

KEVIN'S SONG



CONFERENCE ON SUICIDE: BUILDING ROADS TO A BETTER TOMORROW

PROFESSIONAL
TRAINEE AND STUDENT

**SYMPOSIUM
ON SUICIDE**



THE
**SCHOOL
SUMMIT**

SURVIVING SUICIDE -

A JOURNEY OF
HEALING
& HOPE

Erasing the Stigma

JANUARY 26-28, 2023 | ST. JOHN'S RESORT IN PLYMOUTH, MI



Kevin's Song Vision: A WORLD WITHOUT SUICIDE

#KevinsSong2023 | www.KevinsSong.org



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The Children's Foundation is the largest funder dedicated solely to advancing the health and wellness of children and families in the state of Michigan and beyond.

Since 2011, The Children's Foundation has distributed more than \$80 million in grant funding to more than 180 partners. The Foundation is on the move and continues to evolve and grow as it broadens its efforts in the community and expand their geographical footprint as they innovate through advocacy, grant-making and partnerships.

OUR INITIATIVES create opportunities to broaden our reach and make a greater impact for children, young adults and families.

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KEVIN'S
SONG



Mission

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

Vision

A WORLD
WITHOUT SUICIDE

Providing **KNOWLEDGE, HOPE** and **HEALING** to Individuals and Communities



Annually, Kevin's Song convenes a prestigious roster of mental health professionals and practitioners for three days of presentations and breakout sessions covering the latest research and evidence-based practices for the prevention of suicide. Conference attendees have the opportunity to earn continuing education credits.



One full day of the Conference is dedicated to educators, school administrators and support staff with focus on topics such as identifying youth at risk, integrating mental health education into the curriculum and creating a culture of mental health awareness and safety.



The final day of the conference brings together survivors of suicide loss and attempt survivors with trained facilitators to share their experiences of healing, gaining hope and discovering how others found purpose in their pain.



Survivor Support Groups

If you or someone you know has been impacted by suicide, consider joining our Loss Survivor Support Group. The group meets twice a month. For specific

information about the times and days of the meetings, please go to www.KevinsSong.org, or email amanda@kevinsong.org.



In order to create a more amplified voice, Kevin's Song has launched a collaborative initiative of local, statewide and national groups, regional coalitions, mental health providers and

community mental health organizations to explore how, together, we can promote meaningful change in policy and improve the quality and quantity of mental health resources in our state. If you'd like to lend your voice, please reach out.



Resources on our Website:

KevinsSong.org

Our comprehensive website contains a list of Board and Advisory Committee members, a calendar of upcoming events, and, most importantly, a comprehensive directory of local, state and national resources for suicide prevention.



Monthly Newsletter

Published and emailed monthly to our growing list of sponsors, supporters and

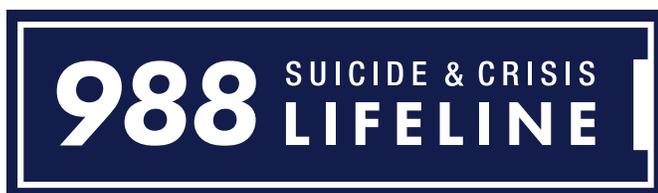
friends. If you'd like to be added to our email list, contact gail@kevinsong.org. If we hope to achieve our vision of "a world without suicide" we need you with us.



Library of Books and Articles

The Kevin's Song library of books, articles, podcasts and videos is updated

monthly, including a Book-of-the-Month with discounts on popular books through our website.



Crisis Text Line:

Text:

"Go" to

741741



*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

Michigan's largest conference on suicide — the Kevin's Song 7th Annual Conference on Suicide: Building Roads to a Better Tomorrow — features a prestigious roster of over 50 of the leading experts in the field of suicide from around the country and the state of Michigan. Presented by The Dolores and Paul Lavins Foundation, The Children's Foundation and the Joseph J. Laurencelle Memorial Foundation, the conference will be produced by Detroit Public Television and returns to an inperson format January 26 – 28, 2023 at the St. John's Resort located at 44045 Five Mile Rd. in Plymouth.

The three-day conference brings together more than 300 educators, mental health professionals, professional trainees and students, business and community leaders as well as members of the public, survivors of suicide loss, and attempt survivors. It will address suicide as a public health crisis to better understand and prevent suicide while helping to build pathways to better models of prevention and treatment in order to save lives.

Visit www.kevinssong.org for more information

The Goals of the 2023 Conference on Suicide: BUILDING ROADS TO A BETTER TOMORROW

- *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 challenge the conventions of suicide prevention and treatment and encourage attendees to rethink how suicide and risk of selfharm can be better assessed, prevented and treated.*
- *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.*



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.



DEAR FRIENDS,

2023 marks the 10th Anniversary for Kevin's Song. As many of you know, Kevin's Song was founded after we lost our son Kevin to suicide in March of 2013, so this year also marks the 10th anniversary of Kevin's death. It is with mixed feelings, therefore, that we remember, mourn and celebrate Kevin, while simultaneously rejoicing in the amazing organization that Kevin's Song has grown to be.

Kevin's Song's mission is to "empower communities to prevent suicide and to offer hope and healing for survivors." Over the ten years since Kevin's Song was founded, this mission has been accomplished in many ways. Our annual conference and school summit, the creation of our videos, our website, our support groups, our workshops, our founding of With One Voice and our work with many partners throughout Michigan, are testament to our commitment to our mission.

None of this could have been accomplished without you. We have been overwhelmed by the support of so many individuals and organizations from Southeast Michigan and, indeed, across the state of Michigan. This year we are especially pleased to have the American Association of Suicidology, a national organization, as one of our conference sponsors! Whether it has been through financial donations and sponsorships, through volunteering, through serving on the Board of Directors, a committee, on our Advisory Council, or by attending this conference, you have helped Kevin's Song grow and flourish.

Although we have accomplished a great deal, we have a long way to go. Suicide continues to be a public crisis in our country and around the world. Many more people need to be aware of the signs that a loved one might be at risk for suicide. We need to know how to reach out and we need to know how to be helpful. We must continue to encourage and make it acceptable for all people to obtain the support they need. We need to be sure that the needed help is readily available.

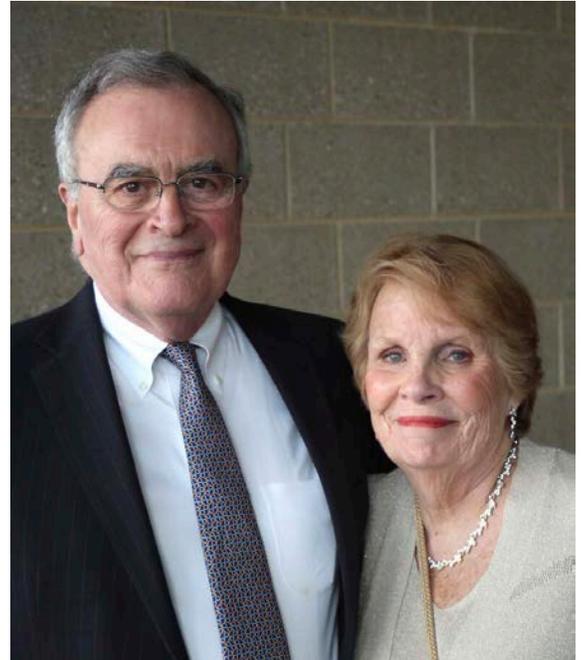
With your continued help and support, Kevin's Song will work toward our vision of a world without suicide during the next ten years and beyond.

Thank you for being here and thank you for your support.

With gratitude,

Gail and John Urso

Cofounders, Kevin's Song



Conference Committee

Leo Nouhan, *Conference Coordinator*

Kristi Keiser
*Kevin's Song Administrative Assistant,
Volunteer and Exhibitor Coordinator*

Ellen Adelman
*Administrative Assistant, Sponsor and
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Michigan Public Health Institute

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

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Karen Marshall

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Patrick Watson

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

Pat Watson, Greg Flynn, Jody Sprague, Kevin Berthia,
Nancy Buyle, LaToya Bond, and Scott Teichmer
for assisting with marketing and media appearances
to promote the Conference

Alison Chekosky and the staff at Saint John's Resort

Tom Coughlin and Jill Gilewski, Sir Speedy Detroit

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

John McTaggart Photography

Jim Izzi, JT Graphics

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

Evan Betts and the Staff, Mercury Sound & Light

Self Esteem Bookstore

James Hassett and Students of U of D Jesuit

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

The Kevin's Song Board of Directors

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Gigi Colombini, LMSW,
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and Human Flourishing*

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Co-Author, "Dying to Be Free"

Amelia Lehto, *Chief of Staff and
Director, National Center for the
Prevention of Youth Suicide, American
Association of Suicidology*

Dennis Liegghio,
Founder/President, KnowResolve

Karen Marshall, *Loss Survivor, Suicide
Prevention Trainer, Advocate*

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SAVE THE DATES: JAN., 25-27, 2024



2024 | 8th ANNUAL CONFERENCE ON SUICIDE | ST. JOHN'S RESORT



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 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!

2022 Starry, Starry Night Committee

Committee: Tanja Cooper
Fritz Klingler
JoJo Klingler

Kathey McGovern
Tom McGovern
Ann Percy

John Urso
Gail Urso

A special thank you to AMBASSADOR VIDEO by James McGovern, JCM Film and Music

Thank you to the staff at Kevin's Song, the many volunteers, and businesses who have donated time and energy to bringing this special event.

Save The Date



presents

2023

STARRY, STARRY NIGHT

Please Join Us for an Evening of

DINNER, MUSIC, SILENT & LIVE AUCTIONS

Thursday, September 21, 2023

The Roostertail | 100 Marquette Drive | Detroit, MI

KevinsSong.org

Wayne County Commission

Tim Killeen
Commissioner District 1



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

Commission Office:
(313) 224-0920

Jan 10, 2023

Dear Kevin's Song,

Congratulations on your 7th Annual Conference that sheds light and education regarding the scourge of suicide. This year is a forward-looking theme, **Building Roads to a Better Tomorrow**, taking place from January 26th – 28th, at St. John's Resort in Plymouth, MI.

Overcoming societal stigmas regarding suicide is a big task to take on. Thank you for continuing to press the issue forward.

Sincerely,



Tim Killeen

Wayne County Commissioner, District 1



Presenting Sponsor

**THE DOLORES AND PAUL
LAVINS FOUNDATION**



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We Are So Grateful For Our Sponsors And Donors Who Support The Mission Of Kevin's Song Throughout The Year!

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

A community is stronger together.



Henry Ford Health is honored to sponsor the *2023 Kevin's Song Conference on Suicide: Building Bridges to A Better Tomorrow*. 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

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FORD
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“ You treat a disease, you win... you lose...
You treat a person... I guarantee you, you'll win,
no matter what the outcome.”

— Robin Williams

CONGRATULATIONS TO KEVIN'S SONG ON THEIR CONTINUING
COMMITMENT TO SUICIDE EDUCATION AND PREVENTION.

Kathey and Tom McGovern

Suicide – The Most Misunderstood of all Deaths

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



Father Ron Rolheiser

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

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

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

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

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

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

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

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

We need not worry about the fate of anyone, no 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

When you lose someone to suicide it may bring up a lot of questions, thoughts, and uncomfortable feelings. Please know that you are not alone if you feel really impacted. If you, or someone you care about may be struggling, please know that support is available, and it's okay to ask for help.

HOPE NETWORK

Top 10 Things we've learned from Research about Suicide Prevention

1. Suicide is related to brain functions that affect decision making and behavioral control, making it difficult for people to find positive solutions.
2. Limiting a person's access to methods of killing themselves dramatically decreases suicide rates in communities.
3. Ninety percent of people who die by suicide have an underlying-and-potentially treatable mental health condition.
4. Depression, bipolar disorder, and substance abuse are strongly linked to suicidal thinking and behavior.
5. Specific treatments used by mental health professionals – such as Cognitive Behavioral Therapy-SP and Dialectical Behavior Therapy – have been proven to help people manage their suicidal ideation or behavior.
6. No one takes their life for a single reason. Life stresses combined with known risk factors, such as childhood trauma, substance use – or even chronic physical pain – can contribute to someone taking their life.
7. Asking someone directly if they're thinking about suicide won't "put the idea in their head" – most will be relieved someone starts a conversation.
8. Certain medications used to treat depression or stabilize mood have been proven to help people reduce suicidal thoughts and behavior.
9. If someone can get through the intense, and short lived moment of active suicidal crisis, chances are they will not die by suicide.
10. Most people who survive a suicide attempt (85-95%) go on to engage in life.

If you are concerned about someone in your life, you can also reach out to:

1. 988 Suicide and Crisis Lifeline www.988lifeline.org // Call or Text 988 (dial 1 for Veterans)
2. Trans Lifeline (Trans Peer Support) www.translifeline.org // Call 877-565-8860
3. Trevor Project (LGBTQ Youth Support) www.thetrevorproject.org/get-help/ // Call 866-488-7386 or Text 678678
4. BlackLine (Black, Brown, Native & Muslim Support) www.callblackline.com // Call 1-800-604-5841
5. SAMHSA (Substance Abuse Support Hotline) www.samhsa.gov/find-treatment // Call 1-800-662-4357 or Text Zip Code To: 435748
6. NAMI HelpLine www.nami.org/help for chat support // Call 1-800-950-6264 or Text 62640

Submitted by:



Kasie Pickart, MPH

Zero Suicide Initiative Project
Director, Hope Network



Nora Walker, MPH, NOMS

Interviewer, Hope Network

Source:

American Foundation for Suicide Prevention (n.d.).
Learn about suicide prevention research.
Retrieved December 16, 2022, from
<https://afsp.org/suicide-prevention-research>



Coping After Suicide Loss

Tips for grieving adults, children, and schools dealing with a death by suicide.

Death by suicide is always a tragic event. It can trigger a host of complicated and confusing emotions. Whether you are coping with the loss of a loved one or are helping a child or adult navigate such a loss, these tools can help.

How to cope when a friend or loved one dies by suicide

Accept your emotions. You might expect to feel grief and despair, but other common feelings include shock, denial, guilt, shame, anger, confusion, anxiety, loneliness, and even, in some cases, relief. Those feelings are normal and can vary throughout the healing process.

Don't worry about what you "should" feel or do. There's no standard timeline for grieving and no single right way to cope. Focus on what you need, and accept that others' paths might be different from yours.

