



8th ANNUAL CONFERENCE ON SUICIDE:
CONTINUING THE CONVERSATION . . .

JANUARY 25-27, 2024 | ST JOHN'S RESORT

www.KevinsSong.org

We can check in on each other.

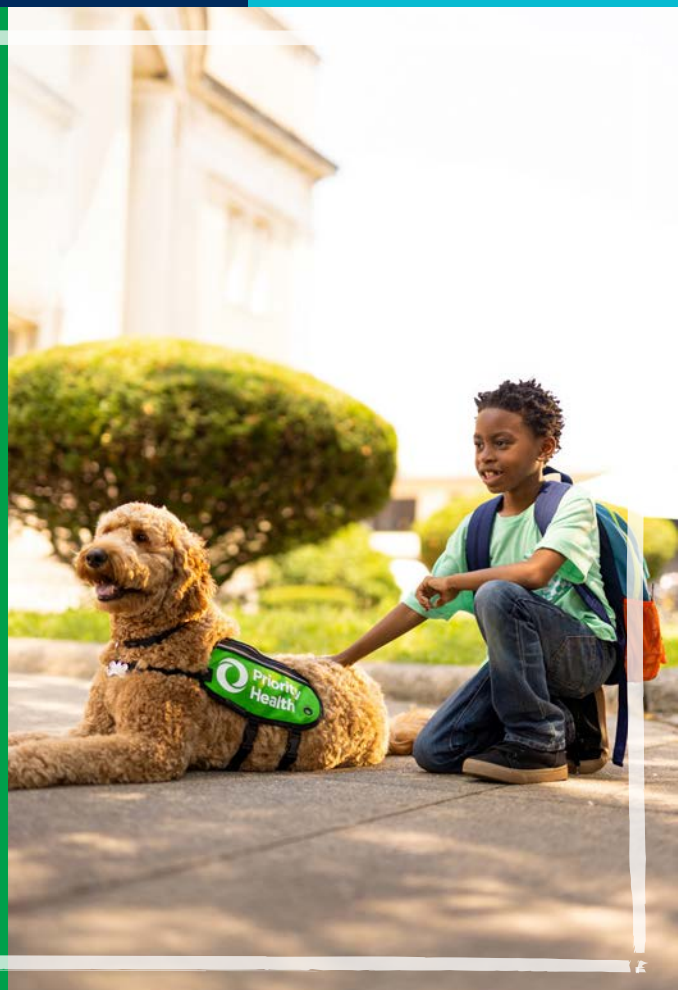
Visit corewellhealth.org/checkin
for guidance on how to start
a conversation about
mental well-being.



Your community is our priority.

Learn how Priority Health is supporting
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MISSION:

Empower communities to
prevent suicide and offer
hope and healing to survivors.

VISION:

A world without suicide

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



An array of powerful presentations that engage clinicians and suicide prevention advocates to enhance their knowledge and skills to prevent suicide. Attendees will hear the latest in research about suicide and risk assessment as well as evidenced-based treatments and prevention strategies to better serve individuals and communities at risk.



The focus of the Youth Mental Health and School Summit will be 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.



The stories of loss survivors and those with a lived experience will help to ease the pain for those who suffer alone and in silence. These stories will also address how to manage grief and offer hope to those who have suffered a loss and to those who support them. Following the survivor presentations, attendees will have an opportunity to meet privately in group support sessions facilitated by mental health professionals.



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.

988 SUICIDE & CRISIS LIFELINE

2023 Annual Conference Attendees Said:

95%
YES!

When asked if the **information** and **training** helped them achieve the following learning objectives:

- Increased knowledge on suicide risk factors, prevention strategies, treatment alternatives
- Knowledge of cultural influences that impact diverse communities and treatment strategies that address factors that are unique to these communities.

"It has been my honor to attend each and every one of these annual events, and moreover, my attendance has enabled me to witness firsthand the growth and the energy generated by this meeting. The good that they are accomplishing on behalf of those bereaved by suicide and others is considerable and occurs year-round; their footprint is in Michigan, where they have risen to prominence as an influential suicide prevention organization, and it is growing beyond Michigan regionally and nationally."



Thomas E. Joiner, Ph.D.,
The Robert O. Lawton Distinguished
Professor of Psychology

"I have been involved with the Kevin's Song conference for quite a few years and have watched it grow from a small, tightly knit local effort to a large, tightly knit national effort. Each year this conference gets bigger and each year more amazing things happen because of this conference."



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

Media Outreach:

The 2023 Conference on Suicide had over 335 online, print and broadcast media articles and interviews within the state of Michigan and throughout the midwest.

The Facebook livestream of Saturday's Surviving Suicide: A Journey of Healing and Hope, produced by Detroit Public Television, had 11 crossposting partners and had over 2000 views for the 60 minute program.

9,652 TOTAL FACEBOOK ENGAGEMENTS

93,114 ORGANIC REACH

119,142 PAID REACH

212,256 TOTAL REACH

+102 FACEBOOK PAGE LIKES

4.55%* ENGAGEMENT RATE

*Average Facebook engagement rate across industries is 3.6%



kevinssong.org

Michigan's largest and widely respected conference directly focusing on suicide — the **Kevin's Song 8th Annual Conference on Suicide: Continuing the Conversation . . .** returns January 25 - 27, 2024 at the St. John's Resort located at 44045 Five Mile Rd. in Plymouth. The 2024 Conference will once again be produced in partnership with Detroit Public Television. Presentations will feature a roster of prominent local and national speakers discussing the latest in suicide research, treatment and prevention. A variety of keynote and breakout sessions will be offered each day providing many options to learn about evidenced-based prevention programs, tools, and treatments aimed at assisting at-risk individuals and communities.

As the literature has shown, educators and medical professionals, including those in the behavioral health sectors - either do not receive enough or any formal education about suicide during their training years. As we know, suicide is a leading cause of death in many age groups and within our own state, but we have not been making great strides in decreasing rates. The desire to provide more education to all groups is why Kevin's Song has taken a lead in Michigan with this

three-day conference to

SAVE LIVES.



Conference Goals:

- To assist mental health professionals and educators to implement strategies to prevent youth suicide with a special focus on high risk and underserved youth. Knowing how to identify a young person at risk and understanding the role of the school and therapist in preventing suicide is vital if we are going to have an impact on reducing the incidence of suicide attempts and completions.
- To share information that will help attendees to identify and address risk factors and promote protective factors, including the safe storage of firearms, within and beyond their own communities.
- To provide loss and attempt survivors with information and resources to help with their individual journeys through healing, loss and grief and to assist mental health professionals and other caregivers in understanding the needs of survivors.



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,

What a remarkable year 2023 was for Kevin's Song! We recognized our 10th Anniversary and all that Kevin's Song has accomplished. We presented another outstanding Conference on Suicide in January 2023, held our twice monthly Loss Survivor Support Groups throughout the year, continued to raise awareness about suicide and suicide prevention through our monthly newsletter, social media platforms and website, and supported our partners in suicide prevention throughout Michigan, all while constantly striving to accomplish our mission of "Empowering communities to prevent suicide and offer hope and healing to survivors."



We could not have accomplished any of this without the passion and commitment of our Board of Directors, Advisory Council, Consultants, staff, volunteers and generous sponsors and donors.

Perhaps the most exciting development of 2023 came in November when Jennifer Fair Margraf was selected to lead Kevin's Song as our Executive Director. Jenn brings experience, knowledge and expertise to her role, as well as a passion for mental health and suicide prevention. You will read more about her in this program and, hopefully, have an opportunity to meet her during this conference!

A Conference on Suicide: Continuing the Conversation.... promises to be an enlightening and enriching experience. Please take in the vast amount of information to be learned from the speakers and presenters gathered here, the beautiful environment and, most of all, the incredible, dedicated people in attendance.

Thank you for being here.

Warmly,

Gail and John Urso
Cofounders, Kevin's Song

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

Alison Chekovsky, Management Team and Staff at
St. John's Resort

Kevin Zielinski, Paul Friedmann, Beau Anderson,
Joby Jenkins and Staff, Mercury Sound & Lighting

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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 the people of Michigan and helping to save lives.

Rich Homberg, Fred Nahhat, Martin Fischhoff, Brian Denn
Jessica Fidler, Colleen O'Donnell and Jessica Clark



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.

A DECADE OF HOPE AND HEALING:

Kevin's Song Marks 10th Anniversary with New Leadership

Suicide is a devastating act.

For the victim, it's a tragic outcome rooted in despair and desperation.

For loved ones left behind, it's lingering pain, sadness and unanswered questions.

Sometimes, the response to this tragedy is a call to action. A movement to raise awareness and take proactive steps to lessen the likelihood of more self-inflicted harm.

That's what Gail and John Urso did after their son, Kevin, died by suicide in 2013. Their nonprofit organization, Kevin's Song, has become a prominent voice statewide in the fight against suicide, offering support, resources, and hope to countless individuals affected by suicide.

In 2023, Kevin's Song marked its 10th anniversary with a poignant blend of triumph and sorrow.

Gail Urso, reflecting on the journey, remarked, "Sometimes it seems like it was yesterday and sometimes it seems like a long time ago. To think how far we've come over the past 10 years is remarkable."

And that voice is needed now as much as ever, with the latest Centers for Disease Control statistics showing that suicide deaths in the United States reached a record high in 2022 at more than 49,000.

Here in Michigan, there were 1,482 suicide deaths in 2021, the most recent year for which statistics are available. That's a 4% increase from the previous year, according to the state Suicide Prevention Commission's 2023 annual report.

A closer look at the Michigan data is eye-opening:

- Men accounted for 80% of suicide deaths in 2021, with the highest rates for those 70 and older. The highest rates for women were between the ages of 40-59.
- Firearms accounted for more than half of Michigan's 2021 suicide deaths and were by far the most common means for men, figuring in 91% of the 1,200 fatal incidents.
- The suicide rate for Black Michigan residents is up 39% over the past 10 years, from 7.2 per 100,000 in 2012 to 10 per 100,000 in 2021.
- With a rate of 14.4 suicides per 100,000 people, Michigan ranks 34th nationally and, according to Suicide Prevention Commission is "now near the highest level we've seen in the last two decades."



