

Wednesday, January 24, 2024

Pre-Conference Training Day

A variety of Pre-Conference training sessions for clinicians will be offered – including Safe Talk, QPR and AMSR.

Thursday, January 25, 2024

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The first day of this bold and comprehensive conference will focus on integrating schools, youth-serving organizations and clinicians to promote Suicide Prevention and mental well-being. Presentations will appeal to educators, mental health professionals and suicide prevention advocates who

work with young people to build awareness and to share prevention strategies that are tailored to this diverse population.

Presented by

Children's
Foundation



Keynote Presentations Include:



Kathryn Goetzke

Chief HOPE Officer of The Shine Hope Company

The Science and Power of Hope

Hopelessness is the single consistent predictor of suicide, and primary symptom of anxiety and depression. Yet we are never taught what it is, and how to get to hope. Hope is measurable, and teachable. During this talk, you'll learn about a global movement for hope, through Hopeful Cities, Hopeful Minds, and Hopeful Mindsets, and know how to measure, and improve your hope, using the SHINE Hope framework.



Jocelyn Meza PhD.

Assistant Professor-in-Residence, Psychiatry and Biobehavioral Sciences UCLA

Contextualizing Suicide Risk For Latinx

Youth: Sociocultural Risk and Protective Factors

Sociocultural risk factors associated with self-injurious thoughts and behaviors among Latinx youth. Culturally-relevant factors include acculturative stress and acculturation gaps, and structural level risk factors include racism (i.e., interpersonal and systemic), racial trauma, and discrimination/racial microaggressions.



Hayley Watson PhD.

Clinical Psychologist and CEO, Open Parachutes

Understanding Struggling Students

Practical tips for having conversations with students that create a sense of connection and belonging, even in the face of struggle. You will learn a conversation framework, as well as the specific words that you can use to provide guidance and support in a way that is safe, structured, and supportive. You will leave with strategies to up-skill the rest of your team, and increased confidence to support all the students in your school community.



Mason Englert

Relief Pitcher, Detroit Tigers

Interviewed by **Johnny Kane**, *Bally Sports Detroit*.



Understanding Struggling Students

Mason Englert shares his journey of self-discovery, facing overwhelming anxiety, depression and thoughts of self harm, and how meditation and cold exposure therapy have helped him observe and maintain his own mental health, and how he hopes to become a positive influence for others facing a similar battle.

Breakout Sessions

- THE ROLE OF TRAUMA AND TOXIC STRESS ON THE MENTAL HEALTH OF YOUTH - **Sarah Emmerson, MA, LLP**
- POSTVENTION: FACILITATING DISCUSSIONS WITH STUDENTS AFFECTED BY SCHOOL SUICIDE CRISIS - **Nancy Buyle, MA. LPC, ACTP**
- YOUNG KIDS WITH BIG EMOTIONS, WHAT ARE THEY TRYING TO TELL US? - **Shelleyanne Keelean, PhD**
- BUILDING A ZERO SUICIDE FRAMEWORK: A JOURNEY AT C.S. MOTT CHILDREN'S HOSPITAL OF MICHIGAN MEDICINE - **Nasuh Malas, MD, MPH**
- QPR FOR EARLY CHILDHOOD - **Javon Reese**
- TEEN GIRLS ARE FACING RECORD LEVELS OF SADNESS, HERE'S WHY - **Kristen Grogory DO**
- MILES JEFFREY ROBERTS FOUNDATION (MJRF) MENTAL HEALTH CHAMPIONS PROGRAM - **Will Heininger; Andy Nalepa; Melissa Schmidt LMSW, SSW**
- GENDER AFFIRMING CARE AND SUICIDE PREVENTION - **Jay Kaplan, EsQ, Antonia Caretto, PhD., Daniel Shumer, MD, Stephanie Lange, LMSW Moderator**
- THE PEER-TO-PEER PREVENTION MODEL FOR SCHOOLS - **Matt Vereercke, EdD**
- CAMS-4 TEENS - **Natalie Burns, LMSW, MA**
- SUICIDE PREVENTION WITH INDIGENOUS YOUTH - **Adon Valquez, Taylor Puckett-Maxwell**
- SUBSTANCE ABUSE AND SUICIDE - **Vasilis Pozios, M.D.**

END OF THE DAY MEDITATION SESSION: A KEY FOR UNLOCKING THE POWER OF THE PRESENT MOMENT - **Jonathon Itchon**