Care for yourself. Do your best to get enough sleep and eat regular, healthy meals. Taking care of your physical self can improve your mood and give you the strength to cope.

Draw on existing support systems. Accept help from those who have been supports in the past, including your family, your friends, or members of your faith-based community.

Talk to someone. There is often stigma around suicide, and many loss survivors suffer in silence. Speaking about your feelings can help.

Join a group. Support groups can help you process your emotions alongside others who are experiencing similar feelings. People who don't think of themselves as support group types are often surprised by how helpful such groups can be.

Talk to a professional. Psychologists and other mental health professionals can help you express and manage your feelings and find healthy coping tools.

Talking to children and teens about death by suicide

Parents, teachers, school administrators, and other adults in a child's life often feel unprepared to help a young person cope with a death by suicide. These strategies can help you foster open dialogue and offer support.

Deal with your own feelings first. Pause to reflect on and manage your own emotions so you can speak calmly to the child or children in your life.



Be honest. Don't dwell on details of the act itself, but don't hide the truth. Use age-appropriate language to discuss the death with children.

Validate feelings. Help the child put names to her emotions: "It sounds like you're angry," or "I hear you blaming yourself, but this is not your fault." Acknowledge and normalize the child's feelings. Share your own feelings, too, explaining that while each person's feelings are different, it's okay to experience a range of emotions.

Avoid rumors. Don't gossip or speculate about the reasons for the suicide. Instead, when talking to a child or teen, emphasize that the person who died was struggling and thinking differently from most people.

Tailor your support. Everyone grieves at his or her own pace and in his or her own way. Some people might need privacy as they work through their feelings. Respect their privacy, but check in regularly to let them know they don't have to grieve alone. Other children might want someone to talk to more often. Still others prefer to process their feelings through art or music. Ask the child how they'd like you to help. Let them know it's okay to just be together.

Extend the conversation. Use this opportunity to reach out to others who might be suffering. Ask children: How can you and your peers help support each other? Who else can you reach out to for help? What can you do if you're struggling with difficult emotions?

Finding help

If you or a child in your life is grieving a death by suicide, a mental health professional (psychologist, licensed social worker, licensed counselor, psychiatrist) can help you express and manage your feelings and find healthy ways to cope. A therapist experienced in working with suicide loss is trained to identify mental, emotional, and behavioral problems or challenges and find solutions for handling them. To find a licensed psychologist in your area, use our Psychologist Locator.

Resources

- National Suicide and Crisis Hotline: 988
- American Foundation for Suicide Prevention – afsp.org
- American Association of Suicidology: Directory of Support Groups – suicidology.org/resources/support-groups/
- Society for the Prevention of Teen Suicide – sptsusa.org
- Kevin's Song – kevinssong.org

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10 Things To Know

From Those Who Have Attempted Suicide

Learning from the people who have contemplated or attempted suicide can help prevent future deaths.

By **Sarah Klein**

Suicide is one of the most common causes of death among Americans, according to the Centers for Disease Control & Prevention. Further, 12.2 million adults have thought about suicide, 3.2 million have made a plan to commit suicide, and 1.2 million have attempted suicide.

Part of what's so isolating and stigmatizing about having suicidal thoughts is that many people can't relate to feeling such all-encompassing pain. They can't imagine a scenario in which ending one's life would ever be an option.

To foster greater empathy and understanding for what someone who is suicidal may be going through, it's helpful to turn to people who have been there: those who have attempted suicide themselves. Health spoke with three individuals who engaged in a suicide attempt. Here's what they wanted others—living with suicidal thoughts or not—to know.

You Can—and Should—Ask Someone Who Could Be Suicidal How They're Feeling

Barb Gay, former executive director of the Area Substance Abuse Council, Inc., a nonprofit substance abuse prevention and treatment agency in Cedar Rapids, Iowa, didn't tell anyone for years that she had attempted suicide. "Part of it for me was I grew up in a home where we had a lot of secrets," Gay said, including physical and verbal abuse at the hands of her father. "We weren't supposed to be talking about what was happening at home, that was sort of a known fact." Looking back, Gay could see that some of her behaviors and actions were attempts to break down those walls. "I was reaching out to someone to help me. I wanted someone to say, 'Why are you doing that? What's going on?'"

Don't Be Afraid To Say the Word "Suicide"

"A lot of people avoid the actual word," noted Diana Cortez Yanez, a lived experience consultant and peer support specialist with the Zero Suicide Institute. "In many cases, they're afraid they'll trigger something and maybe even make it so an attempt survivor would feel like doing it again." In Cortez Yanez's opinion, this has been the biggest misconception about suicide in general: There's no evidence that talking about suicide gives someone the idea to end their life.

Rather, talking about suicide can actually open paths of communication a vulnerable person was looking for. "I'm not saying it's not a hard subject to bring up, but if we don't speak about it, that's where the scary part is," Cortez Yanez said. "It was a relief for me when people would bring it up. It gave me permission to open up."



Furthermore, Cortez Yanez added that avoiding the word can make it seem like you're pretending nothing happened, which amounts to a growing elephant in the room. Instead, "say something with love and concern, and try not to assume anything," Cortez Yanez said.

It's Okay if You Don't Know What To Say

When Clifford Bauman, a chief warrant officer 4 in the U.S. Army National Guard and an Iraq War veteran who assisted in recovery efforts at the Pentagon on September 11, first started speaking publicly about his 2012 suicide attempt, he noticed that some people treated him differently almost immediately. "People who saw me just the day before? Now they don't know how to talk to me," Bauman recalled. "That can create its own stress."

In many instances, it's simpler than you might think to get help for someone who is having suicidal thoughts. It can be as straightforward as offering to call a crisis center or hotline together, Gay said. The people answering will likely be able to walk you through additional steps you can take to assist the vulnerable person, Gay added.

It's also fine to come right out and say you're not sure how to handle the situation. "People don't want to say the wrong thing," Cortez Yanez said. "You could say, 'I don't know what to say, and I'm afraid, but I do care about you.'"

Rather than trying to find solutions, just be attentive, Gay said. "Offer the basic compassion and listening that many of us do every day anyway."

Talking Openly About a Suicide Attempt Can Jeopardize the Person's Career

Gay, who is also a member of the Suicide Attempt Survivor Task Force of the National Action Alliance for Suicide Prevention, remembered worrying about her career before revealing her suicide attempt publicly for the first time. "I thought that it was something [that] if I shared with others it would jeopardize my abilities," Gay said. "Are folks going to look at me, like, 'Really? That's the person we've got making decisions and she already has struggles in her life?'"

In the military, people who are dealing with suicidal thoughts have often worried that seeking help would let their teams down or result in losing their security clearance, Bauman said. "I have maintained my clearance to this day, but those are stigmas that are tough to break."

continued on next page

In reality, Bauman said his suicide attempt and consequent treatment probably delayed a promotion by about a year—but he wasn't in a place to be promoted anyway. "I was so messed up, I probably wouldn't have gotten promoted either had I not gone to get help," Bauman explained. Ultimately, counseling made him a stronger soldier and man: "It may take a little while to become successful, but you need to get yourself right [first]," Bauman said.

Suicidal Thoughts Aren't Necessarily About a Desire To Die

All three individuals who spoke with Health expressed different variations of a common theme: Their suicide attempts weren't as much about a desire to die as they were about making a particular kind of pain stop.

Bauman was overwhelmed with stress. During his suicide attempt, Bauman remembered feeling at peace for the first time in a year. "I didn't have to worry about the stress of what I was going through, the stress of what was going on at work, the stress of my family trying to figure out what was going on with me that I couldn't tell them."

Living pain-free had been Gay's intention. "My experience wasn't necessarily that I wanted to die, I just didn't want to continue living with the amount of pain I was living with, especially because it was pain nobody could see," Gay said. "You start feeling...like there's no other [option]."

Cortez Yanez added a similar thought: "I didn't want to die, I actually wanted to live, but not with the same pain I was going through. That made suicide an option for me."

Suicidal Thoughts Are Isolating — But Feeling Connected Helps

When Cortez Yanez first began having thoughts of suicide, she didn't realize other people had them too. "I thought I was the only person who was suicidal. I didn't hear a lot about it because of my religion and Hispanic culture."

Once a person begins to feel like there's no other option but suicide, this pattern of thinking can start to feel like "tunnel vision," Gay said. "You don't see the opportunities as clearly when you're blinded by that kind of pain." Cortez Yanez agreed: "You're seeing through suicide-colored glasses."



Sometimes all it takes to escape the tunnel or ditch the glasses—at least temporarily—is connection. Speaking with someone can be enough of a distraction that a moment of suicidal crisis can pass, Cortez Yanez said. Connection helps in the moment, even if a person continues to be suicidal afterward, and it may be the bridge to getting help.

"Even if you don't think so, there's somebody out there who cares about you," Bauman wanted anyone who is feeling suicidal and isolated to know. "Let them get the chance to tell you."

Sharing Stories of Recovery Can Save Lives

Attempting suicide felt like a "shameful, dark secret" for Cortez Yanez for a long time, but she said the chance to reach others with her experience changed her perspective. "I found out I could help others to not only talk about their experience but hopefully not have an attempt and maybe even save a life," Cortez Yanez explained. "That was worth any shame or embarrassment."

Speaking openly about her five suicide attempts became her passion, Cortez Yanez said. "My going out there publicly and saying I've attempted suicide and survived [showed that] I am living proof that things can be different."

Like Cortez Yanez, some people with suicidal thoughts may have never encountered others who experience the same thing. But hearing from people who attempted suicide puts other faces to those thoughts. "When you start sharing those stories, it helps people realize it's an experience that many people have, that you're not some odd person experiencing something others haven't," Gay said. "This is a human condition, because other people have it, and it's a survivable condition, something that many people get through. That gives you that hope for surviving as well."

The day Gay shared her story with her oldest son, they were in the car together running errands. "He was talking about something he had learned at school and said, 'Can you believe things like this really happen Mom? I feel sad for people who aren't a happy family like us.' He opened the door for me to say, 'Not all happy people are always happy.'" After giving him the "parental-edited" version of her life's events, he said, "I didn't know it happened to real people—then people can be okay!" Gay recalled.

That hope is crucial, Cortez Yanez said. "Hope is the actual solution to suicide. When you're suicidal, you've lost all hope."

There Is No One Type of Suicidal Person

In the wake of celebrity suicides like the deaths of Kate Spade and Anthony Bourdain, Cortez Yanez saw many people react with shock and surprise. "It's a misconception that it can't touch certain people with all this money, or a goal to live for, or children. People feel that you're missing something, and that's why you're suicidal. But as we can see in [celebrity] cases, it's more internal, and that's your reality, whether or not other people think that's serious enough to want to die."

That's part of what drove Bauman to speak publicly about his suicide attempt: He was the first active duty military officer to do so. (You can watch a video Bauman made with the Department of Veterans Affairs on the topic.) "I choose to go out and speak about my suicide attempt not to say I'm unique, but because this could happen to anybody in the audience."

Different People Benefit From Different Treatment

Some people who have had suicidal thoughts find help from medication, while others manage their mental health with counseling, including cognitive behavioral therapy and dialectical behavioral therapy (DBT), Cortez Yanez said. The coping skills she learned in DBT especially have helped her recover, Cortez Yanez believed, adding that her volunteer work in the suicide prevention community, a balanced diet, and antidepressants played important roles in her ongoing wellness.

Gay said she hoped that one day, people would be able to casually mention they're off to see a therapist in the same way we mention we're going to the dentist. In the meantime, anyone can check their own reaction to hearing about therapy, medications, or other mental health treatment and work on being more accepting of that part of someone's life.

Swimming, eating well, and taking time for herself helped Gay with her mental well-being, she said. Also, Gay would listen to positive and uplifting songs when she needed a mood boost and sought out caring family and friends when she needed to talk.

Bauman, who was diagnosed with PTSD after his suicide attempt, said it was all about finding balance. "I tell people they need to find activities they enjoy with others and by themselves." Bauman would go on short runs with his older son but reserved his long runs for solo outings, for example. "PTSD really doesn't go away; you have to learn to deal with your triggers."

Even if a Person Is No Longer Suicidal, Bad Days Still Happen

As with a physical condition like heart disease or diabetes, people who have attempted suicide may need continued care. "It's not like I'm a survivor and everything is perfect," Gay said. "It's ongoing, it's forever, you do what you need to be well and you always have to check in on it."

Cortez Yanez said she was considering checking in professionally again. "I'm thinking about seeing a therapist for a 'touch up' because my life is so different now. There are a lot of things in my life now that I didn't have for so long when I was suicidal, like working full time."

Sometimes after several suicide prevention speaking events, Bauman said he'd find himself reliving traumatic events in his mind. In 2013, after a photo shoot involving the hats, boots, and gloves he wore on 9/11, for example, he went back to counseling. "I see a therapist when it starts to wear on me," Bauman said. "You have to be in a good place just to speak about your experience."

A Quick Review

Even if a person is no longer feeling suicidal, there are some lasting effects—especially from emotional, physical, and economic standpoints, per the CDC. "Living as someone who has attempted suicide means that I'm someone who is more likely to have recurrent issues or to die by suicide," Gay added. "It's not unlike knowing your genetic makeup; you have to know your past to really be in control of what your future will be like."

If you or someone you know is thinking about suicide, call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or dial or text 988.



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IN-PERSON MEETING:
The Third Thursday
of each month, 7:00 pm to 8:30 pm.
Grosse Pointe Memorial Church
 16 Lake Shore Drive • Grosse Pointe Farms, MI 48236
(park and enter at the back of the church)

For additional information email amanda@kevinssong.org or call 313-236-7109

The 988 Launch

How are We Considering the Needs of Historically Marginalized Communities?

By **Sally Spencer Thomas**

About 12 million adults seriously consider suicide each year. For those ages 10 to 34, suicide is the second most common cause of death. Substance use challenges, addictive behaviors, trauma and complicated grief often lead to tremendous despair and disruption for individuals, families and communities.

Recognizing these and other statistics, Congress passed the National Suicide Hotline Designation Act in 2020. The bill established means for a new, federally and state-funded network of suicide prevention centers that Americans could call with a 3-digit code: 988.

Now—after years of careful planning—the 988 Suicide and Crisis Lifeline launched nationwide on July 16, 2022.