Jennifer Fair Margraf,
MBA, CFRE,
Executive Director

But even when the problem seems beyond control, there is some encouraging news in the fight against suicide. For example, Michigan in 2023 passed a law that allows judges to issue an "extreme risk protection order" that would remove guns from someone deemed at risk of harming themselves. The state also beefed up its firearm background check laws to cover weapons beyond handguns as well as strengthened firearm storage requirements related to the presence of minors.

All those legislative acts built upon recommendations from the state's Suicide Prevention Commission.

Another positive development that may save lives is Michigan's recent ban on conversion therapy for LGBTQ youth, a segment of the population that's particularly at risk for suicide.

Overall, the only real way to address our state and nation's suicide crisis is to keep it at the forefront. Awareness breeds dialogue. Dialogue spurs strategy. Strategy unleashes results.

Looking ahead to the next decade, the Ursos and the Kevin's Song board recognized the need for an executive director to sustain and enhance the organization's impact. Jennifer Fair Margraf, an experienced nonprofit leader, has recently assumed this role.

With a background in nonprofit leadership and a keen understanding of mental health, Margraf is poised to guide Kevin's Song into a new era of growth and outreach.

Margraf's vision extends beyond southeast Michigan, where Kevin's Song is based, as she aims to expand the organization's reach throughout the state of Michigan and beyond. Her commitment to promoting open conversations about suicide aligns with the organization's core mission.

"It's a healthy, positive thing to talk about this topic," said Margraf, emphasizing the importance of breaking the stigma surrounding suicide.

As Kevin's Song embarks on its second decade, the organization remains steadfast in its commitment to empowering communities, raising awareness, and providing support to those affected by suicide. With a new leader at the helm, the organization is poised to amplify its impact and continue its crucial work in suicide prevention and survivor support.

“

***Awareness
breeds dialogue.
Dialogue spurs
strategy. Strategy
unleashes results.***



Kevin's Song Executive Director

Jennifer Fair Margraf, MBA CFRE

Kristi Kaiser,
Administrative Associate

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SAVE THE DATES: JAN 23-25, 2025

2025 | 9th ANNUAL CONFERENCE ON SUICIDE



Starry Starry Night is the annual fundraiser for Kevin's Song featuring sponsorship opportunities and 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!

2023 Starry, Starry Night Committee

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A special thank you to AMBASSADOR VIDEO by James McGovern, JCM Film and Music, JOHN MCTAGGART PHOTOGRAPHY John McTaggart, O'SHEA FUND Sponsor of our Volunteers, and SCHOENITH FAMILY Historic Roostertail

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

Save The Date



2024

STARRY, STARRY NIGHT

Please Join Us for an Evening of

DINNER, MUSIC, SILENT & LIVE AUCTIONS

Thursday, September 19, 2024

The Roostertail | 100 Marquette Drive | Detroit, MI

KevinsSong.org

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

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THURSDAY:

Youth Mental Health and School Summit

CHILDREN'S FOUNDATION

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FRIDAY:

Continuing the Conversation

COREWELL HEALTH
AND PRIORITY HEALTH

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SATURDAY:

Surviving Suicide –
A Journey of Healing and Hope

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SIX FEET OVER

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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 pleased to support Kevin's Song 8th annual conference and applaud their unwavering commitment to preventing suicide and offering hope and healing to survivors.

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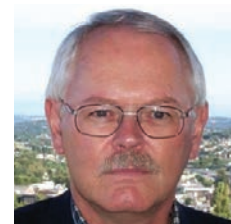


Proud sponsor
of the BH Suicide
Conference



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



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

A Call to Activate Hope

Hopelessness is a learned trait and is the single consistent predictor of suicide. Hopelessness is predictive of weapon-carrying on school property, violence, self-harm, addiction, accidents, and a myriad of other risky behaviors. According to the 2022 Biden-Harris Strategy to Address the Mental Health Crisis, over 40% of American teens, and over 57% of teen girls, struggle with persistent feelings of hopelessness. This calls for immediate action.

Hopelessness doesn't just influence an individual's mental health; it directly impacts our society as a whole. Hopelessness is one of our biggest adversaries, yet we aren't taught what it is, how to proactively manage it, or how to activate hope. It is like expecting someone to be good at math, without ever teaching them equations.

The Power of Hope

In our work, the antidote to hopelessness is hope. We define hope as a vision for something in your future, fueled by both positive feelings and inspired actions, the opposite of the emotional despair and motivational helplessness found in hopelessness. Both feelings and actions are critical to hope; actions differentiate hope from a "wish." However, hope is not something we are born with; it is a skill that we must practice, just like math, science, and history.

Doctors and scientists have been studying hope for decades, it is measurable and, as we have shown, teachable. Hope is a known protective factor against anxiety and depression and leads to a longer lifespan. Higher hope is associated with better academic performance, less stress, increased productivity, quality leadership, resilience, lower anxiety, better social connection, and less loneliness.



Anyone can teach hope. Police are teaching Hopeful Minds in school systems, after-school programs, with the housing authority, and through other community initiatives. They are leading the way.

Hope transforms communities and lives; we just need to know the "how-to" of hope. The good news is hope is teachable. And the time to answer the call for hope is now.

About The Shine Hope Company

The Shine Hope Company is on a mission to improve lives globally by teaching scientifically informed and evidence-based methods to measure and cultivate hope, based on our Founder Kathryn Goetzke's research that Hope is a teachable skill. The company aims to do this through workplace consulting, Hopeful Mindsets™ courses, research, consumer products, and books, which were all curated by the best-in-class researchers in mental health and Hope science using the Shine Hope™ framework. Hope is predictive of retention, performance, productivity, and engagement, and is a protective factor against anxiety and depression. Visit www.theshinehopecompany.com, or e-mail activate@theshinehopecompany.com for more.

Activating Hope

The Five Keys to Shine Hope™ is a simple (yet not necessarily easy!) strategy to ensure that a person can always find a way to proactively manage hopelessness and be equipped with skills to activate hope. The Five Keys to Shine Hope include:

- **Stress Skills:** These are actions that help you navigate your stress response and work through your body's chemical response to external stimuli.
- **Happiness Habits:** These are healthy, long-term actions that you can take to foster positive feelings and stay hopeful. When you practice Happiness Habits, your body releases serotonin, dopamine, endorphins, and oxytocin, the positive hormones that help counteract stress.
- **Inspired Actions:** The deliberate steps you take to move toward all you want in life.
- **Nourishing Networks:** These are the Hope Networks of the people in your life that provide you support, help you stay on track, encourage you to succeed, and who you do the same for in return.
- **Eliminating Challenges:** Challenges to Hope are negative habits of thought, like limiting beliefs, automatic negative thoughts, all-or-nothing thinking, negative bias, rumination, worry, focusing on uncontrollables, attaching to outcomes, and internalizing failure, that move us from hope to hopelessness. Eliminating challenges is the conscious act of using hope skills to overcome these challenges to hope and maintain Hopeful Mindsets™.

The individual skills discussed in the Five Keys to Shine Hope work best when continuously reinforced by the environment, so it is therefore essential that we continue to improve communities while empowering individuals. We must support policy change so that individual hope is reinforced in communities.

Teaching hope is a proactive, progressive way to address mental health and hopelessness. It isn't a diagnosis or a cure; it is a framework that provides a universal roadmap that we can all use when we experience times of emotional despair and motivational helplessness, the two ingredients of hopelessness. Moments of hopelessness impact everyone, every day, so the goal is to normalize the conversation and ensure all are equipped with skills for hope.

About Kathryn Goetzke, MBA

Kathryn Goetzke, MBA, is CEO & Chief Hope Officer of The Shine Hope Company, the Author of 'The Biggest Little Book About Hope', podcast host of The Hope Matrix, Creator of award winning Hopeful Minds, Hopeful Cities, and Hopeful Mindsets, She is Founder of iFred, the International Foundation for Research and Education on Hope, established in 2004. Kathryn and her work has been featured at Harvard University, the World Bank, the United Nations, the Kennedy Forum, and more. Kathryn was recently appointed to be a representative at the United Nations for the World Federation for Mental Health and is working to get an International Day of Hope established at the United Nations.

Encouraging Students Who Are Depressed or Apathetic

Hayley Watson, PhD

Open Parachute Ltd; Clinical Psychologist and Founder

This article will give you tools for communicating with students who are showing signs of depression, low mood, or apathy (e.g., seeming to not care about things they used to care about, appearing flat or emotionless, lacking a sense of purpose or zest for life). While you, as an educator, are never tasked with changing these patterns in your students (this is the job of mental health practitioners), there are still many ways that you can help these students thrive. In this discussion, you will learn the language that can help students in depressive cycles become more open to themselves and the world around them.

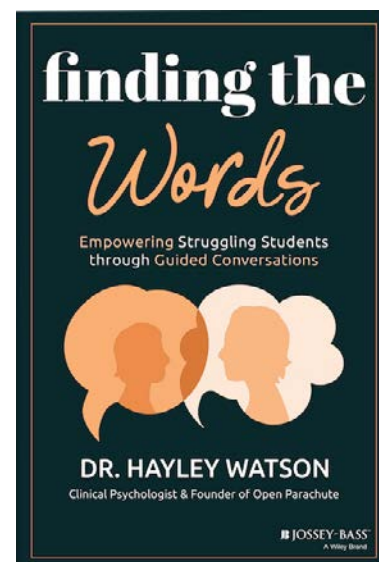
WHY Do Students Get Depressed and Become Apathetic?

Students become depressed and apathetic because they feel hopeless about making positive changes in their lives. This often happens when they have learned to avoid their emotions rather than facing and moving through them. When emotions are avoided for an extended period of time, they often get bottled up and become too overwhelming to connect with at all. This leads to a numbness and a sense of helplessness or a feeling of being lost and like it's "all too much." When a student gets into this helpless state, everything starts to feel too hard. They can start thinking that nothing will ever change and feeling like they are just going through the motions rather than really living a full life. Because they are disconnected from their emotions, even things that are inherently joyful won't break through the haze because they aren't able to feel and connect to the excitement of the moment.

