. The grief experience can be intense, complex, and a deeply personal, unique process. Each survivor of suicide will experience it in their own way and at their own pace. A diverse panel of suicide loss survivors will discuss how they find themselves navigating their journey, sharing their personal experiences, and surviving the pain of suicide loss.

Session Objective: Discuss lessons learned from the suicide loss survivors.

All Day
Each Day



MEMORIAL FOREST

The Memorial forest was created 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.

WE REMEMBER...

Kevin's Song lost two important people this year.

DEENA BAXTER was an Advisor to Kevin's Song. She created custom jewelry for clients in addition to donating pieces to philanthropic causes. Her jewelry was in our Starry, Starry Night Live Auction for several years.



Deena Baxter Donna Carty Buchholz (nee Sebell) of Naples, Florida, died 08/29/2021, after a prolonged illness. She was born August 23, 1949 in Syracuse, New York, grew up in New

England and graduated from Lexington High School, Lexington, Massachusetts. She attended Goucher College and graduated from Boston University with a B.S. in Business Studies and an M.B.A. Raising her son, Dr. Matthew J. Carty, was the most fulfilling accomplishment in her life as well as being a caring and loving Nonie to her grandchildren: Madison and Mackenzie Carty, Mason Archer Carty, and step-grandsons James and Jacob Buchholz.

After the loss of her youngest step-son to suicide, she launched The Surviving Suicide and Sudden Loss Project in 2014, a mental health project, in partnership with the National Alliance on Mental Illness (NAMI) of Collier County. The project included her book and a creative arts website whose mission was "giving mental illness a life-affirming voice." She became a mental health advocate, writing articles and giving presentations locally and nationally under the pen name Deena Baxter. She co-founded and launched a SW Florida community meditation program that ran for 3.5 years and met many new friends along the way.

ANNETTE URSO RICKEL, PH.D.

was a founding member of Kevin's Song's Board of Directors. As Kevin Urso's aunt, Annette was always eager to lend her extensive education, training and experience as a clinical psychologist and professor to the cause of mental health and suicide prevention.



Dr. Annette Urso Rickel passed away on Sunday, November 21, 2021, surrounded by her family at her home in New York City. She was born on April 6, 1941, in Detroit, Michigan to the late Ralph Francis and the late Marguerite C. Urso.

Annette grew up on Bishop Street in Detroit. When she was in fifth grade her family moved to Grosse Pointe Farms where she switched from St. Matthew to St. Paul's for school. She graduated from St. Paul High School in 1959. After high school, Annette pursued a bachelor's degree from Michigan State University. She then went on to teach in the Grosse Pointe Public Schools until she began her graduate program at the University of Michigan where she earned a Ph.D.

Dr. Annette Urso Rickel was a psychotherapist and faculty-member of Cornell Medical College. She served as Education Programs Officer for the Rockefeller Brothers Fund. There she was responsible for the Fund's Fellowship Program for Students of Color as well as grantmaking for other educational priorities. Before assuming this position, she was a Clinical Professor of Psychiatry at Georgetown University.

Throughout her career, she has worked with children and families, and directed research on early interventions. Her work has been funded by the National Institutes of Health as well as the MacArthur and Kellogg Foundations. In 1992, she was awarded a Senior Congressional Fellowship and served as a member of the public policy staff of U.S. Senator Donald W. Riegle, Jr. At the same time, she was appointed to President Clinton's Task Force for National Health Care Reform.

Preventing Suicide in Michigan Men

PROJECT OVERVIEW

Preventing Suicide in Michigan Men (PRiSMM) is a 5-year CDC grant funded program aimed at reducing suicide in men ages 25 and older. To achieve this goal, MDHHS has implemented a comprehensive, multi-sector partnership and action plan that targets the male population in the state.

Adult men were chosen because:

- Suicide is the 10th leading cause of death in Michigan
- Nationwide statistics show that men are more than 3 times as likely to die by suicide than women.
- Adult men accounted for 67% of suicide deaths in the state of Michigan during the years 2009 – 2018.

The Preventing Suicide in Michigan Men project, led by MDHHS's Injury and Violence Prevention Section, in strong collaboration with University of Michigan's Injury Prevention Center, the University of Maryland Baltimore's Man Therapy Michigan team, Central Michigan University College of Medicine's Interdisciplinary Center for Community Health & Wellness, Henry Ford Health System, and Michigan's Departments of Veterans Affairs and Corrections, will work to reduce suicide in Michigan men by 10% over the course of the next 5 years.



PREVENTION STRATEGIES

Community Strategies

- Create protective environments through reduced access to Lethal Means via CALM trainings and gun lock distribution
- Create organizational policies/culture aimed at supporting mental health
- Identify and support people at risk by providing community gatekeeper trainings
- Identify and support people at risk by utilizing Man Therapy Michigan
- Lessen harms and prevent future risk through safe messaging efforts

Healthcare Strategies

- Strengthen delivery and access to care through Systems Change/Healthcare-Community Suicide Prevention Quality Improvement Collaborative (SPQIC)
- Identify and support people at risk via provider trainings such as AMSR

Upstream Prevention Strategies

- Strengthen access and delivery of suicide care/tele-mental health

KEY STAKEHOLDERS

- public health and behavioral/mental health organizations
- employment/labor
- higher education
- health care
- legal
- law enforcement/corrections
- agricultural organizations
- private sector
- legislative liaisons
- media
- academics
- persons with lived experience
- survivors of suicide loss
- local suicide coalitions
- faith community



Want to get involved in the partnership?

Contact:

Kristen Smith
PRiSMM Program
Coordinator
smithk134@michigan.gov

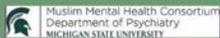
If you have any further inquiries about the conference, please contact us at msummhconference@gmail.com or follow the link bit.ly/3s1Ww8g

14TH ANNUAL MUSLIM MENTAL HEALTH CONFERENCE

FRAGILITY UNMASKED: EMERGING FROM SOCIAL ISOLATION, SOCIAL INEQUALITY, AND COVID

MARCH 25-26, 2022

HYBRID CONFERENCE AT
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CMU, an AA/E/O institution, strongly and actively strives to increase diversity and provide equal opportunity for all individuals, irrespective of gender identity or sexual orientation and including but not limited to minorities, females, veterans and individuals with disabilities. MGX 2020 (9/21)

Children's Health During COVID-19

Supported by a grant from the Children's Foundation. This series shares insights into the effects the coronavirus pandemic has on children, caretakers and providers.

Responding to ACEs, Resources for Resilience

Topics cover ACEs, Effects of Toxic Stress on the Brain and Body, Trauma-focused Therapies, Adult and Parental ACEs.



INTERDISCIPLINARY CENTER FOR
COMMUNITY HEALTH & WELLNESS
CENTRAL MICHIGAN UNIVERSITY



No Child Left Behind Mental Health Matters

The Wayne County Suicide Prevention Coalition meets on the third Tuesday of each month at 10 am.

Please reach out to dwchelp@dwihn.org for more information.



Here to Talk. Here to Help. **800-241-4949**



Join the MASP team

Welcoming new members!

Established in 1975, our focus is to reduce the incidence of suicide threats, attempts, and completion across a lifespan.

Find out more at www.mymasp.org

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

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