Guest panelists from several areas of mental health advocacy joined Dr. Sally Spencer-Thomas on June 23, 2022 for an #ElevateTheConvo Twitter chat about the initiative.

What's So Special About 988?

Three elements of 988 make it an inspiring and potent tool for reducing suicide:

- Dedication to mental health emergencies
- Accessibility to all Americans
- Involvement from the most affected groups

DEDICATED TO MENTAL HEALTH

The dialing code closely resembles the 911 code used for general emergencies. And, just like 911, the 988 code will be accessible anywhere and at any time.

However, 988 will answer the mental health, substance use, and suicide emergency calls that 911 responders have often struggled to respond to effectively. When people call the new number, they'll be rerouted to National Suicide Prevention Lifeline crisis centers, which has always supported many types of mental health emergencies – not just suicide.

The Lifeline will only call 911 (i.e., police, fire, and ambulance) services when there's an immediate threat to one's safety (e.g., they've already swallowed a life-threatening number of pills or

they are holding a firearm). Responders will be able to gather more mental health context before the encounter, preventing misunderstandings and unnecessary violence. Violence that has often been disproportionately directed at BIPOC communities when police are called.

The Northwest Portland Area Indian Health Board (NPAIHB), an organization dedicated to reducing health disparities among Native Americans, reports that less than 3 percent of calls to The Lifeline will require 911 responders. The primary goal will be to develop a safety plan without involving law enforcement emergency services.

ACCESSIBLE TO ALL

Even crisis line workers and volunteers struggle with the 10-digit Lifeline number. "Been working on a crisis line for over two decades and still stumble over the 10-digit number when giving it out," says user @BelovedCrazie.

988 will be easier to remember, especially for those in severe psychological distress. But you'll still be able to call the original hotline at 1-800-273-8255 if you prefer.

And while the traditional National Suicide Prevention Lifeline lacks the capacity to cover both call and text services with one number, 988 will accept both texts** and calls.

**For now, 988 can only accept texts in English. Translation services will be available for calls.

INVOLVEMENT FROM AFFECTED GROUPS

What else is unique about 988? The involvement of groups most affected by suicide.

"We have been conducting listening-and-learning conversations with BIPOC, LGBTQ+, and other communities that have historically been inequitably unserved," says Babra Chakanyuka, an equity consultant for the Indiana Division of the 988 Crisis Response Team.

According to the CDC, one of these underserved communities is Native Americans, who "have the highest rates of suicide of any racial/ethnic group in the country."

They also tend to be younger: More than a third of Native Americans who died by suicide between 2003 and 2014 were 10 to 24 years old. In comparison, only 11 percent of white Americans who died by suicide were in this age group.

The trauma of forced removal from tribal lands, high rates of alcohol and substance use, poverty, and the suicides of loved ones contribute to disproportionate suicide rates.



"HAVING THE VISION
AND LEADERSHIP TO
ENSURE THAT 988
IMPROVES QUALITY OF
LIFE IS KEY. ALL
HANDS ON DECK."

Dr. Jonathan Singer

Further, "Most Native American reservations lie in rural areas," says Maleah Nore, a Tlingit Alaska Native who works with the NPAIHB, WeNative, and THRIVE Suicide Prevention Project. "This adversely affects access to health care, including mental health."

Only about half of Native Americans on reservations have high-speed internet, adds Nore, and around thirty percent lack phone service. Minimal access to these services restricts both in-person and tele-mental health care options for rural communities.

Native American youth who are also 2SLGBTQ+ ("Two Spirit") are at the highest risk of suicide, and LGBTQ+ youth overall struggle more with mental health than their peers. The Trevor Project's 2022 National Survey on LGBTQ+ Youth Mental Health found that almost half had seriously considered suicide within the past year.

Transgender youth of color are also at an exceptionally elevated risk. Nearly 6 in 10 Black transgender or nonbinary youth had seriously thought about suicide within the previous year—more than a quarter had made an attempt in that time.

"Cultural competency will be part of the training for those working with the 988 lines," assures Dr. Patsy Evans, a mental health counselor and family court mediator. Advocates hope this training will further expand access to marginalized groups who otherwise feel excluded from mental health services because of race, sexual orientation, gender identity, spirituality, disability, or language.

Why Not Just Keep Using 911?

Frequently, law enforcement acts as the primary response to suicidal behaviors. But police officers aren't always trained to de-escalate such emergencies. Tactics often used to control criminal situations—such as yelling commands or threats—only aggravate mental health crises.

Too often, encounters between law enforcement and those experiencing suicidal crises end with law enforcement employing force—sometimes deadly—to terminate what they perceive as a public safety threat.

"A mental health crisis is not a criminal activity requiring uniformed police, marked cars, etc.," Sheryl Boswell of Youth

Mental Health Canada says. Heather Kangas, a Baltimore LCSW-C, adds that she finds it disturbing how often youth come to the pediatric ER in handcuffs for a mental health crisis. 988 will ensure that those in psychological distress receive the care they need without the risk of escalating a mental health emergency.

Vision for the Future

Participants from the #ElevateTheConvo chat on 988 generally express optimism about the initiative.

988 is an experiment, albeit one that will be hard to undo," says professor and founder/host of the Social Work Podcast Dr. Jonathan Singer. "Spending the time and energy to get it right is an ongoing task. Having the vision and leadership to ensure that 988 improves quality of life is key. All hands on deck."

The folks over at Youth Mental Health Canada hope the dialing code will ignite several more changes: "Community-based respite centers, compassionate responders who provide support and follow-up, optimal needs-based educational accommodations, and recognition of human and disability rights with action."

As a licensed clinician, DEI advocate, and crisis leader at RI International, Akemie Jones emphasizes that the Lifeline will need to employ people with the training to "de-escalate situations versus having situations that potentially end in violence or harm those in crisis."

Some also recommend vital policy changes to ensure the initiative's success, including taking better care of mental health workers and volunteers.

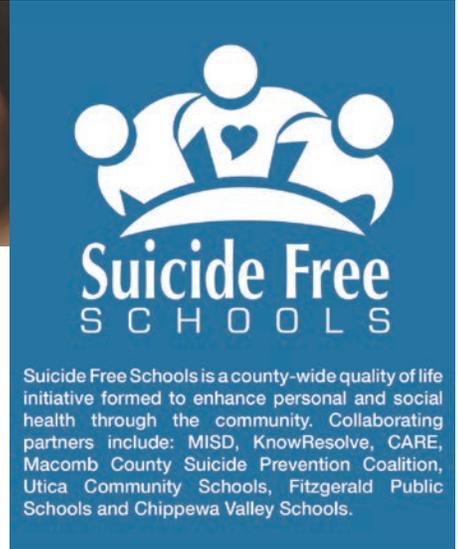
"We need to take better care of our workers," says Sarah Gaer, a trauma recovery specialist and suicide loss survivor. "Burnout causes poor care, and yet we do almost nothing to protect our people." Gaer suggests improved pay and expanded peer support as crucial elements.

Suicide Prevention Starts with Us

Crisis lines are irreplaceable services that, quite literally, save lives. Fortunately, though, we don't need to wait for our loved ones to experience a crisis before we intervene.

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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



- 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?

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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.*

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What is T.A.S.K.S. You Ask?

Training and Awareness on Suicide from Kevin's Song

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

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

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

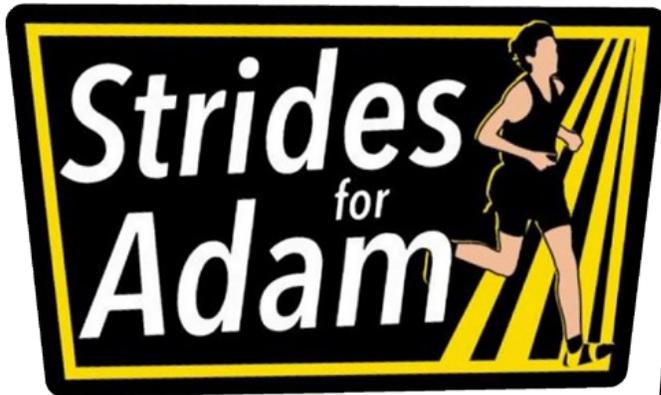
Kevin's Song will send the certificate to you *after* the conference.

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 session evaluations for each session and the post event feedback form you will receive by email after the conference.
- You must also complete and submit 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 will be received by email after the conference

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



- **5K RUN/WALK**
- **1 MILE REFLECTION WALK**
- **VIRTUAL 5K RUN/WALK**

SUNDAY, MAR. 26, 2023

YOUNG PATRIOTS PARK

14300 Library Dr., Riverview, MI 48193



Finisher Medal and T-Shirt to the First 500 Registered Participants!

Virtual Strides For Adam: If you can't make the race and still want to participate sign up for the virtual race and we will mail out a shirt and medal to you! We will send out packets to you the week of March 27th. Run your virtual race any time from March 19th to 26th.



www.RunSignUp.com/Race/MI/Riverview/StridesforAdam

Continuing Education Credits

2023 KEVIN'S SONG CONFERENCE ON SUICIDE

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.
- Attend at least one session during the conference (see additional details below). Credits will be given based on your attendance at sessions. If you have verified attendance in all sessions, you will receive the credit amounts shown on the next page.
- **TO RECEIVE CE HOURS, YOU MUST COMPLETE THE EVALUATION!**
 - Evaluations of the sessions and the presenters can be completed at the end of each session using the event website on your phone. See additional details below.
 - An overall feedback evaluation will be sent after the event. If you do not receive this within 2 business days, please contact CEInfo@mphi.org for next steps.
 - Both evaluations must be completed to qualify for continuing education.
- The certificate reconciliation process starts as soon as the evaluation closes and can take up to 30 days to complete.
 - After reconciliation has been completed, you will receive an email to let you know they are available.
 - Certificates will be posted in your Event Squid registration account for download.
- A certificate of attendance will automatically be provided to anyone with verified attendance.

Direct any questions to: CEInfo@mphi.org



ATTENDANCE VERIFICATION

We will be using a check-in by session method to speed up the processing of certificates after the conference.

Be aware of the following:

- Your name badge has a QR code on it unique to you.
- Be sure to have your badge scanned by a volunteer upon entering each session.
- You must be pre-registered for each session you are attending. If you need to change sessions follow the instructions on the card found in your bag.
- It is your responsibility to ensure you have scanned attendance at each session you attend.
- If you need assistance with any of the above, a MPHI Staff Member will be happy to assist you.

EVALUATION INSTRUCTIONS

You will be able to evaluate sessions immediately after attending it. You can do the evaluation after each session or evaluate several on a break, at lunch, or at the end of the day.

Follow these steps:

- Use the QR code found in your bag or below to access your account.
- Select Agenda from the list, then the session you want to evaluate.
- Click the link to evaluate the session.
- You will see 5 questions that can be rated by using the stars. There is also a box for any additional comments you would like to make about the session.
- If you need assistance with any of the above, a MPHI Staff Member will be happy to assist you.

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

AVAILABLE CONTINUING EDUCATION:

Nursing Contact Hours Designation

A total of **10.25 Nursing contact hours** have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions (MPHI-CES 100937006).

Michigan Public Health Institute-Continuing Education Solutions (MPHI-CES) is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association - Approver, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Work Clock Hours Designation

A total of **11.50 Social Work clock hours** have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions (MPHI-CES 20237006sw).

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

State of Michigan Teachers (SCECH)

A maximum of **11.50 State Continuing Education Clock Hours (SCECHs)** have been awarded by Macomb Intermediate School District. (Approval # 20229941)

Alcohol/Drug Counselor Designation (MCBAP)

A total of **11.50 contact hours** have been awarded for this activity by MCBAP. Trainings have been identified as SPECIFIC or RELATED to Substance Abuse in the session information above. (MPHI-CES 20237006mcb)

Licensed Professional Counselors (LPC) though NBCC

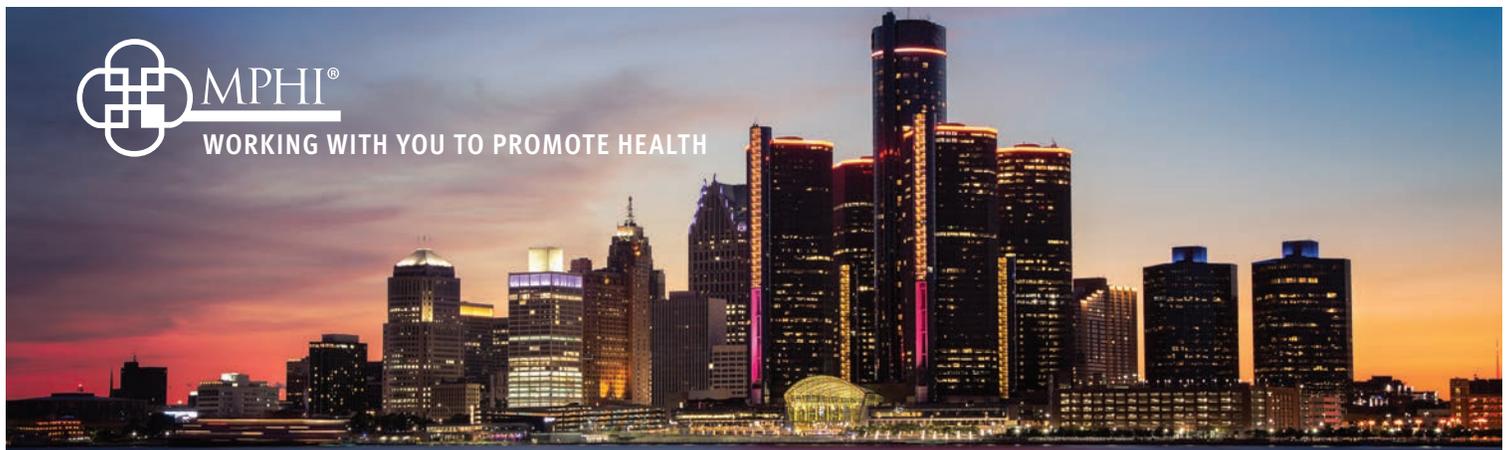
A total of **8.50 hours** have been awarded for this activity by NBCC. 7th Annual Conference on Suicide: Building Roads to a Better Tomorrow has been approved by NBCC for NBCC credit. Sessions approved for NBCC credit are clearly identified. Michigan Public Health Institute (MPHI) is solely responsible for all aspects of the program. NBCC Approval No. SP-4128.