This cycle can bring students into a more and more disconnected state, making it harder to see anything but the doom and gloom of life. Depression, like anything, falls on a scale of severity. It's helpful to remember that a student who has been diagnosed with severe depression has a much heavier burden and, most likely, more biological and environmental reasons for their depression, but the underlying patterns are similar to a student who is apathetic about their school work. Suicidal thoughts are a natural extension at the extreme end of this—if a student is seeking an escape from their feelings that seem so overwhelming that they can't see any other way out, it is not uncommon for thoughts about suicide to arise. These thoughts should always be taken extremely seriously, and a referral should be made to a counselor or other mental health practitioner to support a student with these patterns. Students who are depressed can often appear angry, uncaring, sloppy, or unfocused. It's important to always look deeper at any behaviors like this that seem self-destructive because there is likely a depressive pattern underneath.

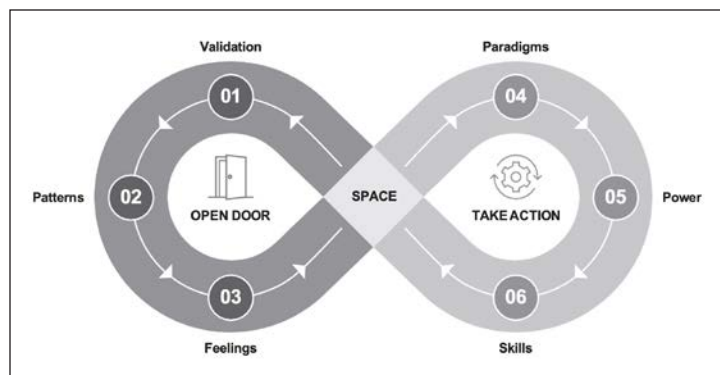
WHAT Can I Do to Help a Student Who Is Depressed or Apathetic?

Students who are depressed or apathetic need support to open up to their own feelings and remember that they have the courage to face those feelings. Often students who are depressed forget all of the things they do to help themselves and need to be reminded of the impact of their own self-care strategies in order to motivate them to use these strategies regularly.



HOW Will I Have a Constructive Conversation with a Student Who Is Depressed or Apathetic?

In my conversation with a student, she told me that she had started to feel sad a lot when she was younger. This is often how a student will explain a depressed state. During our conversation, she was able to explore her feelings and notice her own patterns that have been keeping her stuck. She was also able to reflect on her own past courageous acts and the skills she already possesses to help herself. We end with a focus on inspiration for the future, which will help the student see herself and her future differently, remembering the agency she has to make changes in her life and the possibility that she has the potential to feel differently. It's important to note that if the student had mentioned anything that made me concerned for her safety, I would have asked her directly if she was thinking about harming herself (e.g., "Do you ever think about harming yourself?" or "Have you had any thoughts about doing something to hurt yourself?"). If she answered in the affirmative, I would have taken her to a mental health practitioner at the end of our conversation. All the other elements of our dialogue would have remained the same so that I could show her that other adults also want to support her through this, not just her counselor.



The learning cycle for building mental health skills

Reproduced with permission from Open Parachute.

Interview with Abby (Age 15)

A: Um, at around like maybe like 11 or 12, yeah, I don't know. Just one day I started feeling sad a lot.

H: I'm sorry you went through that. Do you want to talk about what happened? (Validation; Patterns)

A: Um, well, uh, well, I think my mom noticed it and my dad, cuz my dad's a mental health nurse, so he noticed it and my mom noticed it. And then I went to a lot of people like psychiatrists and therapists. Um, like a lot since then, from then to now. But like it's kind of all been the same. Sometimes it's been like really bad. Sometimes it's just like normal.

H: And so can you describe a bit more about what it felt like for you? Did you start getting low mood and didn't want to do things? Were you having negative thoughts? Did you feel numb? Like what was it like for you? (Feelings; Patterns)

A: A lot of lack of motivation. Like I would say "no" to everything and I would stay in my room all the time. Um, there was a long time where I wouldn't get excited about anything and I think that's kind of like stayed cuz I don't get like overly excited even for the things I would find really exciting before.

H: Hmm. . . do you have any examples of that? (Validation; Patterns)

A: Um, a lot of times. Because when I was younger, I loved food a lot. Like I would always eat leftovers of other people's food. And then, um, when I started getting like low mood and stuff, um, people would say like, "Oh, I have this food for you," or "You wanna go get some food? Do you wanna eat this person's leftover food?" And I would just say "no." Or I'd be like, "I don't care."

H: And so it sounds like you felt like an "I don't care," like numb, kind of just blocking everything out, is that right? (Validation; Feelings)

A: Um, yeah. At first it was a lot of like blocking other people out. And then, um, just like thoughts like, oh, you know, "They didn't care about me." I usually feel that when I'm on my own. But that probably came from blocking people out.

H: Yeah, definitely. And I think a lot of us can relate to that. It's hard. It's really hard. And it's almost like all the feelings come back when we're on our own, right? What is it like for you? What happens? Do you get anxious? Do you feel a rush of feelings? Do you feel really sad? (Validation; Feelings)

A: I mostly just feel like really sad. Like it used to be like a thought would come in and I would just be like, "Okay, yeah, cool." And then it started being like, a thought would come in and I would like dwell on it for a while until I got distracted. It was always like I would think about something until I got distracted.

H: And what kind of a negative thought? (Patterns)

A: Just like, um, well, I've always feared, probably like, feared the future and like what's in store and like how, like what am I gonna do when I leave school? Like, am I gonna finish school? Just people always say that I'm always like down to earth and in the moment, that's cuz I only feel safe when I'm in the now, in the present.

H: Yeah, I get that. And what do you feel when you start thinking about the future? What happens? (Validation; Patterns)

A: I just get really nervous, really anxious. Just like, I don't want to think about it at all.

H: And what do you feel in your body? Do you get tense? (Feelings)

A: Um, I usually get really sweaty hands and, um, yeah. When I get really anxious, I just like freeze up and I just sit really still, I guess.

H: Definitely. And what kinds of thoughts come up? Like do you think, "I don't know what I'm gonna do, something bad might happen, I don't like the future."? Like what are your thoughts that come up? (Patterns)

A: Mostly just like, like a lot of, like "nothing will be the same." I think I've been thinking about that a lot. Like "nothing will be the same as like what's happening right now." Like there'll be things that are similar but like nothing will be the same.

H: And why does that feel scary for you? (Patterns; Feelings)

A: Um, I think cuz of the fact that nothing can be the same. There's always an opportunity for something bad to happen and I won't be prepared for it.

H: Definitely. And have you had experiences, like when change was a negative thing for you? (Patterns)

A: Um, I think when I was younger, changing schools, um, it was, I mean, it would've been hard for like any, anyone to change schools. I've been to about five schools, or six. Um, and then just like, just changing all the time and having to relearn names, having people learn my name, making new friends and like not getting bullied and stuff like that.

H: And so what did you start to associate with change? (Patterns; Paradigm)

Encouraging Students Who Are Depressed or Apathetic

A: Just like bad things to happen.

H: And so do you think that's where your mind goes now? (Patterns; Paradigm)

A: Yeah, definitely. That's where it goes. Definitely.

H: And that's really normal. That's absolutely normal. That's a trauma response. That's what happens when our brain starts learning from our past experiences and then starts predicting more of the same. And what happens when your brain goes there? Cuz it's. we go into a little bit of a fight or flight response. Like we either freeze or we start lashing out and getting angry or we get really overwhelmed or we try to get out of the situation. What's your response when you start getting in that panic? (Validation; Paradigm; Patterns)

A: It always depends on like where I am. Most of the time I freeze and I just shut down completely. But if I'm with, um, people who I'm really comfortable around, like my friends, I will usually get pretty angry. But I've always been like a calm person. Like people need me to be calm. And so when I get angry, I immediately follow it with like a joke or something to like ease the tension.

H: Definitely. That's really common. And do you ever have any thoughts about what you might need to help you? (Validation; Skill)

A: Um, not really. I've never really known what I wanted, but I think someone who just like cared.

H: Yes. Absolutely. And what do you think would happen if you had someone who cared? (Skill)

A: Um, I don't know.

H: I really get that. And that's what you deserve, absolutely. I really recommend seeing a psychologist. I can give you a recommendation for someone I know because it really does make a difference. And that's the whole purpose of what a psychologist is there for. It's just to see you, to know you, to help you work through some things, to help give you some tools. And that can be really, really important and powerful. What do you think about trying to reach out, and have those kinds of conversations? (Validation; Skill)

A: I would do it. I know that a lot of people would never talk to people, but I feel like I like talking to people. Um, yeah. So I think it'd be good.

H: That's so great. And how do you feel when you take actions to help yourself? Like what's an example of some of the things that you've done already? (Validation; Feelings; Power)

A: Um, a lot of like, yeah. Um, I don't know.

H: So what are some of the things you do that make you feel good? Do you like to draw, do you listen to music? What are the things you do? (Power; Skill)

A: Go for a walk. Yeah. I used to like walk every day for the past couple of years, but now I work and stuff, so it's only a couple of days. And then I listen to music every day. I draw sometimes.

H: That's great! And how do you feel when you're by yourself walking, listening to music? (Feelings; Power)

A: I just, yeah, I feel just whatever emotion that I'm playing in my head, like if I'm imagining some like heroic scenario from a movie, I feel brave and, yeah.

H: Amazing. I can see that you are very brave! What a great way to help yourself. (Feelings; Paradigm; Power)

Suicide Is NOT Inevitable

Gigi Colombini, LMSW

A psychotherapist and suicidologist with the Institute for Hope and Human Flourishing in Birmingham.

When iconic individuals like Kate Spade, Anthony Bourdain, or Twitch end their own lives, we have to believe there was something so profoundly unhelpable about their situations that they believed suicide was the tragic only option.

As a clinical social worker with an expertise in suicide prevention, I can assure you, there is nothing inevitable about suicide. The biggest problem we face is a lack of education and understanding, even in the medical community, of what this 10th leading cause of death in America is really all about. This leaves almost everyone afraid to step in and turn the tide.

Family medicine physicians, who prescribe about 80 percent of psychiatric medications, undergo less than a day of suicide prevention training. Emergency room docs are not required to have any. More people die by suicide than homicide. More people die by suicide than in auto accidents. According to the 2022 provisional data from the CDC, the national suicide rate has increased to 14.3 for 100,000, and recent studies show that 54 percent of those who die by suicide did not have a diagnosed mental illness.

But this is not a story of despair. If anything, we need to rewrite the story on suicide to one of hope because suicide is not inevitable.

Fourteen people out of 100,000 die by suicide; 999,986 find a way to endure painful struggles.

Somehow, we have come to believe that if someone is really suicidal, there is nothing anyone can do about it.

Shame often prevents people from sharing feelings, from telling someone, *I'm thinking about ending it all*. When we experience a spate of suicides in close proximity as we did recently, we feel powerless about the possibility of preventing these untimely deaths.

The Interpersonal Theory of Suicide suggests that the likelihood of suicide increases if three things are present in someone's life: feeling as if he is a burden to others, social isolation or not belonging to a community and an ability to make it happen (more than half of all suicides are completed with a firearm!).

Having someone to literally talk you off the ledge helps immensely. A person who is suicidal does not really want to die; he just wants the pain he is experiencing to stop.

The pain is so intense it makes it difficult to see solutions to problems. Talking about it can help him see the possibility of enduring pain with the support of loved ones, community and connections.



In the U.S., the highest rate of suicide occurs among white men. During the economic downturn, we saw this happen because so many men became powerless to support their families. Unaccustomed to sharing feelings, many felt isolated and alone. We think suicide happens when someone is so despondent she can't leave the house. It more often looks like life's stressors building up and one pivotal situation that leads to despair.

I don't know what Anthony Bourdain's circumstances were, but I remember how devastating it was when we lost Robin Williams because people of all ages loved him. Sometimes, when men grow older, they feel a loss of quality of life; many times they no longer feel valued after leaving the workplace.

Women are different. While our work is important to us, we are often connected to family and friends, and we talk about feelings.

When a famous person dies by suicide, people are doubly perplexed, thinking, They had everything; how could they do this? But rich and famous does not equal happy.

Happiness comes from connection, purpose, doing what you love. There is truth to the notion that it's lonely at the top; achieving fame, fortune and renown can leave a person feeling alone and misunderstood.

We must change our conversation about suicide to one of hopefulness, where we all get involved in turning the tide. Even the language must change — a person does not “commit” suicide like he “commits” a crime or a sin. People die, tragically, and preventably.

When someone is grieving or struggling, be the one to start the conversation. Ask, “Have you had thoughts of suicide?” And if she says, “Not really,” know that answer may actually mean “yes.” These simple conversations can save many lives.

Suicide is not inevitable. Even when someone thinks it is the answer, there is time to redirect thoughts. We simply have to care. We mustn't shy away from getting involved.

As our society grows increasingly distant, we must double-down on connection and concern. We must “meddle” in order to make people believe they matter. Talking is the path to help.

Suicide is highly preventable. We must arm health care practitioners, educators and community members with the tools to spot real risk and then provide effective treatment to heal it.

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.

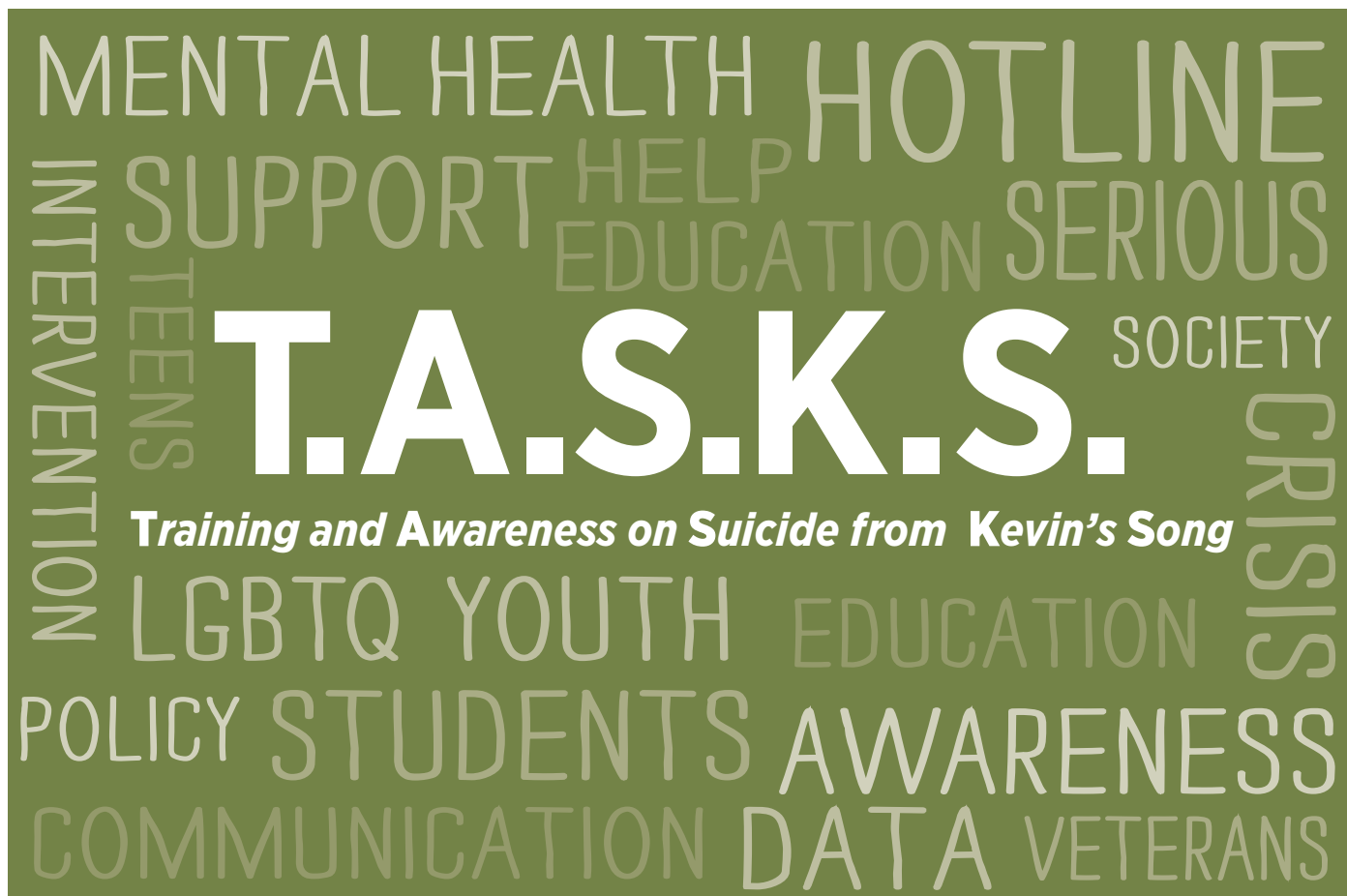
Kevin's Song will send the certificate to you *after* the conference.

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 KEYNOTE 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 MPHJ 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.



Continuing Education Credits

2024 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!**
 - You will receive an email with an evaluation link on 1/29/24. Be sure to check your junk mail area if you don't see it. If you have not received this by 1/30/24, please contact CEInfo@mphi.org for next steps.
 - The evaluation will stay open until 2/11/24.
- 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 with your certificate(s).

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. This will be scanned when you receive your name badge to show your conference attendance
- Look for the check in ID for each session you attend. It will be clearly posted by the entrance for each session.
- Session attendance will be collected by entering the posted number into your registration account using the **Event Squid mobile app**. Video instructions on how to do this will be shown throughout each day. You can also stop by the registration desk for assistance.
- 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

We request that all participants complete the evaluation. Your feedback provides important information on conference presenters and sessions. You can also provide feedback on the overall conference so that we can make improvements for future years.

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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 **11.00 Nursing Contact Hours** have been awarded for this activity by the Michigan Public Health Institute - Continuing Education Solutions (MPHI CES 101073403).

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 **16.50 Social Work Clock Hours** have been awarded for this activity by the Michigan Public Health Institute - Continuing Education Solutions (MPHI-CES 20243403sw).

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

State of Michigan Teachers (SCECH)

A maximum of **16.50 State Continuing Education Clock Hours (SCECHs)** have been awarded by Macomb Intermediate School District. (Approval # 20239640)

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.

Alcohol/Drug Counselor Designation (MCBAP)

A total of **16.50 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 on the CE Document. (MPHI-CES 20243403mcb)

Licensed Professional Counselors (LPC) though NBCC

A total of **10.50 Hours** have been awarded for this activity by NBCC. 8th Annual Conference on Suicide: Continuing the Conversation... 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-4443.

OTHER Healthcare Professionals

16.50 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.



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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.

- All Things Possible
- American Association of Suicidology
- American Indian Health and Family Services of Southeastern Michigan
- Ascension Health
- Barb Smith Suicide Resource and Response Network
- Mental Health Foundation of West Michigan/be nice
- Beaumont Behavioral Health
- Bethany Ann Geldes Foundation
- Black Family Development
- Caleb's Kids
- Cedar Creek Hospital
- Charlie Health
- CNS Healthcare
- Corewell Health and Priority Health
- Detroit Wayne Integrated Health Network
- Ele's Place Ann Arbor
- Front Line Strong
- Institute for Hope & Human Flourishing
- Gryphon Place
- Harbor Oaks Hospital
- Havenwyck Hospital
- Hegira Health
- Hope Network
- Hope Squad
- Jevon Johnson
- Macomb County Community Mental Health
- Man Therapy
- Mental Health Training Consultants
- NAMI Metro
- Newport Healthcare
- Oakland Community Health Network
- Open Parachute
- River's Bend PC
- Sanford Behavioral Health
- Six Feet Over
- StoneCrest Center
- Trinity Health Michigan
- Volunteers of America

Resource Gallery Passport Contest: A Game for Attendees by Resource Exhibitors!