OTHER Healthcare Professionals

11.50 State Educational hours for **OTHER Healthcare Professionals** (Certificate of Completion)

Educational hours for all disciplines will be based on the sessions you report as attending in the post event evaluation.

All participants have been provided with a copy of the event purpose statement, event goals, event objectives, session descriptions, session goals, session objectives, and disclosure statements prior to the start of this event.



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To learn more about MPHI please contact us

517-324-8300 • communications@mphi.org • Mphi.org

Proud to participate in the Kevin's Song Annual Conference

RESOURCE GALLERY

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

- American Association of Suicidology
- American Indian Health and Family Services - Sacred Bundle Project and Zero Suicide Team
- Angel of Grace Awareness Bracelets
- Barb Smith Suicide Resource & Response Network / Living Works
- Bethany Foundation
- Black Family Development, Inc.
- Charlie Health
- CNS Healthcare
- Detroit Wayne Integrated Health Network
- Garrett's Space
- Gryphon Place
- Havenwyck Hospital
- Hope Network
- Institute for Hope and Human Flourishing
- Mental Health Foundation of West Michigan - be nice.
- NAMI Metro of MI
- New Hope Center for Grief Support
- Newport Healthcare
- Oakland Community Health Network
- Prepare U
- Sanford Behavioral Health
- Six Feet Over/ Suck It Suicide
- Strides for Adam
- The Guidance Center
- University of Michigan Depression Center
- Veterans Hospital
- Wayne Metropolitan Community Action Agency
- Wentworth & Associates, PC

9568 Marine City Hwy., Bldg. A
 Casco, MI 48064
 Office 248.549.9900

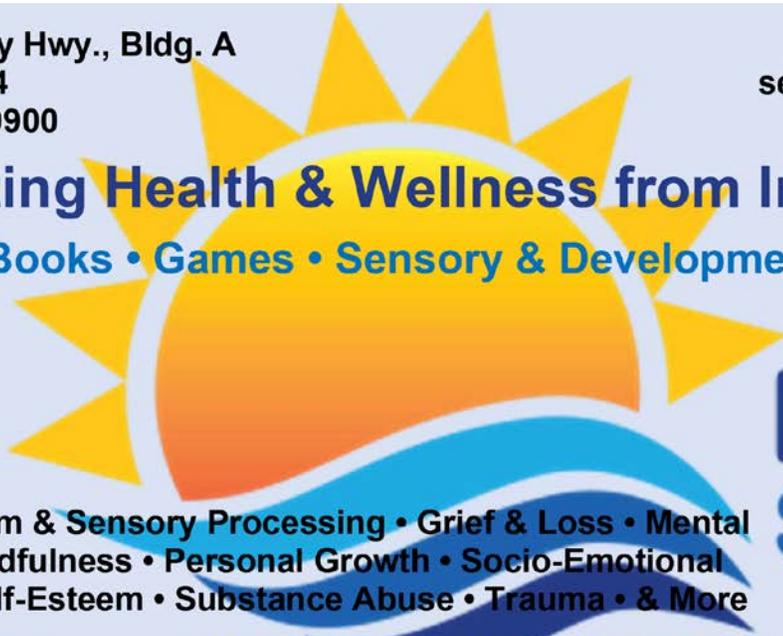
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Gently Used Books

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10% OFF & FREE SHIPPING
 USE CODE "KEVINSONG23"



MEMORIAL FOREST

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

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

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

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

The Library Room B is located on the Upper Level of the Conference Center.

The Memorial Forest will be open throughout the 3 day Kevin's Song Conference on Suicide.

Join us for the American Association of Suicidology's 56th Annual Conference



April 19th - April 22nd, 2023 + Portland Marriott Downtown Waterfront
suicidology.org/AAS23

Training & Certification Day (Pre-Conference)

This year's conference will feature a range of opportunities for learning, growth, and skill development. We have curated a day tailored to a wide range of professional disciplines, subject matter expertise, and those bereaved by suicide loss to connect with one another.

Healing After Suicide Loss Summit

The Healing After Suicide Loss summit is a gathering of Suicide Loss Survivors and Leaders within the Suicidology community. Those in attendance are welcome to learn, share, and honor their loss with others along the path of hope and healing for those bereaved by suicide.

Core Conference

The American Association of Suicidology's Annual Conference is the largest gathering of the Suicidology community and will include live keynote addresses, poster presentations, hundreds of workshops and panel sessions, and more.



The American Association of Suicidology's mission is to promote the understanding and prevention of suicide and support those who have been affected by it.



Your Community Connection to WELLNESS.

CNS HEALTHCARE is a non-profit organization providing behavioral health services to children (0-17) and adults (18+) in Michigan

CNS HEALTHCARE offers a broad spectrum of community-based mental health services, regardless of insurance or ability to pay, including:

- Psychiatry
- Group and Individual Therapy
- Substance Use Disorder Services
- Case Management

Appointments: 877-211-8611
Crisis: Call/Text 9-8-8



Congratulations to the Zero Suicide Team at



for being selected the
2023 Organizational Honoree
of the

2023 Saving a Life Award



CNSHealthcare.org

800-615-0411

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.



2023 HONOREES:



INDIVIDUAL HONOREE:

Amelia Lehto

Chief of Staff and Director, National Center for the Prevention of Youth Suicide, American Association of Suicidology

Amelia has worked in crisis services and suicide prevention for the past 15 years. She is a past Chair of the Crisis Centers Division of the American Association of Suicidology Board of Directors, where she spent time transforming the division, establishing the Crisis Services Committee, and welcoming new membership into the organization. She specializes in crisis service quality improvement, suicide prevention initiatives, postvention support group development, and facilitation skills. Additionally, she consults on social media strategy and policy, development, management, and customer engagement. Amelia is recognized as a leader in suicide prevention and postvention on the local, state, and national levels.

She is an advisor and past President of Michigan-based nonprofit, Six Feet Over, which provides financial and supportive services to families and loved ones following the suicide loss of their person. Amelia is also an advisory council member, conference committee member, and Survivor of Suicide Loss Support Group co-founder to Kevin's Song. She has consulted with the Michigan Department of Health and Human Services; Substance Abuse and Mental Health Services Administration; Live Through This Project; Google; TikTok; and The S Word documentary. She has also served as a Certified American Red Cross First Aid/CPR/AED Instructor and a LivingWorks Education ASIST (Applied Suicide Intervention Skills Training) and suicideTALK Master Trainer.

After experiencing loss at a young age, she discovered that one is not defined by how they died, but how they lived.

Congratulations to Amelia Lehto, 2023 Individual Honoree of the Kevin's Song Saving a Life Award, for her steadfast commitment to saving lives and for her outstanding service to the community.



ORGANIZATIONAL HONOREE:

Zero Suicide Team

CNS Healthcare

The Zero Suicide team at CNS Healthcare oversees suicide care for over 400 people in Oakland, Macomb, and Wayne counties in a community mental health setting.

(Pictured left to right): Lydia Lamba, Sara Kadish, Kiersten Gutherman, and

Tabitha Welsh and previously **Riley Juntti** are wholeheartedly invested in their suicide prevention work. The team has conducted many trainings for internal staff, external agencies, and organizations in the community. Kiersten and Tabitha are members of the Oakland County Suicide Prevention taskforce, the Governor's Challenge reducing access to lethal means subcommittee, With One Voice, Michigan Association for Suicide Prevention, and attend all Michigan Suicide Prevention meetings.

Two team members have presented at international conferences on topics specifically about underserved and understudied populations. The team is dedicated to making sure suicide prevention is not thought of with a "one size fits all" approach. Some members of the team bring their lived experience with suicidal ideation to their work, which helps them inform research, reduce stigma, and reinforce the idea of recovery. The team emphasizes the importance of sharing research and interventions that have been specifically designed for populations such as people of color, the LGBT community, and individuals with autism.

The team's most triumphant achievement is their work in suicide prevention by reducing access to lethal means. The team sought out research on the cutting edge of suicide prevention and devoted their efforts toward reducing access to lethal means. They have accomplished this by creating a sustainable program to give out free gun locks, medication lock boxes, and information about suicide prevention resources to community members.

Congratulations to The Zero Suicide team at CNS Healthcare, as the first organizational recipient of the Kevin's Song Saving A Life Award for demonstrating how organizations, big or small, can mobilize communities and make a difference in preventing suicide and saving lives.



Michigan Suicide Prevention
COMMUNITY TECHNICAL ASSISTANCE CONFERENCE
May 3–5, 2023

Treetops Resort
Gaylord, Michigan

Whether you are new to suicide prevention or have been working in the field for years, this conference is for you! There will be skill-building and knowledge-building breakout sessions, as well as keynotes focused on upstream prevention. This conference also includes many opportunities to network with people from across the state.

Scan the QR code below for the conference agenda and registration details!



Questions? Email Lindsay DeCamp at DeCampL@michigan.gov

This conference is funded in part by cooperative agreement 5H79SM082148 from the Substance Abuse and Mental Health Services Administration to the Michigan Department of Health and Human Services. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Wireless Internet

at the Conference Center

**Connect to
"ST JOHN'S EVENTS"**

No access code required



Breakfast, Lunch and Refreshments

Continental breakfast will be served each morning in the Garden Gallery. On Thursday, a buffet lunch will be served in the ATRIUM (Lower Level) for the School Summit attendees. Those attending the Symposium will be provided with a box lunch in the Provincial Ballroom. Friday's buffet lunch will be served in the ATRIUM. Lunch, dessert and afternoon snacks will be served in the Garden Gallery. Refreshments will be served daily outside the breakout rooms and in the Garden Gallery.

The Saturday program, including breakfast and a box lunch, will be served in the Provincial Ballroom. If you have dietary restrictions, please see Leo or Kristi so that we can make an effort to accommodate your needs.

Friday Dinner and Music of Matt Watroba

On Friday evening, from 6:00 to 9:00 pm, there will be a casual Conference Dinner hosted in the Provincial Ballroom. Attendance is by separate ticket. The cost is \$20 for dinner and two drinks. Cash bar available. Check at the Kevin's Song table in the Resource Gallery if you wish to purchase a ticket.



After dinner, join us for a musical performance by Kevin's Song friend and conference regular, Matt Watroba. Many know Matt Watroba as the voice of folk music in Michigan for his work with WDET-Detroit Public Radio. As producer and host of the Folks Like Us program, and the nationally syndicated, Sing Out Radio Magazine and Folk Alley, Watroba has come in contact with many aspects of folk music and culture. This has helped shape a repertoire and presentation that is unique on stages across the state and country. He is committed to inspiring the world to sing - one town at a time.

Thursday Marx Layne & Company VIP Reception with a Musical Performance by Jessica + Jaida

Kevin's Song is hosting a Resource Gallery Reception, compliments of Marx Layne & Company, in the Garden Gallery at the conclusion of the Thursday afternoon Breakout sessions from 5:00 to 7:00 pm. All conference attendees and presenters are invited to attend to network and interact with each other and the many organizations represented in the Resource Gallery.



Includes complimentary appetizers and two drinks. A cash bar is also available.

Jessica + Jaida is a multitalented singer-songwriter duo born and raised in Metro Detroit. They love GOD and want to inspire and share his uplifting word through music and expression. "We move when God says move, we write what God encourages us to write...we were inspired to write Black Diamond to show that each young person has value no matter what your current circumstances," said Jessica + Jaida.

Their latest album, *Black Diamond*, is an inspiration to love yourself because you are a rare diamond; you are a Black Diamond. The sister gospel singing duo wanted to use their talents to give their peers an uplifting message to help prevent suicide and depression.

#KEVINSSONG2023

Please Use This Hashtag when Posting to Social Media Throughout and After the Conference.



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

**We're committed to bringing attention to this urgent issue
and rallying support to battle this mental health crisis.**



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

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



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

Thursday, January 26th

Conference on Suicide

Breakout Sessions

8:00 – 8:15 am
Grande Ballroom



WELCOME AND INTRODUCTIONS

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

Instructions on use of Event Squid web-based Program Schedule Guide by MPHI Staff



KICK-OFF AND INTRODUCTION OF DR. JOINER

Selena Schmidt, *Ascension Health*



8:15 – 9:00 am
Grande Ballroom

1st KEYNOTE



THE DESCENT OF AGAMEMNON AND THE DISQUIETUDE OF JOB: THE DEATH OF AGENCY AS THE SPUR OF SUICIDE

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

Thomas Joiner went to college at Princeton and received his Ph.D. in Clinical Psychology from the University of Texas at Austin. His work is on the psychology, neurobiology, and treatment of suicidal behavior. He was awarded the Guggenheim Fellowship and elected a Fellow of the American Association for the Advancement of Science. A consultant to NASA's Human Research Program, he is the Director of the DoD-funded Military Suicide Research Consortium, a ten-year, \$70 million dollar project.

Session Description: Recent conceptual innovations regarding the role of agency in suicidal behavior and also the role and nuances of the specific type of psychological pain involved in suicidal crises will be summarized.

9:00 - 9:15 am

BREAK – *Be Sure to Visit the Resource Gallery, Bookstore, & Memorial Forest*

PROFESSIONAL TRAINEE & STUDENT SYMPOSIUM ON SUICIDE

PROFESSIONAL TRAINEE AND STUDENT

SYMPOSIUM ON SUICIDE

9:15 - 9:30 am
Provincial Ballroom



WELCOME AND INTRODUCTIONS

Jennifer Peltzer-Jones, PsyD, RN, *Henry Ford Health System - Assistant Medical Director of Emergency Behavioral Health Services*

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

9:30 - 10:30 am
Provincial Ballroom

SESSION 1



BEST PRACTICES FOR EVALUATION AND TREATMENT OF PATIENTS IN CRISIS

Scott Zeller, MD, *Vituity - Vice President, Acute Psychiatry*

Dr. Zeller is Vice President, Acute Psychiatry at the multistate multispecialty physician partnership Vituity; a professor at two medical schools; and former Chief, Psychiatric Emergency Services for Oakland, CA, where he developed the "Alameda Model." He's known as the co-inventor of On-Demand Emergency Telepsychiatry and creator of the EmPATH (Emergency Psychiatry Assessment, Treatment and Healing) Unit model for behavioral health emergency care.