Resource Gallery PASSPORT

Name: _____

Check One: ☐ Thursday ☐ Friday

EXHIBITOR	INITIALS	EXHIBITOR	INITIALS
• All Things Possible		• Gryphon Place	
• American Association of Suicidology		• Harbor Oaks Hospital	
• American Indian Health and Family Services of Southeastern Michigan		• Havenwyck Hospital	
• Ascension Health		• Hegira Health	
• Barb Smith Suicide Resource and Response Network		• Hope Network	
• Mental Health Foundation of West Michigan/be nice		• Hope Squad	
• Beaumont Behavioral Health		• Jevon Johnson	
• Bethany Ann Geldes Foundation		• Macomb County Community Mental Health	
• Black Family Development		• Man Therapy	
• Caleb's Kids		• Mental Health Training Consultants	
• Cedar Creek Hospital		• NAMI Metro	
• Charlie Health		• Newport Healthcare	
• CNS Healthcare		• Oakland Community Health Network	
• Detroit Wayne Integrated Health Network		• Open Parachute	
• Ele's Place Ann Arbor		• River's Bend PC	
• Front Line Strong		• Sanford Behavioral Health	
• Institute for Hope & Human Flourishing		• Six Feet Over	
		• StoneCrest Center	
		• Trinity Health Michigan	
		• Volunteers of America	

Kevin's Song is excited to introduce an opportunity for conference attendees to visit the many Exhibitors located in the Resource Gallery. The premise of the game is to create an incentive for attendees to visit each of the tables sponsored by various non-profit and mental health organizations.

You will have two (2) PASSPORTs, one for Thursday and one for Friday) with a listing of all the Resource Exhibitors in your conference bag. Simply write your name on the PASSPORT and you're ready to begin the game.

HOW THE GAME WORKS:

Stop at the table of a Resource Exhibitor and speak with representatives about their available resources. At the conclusion of your discussion, the Exhibitor representative will initial your RESOURCE GALLERY PASSPORT. Repeat this process for each Exhibitor you visit. Your PASSPORT should include proof of visits to Resource Exhibitors in each of the three (3) Resource Gallery locations: Main Garden Gallery, Garden Gallery Foyer and Garden Gallery Hallway. To be eligible for the drawing, you must visit and received a sign-off from at least 20 Exhibitors each day. You may participate in the drawing on both Thursday and Friday.

Turn in your completed Passport at the Bookstore after the first afternoon Breakout Sessions. A drawing will take place BEFORE the final afternoon breakout sessions during the last afternoon break. There will be a drawing on both Thursday and Friday afternoon. The lucky winner will receive a gift basket with prizes and gift cards. **You MUST BE PRESENT TO WIN.**

MEMORIAL FOREST

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

Sponsored by:



Kathleen McGovern
STUDIO OF INTERIOR DESIGN
INSPIRED DESIGN

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 **ABBEY ROOM on the Main Level** of the Conference Center, is made possible through the many generous donations to Kevin's Song in memory of Adam Elbadawi.

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

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

***The Abbey Room is located on the Main Level of the Conference Center, past the Chapel.
The Memorial Forest will be open throughout the 3 day Kevin's Song Conference on Suicide.***



American Association of Suicidology 2023

LOSS SURVIVOR AWARD



Gail Urso

Cofounder of Kevin's Song

The American Association of Suicidology (AAS), the world's largest membership-based suicide prevention organization, announced that Gail Urso, Cofounder of Kevin's Song, was the recipient of the 2023 Loss Survivor Award. The award was presented in April at the 56th Annual AAS Conference in Portland, Oregon.

"We received more than sixty submissions from across the world for 2023 Annual Awards and we could not be prouder of this year's winners," said AAS President & CEO Leeann Sherman, MPS, CAE. "Due to her extraordinary commitment to supporting other families, Gail stands out among the many courageous and generous loss survivors active in our community. We are happy to present her with this prestigious award."

The Loss Survivor Award has been given since 1995 to acknowledge ways in which survivors of suicide transform the trauma of their loss into suicide prevention efforts and/or survivor support.

THANK YOU GAIL on your steadfast dedication to the prevention of suicide.

TOGETHER, WE WILL MAKE AN IMPACT!

The American Association of Suicidology (AAS) is the world's largest and nation's oldest membership-based suicide prevention organization. AAS offers comprehensive resources to facilitate learning about suicide and mental health, including but not limited to:

- Accredited Crisis Centers
- Annual Conference
- Community Programs
- Membership
- National Center for the Prevention of Youth Suicide
- Research
- Suicide And Life-Threatening Behavior Journal
- Toolkits & Resources
- Trainings & Certifications



MAKE AN IMPACT

To learn more about the work of the American Association of Suicidology, visit www.suicidology.org.

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.*



2024 HONOREE:

Gigi Colombini, LMSW

Institute for Hope & Human Flourishing; Founder - Psychotherapist

Gigi is familiar to many in the suicide prevention community - having presented at many meetings and conferences and providing advice and guidance on how to work with patients who struggle with thoughts of suicide and how to help families cope with loss. She is the founder of the Institute for Hope and Human Flourishing. Her holistic, common-sense and insight-oriented therapeutic approach provides her patients a clear and simple path to understanding, better enabling them to create changes they are looking for in their lives.



Throughout her professional journey, she has worked as a Crisis Center supervisor and crisis counselor, led and facilitated grief groups and various community organizations throughout Oakland and Macomb counties, and consulted on programs for Harvard, Dartmouth, and the University of Michigan. She is a member of the Kevin's Song Advisory Board, and she appeared in the documentary film 'Death is Not the Answer', co-produced by Kevin's Song, as a featured psychotherapist to help provide a deeper understanding of the risk factors identifying depression and what leads to suicide.

As an expert in the field of suicide prevention, she developed and implemented a continuity of care/family support intervention designed to enhance the safety and support of high-risk youth following a suicidal emergency. The Holding On To Life Youth Suicide Prevention Program (Caring Calls) has received professional recognition from the Michigan Department of Community Health and the National Institute for Mental Health. She has provided trainings in corporate, community, religious and clinical settings and is a frequent presenter at conferences that focus on raising awareness about suicide.

Outside the professional setting, Gigi Colombini continually challenges herself academically, socially, and physically. She is committed to her own growth, personally and professionally. Devoted to her family, she also finds time for travel and commitments to her community. She is a graduate of University of Michigan, receiving her MSW with a concentration in community organizing.

Congratulations to GIGI COLOMBINI, 2024 Honoree of the Kevin's Song Saving A Life Award, for her commitment to suicide education and prevention - saving the lives of many in crisis and for her outstanding service to the Kevin's Song community.

KEVIN'S SONG SUPPORTIVE STAFF

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

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

They can be identified by the **TEAL BLUE RIBBON on their name badge
and **ORANGE LANYARD****



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.



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Breakfast, Lunch and Refreshments

CONTINENTAL BREAKFAST will be served each morning in the *Garden Gallery*.

On Thursday and Friday, a **BUFFET LUNCH** will be served in the *ATRIUM (Lower Level)* for attendees. **DESSERT** will be served in the *Garden Gallery*.

The Saturday program, including **BREAKFAST** and a **BOX LUNCH**, will be served in the *Grande Ballroom*. If you have dietary restrictions, please see Leo or Kristi so that we can make an effort to accommodate your needs.

leo@kevinsong.org

THURSDAY EVENING:



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 5:30pm to 7:30pm.

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.

Sponsored by



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

FRIDAY EVENING:

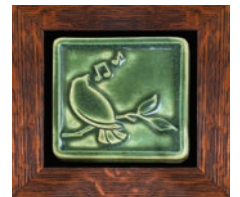
Dinner and Music of the U of M Musical Theatre Department

On Friday evening, from 5:30 to 8pm, there will be a casual Conference Dinner hosted in the Grande Ballroom. Attendance is by separate ticket. The cost is \$25 for dinner and two drinks. Cash bar available.

Sponsored by



After dinner, Kevin's Song will present the **2024 Saving A Life Award** to this year's honoree,



Gigi Colombini. Following the award presentation, we will be entertained by an uplifting Concert of Hope and Healing, by students of the *University of Michigan Musical Theatre Department*.



This dinner is by separate ticket only. The cost is \$25 and can be purchased at the Bookstore in the Resource Center (Garden Gallery) or by contacting Leo Nouhan if you wish to attend

leo@kevinsong.org

#KEVINSSONGCONFERENCE2024

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



We believe that **mental health matters.**

Hope Network has made a commitment to improving the care we provide to the people and communities we serve who are struggling with mental health and suicidal thoughts. Our evidence-based mental health and suicide prevention trainings will give you some of the skills needed to help save the life of someone in a mental health crisis. **Want to make a difference? Scan the code and join the 6,000+ people across the globe who have already been trained by our certified team of trainers.**

ASSESSING AND MANAGING
SUICIDE RISK
Core Competencies for Mental Health Professionals



Mental Health
FIRST AID



YOUR COMMUNITY CONNECTION TO WELLNESS

**MENTAL HEALTH SERVICES FOR ADULTS AND CHILDREN
SLIDING FEE SCALE, NO ONE TURNED AWAY FOR INABILITY TO PAY**

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Phone: 800-615-0411**



WEDNESDAY, JANUARY 24, 2024

Pre-Conference Training Day

These trainings are supported by Michigan Department of Health and Human Services and 

8:30 - 4:30 pm
Library Room D
(Upper Level)



ASSESSING AND MANAGING SUICIDE RISK (AMSR) TRAINING

THIS IS A FULL-DAY TRAINING AND INCLUDES BREAKFAST, A LIGHT LUNCH AND REFRESHMENTS

AMSR's research-informed risk formulation model helps health and behavioral health professionals feel confident navigating challenging conversations and offers key strategies for providing compassionate care to people at risk for suicide. Authorized expert trainers lead the one-day AMSR training, teaching professionals essential skills through videos, live demonstrations, and paired and written practice.



Maggie Sweeney, LPC, Hope Network; Suicide Prevention Clinical Specialist

Maggie Sweeney has dedicated her career to working with individuals across various populations with a focus on suicide prevention. She started her career working with students in private and public universities and a private boarding school. She has worked in various crisis response settings including call centers, psychiatric urgent care, and on-call case management for local health agencies. Currently she sees clients in private practice and works as the Clinical Specialist for Hope Network's Zero Suicide Initiative and is an AMSR trainer, among other duties.



Jennifer Cronkite, MA, LPC, Mental Health Therapist, Prevention Specialist CMHA of Clinton, Eaton, Ingham Counties

Jennifer Cronkite holds a Master's degree in Counseling from Michigan State University, is a licensed professional counselor in the state of Michigan, and has been a part of CMHA-CEI for over 13 years. After 6 years as a home-based therapist and 3 years as a Children's Crisis Services clinician, she moved into the position of Prevention Therapist, where she now collaborates with community partners to promote awareness of and access to mental health services, to prevent youth suicide, and to develop and implement community health and wellness initiatives. She is also a certified Youth Mental Health First Aid, QPR, and AMSR trainer.