Session Description: This presentation will provide an in-depth discussion of evidence-based, trauma-informed, patient-centric techniques for crisis care in varied settings, from community programs to hospital emergency departments. This will include a special focus on suicidality as well as the often-related conditions of acute agitation and aggression, comorbid substance intoxication and withdrawal, and acute psychosis. The session will also highlight innovative practices and designs which are improving crisis care across the USA.

Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

PROFESSIONAL TRAINEE & STUDENT SYMPOSIUM ON SUICIDE

10:30 - 11:15 am

Provincial Ballroom

SESSION 2

ZERO SUICIDE: PAST, PRESENT, AND FUTURE



Catherine Frank, MD, *Henry Ford Health - Chair, Department of Psychiatry*

Dr. Frank is currently the Chair of Psychiatry and Behavioral Health Services at Henry Ford Health System. She graduated from the College of Human Medicine at Michigan State University and completed her psychiatry residency at Massachusetts General Hospital. Dr. Frank is one of the principal authors of Zero Suicide Prevention. She is co-director of MI-Mind, an innovative CQI Blue Cross funded project designed to eliminate suicide in the State of Michigan. She currently serves on the Governor’s Michigan Suicide Prevention Commission.

Session Description: The presentation will describe the development of Zero Suicide which has become an international standard for suicide prevention. The guidelines originally developed by Henry Ford Health System will be described as well as subsequent research that support the Zero Suicide guidelines and the future of how we can work toward the prevention of this disease.

11:15 am - Noon

Provincial Ballroom

SESSION 3

TREATMENT OF UNIPOLAR AND BIPOLAR DEPRESSION: MEDICAL AND NON-MEDICAL OPTIONS



Juan F. López, MD, *University of Michigan - Research Associate Professor Emeritus*

Dr. López is Associate Professor Emeritus of Psychiatry at the University of Michigan, Associate Research Scientist at the Michigan Neuroscience Institute, and Co-director of the Perinatal and Reproductive Psychiatry Clinic. Dr. López is an experienced clinician, teacher, speaker, and neuroscientist. He has over 30 years of clinical experience in diagnosing and treating psychiatric disorders. Dr. López has served in several national advisory boards and has published and lectured extensively in the areas of mood disorders, stress, psychopharmacology, and perinatal psychiatry.

Session Description: This session will present an overview of the currently available pharmacological and non-pharmacological treatments for unipolar and bipolar depression. It will also describe strategies to optimize treatment, particularly in treatment-resistant patients.

Noon - 12:15 pm

LUNCH – *Box Lunch Distributed*

12:15 - 1:00 pm

Provincial Ballroom

SESSION 4

SAFE, HEALTHY, & FULFILLED: ADDRESSING THE NEEDS OF 21ST CENTURY HELPERS AND HEALERS



Travis Atkinson, MS, LPC, *TBD Solutions - Director of Clinical & Crisis Services*

Travis Atkinson has spent nearly 20 years in behavioral health services as a counselor, director, and advocate. An accomplished consultant, trainer, and facilitator, Travis espouses the value of human-centered design and trauma-informed services. Travis is a licensed counselor, a father of 3, a spouse, a musician, and an avid learner.

Session Description: One of the most important questions in the human services field is, “How can we be the most helpful?” As clinicians, first responders, and other helping professionals pursue their passion and purpose, this question must also be pointed inward: how do we help and sustain ourselves, preserve our own dignity, and live in a way that is honoring of our beliefs and values? When does selfless pursuit stop serving the helper, and what solutions are best for those receiving care and treatment as well as those giving it? Explore the answers to these questions and reimagine in this dynamic workshop.

Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

THE SCHOOL SUMMIT



9:15 - 10:00 am
Grand Ballroom

SCHOOL SUMMIT - 1st KEYNOTE



EVERYBODY VERSUS STIGMA

Kevin Fischer, *NAMI Michigan - Executive Director*

A retired businessman, Kevin first joined the National Alliance on Mental Illness (NAMI) as a volunteer in 2011 after his oldest son Dominique was diagnosed with a mental illness in late 2007 and was lost to suicide in 2010. A mental health and suicide prevention advocate, Kevin is the founder and Director of The Dominique Fischer Memorial Foundation and the CEO of EVERYBODY -VS- STIGMA.com, and serves on the Board of Directors of several behavioral health organizations throughout Michigan.

Session Description: STIGMA is the leading barrier to the early diagnosis and treatment that leads to better outcomes. STIGMA KILLS, but we can overcome it.

10:00 - 10:15 am

BREAK - *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

SCHOOL SUMMIT MORNING BREAKOUT SESSIONS:

10:15 - 11:15 am
Library A
(Upper Level)

SCHOOL SUMMIT BREAKOUT 1-A



SUPPORTING THE WHOLE CHILD THROUGH SOCIAL-EMOTIONAL LEARNING

Margaret Schultz, M.Ed, B.Ed, *Bloomfield Hills Schools - Director of Instructional Equity*

Margaret Schultz has a bachelor's and master's degree in Mathematics education in addition to a master's degree in Educational Administration. Margaret is an expert in the use of restorative practices in schools and has undergone significant training in the areas of social-emotional learning, equity, and inclusion, specifically on systems of support for marginalized students. Margaret has been in Bloomfield Hills Schools for over 20 years, serving as a teacher, a building administrator, and now as the Director of Instructional Equity.

Session Description: In the summer of 2020, Bloomfield Hills Schools (BHS) embarked on a journey to intentionally grow the use of Social-Emotional Learning (SEL) for both students and staff across the district. Margaret Schultz will walk you through the process that the district used to create a plan for SEL that centers the emotional wellness of all students and staff. Through a weekly transformative SEL curriculum written by district staff, BHS continues to focus on proactive approaches that support classroom community, emotional intelligence, and staff wellness.

All Day
Each Day
Library B
(Upper Level)



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.

Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

THE SCHOOL SUMMIT

MORNING BREAKOUT SESSIONS - *Continued:*

10:15 - 11:15 am
Drawing Room II
(Lower Level)

SCHOOL SUMMIT BREAKOUT 1-B

THE SACRED BUNDLE PROJECT:
YOUTH SUICIDE PREVENTION ACROSS MICHIGAN



Taylor Maxwell, *American Indian Health & Family Services - Outreach and Training Coordinator*

Taylor Maxwell (Puckett) has been a part of AIHFS's Sacred Bundle Youth Suicide Prevention Project since 2020. The project cares for all underserved youth across the state of Michigan to help ensure mental health screening, prevention training, and community resources are accessible to all. She is also a certified SafeTALK trainer and has presented this gatekeeper training across the Midwest. She graduated with a Bachelors in Anthropology from the University of Alabama and can always be found cheering on the Tide with her husband and rescue dogs.



Adon Vazquez, *American Indian Health and Family Services - Sacred Bundle Project Program Assistant*

Adon has been a part of the Sacred Bundle Project since 2019. The project cares for all underserved youth across the state of Michigan to help ensure mental health screening, prevention training, and community resources are accessible to all. He is also a certified SafeTALK trainer and has presented this gatekeeper training across the state of Michigan. He is currently a student at Wayne State University. In his free time, he is usually enjoying good music or hanging out with his pup, Daisy.

Session Description: Sacred Bundle Project staff will discuss the disparities surrounding access to mental health services for youth across the state of Michigan. The Sacred Bundle Project is committed to expanding resources for tribal communities and other underserved populations in order to create suicide-safer communities throughout upper and lower Michigan.

10:15 - 11:15 am
Drawing Room I
(Lower Level)

SCHOOL SUMMIT BREAKOUT 1-C



THE DETOUR PROJECT: CONNECTING TEENS
TO WELL-BEING THROUGH EXPRESSIVE ART

Dennis Liegghio, *KnowResolve - Founder*

Dennis Liegghio is the founder of KnowResolve, a non-profit organization dedicated to promoting mental health and preventing suicide. After losing his father to suicide as a teenager, he coped with the loss by writing songs. As an advocate by trade, and a songwriter at heart, his mission is to spread the message that art is for everyone, and essential to healing.

Session Description: Teens are struggling with their mental health, and we want to do something about it in a way that is accessible, approachable, and fun! In this session, you will learn about what expressive art is, how it helps, and how to implement this program in your school or community organization.

10:15 - 11:15 am
Library D
(Upper Level)

SCHOOL SUMMIT BREAKOUT 1-D



A HOLISTIC, TRAUMA-INFORMED APPROACH
TO CHILDREN'S MENTAL HEALTH

Sarah Emmerson, MA, LLP, *Sarah Emmerson, PLLC - Therapist*

Sarah is a local therapist in Private Practice. Since 2005 she has been working with children, adolescents and families in multiple diverse settings. Her approach is a holistic view of the child including identifying attachment and relationship styles, lifestyle and a trauma informed view to understand an individual's view of themselves and the world. She has worked with parents, professionals and multiple systems to better understand how an individualized, trauma informed approach to children can support them in all areas of their life.

Session Description: This break-out session will include identifying trauma and relational trauma as the underlying cause of both behavioral and mental health diagnoses in children and adolescents.

Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

THE SCHOOL SUMMIT

MORNING BREAKOUT SESSIONS - *Continued*:

10:15 - 11:15 am
Atrium Study
 (Lower Level)

SCHOOL SUMMIT BREAKOUT 1-E
THREE TIERS OF SCHOOL EVIDENCE-BASED SUPPORT FOR ADDRESSING YOUTH MENTAL HEALTH



Natalie Burns, LMSW, MA, TRAILS To Wellness - Tier 3 Director, Suicide Prevention Specialist
 Natalie has a master's degree in Clinical Social work and Organizational Leadership, with advanced training in DBT, TF-CBT, MI, ACT, and ISF. Her expertise focuses on the assessment and treatment of suicidal youth, psychosocial interventions with children, families, and suicide prevention in K-12 schools. She is also senior consultant for the Collaborative Assessment and Management of Suicidality.



Malak Baker, LLMSW, TRAILS - Site Coordinator
 Malak Baker is an LLMSW with 8 years of experience working in community-based settings and now supports TRAILS in bringing mental health support to students in schools with on-the-ground work.



Anais Murphy, MSW, MA, TRAILS - Implementation Specialist (SEL)
 Anais is a social worker with a background in child development. Over the last 12 years, she's worked in various capacities providing mental health support in K-12 settings across the country. In her current role as Implementation Specialist, she creates programming designed to support the integration of best practices in social and emotional learning in school settings.

Session Description: School-based mental healthcare offers a promising avenue for addressing many barriers to care and providing evidence-based mental health support at scale. Schools also present an opportunity to address student mental health across a continuum of need; multiple tiers of support with suicide prevention embedded in each can be offered to provide individualized and school-wide support. This presentation will focus on challenges and opportunities associated with implementing 3 tiers of evidence-based suicide specific support in the context of a recent statewide expansion of a school-based mental health program.

10:15 - 11:15 am
Library C
 (Upper Level)

SCHOOL SUMMIT BREAKOUT 1-F
MENTAL HEALTH SCHOOL NAVIGATORS (MHSN): SUPPORT AND RESOURCES FOR OUR COMMUNITY



Laurie A Gell, MA, LPC, NCC, Supervisor of Access, Oakland Community Health Network
 Experienced Education Specialist with a demonstrated history of working in mental health and substance abuse treatment. Skilled in Crisis Intervention, Trauma Informed Care, Cognitive Processing Therapy, Suicide Prevention and Assessment, Training Development and Implementation, Cognitive Behavioral Therapy (CBT), and Group Therapy. Strong education professional with a Master's degree focused in Counseling Psychology from Oakland University.

Session Description: Mental Health School Navigator (MHSN) program is a community partnership between OCHN and Oakland County to work with public, private and charter schools to increase access to social, emotional, and mental health services and supports for students. This initiative will work in collaboration with school staff, students, and families to provide support, resources and interventions and will function as a direct link to OCHN Access for public mental health services or connections to private resources. The MHSN program offers a fund initiative to reduce financial barriers to treatment experienced by families throughout Oakland County. The Initiative will ensure deductibles, copays, and costs related to receiving treatment do not prohibit access to necessary mental health services for any Oakland County student.

11:15 - 11:30 am

BREAK - *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

THE SCHOOL SUMMIT

11:30 - 12:15 pm
Grande Ballroom

SCHOOL SUMMIT - 2nd KEYNOTE



**THE PERFECT STORM OF STRESSORS:
PROTECTING YOUR MENTAL HEALTH DURING BIG LIFE CHANGES**

Will Heining, BA, *Eisenberg Family Depression Center - Outreach Coordinator*

Will Heining is a former University of Michigan defensive lineman who struggled with depression during his time at the school. He currently serves as Outreach Coordinator for the Eisenberg Family Depression Center, working to raise awareness and shatter stigmas surrounding mental health issues, particularly among youth, young adults, and athletes. He hopes that as a culture and as a society, communities will realize the importance of mental health and the services which support it.

Session Description: Times of transition can often present the “perfect storm of stressors” that can lead to worsening mental health. In winter of 2021, the Healthy Minds Study found that 41% of college students reported experiencing moderate or severe depression and 34% reported an anxiety disorder, with only half seeking treatment despite available resources. Will Heining will use his professional and lived experience to discuss factors that can impact mental health and the importance of help-seeking. Attendees will learn how they can support themselves or someone they know who may be struggling with mental health challenges.

12:15 - 1:15 pm
The Atrium
(Lower Level)

LUNCH - *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

1:15 - 2:00 pm
Grande Ballroom

SCHOOL SUMMIT - 3rd KEYNOTE



**SUPPORTING LGBTQ YOUTH MENTAL HEALTH:
THE IMPORTANCE OF SAFE & AFFIRMING SCHOOLS**

Gabby Doyle, MA, *The Trevor Project - Advocacy Campaign Manager*

Gabrielle Doyle (she/her) oversees the Trevor Project’s education portfolio. Within her work, she advances school suicide prevention policies nationwide and supports related efforts that improve the mental health outcomes of LGBTQ+ youth in schools. She brings over six years of experience in advocacy spaces working to advance the rights of LGBTQ+ individuals and increase access to reproductive and sexual health services and education. Gabrielle received an MA in Public Policy with a concentration in Women’s, Gender, and Sexuality Studies from The George Washington University.