9:00 - 10:30 am
Library Room A
(Upper Level)



QUESTION, PERSUADE, REFER (QPR) TRAINING

THIS IS A 90-MINUTE TRAINING AND INCLUDES LIGHT BREAKFAST AND REFRESHMENTS



Javon Reese, Black Family Development; Suicide Prevention Coordinator

Like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world.

Jason Reese attended Eastern Michigan University on a full ride scholarship to play football. He is currently completing a dual master's degree from Wayne State University in social work and public health. In addition to his work at Black Family Development, Inc. in Detroit, Michigan, he serves as a consultation partner with Tribe Consulting, LLC. Javon has set his focus on suicide prevention and awareness, mental health and student athletes, and learning about food equity. He is trained to facilitate QPR, safeTALK, and ASIST.

1:00 - 5:00 pm
Library Room B
(Upper Level)



SAFETALK TRAINING

THIS IS A 4-HOUR TRAINING AND INCLUDES LIGHT SNACK AND REFRESHMENTS



Barb Smith, Barb Smith Suicide Resource & Response Network; President

LivingWorks safeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. You will learn how to reach out to someone thinking about suicide and help them keep safe by using a simple and effective model and promptly connecting them to further support.

The Barb Smith Suicide Resource & Response Network is recognized at the state and national level for its work in training individuals in suicide prevention, advocacy, and postvention. As a survivor of both her brother and sister-in-law's suicides, Barb took her lived experience from the past 33 years to help find purpose for her pain. Barb is the facilitator of the local Survivors of Suicide support group, coordinator for the Local Outreach for Suicide Survivors team, and a Victims Advocate for the Saginaw County Sheriff Department. Barb is a certified trainer for LivingWorks ASIST, safeTALK, and Suicide Awareness programs. Barb was appointed to the Governor's Suicide Prevention Commission and most recently she was honored with the Saving A Life Award from Kevin's Song and presented the award from National Alliance on Mental Illness (NAMI) Michigan Special Honoree. Her advocacy lead to her winning her the WAVE award for Saginaw County.

YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

8:00 - 8:15 am
Grande Ballroom
(Main Level)



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



CONFERENCE OPENING REMARKS AND INTRODUCTIONS
Jennifer Fair Margraf, MBA, CFRE,
Executive Director




Presented by



8:15 - 9:15 am
Grande Ballroom
(Main Level)

KEYNOTE 1




THE SCIENCE AND POWER OF HOPE
Kathryn Goetzke, MBA, *The Shine Hope Company; Founder and CEO*

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.

Kathryn Goetzke, is also founder of iFred, and author of "The Biggest Little Book About Hope". She created an evidence-based program to teach the 'how' to hope called Hopeful Minds, recognized as an innovation by the World Bank. She has expanded her work to Hopeful Cities and Hopeful Mindsets and is working to get an International Day of Hope established at the United Nations. Kathryn launched the first cause marketing campaign for mental health through her brand Mood-lites. Kathryn has been vocal about her personal mental health journey, including her own suicide attempt, the loss of her father to suicide at 18, and recently celebrated 19 years in recovery.

9:15 - 10:15 am
Grande Ballroom
(Main Level)

KEYNOTE 2



UNDERSTANDING STRUGGLING STUDENTS
Hayley Watson, PhD, *Open Parachute Ltd; Clinical Psychologist and Founder*

This session will provide educators with 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.

Dr. Watson is a Clinical Psychologist specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health. She has been creating and delivering youth and school-based programs globally for the past 20 years, and has worked across a range of community based and private sectors. She trains educators and parents on holistic wellbeing practices and is the founder of Open Parachute - a video-based school mental health program using documentary stories of real students sharing their experiences of overcoming struggle as a platform for reducing stigma and building resilience, that is being delivered in schools across the US, Canada and Australia.

10:15 - 10:30 am

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

#KEVINSSONGCONFERENCE2024
Please Use This Hashtag when Posting to Social Media Throughout and After the Conference.

YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

MORNING BREAKOUT SESSIONS

10:30 - 11:30 am
Provincial Ballroom
(Main Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION A1



THE ROLE OF TRAUMA AND TOXIC STRESS ON THE MENTAL HEALTH OF YOUTH

Sarah Emmerson, MA, LLP, *Sarah Emmerson PLLC; Psychotherapist*

Attendees will take a look at how trauma and toxic stress affects youth. This will include effects on learning, relationships, and mental health.

Sarah Emmerson has been working with children and families for over 15 years in multiple settings. In her work with at-risk youth, her curiosity about the role of trauma and toxic stress on these kids lead her to further work with children and families to reduce the impact of trauma and increase resiliency.

10:30 - 11:30 am
Atrium Study
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION A2



POSTVENTION: FACILITATING DISCUSSIONS WITH STUDENTS AFFECTED BY SCHOOL SUICIDE CRISIS

Nancy Buyle, MA, LPC, ACTP,

Macomb Intermediate School District; School Safety/Student Assistance Consultant

Responding effectively to the needs of the school community after a suicidal crisis is critical. This session will look at effective postvention through the lens of facilitating discussions about a student's thoughts, reactions, emotions and feelings following the suicide death of a classmate.

Nancy Buyle has her master's degree from Oakland University in Counseling and Post Master's Education in Mental Health. Nancy is the Chair of the Macomb County Suicide Prevention Coalition and was appointed by Gov. Gretchen Whitmer to the Michigan Suicide Prevention Commission, where she serves as co-chair. She is a certified instructor for: Mental Health First Aid-Youth, Question, Persuade and Refer (QPR), and LivingWork's SafeTALK. She is trained in Critical Incident Stress Management and is a Certified Trauma Consultant and trainer through the National Institute of Trauma and Loss in Children (TLC).

10:30 - 11:30 am
Atrium Parlor
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION A3



YOUNG KIDS WITH BIG EMOTIONS, WHAT ARE THEY TRYING TO TELL US

Shelleyann Keelean, EdD, *Grosse Pointe Public Schools; Elementary Principal*

Behavior is communication and for our youngest learners communication can be challenging. Every child is developing and learning at a different pace, which is a good thing! Unfortunately, in our society, even our youngest learners feel unnecessary pressure to be the best in the world. What we really need to do is help them be the best for the world. We will discuss different ways to help children communicate feelings in a variety of ways.

Dr. Keelean has been in education for 20 years. She received her BS from the University of Miami Florida, went on to become a Nationally Board Certified Teacher and her 2nd master's degree from Concordia. She is now the Principal at Monteith Elementary in Grosse Pointe. No matter what age group she has worked with, the one area she continued to feel was not supported enough was the Social Emotional Development of children. She continued her studies and completed her Doctorate at Oakland University with a focus on the importance of Social Emotional Support for our youngest learners.

All Day
Each Day
The Abbey
(Main 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.

*Sponsored by Detroit Wayne Integrated Health Network and
Kathay McGovern Studio of Interior Design*

YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

MORNING BREAKOUT SESSIONS - Continued

10:30 - 11:30 am
Drawing Room I & II
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION A4



BUILDING A ZERO SUICIDE FRAMEWORK: A JOURNEY AT C.S. MOTT CHILDREN'S HOSPITAL OF MICHIGAN MEDICINE

Nasuh Malas, MD, MPH, *University of Michigan Health System; Division Director and Service Chief, Child Psychiatry; Associate Professor in Pediatrics and Psychiatry*

The presentation will highlight the engagement of C.S. Mott Children's Hospital's engagement in building a Zero Suicide Framework for its suicide prevention and care in the emergency room and inpatient settings. This is part of a 16-site collaborative supported by Cardinal Health, the Children's Hospital Association and the Zero Suicide Institute. It will review the initial organizational self study and gap analysis, workforce survey data, lead team and steering committee structure, as well as the progress made over the first 18-months in building interventions and activities across the seven elements of the Zero Suicide Framework.

Dr. Malas graduated with his MD and MPH from the University of Wisconsin. He then completed Triple Board (Pediatrics/General Psychiatry/Child Psychiatry) training at the University of Pittsburgh Medical Center prior to starting as faculty at the University of Michigan in 2014. Dr Malas is an Associate Professor in the Department of Psychiatry and the Department of Pediatrics. He served as the Director of Pediatric Consultation-Liaison Psychiatry from 2014-2023 and currently serves as Division Director and Service Chief for Child and Adolescent Psychiatry at the University of Michigan.

11:30 am - 12:30 pm
Atrium
(Lower Level)

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

12:30 - 1:30 pm
Grande Ballroom
(Main Level)

KEYNOTE 3



ILLUMINATE, INTERVENE, AND INSPIRE: UNVEILING THE LINK BETWEEN YOUTH SUBSTANCE USE AND SUICIDE PREVENTION

Carol Zuniga, MS, LLP, *Chief Executive Officer, Hegira Health, Inc.*

Explore the vital connection between youth substance use and suicide risk. Discover statistics, factors, and action steps for prevention and intervention in this workshop.

Carol (DiGiuseppe) Zuniga has more than three decades of experience in the healthcare industry, selected as one of Crain's "Notable Women in Healthcare" in April 2020, appointed to the Governor's Commission on Suicide Prevention in January 2023, and awarded the 2023 Kyle F. Stack Women of Achievement Leadership Award by the SWCRC. Carol is recognized for leading Hegira Health's delivery of the highest level of behavioral health services to residents of metropolitan Detroit. Hegira Health's Executive Director since 2016 and named CEO, effective October 1, 2021, Carol was responsible for the multi-year planning and facilitation of a 2022 merger that placed HHI's in the position of becoming the largest, most comprehensive, free-standing, non-profit, behavioral health service provider in its region.

1:30 - 2:15 pm
Grande Ballroom
(Main Level)

KEYNOTE 4



A JOURNEY TOWARDS SELF-DISCOVERY AND HOPE

Mason Englert, *Detroit Tigers; Baseball Pitcher*

Detroit Tigers pitcher Mason Englert shares his journey of self-discovery, including 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.

Mason Englert is an American professional baseball pitcher for the Detroit Tigers of Major League Baseball. He made his MLB debut in 2023. He speaks nationally on his journey of mental health struggles and recovery.