Session Description: In 2022, an overwhelming 45% of LGBTQ youth seriously considered attempting suicide. As one of the most consistent environments in a young person’s life, schools have the power to create a safe and supportive environment for LGBTQ youth that allows them to thrive -- or be an additional compounding factor that increases adverse mental health outcomes. LGBTQ youth who found their school to be LGBTQ-affirming reported significantly lower rates of attempting suicide, and it’s essential that school professionals take the necessary steps to make their classrooms and schools an affirming space for all LGBTQ youth.

2:00 - 2:15 pm

BREAK - *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

#KEVINSSONG2023

**Please Use This Hashtag when Posting to
Social Media Throughout and After the Conference.**

Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

THE SCHOOL SUMMIT

AFTERNOON BREAKOUT SESSIONS:

2:15 - 3:15 pm
Atrium Study
 (Lower Level)

SCHOOL SUMMIT BREAKOUT 2-A



**POSTVENTION IN SCHOOLS:
 SAFETY PLANNING FOR ACTIVELY SUICIDAL STUDENTS**

Nancy Buyle, MA, LPC, ACTP, *Macomb Intermediate School District - School Safety/Student Assistance Consultant*

Nancy has worked at the MISD for 22 years providing leadership, service and support. Areas of focus are: school safety, crisis response, suicide prevention, social emotional learning and mental health promotion. She also leads the county's suicide prevention coalition and is a Living Works SafeTALK and ASIST trainer. She has been appointed to the Governor's Commission on Suicide Prevention and is the co-chair. Nancy earned her BA in Psychology and MA in Counseling with a specialization in Mental Health from Oakland University. She is a Licensed Professional Counselor.

Session Description: Working effectively with students in the aftermath of a suicide attempt or hospitalization due to active suicidal thinking is critical. Safety planning after a suicidal crisis has been an effective strategy that helps youth cope effectively with life stressors. School mental health staff will learn how to incorporate safety planning as part of the postvention needed upon a student's return from an absence due to suicidal behavior.

2:15 - 3:15 pm
Library A
 (Upper Level)

SCHOOL SUMMIT BREAKOUT 2-B



**IS IMPLICIT BIAS INTERFERING WITH
 YOUR SUICIDE PREVENTION EFFORTS?**

Stephanie Lange, LMSW, ACSW, CTP, CAADC, CCS,
Chippewa Valley Schools - Student Assistance Specialist

Stephanie Lange is a high energy professional with 25 years of experience spanning community mental health, public schools, public universities, non-profit agencies, and more. Her focus the last 10 years has been LGBTQ youth and promoting diversity and justice for all students in public schools. This work has led to a change in perspective when it comes to implicit bias and becoming an anti-racist.

Session Description: This session will explore implicit bias for both the school employee AND the help seeker, how it shapes the actions we take in school related to intervention, and the lens of implicit bias going unchecked for suicide prevention in our district.

2:15 - 3:15 pm
Library D
 (Upper Level)

SCHOOL SUMMIT BREAKOUT 2-C



**SCHOOL-BASED BLUE ENVELOPE:
 A SUICIDE S.A.F.E. TEAM RESPONSE**

Jody Sprague, LMSW, *Corewell Health - Program Manager, School-Based Suicide Prevention*

Jody has 35 years of experience in behavioral health which includes providing social work services in the Emergency Department, serving in supervisory and management roles, and developing clinical programming, education and community collaboration for suicide prevention. In her current role, Jody leads an innovative, collaborative approach to suicide prevention called the School Blue Envelope Program: A Suicide S.A.F.E. Team Response (SBE).

Session Description: This presentation explores an innovative approach to a community partnership between health care and schools seeking to reduce suicide and suicide attempts among youth. The School Blue Envelope program is founded on the premise that "Suicide Prevention is Everyone's Responsibility" and is designed for a multi-disciplinary team response. Participants will learn about this comprehensive program that includes S.A.F.E. steps for all school faculty and administration and how incorporating evidence-based tools increases staff confidence and knowledge, better equipping them to respond to students with thoughts of suicide calmly and swiftly.



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Thursday, January 26th - *Continued*

Conference on Suicide

Breakout Sessions

THE SCHOOL SUMMIT

AFTERNOON BREAKOUT SESSIONS – *Continued*:

2:15 - 3:15 pm
Library C
(Upper Level)

SCHOOL SUMMIT BREAKOUT 2-D



SOCIAL MEDIA ADDICTION AND MENTAL HEALTH

Corey Hebner, *Michigan State Police Gaylord Post - Community Services Trooper*

Corey is a graduate of the 113th Michigan State Police Trooper Recruit School and has been a Michigan State Trooper for 27 years. Corey is a board member for each of the three Substance Free Youth Coalitions in his Post area, was the original “guinea pig” for MSP’s Angel Program, and is a board member for the Northern Michigan Rural Opioid Consortium. Corey is a board member for Kiersten’s Ride and the Northern Michigan Suicide Prevention Coalition and is a safeTALK trainer.

Session Description: This presentation will define social media terminology to provide a baseline for discussion. It will then relay differences between how children and their parents use social media. It will discuss how children use different apps, what they are seeking psychologically (fulfillment) and why this is dangerous to mental health if social media usage isn’t limited. The discussion will talk about age appropriateness, setting up contracts, and how to mirror good examples of proper social media usage.

2:15 - 3:15 pm
Drawing Room I
(Lower Level)

SCHOOL SUMMIT BREAKOUT 2-E



EATING DISORDERS: RISK FACTORS, SCREENING, PREVENTION, TREATMENT AND CO-OCCURRING DISORDERS

Lori Kehoe, MA, *Sanford House - Director of Eating Disorder Services*

Lori Kehoe holds a master’s degree in Clinical Mental Health Counseling. She also has 8 years of experience working in eating disorder residential treatment in various positions including leadership roles across the continuum of care. As Program Director for Sanford Comprehensive Treatment for Eating Disorders, she participates in program development, staff professional development, program operations, developing and maintaining relationships with the community, and providing educational opportunities for clinical and non-clinical audiences.

Session Description: This presentation examines and discusses the serious and life-threatening illness of eating disorder: What are Eating Disorders?, General Statistics, Biopsychosocial Disorders, Truths About Eating Disorders, Common Warning Signs and Symptoms, Types of Eating Disorders, Health Consequences, Treatment, The Continuum of Care, Prevention, Education, Intervention, Resources for Providers, Families and Patients.

3:15 - 3:30 pm

BREAK – *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

3:30 - 4:30 pm
Atrium Study
(Lower Level)

MEDITATION AND DECOMPRESSION SESSION



GUIDED MEDITATION FOR SELF-CARE AND SELF-RENEWAL

Jonathan G. Itchon, *Guide, Healer, Life Activation Practitioner, & Meditation Instructor*

Spiritual Guide, Healer, and Meditation Instructor certified by the Modern Mystery School

Session Description: In this 60-minute session, experience a special guided meditation for reflection and renewal that will help you relax your body, clear your mind, and recharge your battery. Give yourself permission to care for the most important person in your life.

5:00 - 7:00 pm
Garden Gallery

THURSDAY NIGHT RECEPTION – *presented by Marx Layne & Company and featuring entertainment by*

Jessica + Jaida

All conference attendees and presenters are invited to a reception in the Garden Gallery after the conclusion of the Thursday afternoon sessions.

This reception includes appetizers and two (2) complimentary drinks. Cash bar available. Entertainment will feature a musical performance by **Jessica + Jaida**

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



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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.



Friday, January 27th

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

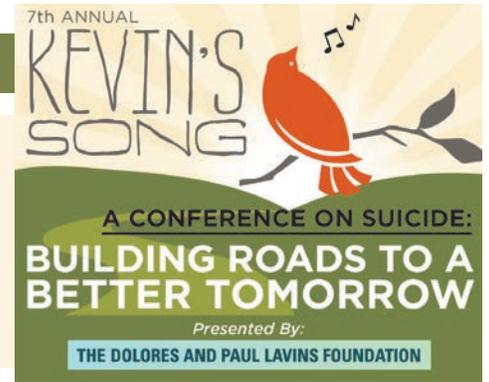
8:00 – 8:15 am
Grande Ballroom



WELCOME AND INTRODUCTIONS

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

Instructions on use of Event Squid web-based Program Schedule Guide by MPHI Staff



8:15 - 9:30 am
Grande Ballroom

CONFERENCE ON SUICIDE - KEYNOTE PANEL

THE FUTURE OF SUICIDE PREVENTION



Moderator: Amelia Lehto, *Chief of Staff and Director, National Center for the Prevention of Youth Suicide, American Association of Suicidology*

Amelia has worked in crisis services and suicide prevention for the past 15 years. She is a past Chair of the Crisis Centers Division of the American Association of Suicidology Board of Directors, where she spent time transforming the division, establishing the Crisis Services Committee, and welcoming new membership into the organization. She specializes in crisis service quality improvement, suicide prevention initiatives, postvention support group development, and facilitation skills. Additionally, she consults on social media strategy and policy, development, management, and customer engagement. Amelia is recognized as a leader in suicide prevention and postvention on the local, state, and national levels.



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

Thomas Joiner went to college at Princeton and received his Ph.D. in Clinical Psychology from the University of Texas at Austin. His work is on the psychology, neurobiology, and treatment of suicidal behavior. He was awarded the Guggenheim Fellowship and elected a Fellow of the American Association for the Advancement of Science. A consultant to NASA's Human Research Program, he is the Director of the DoD-funded Military Suicide Research Consortium, a ten-year, \$70 million dollar project.



Bart Andrews, PhD, *Behavioral Health Response (BHR) - Chief Clinical Officer*

Dr. Andrews is the Chief Clinical Officer at BHR, a member of the Missouri Suicide Prevention Network, ZeroSuicide Faculty member and facilitator of the Missouri Suicide Prevention in Healthcare ECHO. Dr. Andrews is a suicide attempt survivor and a proponent of the need for honest and direct conversation about suicide, including the challenges associated with safe messaging assumptions.



Craig Bryan, PsyD, ABPP, *The Ohio State University College of Medicine - Professor*

Dr. Bryan is a board-certified clinical psychologist and an internationally recognized expert on suicide prevention, trauma, and resilience. He is a Professor of Psychiatry and Behavioral Health at The Ohio State University and the Division Director for Recovery and Resilience. His research has been funded by the Department of Defense, the National Institutes of Health, and multiple foundations. He has published over 250 scientific articles and multiple books including Brief Cognitive Behavioral Therapy for Suicide Prevention and Rethinking Suicide.

Session Description: In recent years, there have been many advancements in the understanding and prevention of suicide, as well as promising progress in suicide intervention and postvention services for those impacted by suicide. Despite the progress that has been made, challenges remain. The future of suicide prevention will explore the traditional mental health care approach with innovative new research, harnessing the power of technology, and clinical approaches to combat the rising rate of suicide. We will also discuss the importance of a multidisciplinary approach, the inclusion of those with lived experience of suicide, and the challenges of implementing interventions in the field.

9:30 - 9:45 am

BREAK – *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

MORNING BREAKOUT SESSIONS:

9:45 - 10:45 am
Library A
(Upper Level)

CONFERENCE BREAKOUT 3-A



LET'S CALL IT WHAT IT IS:
TREATING SUICIDALITY IN THE OUTPATIENT SETTING (PART 1)

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

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. Throughout her professional journey, Gigi has worked as a Crisis Center supervisor/counselor, provided consultation and trainings in community and professional settings, and consulted on programs for Harvard, Dartmouth, and the University of Michigan.

Session Description: Disorders treated in mental health or substance use clinics have specific targeted interventions and treatments to reduce risk and ultimately improve overall wellbeing. When working with patients who may be at risk for suicide in an outpatient setting, it can be better for them (and us) if we remember that suicidality can be treated as a disorder. In these sessions you will learn specific tools to enable the clinician and patient to work together on their suicidality. *Please plan to attend Parts 1 and 2.*

9:45 - 10:45 am
Atrium Study
(Lower Level)

CONFERENCE BREAKOUT 3-B



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

Lawrence Wentworth, PhD, LP, ABPP, *Wentworth & Associates, P.C. - President/CEO Psychologist*

Dr. Wentworth has been a practicing therapist for over 35 years. He is the President and CEO of Wentworth & Associates, P.C. a private psychotherapy practice with 40 associates trained to serve the emotional needs of the community. Dr. Wentworth and his staff are committed to the cause of suicide prevention and have supported Kevin's Song for several years. Many therapists on his staff are trained in advanced methods for treating trauma, which is one of the leading causes of suicidal feelings.

Session Description: This session will present an overview of the evidence-based Internal Family Systems Model and discuss empowering and alternative ways to work with suicidal protectors.

9:45 - 10:45 am
Drawing Room I
(Lower Level)

CONFERENCE BREAKOUT 3-C

LETHAL MEANS RESTRICTION IN URBAN AND RURAL SETTINGS



Corey Hebner, *Michigan State Police Gaylord - Community Services Trooper*

Corey is a graduate of the 113th Michigan State Police Trooper Recruit School and has been a Michigan State Trooper for 27 years. Corey is a board member for each of the three Substance Free Youth Coalitions in his Post area, was the original "guinea pig" for MSP's Angel Program, and is a board member for the Northern Michigan Rural Opioid Consortium. Corey is a board member for Kiersten's Ride and the Northern Michigan Suicide Prevention Coalition and is a safeTALK trainer.



Alvin Sims, LMSW, *Detroit Ceasefire - Resource Counselor*

Dr. Sims is a licensed master's Social Worker in the State of Michigan. Dr. Sims is a train-the-trainer in the Social Resiliency Model (SRM). He is a licensed Restorative Practices train-the-trainer. Dr. Sims is currently a contractor with Ceasefire Detroit as a Resource Coordinator, assisting returning citizens and gang members by assessing their academic, emotional/social and employment needs.

Session Description: This session will examine the culture of lethal means in both urban and rural settings. The presenters will discuss accessibility and the challenges of restricting access. Included will be educational components and environmental interventions that can be used to deter suicide.

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

MORNING BREAKOUT SESSIONS - *Continued:*

9:45 - 10:45 am
Library D
(Upper Level)

CONFERENCE BREAKOUT 3-D

SUPREME NEED, SUPREME CARE:
A PANEL DISCUSSION ON RIGHT-SIZED TREATMENT IN THE CRISIS CONTINUUM



Travis Atkinson, MS, LPC, TBD
Solutions - Director of Clinical & Crisis Services

Travis Atkinson has spent nearly 20 years in behavioral health services as a counselor, director, and advocate. An accomplished consultant, trainer, and facilitator, Travis espouses the value of human-centered design and trauma-informed services. Travis is a licensed counselor, a father of 3, a spouse, a musician, and an avid learner.



Charene Caraco,
Promise Resource Network - CEO
Cherene has worked in mental health

systems for 28 years and as a trauma, suicide attempt and psychiatric survivor, she founded Promise Resource Network (PRN) in 2005 to establish healing alternatives to pathology-based services. NC-based PRN operates 16 peer-led programs, including several accessible 24/7 alternatives to hospitalization and involuntary commitment, jail/prison diversion, recovery and housing initiatives. Chereene is a national and international consultant and was named Bazelon Center's 2021 MH Innovator of the Year.



David Pankotai,
Macomb County Community Mental Health - CEO
Dave is an

experienced executive with a demonstrated twenty-plus years in the behavioral health care industry. He now leads Macomb County Community Mental Health in the provision of a wide variety of mental health treatment and support services to adults and children with mental illness, people with intellectual/developmental disabilities, and substance use disorders. He holds a Master of Arts (MA) in Mental Health Counseling from Oakland University, and a Bachelor of Arts in Clinical/Community Psychology from the University of Michigan.

Session Description: When a person is experiencing one of the worst days of their life, how do we help them? Old narratives tell us to engage 911, police, ambulance, and Emergency Departments on the way to an inpatient psychiatric hospital admission. But how did we get here, and how do we know what must change?

9:45 - 10:45 am
Library C
(Upper Level)

CONFERENCE BREAKOUT 3-E

BUILDING SUPPORTIVE ADULT NETWORKS FOR YOUNG PEOPLE AT RISK



Cheryl King, PhD, ABPP, *University of Michigan - Professor*

Dr. King is a Professor in the Department of Psychiatry and Director of the Youth Depression and Suicide Prevention Program at the University of Michigan. A clinical psychologist, educator and research mentor, Dr. King has served as Director of Psychology Training and Chief Psychologist in the Department of Psychiatry, where she has twice received a Teacher of the Year Award. Dr. King develops culturally tailored, evidence-based strategies for suicide risk screening, assessment, and intervention. She is a recent member of the National Advisory Mental Health Council.

Session Description: Suicides and drug overdoses are leading causes of death among youth and young adults, yet we have a dearth of evidence-based prevention strategies. This presentation will provide an overview of the Youth-Nominated Support Team (YST) program, which has been associated with lower young adult mortality from suicides and drug overdoses. Based in health behavior theories, YST is a three-month psychoeducational, social support program for young people who are hospitalized for suicide risk. It is designed to build and strengthen each individual's supportive network of adults.

All Day
Each Day
Library B
(Upper Level)



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.

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

MORNING BREAKOUT SESSIONS - *Continued:*

9:45 - 10:45 am
Drawing Room II
(Lower Level)

CONFERENCE BREAKOUT 3-F

IT TAKES A TEAM: BEHAVIORAL HEALTH, LAW ENFORCEMENT, & CRISIS INTERVENTION TEAMS (CIT)



Trisha Zizumbo, MSA, CHES; Director of Training & Justice Initiatives, Oakland Community Health Network

Experienced public health professional with a demonstrated history of working in health education, training, and communications. Skilled in program coordination, public speaking, and health education core competencies. Strong leader with a Master of Science (MSA) focused in Health Administration from Central Michigan University.



Dan Holloway, BS, Crisis Intervention Team (CIT) Coordinator, Oakland Community Health Network

Dan has been a Social Worker working in Oakland County's public behavioral health care system for 27 years. During that time, he has helped build Oakland County's pre-booking jail diversion program. He has also trained Law Enforcement personnel for 20 years, and is currently the Crisis Intervention Team (CIT) Coordinator for Oakland Community Health Network.

Session Description: The Crisis Intervention Team (CIT) program is a community partnership of law enforcement, behavioral health professionals, individuals who live with mental illness and/or addiction disorders, their families, and other advocates. It is a first-responder model of police-based crisis intervention training to help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness-related behaviors. It also promotes officer safety and the safety of the individual in crisis.

10:45 - 11:00 am

BREAK - Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest

11:00 am - 12:00 noon
Grande Ballroom

CONFERENCE ON SUICIDE - 2nd KEYNOTE

988 - IMPACT AND CHALLENGES



Michelle Cornette, MS, PhD, Team Lead/ Lead Public Health Advisor, Suicide Prevention Branch, SAMHSA

Dr. Cornette's work for the Substance Abuse and Mental Health Services Administration (SAMHSA) includes acting as Program Lead for the Zero Suicide and National Strategy for Suicide Prevention grant programs. She is a member of the SAMHSA team implementing the 988 Suicide and Crisis Line, and co-authored the 988 Reports to Congress. She is Past Executive Director of the American Association of Suicidology.



Jill Smith, LMSW, CAADC, Common Ground - Senior Director MiCAL

Jill Smith is a Licensed Master of Social Work and Certified Advanced Alcohol and Drug Counselor with over 20 years of leadership experience in mental health services in the State of Michigan. She has spent the majority of her career committed to the delivery of public mental health and substance use disorder services. Jill is currently the Senior Director of Michigan Crisis and Access Line at Common Ground where she is collaborating with the state of Michigan to deliver comprehensive crisis and referral services using best practice models.

Session Description: Participants will learn the 20-year history of the National Suicide Prevention Lifeline, as well as the history of research demonstrating the effectiveness of the National Suicide Prevention Lifeline. They will learn how the 988 Suicide and Crisis Line works operationally, and gain an appreciation for the 200+ local crisis centers which currently comprise the crisis center network, as well as for the dramatic increase in SAMHSA funding supporting 988. Participants will learn about SAMHSA's short and long-term vision for crisis services, including the desire to bolster the full continuum of crisis services. We will discuss state-based strategies, opportunities, and lessons learned.

12:00 noon - 1:00 pm
The Atrium
(Lower Level)

LUNCH - Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

1:00 - 2:00 pm
Grande Ballroom

CONFERENCE ON SUICIDE - 3rd KEYNOTE



UP ON THE HIGH WIRE -
BUILDING MENTAL RESILIENCE DURING TOUGH TIMES

Sally Spencer-Thomas, Psy.D.

Sally Spencer-Thomas, LLC - Professional Speaker, Podcaster & Impact Entrepreneur

“Dr. Sally” is a clinical psychologist and award-winning mental health advocate with her own personal experience of losing her beloved brother to suicide. Her mission is to give voice to people who’ve lived through suicide thoughts, attempts, and loss and to help those in despair rekindle a passion for living. In addition to helping leaders and communities implement innovative approaches to suicide prevention, Sally is the lead author on the National Guidelines for Workplace Suicide Prevention, President of United Suicide Survivors International, and co-founder of “Man Therapy”.

Session Description: Are we doing enough to invest in mental health and “mental resiliency”? What does it actually mean to be emotionally fit and psychologically hardy? With increasing demands to do more with less and perform with polish, people need coping tools and emotional inoculation to get them through challenges. This keynote looks at the issue of mental wellness and gives participants the tools to help themselves and others sustain a passion for living over the long haul. From storytelling to discussing the effects of stress on the brain, Sally will help participants know how to stay mentally fit, avoid burnout and remain focused on wellness.

2:00 - 2:15 pm

BREAK – *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

AFTERNOON BREAKOUT SESSIONS:

2:15 - 3:15 pm
Library A
(Upper Level)

CONFERENCE BREAKOUT 4-A



LET’S CALL IT WHAT IT IS:
TREATING SUICIDALITY IN THE OUTPATIENT SETTING (PART 2)

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

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. Throughout her professional journey, Gigi has worked as a Crisis Center supervisor/counselor, provided consultation and trainings in community and professional settings, and consulted on programs for Harvard, Dartmouth, and the University of Michigan.

Session Description: Disorders treated in mental health or substance use clinics have specific targeted interventions and treatments to reduce risk and ultimately improve overall wellbeing. When working with patients who may be at risk for suicide in an outpatient setting, it can be better for them (and us) if we remember that suicidality can be treated as a disorder. In these sessions you will learn specific tools to enable the clinician and patient to work together on their suicidality. *Prerequisite: Part 1*

#KEVINSSONG2023

Please Use This Hashtag when Posting to
Social Media Throughout and After the Conference.

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

2:15 - 3:15 pm

Provincial Ballroom

CONFERENCE BREAKOUT 4-B

NATIONAL STRATEGY FOR WORKPLACE SUICIDE PREVENTION - PEER ALLIES AT WORK



Jodi Frey, PhD, LCSW-C, CEAP,
University of Maryland - Professor

Dr. Frey is a Professor at University of Maryland and Associate Dean for Research. She is the Founder and Faculty Executive Director of the Behavioral Health and Well-Being Lab. Dr. Frey's research focuses on adult behavioral health and well-being with an emphasis on suicide prevention, mental health, substance use and the workplace. She has published over 100 articles, several books and presents research at national and international conferences.



Sally Spencer-Thomas, Psy.D,
Sally Spencer-Thomas, LLC - Professional Speaker, Podcaster & Impact Entrepreneur

"Dr. Sally" is a clinical psychologist and award-winning mental health advocate with her own personal experience of losing her beloved brother to suicide. Her mission is to give voice to people who've lived through suicide thoughts, attempts, and loss and to help those in despair rekindle a passion for living. In addition to helping leaders and communities implement innovative approaches to suicide prevention, Sally is the lead author on the National Guidelines for Workplace Suicide Prevention, President of United Suicide Survivors International, and co-founder of "Man Therapy".

Session Description: Most people who die by suicide are men of working age. Thus, the workplace is arguably the most cross-cutting system we have for suicide prevention. Nevertheless, most workplaces are woefully underprepared to address this complicated public health tragedy.

2:15 - 3:15 pm

Atrium Study (Lower Level)

CONFERENCE BREAKOUT 4-C

COLLABORATION AND SUICIDE PREVENTION EFFORTS IN A RURAL REGION



Kellie Phelps,
Sanilac County Community Mental Health - Administrative Assistant

Kellie Phelps has worked for Sanilac County Community Mental Health (SCCMH) for 15 years in various roles; the past six years have been devoted to Prevention and Public Education. Kellie serves as the Chair of the Sanilac County Prevention Network, a subcommittee of the local Community Collaborative. Kellie is a Mental Health First Aid Instructor, with certifications in the Adult, Youth, and Fire/EMS modules. Kellie is also a certified instructor in Question, Persuade, Refer Suicide Prevention Gatekeeper training.



Kari Granz, BBA,
Thumb Community Health Partnership - Program Coordinator

Mrs. Granz earned her Bachelor's degree in Business Administration from Saginaw Valley State University. In her role as TCHP program coordinator, she builds and maintains relationships with community stakeholders, manages all aspects of Man Therapy's media outreach and education, and is the program's principal contact person at the local and state level. Mrs. Granz brings a deep level of understanding of rural health needs to TCHP, having been born and raised in Michigan's Thumb.



Cheryl Hieber,
Deckerville Community Hospital - Marketing Director

Cheryl is the Marketing Director for Deckerville Community Hospital where she serves on the Executive Board for the Sanilac County Child Abuse Prevention Council; National, State, and Local Drug Endangered Alliance Steering Committees; and a member of the Sanilac Community Mental Health Recipient Rights Advisory Board. She also serves as the Outreach Specialist for the Thumb Opioid Response Consortium, implementing regional awareness campaigns to treat, prevent, and offer recovery to those with substance use disorders in a four-county region to combat the opioid epidemic.

Session Description: Rural suicide prevention can be challenging and often requires a creative, collaborative, and regional approach. This presentation will focus on efforts in Michigan's Thumb Region, including effective public health messaging designed to engage communities in strategies to improve mental health and suicide prevention; the programs, partnerships, and collaborative suicide prevention efforts of the Sanilac County Prevention Network; and how a small rural hospital system established two Zero Suicide Emergency Departments.

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

2:15 - 3:15 pm
Library D
(Upper Level)

CONFERENCE BREAKOUT 4-D

UNDERSTANDING LINKS BETWEEN CHRONIC PAIN AND SUICIDE: PURPOSE DESPITE PAIN



Afton Hassett, PsyD, *University of Michigan - Associate Professor*

Dr. Hassett is a licensed clinical psychologist who is an Associate Professor and the Director of Pain and Opioid Research in the Department of Anesthesiology at the University of Michigan. As a principal investigator at the Chronic Pain & Fatigue Research Center, her work focuses on exploring the role of thoughts and emotions in the experience of pain, as well as novel interventions to promote resilience and improved pain self-management.



Mark Ilgen, PhD, *University of Michigan - Professor*

Mark Ilgen is a clinical psychologist and a health services researcher with an interest in improving outcomes for individuals with problematic alcohol or drug use. He is currently a Research Career Scientist in the Department of Veterans Affairs (VA) Center for Clinical Management Research in Ann Arbor, Michigan and a Professor in the Department of Psychiatry at the University of Michigan. A focus of Mark's work has been on understanding the relationship between pain and substance use. In addition, he has studied substance use and pain as risk factors for suicide.

Session Description: Multiple studies have documented a link between chronic pain and risk of suicidal behaviors. In this session, we will review the literature on suicide risk in those with chronic pain and examine potential reasons why those with physical pain are at elevated risk for suicide. In addition, we will discuss the potential clinical implications for suicide prevention efforts. Lastly, we will explore the mental and physical health benefits of having a strong sense of purpose in life and discuss strategies to cultivate your own unique sense of purpose.

2:15 - 3:15 pm
Library C
(Upper Level)

CONFERENCE BREAKOUT 4-E

LEADING TREATMENTS TO USE WITH CLIENTS IN CRISIS



Lawrence Wentworth, PhD, LP, ABPP, *Wentworth & Associates, P.C. - President/CEO Psychologist*

Dr. Wentworth has been a practicing therapist for over 35 years. He is the President and CEO of Wentworth & Associates, P.C. a private psychotherapy practice with 40 associates trained to serve the emotional needs of the community. Dr. Wentworth and his staff are committed to the cause of suicide prevention and have supported Kevin's Song for several years. Many therapists on his staff are trained in advanced methods for treating trauma, which is one of the leading causes of suicidal feelings.