INTERVIEWED BY:

Johnny Kane,
Bally Sports Detroit; Reporter

Johnny Kane is a play-by-play, host, and reporter for Bally Sports Detroit during Detroit Tigers and Detroit Pistons games. Johnny has a degree in Sports Journalism from University of Ohio.

2:15 - 2:30 pm

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

YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

AFTERNOON BREAKOUT SESSIONS I

2:30 - 3:30 pm
Drawing Room I & II
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION B1



QPR FOR EARLY CHILDHOOD

Javon Reese, *Black Family Development; Suicide Prevention Coordinator*

QPR, Question. Persuade. Refer. is a one-hour presentation that covers three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. Throughout the presentation, we will see how we can apply QPR to early childhood. What are signs, what might we see, and/or hear.

Javon Reese attended Eastern Michigan University on a full ride scholarship to play football. He is currently completing a dual master's degree from Wayne State University in social work and public health. In addition to his work at Black Family Development, Inc. in Detroit, Michigan, he serves as a consultation partner with Tribe Consulting, LLC. Javon has set his focus on suicide prevention and awareness, mental health and student athletes, and learning about food equity. He is trained to facilitate QPR, safeTALK, and ASIST.

2:30 - 3:30 pm
Provincial Ballroom
(Main Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION B2



TEEN GIRLS ARE FACING RECORD LEVELS OF SADNESS, HERE'S WHY

Kristyn Gregory, DO, *Blue Cross Blue Shield Michigan; Medical Director Behavioral Health*

Young people are in crisis - and teen girls are particularly at risk. A recent U.S. Centers for Prevention and Disease Control report found nearly three in five teen girls felt persistently sad in 2021, double the rate of teen boys.

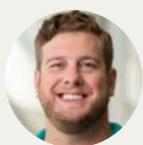
Dr. Gregory is a child, adolescent and adult psychiatrist. She has worked for BCBSM for the past 6 years with a focus on mental health in Michigan. Prior to working for BCBSM, she practiced in multiple settings such as inpatient, residential, outpatient and schools, working with children and their families. A lifelong Michigander, Dr Gregory completed her medical training at Chicago College of Osteopathic Medicine, completed adult psychiatry residency at Henry Ford Health System and Child Adolescent Fellowship at Wayne State University.

2:30 - 3:30 pm
Atrium Parlor
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION B3

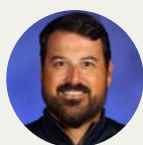
MILES JEFFREY ROBERTS FOUNDATION (MJRF) MENTAL HEALTH CHAMPIONS PROGRAM

The Miles Jeffrey Roberts Foundation is excited to share the MJRF Mental Health Champions Program with Kevin's Song. This mental health initiative is intended to be transformative in its approach for engaging youth athletes through trusted adults, specifically coaches, trainers and other professionals within the Athletic Department. Topics will include MJRF history, our Pilot program through Skyline High School (AAPS), details about our community engagement, and our future growth.



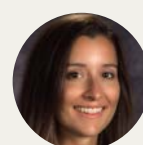
Will Heininger,
University of Michigan, Eisenberg Family Depression Center; Outreach Coordinator

Will Heininger works in mental health education and community outreach and, as a public speaker, shares his story of battling and overcoming major depression and anxiety, while playing football and attending school at the University of Michigan. He is passionate about helping high-school athletes better understand their mental health by reducing stigma, increasing awareness, and promoting help-seeking. Outside of mental health work, Will enjoys coaching high school football and helping student-athletes utilize mental health as part of a winning strategy.



Andy Nalepa,
Ann Arbor Public Schools; School Psychologist

Andy Nalepa is a practicing school psychologist in his 18th year with the Ann Arbor Public Schools. Andy graduated from Michigan State University with a B.A. in Psychology before attending Loyola University of Chicago where he received an EdS in School Psychology. He currently serves Skyline High School where he supports students' learning and social-emotional needs. He has coached several community-based recreation teams, has been an assistant ice hockey coach at Pioneer High School and is currently the JV Field Hockey Coach at Skyline High School.



Melissa Schmidt,
LMSW, SSW, CNLD Testing and Therapy; Clinical Therapist

Melissa Schmidt is a Fully Licensed Clinical Master Social Worker in the State of Michigan. She received her Bachelor of Social Work degree from Saginaw Valley State University and her Master of Social Work degree from Wayne State University. She also holds a school social worker certification. Melissa has successfully coached high school Men's & Women's golf leading them to multiple state championships. She has a Sports Performance Certification from the University of Michigan with an emphasis on mental performance with collegiate and high school athletes.

YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

AFTERNOON BREAKOUT SESSIONS I - Continued

2:30 - 3:30 pm
Atrium Study
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION B4

GENDER AFFIRMING CARE AND SUICIDE PREVENTION

This panel will explore how to prevent suicide by providing gender affirming care. What exactly is gender affirming care? How does anti-LGBTQ legislation impact the mental health of LGBTQ folx? What can schools and professionals do to understand and support the needs of trans people? Hear from an endocrinologist, a psychologist, and an attorney to get these and many other questions answered in this lively discussion.



Jay Kaplan, JD, ACLU of Michigan;
Staff Attorney LGBTQ Project

Jay Kaplan has been with ACLU of Michigan LGBTQ project since its founding in 2001. He has worked on cases including challenging undercover sting operations targeting gay men, fighting Michigan's constitutional amendment prohibiting same-sex couples from marrying, defending the validity of second parent adoptions granted in Michigan, and challenging transgender in employment in the case of Aimee Stephens which went to the United States Supreme Court. Jay was honored with the 2006 Unsung Hero Award from the Michigan State Bar and the 2010 Virginia Uribe Civil Rights Award from the National Education Association (NEA).



Antonia Caretto, PhD, PLLC,
Be Treated Well; Clinical Psychologist

Dr. Caretto is a licensed Clinical Psychologist and graduate of University of Michigan and Alliant International University California School of Professional Psychology. Among the first professionals granted Certified Provider status with World Professional Association for Transgender Health, she has been a member over 25 years. In 2018 she was selected to help draft a comprehensive policy on treatment of transgender consumers for all Michigan Department of Health and Human Services State Hospitals. An expert witness in legal proceedings concerning transgender youth, she has conducted research on suicidality among trans youth in Metro Detroit.



Daniel Shumer, MD, MPH,
Michigan Medicine; Associate Professor of Pediatrics

Dr. Shumer received his bachelor's degree from Northwestern University and his medical degree from the Feinberg School of Medicine at Northwestern University. He completed his Pediatric Residency at Vermont Children's Hospital at the University of Vermont, where he also served as Chief Resident. Dr. Shumer completed fellowship training in Pediatric Endocrinology at Boston Children's Hospital and concurrently completed a Master of Public Health at Harvard T. H. Chan School of Public Health. Dr. Shumer runs the Child and Adolescent Gender Clinic at Michigan, and his research has specifically focused on improving mental health disparities in the transgender community.



Stephanie Lang,
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.

3:30 - 3:45 am

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

AFTERNOON BREAKOUT SESSIONS II

3:45 - 4:45 pm
Atrium Parlor
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION C1



THE PEER-TO-PEER PREVENTION MODEL FOR SCHOOLS

The Jordan Elizabeth Harris Foundation will share its approach to Hope Squad, a nationally-recognized peer-to-peer suicide prevention program with practical advice for implementation and culture change over time with school-based settings.

Matt Vereercke, EdD, The Jordan Elizabeth Harris Foundation; CEO

The mission of The Jordan Elizabeth Harris Foundation, a nonprofit based in Fort Worth, Texas, is to prevent suicide, eliminate stigma and provide hope to those suffering from depression. The Foundation aims to accomplish this through comprehensive school education and prevention programs through its Hope Squad program, which reaches nearly 110,000 students in North Texas; through QPR trainings that have been taught to over 30,000 adults in Tarrant County and at businesses like Cook Children's Hospital, BNSF Railroad, Medstar Mobile Health Care and the Fort Worth and Burleson Fire Departments; and finally through research, dedicated over half a million dollars to studying depression, suicide and bringing together the top researchers in suicidology to an annual summit in Fort Worth.

YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

AFTERNOON BREAKOUT SESSIONS II - Continued

3:45 - 4:45 pm
Atrium Study
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION C2



CAMS-4 TEENS

Natalie Burns, LMSW, MA, *Trails to Wellness; Director of Suicide Prevention and Risk Management*

Rates of suicide ideation and attempts for youth remain high in the United States and there is a lack of evidence-based treatment for suicide risk for adolescents. The Collaborative Assessment and Management of Suicidality (CAMS) treatment framework aims to help suicidal patients manage suicide thoughts and behaviors on an outpatient basis as much as possible, while also addressing individualized drivers of suicide as a focus of treatment and learning alternate ways of coping. The Suicide Status Form (SSF), which guides the treatment process through assessment, treatment planning, and stabilization planning, has been validated for adolescents ages 12-17 (Brausch et al., 2021). The workshop presenter will provide an overview of the CAMS Framework®, its evidence base for decreasing suicide ideation and increasing hope in both adults and adolescents, and specific strategies for implementing CAMS in school settings.

Natalie Burns leads the tier 3 work at TRAILS. Natalie's clinical interest and expertise focus on the assessment and treatment of suicidal youth, psychosocial interventions with children and families, and suicide prevention in K-12 schools. Natalie also serves as a senior consultant for the Collaborative Assessment and Management of Suicidality where she trains mental health providers across US and internationally in suicide specific assessment and intervention. She has a master's degree in Clinical Social work and Organizational Leadership and maintains a small private practice focused on perinatal mood disorders/infertility and adolescents and adults struggling with suicidality.

3:45 - 4:45 pm
Drawing Room I & II
(Lower Level)

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION C3

SUICIDE PREVENTION WITH INDIGENOUS YOUTH

During this session, Sacred Bundle Program staff will discuss the unique challenges faced by youth, especially those in tribal communities, in accessing mental health services. Topics such as cultural normalcy, youth centered prevention, and discussing ways to integrate traditional healing practices will be covered in the session. The Sacred Bundle Project remains committed to expanding resources and trainings for tribal communities and other underserved populations across the State of Michigan.