Kristi LeBeau, LPC, *Wentworth and Associates, PC - Clinical Director*

Kristi received her BA in Psychology from Oakland University and an MA in Community Counseling at Oakland University. She has been a fully licensed counselor in practice for over 15 years. She is an EMDRIA Approved EMDR Consultant, Certified in DBT, and Level 1 IFS (Internal Family Systems) trained. She has also assisted as a coach in providing EMDR basic trainings.

Session Description: This session will focus on models of Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS), Dialectical Behavioral Therapy (DBT), and Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). It will include a description and how each model may be utilized to help clients/patients in crisis.

3:15 - 3:30 pm

BREAK - *Be Sure to Visit the Resource Gallery, Bookstore, and Memorial Forest*

All Day
Each Day
Library B
(Upper Level)



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



 **JOSEPH J. LAURENCELLE**
MEMORIAL FOUNDATION
JLLMF

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.

Friday, January 27th - *Continued*

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

3:30 - 4:30 pm
Grande Ballroom

CONFERENCE ON SUICIDE - 4th KEYNOTE



YELLOW ROSE CAMPAIGN: COMMUNITY EMOTIONAL WELLNESS

Gregory Flynn, *West Bloomfield Fire Department - Chief*

Chief Flynn joined the fire service in 1998. He has served West Bloomfield as a firefighter/paramedic, EMS Division Captain, Assistant Chief, and currently Fire Chief. Flynn has a Bachelor's degree in Public Safety Studies, is a graduate of the National Fire Academy Executive Fire Officer Program, and is currently enrolled in the Naval Postgraduate School - Center for Homeland Defense & Security Master's Program in Monterey, California.

Session Description: The Yellow Rose Campaign's mission is to remove the stigma of emotional health issues while linking humans with resources, training, and support. The campaign is a pledge to impact the community culture positively.

6:00 - 9:00 pm
Provincial Ballroom

DINNER - *With Musical Entertainment by*



Matt Watroba

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

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

This event is separately ticketed and includes dinner and two (2) complimentary drinks. Cash Bar available. Check at the Kevin's Song table in the Resource Gallery if you wish to purchase a ticket.



In Loving Memory...

RYAN DANIEL FITZGERALD

1983 - 2022

Ryan, devoted son, brother, friend and lover of animals, left us too soon. His mischievous charm and wit are dearly missed. Ryan will always be remembered for his kindness, enthusiasm and zest for life. We carry him in our hearts forever.

Saturday, January 28th

Conference on Suicide

Breakout Sessions

SURVIVING SUICIDE - A JOURNEY OF HEALING & HOPE

NOTE: NO CON ED will be available for Saturday sessions.



8:30 – 8:45 am
Provincial Ballroom



WELCOME

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



INTRODUCTIONS

LaToya Bond, *Kevin's Song Board Member*

La Toya is a legal support professional, radio personality and a small business owner. She is also the host of "Speaking Of Love Podcast", created in honor of her father who took his own life in a murder-suicide. Since the tragedy, La Toya has become an advocate for mental health & suicide prevention.



Kevin O'Shea, *Kevin's Song Board Member*

Kevin F. O'Shea is a senior partner at The Miller Law Firm in Rochester, Michigan specializing in complex commercial litigation. Kevin has been an active member of the nonprofit community. He is a founding Board member and past Chairman of the Detroit Urban Debate League and is a member of the Board of Trustees of On My Own of Michigan, a local nonprofit organization that assists adults with cognitive impairments achieve independence. After the death of his younger son, Conall, by suicide in 2018, he determined to become active in the suicide prevention community. Kevin's Song has provided him with that opportunity.

8:45 – 9:00 am
Provincial Ballroom

2023 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.



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

2023 HONOREES:



INDIVIDUAL HONOREE:

Amelia Lehto, *Chief of Staff and Director, National Center for the Prevention of Youth Suicide, American Association of Suicidology*

Amelia has worked in crisis services and suicide prevention for the past 15 years. She is a past Chair of the Crisis Centers Division of the American Association of Suicidology Board of Directors, where she spent time transforming the division, establishing the Crisis Services Committee, and welcoming new membership into the organization. She specializes in crisis service quality improvement, suicide prevention initiatives, postvention support group development, and facilitation skills. Additionally, she consults on social media strategy and policy, development, management, and customer engagement. Amelia is recognized as a leader in suicide prevention and postvention on the local, state, and national levels.



ORGANIZATIONAL HONOREE:

Zero Suicide Team –

(pictured left to right): Lydia Lamba, Sara Kadish, Kiersten Gutherman, and Tabitha Welsh

The team's most triumphant achievement is their work in suicide prevention by reducing access to lethal means. The team sought out research on the cutting edge of suicide prevention and devoted their efforts toward reducing access to lethal means. They have accomplished this by creating a sustainable program to give out free gun locks, medication lock boxes, and information about suicide prevention resources to community members.

Saturday, January 28th

Conference on Suicide

Breakout Sessions

SURVIVING SUICIDE - A JOURNEY OF HEALING & HOPE

FREE DAY ON



Produced By:

Detroit Public TV

This Keynote Presentation is made possible, in part, through the generous donations made in memory of Ryan Fitzgerald.

9:00 - 11:30 am
Provincial Ballroom

SURVIVING SUICIDE - A JOURNEY OF HEALING & HOPE - 1st KEYNOTE

LISTEN TO UNDERSTAND



Kevin Briggs, Pivotal Points - Owner

Kevin Briggs is a retired California Highway Patrol (CHP) officer who spent many years patrolling the Golden Gate Bridge in San Francisco. Through his compassion, he encouraged more than 200 individuals over his career to choose life over suicide. His efforts earned him the nickname "Guardian of the Golden Gate Bridge." After a 23-year career, Briggs retired to dedicate his life to promoting mental health awareness across the globe through Pivotal Points, an organization he founded.



Kevin Berthia, Kevin Berthia Foundation - Founder

Kevin Berthia is a suicide attempt survivor and prevention advocate. In 2005, at the age of 22, Kevin attempted to take his own life by jumping from the Golden Gate Bridge. Kevin was later reunited with the officer who talked him back to safety. Since then, Kevin's story of HOPE has touched a diverse group of audiences all around the world.

Session Description: This presentation with Kevin Briggs and Kevin Berthia will focus on how we can have a conversation with someone who may be in a mental health crisis. Along with this, individual Quality of Life issues will be discussed.

11:30 am - 12:15 pm
Provincial Ballroom

LUNCH - Be Sure to Visit the **Resource Table, Bookstore, and Memorial Forest**

12:15 - 1:00 pm
Provincial Ballroom

SURVIVING SUICIDE - A JOURNEY OF HEALING & HOPE - 2nd KEYNOTE



COPING FROM SUICIDE LOSS

Cheryl Waters, IWLC, KalmWaters Consulting - Owner

As a Suicide Prevention Specialist for over 35 years with Macomb County Community Mental Health, Cheryl provided prevention, intervention and postvention services for individuals and families affected by suicide. She has trained emergency services personnel with skills needed when responding to a completed suicide. She is the coordinator of KnowResolve's SOS support group. Cheryl has a private life coaching practice, KalmWaters Consulting, in Port Huron where she resides.

Session Description: Education is the most powerful tool in helping to understand and navigate the unique and complicated grief of losing a loved one by suicide. In this workshop, we will explore the psychache of suicide and some of the commonalities of the suicidal mind. We will discuss how as a survivor you can navigate the grief left behind and begin a path to healing and hope.

1:00 - 1:15 pm
Provincial Ballroom

BREAK - Be Sure to Visit the **Resource Table, Bookstore, and Memorial Forest**

1:15 - 2:30 pm
Library Rooms
A, C and D
(Upper Level)

SUPPORT BREAKOUT SESSIONS:

Participants will break into groups depending on interests or needs.

- **LOSS SURVIVORS** - Facilitators: **Gigi Colombini and Barb Smith**
- **LIVED EXPERIENCE WITH SUICIDE (ATTEMPT SURVIVORS)** - Facilitators: **Amanda Stein**

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BARB SMITH **SUICIDE RESOURCE** **& RESPONSE NETWORK**



Our Mission: To prevent suicide through education, connection to resources, and support for those impacted by suicide.

We offer trainings:
ASIST - safeTALK - Awareness - Postvention
First Responders - Youth Suicide Prevention

To request trainings or
resources, contact:
info@srrn.net
www.srrn.net
989.781.5260





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.





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21929 E 9 Mile Rd St. Clair Shores, MI 48080 (9 & Mack)

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OAKLAND COMMUNITY HEALTH NETWORK (OCHN)

OAKLAND COUNTY'S PUBLIC MENTAL HEALTH SYSTEM



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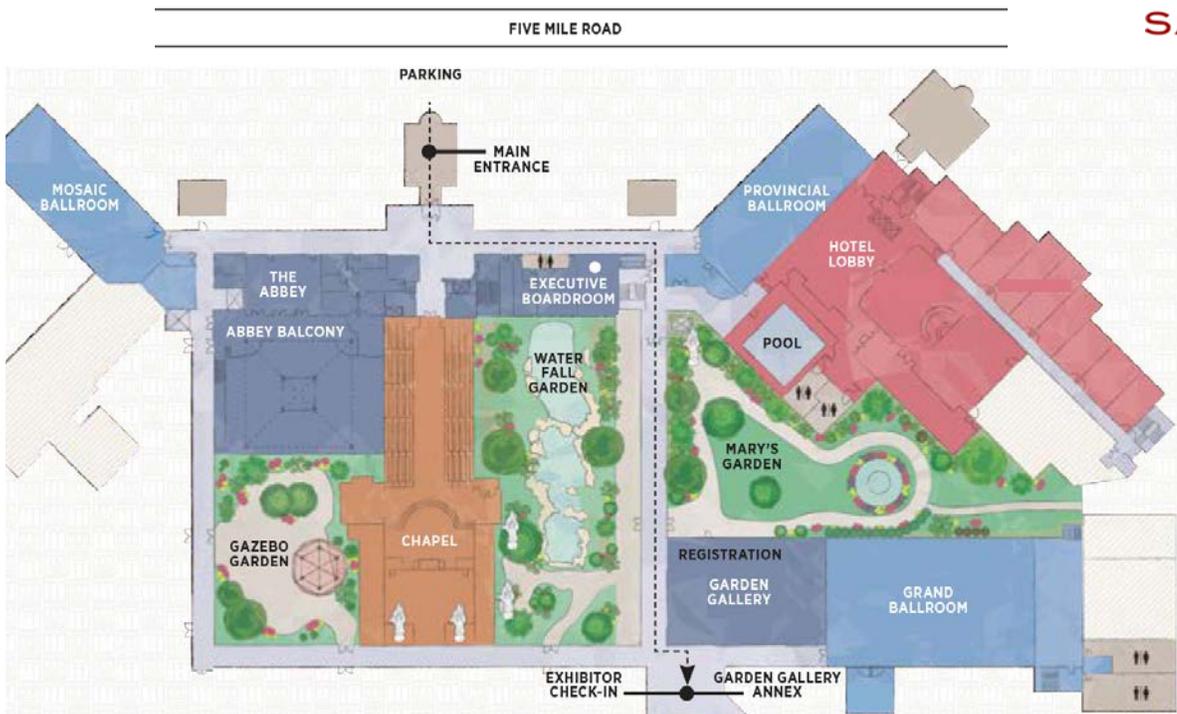
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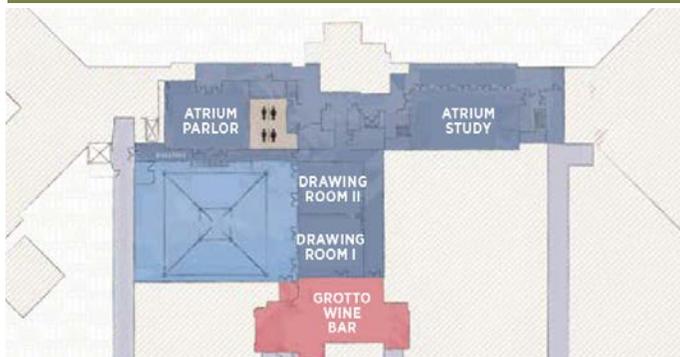
MAIN LEVEL



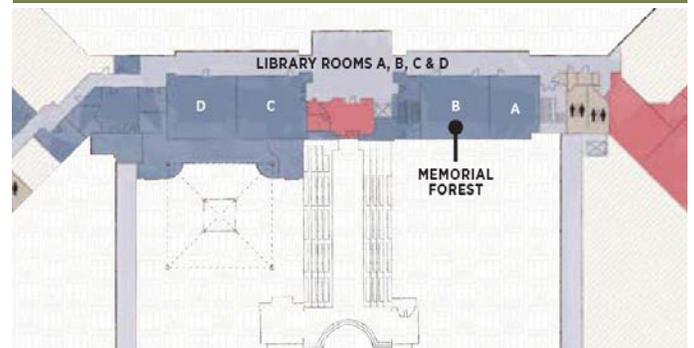
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LOVER LEVEL

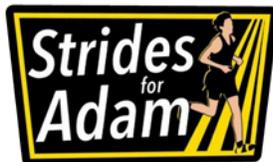


UPPER LEVEL



EVENT	ROOM	LOCATION
Registration	Garden Gallery	Main Level
Continuing Education	Garden Gallery	Main Level
Plenary/Keynote Sessions	Grande Ballroom	Main Level
Symposium on Suicide	Provincial Ballroom	Main Level
Saturday Survivor Program	Provincial Ballroom	Main Level
Conference Breakouts	Library Room A, Library Room C and Library Room D	Upper Level
Conference Breakouts	Atrium Study, Drawing Rooms I and II	Lower Level
Memorial Forest	Library Room B	Upper Level
Saturday Support Group Breakouts	Library Room A, Library Room C and Library Room D	Upper Level
Breakfast, Dessert and Snacks	Garden Gallery	Main Level
Lunch (School Summit and Conference)	The Atrium	Lower Level
Lunch (Symposium on Suicide)	Provincial Ballroom	Main Level
Lunch (Saturday)	Provincial Ballroom	Main Level
VIP Reception (Thursday evening)	Garden Gallery	Main Level
Dinner (Friday evening)	Provincial Ballroom	Main Level
Resource Gallery	Garden Gallery and Annex	Main Level
Bookstore	Garden Gallery	Main Level
Speaker Check In	Garden Gallery	Main Level
Exhibitor Check In	Garden Gallery Annex	Main Level
Volunteer and Conference Office	Garden Gallery Annex	Main Level

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