Adon Vazquez, *American Indian Health and Family Services; Suicide Prevention Team*

Adon Vazquez has been a part of the Sacred Bundle Project at AIHFS 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 a certified SafeTALK Trainer and has presented this gatekeeper training across the State of Michigan. He is currently a student at Wayne State University.



Taylor Puckett-Maxwell, BA, *American Indian Health and Family Services; Suicide Prevention Team*

Taylor Puckett-Maxwell has been a part of the Sacred Bundle Project at AIHFS 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 received a Bachelor's of Anthropology from the University of Alabama.

All Day
Each Day
The Abbey
(Main Level)



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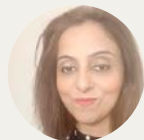


YOUTH MENTAL HEALTH AND SCHOOL SUMMIT

3:45 - 4:45 pm
Provincial Ballroom
(Main Level)

AFTERNOON BREAKOUT SESSIONS II - Continued

YOUTH MENTAL HEALTH & SCHOOL SUMMIT - BREAKOUT SESSION C4


EVALUATION AND MANAGEMENT OF YOUTH
SUICIDAL IDEATIONS AND BEHAVIORS

Shama Faheem, MD, Detroit Wayne Integrated Health Network; Chief Medical Officer

In 2021, Suicide was the third leading cause of deaths among adolescents aged 15-19 years and second leading cause of death for ages 10-14 (CDC). Evaluation and management of youth with suicidal ideation and behaviors starts with a thorough risk assessment and requires a combination of medical, social, community and psychiatric interventions depending upon the seriousness of their intent, their underlying risk factors, and their individual support system.

Dr. Faheem is also an Assistant Clinical Professor at Wayne State University. Prior to joining DWIHN, she was the Medical Director of the Trinity Health/St. Joseph Mercy Hospital, Ann Arbor Inpatient Psychiatric Unit, Consult-Liaison Service and Emergency Psychiatric Access. She is a Board-Certified Child, Adolescent and Adult Psychiatrist and is also Board Certified in Community and Public Psychiatry. She has been published in several periodicals such as Current Psychiatry in 2016, Annals of Clinical Psychiatry in 2017, and most recently in May 2022 in the Cureus Journal of Medical Science.

4:45 - 5:45 pm
Mosaic Ballroom
(Main Level)

MEDITATION AND DECOMPRESSION SESSION



A KEY FOR UNLOCKING THE POWER OF THE PRESENT MOMENT

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

Meditation can be an effective tool for self-care and stress management, increasing your ability to be present and live in the moment. And when we can learn to sustain being more present in our daily lives, we can have more power and agency to create growth opportunities, positive change and solutions not only in our own lives, but also in the lives of those we serve and our greater community. Experience a peaceful and restorative guided meditation to lead you towards a calmer mind and more present and focused state of being.

Jonathan's passion for inspiring hope and serving others to discover their purpose in life stems from his journey of overcoming his own challenges with mental health, suicidal ideation, near death experiences, and never feeling like he belonged in this world. His academic background in psychology paired with his extensive metaphysical and spiritual training empowers Jonathan to offer a unique perspective on healing and creating a better world for all of us to live in.

5:30 - 7:00 pm
Garden Gallery
(Main Level)

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WITH ONE VOICE RECEPTION - presented by Marx Layne & Company



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 5:30pm to 7:30pm.

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.

All Day
Each Day
The Abbey
(Main Level)



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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 26th

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

8:00 - 8:15 am
Grande Ballroom
(Main Level)



WELCOME AND INTRODUCTIONS

Jennifer Fair Margraf, MBA, CFRE,
Executive Director



Presented by



Corewell Health



Priority Health

THE DOLORES AND PAUL LAVINS FOUNDATION

8:15 - 9:15 am
Grande Ballroom
(Main Level)

KEYNOTE 1



FIREARM STORAGE AS A SUICIDE PREVENTION TOOL

Michael Anestis, PhD,

Rutgers University; Executive Director NJ Gun Violence Research Center, Associate Professor

Firearms accounted for 55% of American suicide deaths in 2022 and, with over 400 million privately owned firearms in circulation, a meaningful portion of the US population remains at environmental risk for suicide. Unfortunately, those most likely to die by suicide using a firearm are less likely to engage with mental healthcare and their risk remains unknown until it is too late. In this presentation, Dr. Anestis will discuss how the broad implementation of secure firearm storage may represent the single most powerful suicide prevention tool at our disposal and how a combination of approaches may help shift social norms around firearm storage in communities otherwise likely to store their firearms more dangerously.

Dr. Anestis is a clinical psychologist whose research focuses on suicide prevention, with a particular emphasis on the role of firearms. He is the author of over 200 peer reviewed publications as well as a book, entitled "Guns and Suicide: An American Epidemic." He is a named investigator on over \$20 million in externally funded grants and was the 2018 recipient of the Edwin Shneidman Award for early career achievement in suicide research by the American Association of Suicidology.

9:15 - 10:15 am
Grande Ballroom
(Main Level)

KEYNOTE 2



A NEW THEORY OF SUICIDAL VIOLENCE

Thomas Joiner, PhD, *Florida State University; Professor*

Mass shooters often display behaviors that strongly mirror the warning signs for suicide: lives led in isolation, intense personal suffering, disaffection, and struggle. A range of behaviors such as murder-suicide, terrorism, and mass shootings are better understood as motivated by suicidal impulses than by homicidal ones. We must recognize that there are several forms of suicidal violence, some of which masquerade as other types of acts, including terrorism and murder. Though there are obvious differences among these acts, Joiner argues that framing them as stemming from a common ideology of suicide is a crucial step in preventing these atrocities and may offer more effective measures of intervention.

Dr. Joiner, a Princeton graduate, received his Ph.D. in Clinical Psychology from the University of Texas at Austin. He is The Robert O. Lawton Distinguished Professor of Psychology at Florida State University (FSU). He has over 800 peer-reviewed publications and authored/edited nineteen books, with "The Varieties of Suicidal Experience" coming out in 2024. He was awarded the 2023 Stengel Award from the International Association for Suicide Prevention. Dr. Joiner has made numerous media appearances and runs a part-time clinical/consulting practice specializing in suicidal behavior.

INTERVIEWED BY:



Angela T. Moore,
B.A., M.S.M.,
NASM-CPT, PES,
CES, FNS, GPTS
NASM Master
Trainer, M.A.,

LLPC, NCC, *Angela Moore Fitness;*
CEO and Owner

With years of experience in the mental and physical health industry, Integrative Health Expert Angela T. Moore has helped countless individuals strengthen their minds and bodies through an integrative health approach. She is a NASM Master Trainer with specializations in Corrective Exercise, Performance Enhancement, Fitness Nutrition, and Group Personal Training. She is also a wellness blog contributor to A Healthier Michigan.

10:15 - 10:30 am

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

CONFERENCE ON SUICIDE

MORNING BREAKOUT SESSIONS

10:30 - 11:30 am
Atrium Parlor
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION A1

EMBARKING ON OUR JOURNEY TO ZERO:
IMPLEMENTING THE ZERO SUICIDE FRAMEWORK

In 2021, Hope Network was awarded a five-year grant from SAMHSA to implement the Zero Suicide Model throughout Hope Network across the State of Michigan to raise awareness and improve care and outcomes for individuals who are at risk for suicide. This is being accomplished by enhancing behavioral health services; focusing on suicide reduction through professional development; increasing consistent, uniform screening and referral; and improving level of care in residential, crisis residential and outpatient programs through implementation of evidence-based practices. Throughout this presentation, two members of the Zero Suicide Leadership Team with lived experience will highlight activities implemented including program workflows, key metrics and clinical outcomes, evidence-based practices, and lessons learned through this initiative.



Kasie Pickart, MPH, *Hope Network; Behavioral Health Grants Project Director*

Kasie Pickart is a fierce mental health advocate who is passionate about utilizing her 10 years of project management experience to improve clinical outcomes and access to comprehensive behavioral health services for all. Through her role at Hope Network, Kasie has spearheaded training over 5,000 individuals across the globe in evidence-based suicide prevention trainings and oversight for system-wide screening and referral processes for those identified at risk for suicide. Her grant writing for nonprofit organizations resulted in over \$2.5 million dollars in federal funding towards expanding mental health services across the State of Michigan. Kasie is also an Adjunct Professor at Grand Valley State University teaching a graduate level grant writing course.



Maggie Sweeney, LPC, *Hope Network; Suicide Prevention Clinical Specialist*

Maggie Sweeney has dedicated her career to working with individuals across various populations with a focus on suicide prevention. She started her career working with students in a private boarding school. She has worked in various crisis response settings including call centers, psychiatric urgent care, and on-call case management for local health agencies. Currently she sees clients in private practice and works as the Clinical Specialist for Hope Network's Zero Suicide Initiative and is an AMSR trainer, among other duties.

10:30 - 11:30 am
Atrium Study
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION A2

COMPASSION FATIGUE AND THE MENTAL HEALTH SYSTEM:
AN URGENT CALL FOR CHANGE



Gigi Colmbini, LMSW, *Institute for Hope & Human Flourishing; Founder - Psychotherapist*

How do world events, near and far, impact our ability to compassionately treat a suicidal individual? What does it mean for the suicidal person and the clinician? This presentation covers various aspects of compassion fatigue, training deficiencies, and the impact of adverse world events on mental health treatment resulting in sending individuals to the emergency room prematurely.

Gigi Colmbini is a Clinical Social Worker who, since 1990, has focused her passion on suicide prevention and crisis intervention. Working with the State of Michigan and U of M, she has developed, implemented and evaluated a continuity of care/family support intervention (Holding On To Life Youth Suicide Prevention Program) designed to enhance the safety and support of high risk youth following a suicidal emergency. She has consulted on programs for Harvard, Dartmouth, the University of Michigan, and the National Action Alliance for Suicide Prevention. Having lost loved ones to suicide herself, she is honored to be a member of Kevin's Song Advisory Board.

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

CONFERENCE ON SUICIDE

MORNING BREAKOUT SESSIONS - Continued

10:30 - 11:30 am
Provincial Ballroom
(Main Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION A3



BEYOND STIGMA: NORMALIZING MENTAL HEALTH TREATMENT FOR THE FUTURE

Vasilis Pozios, MD, *Chief Medical Officer, Oakland Community Health Network*

This session outlines stigma related to mental illness, highlighting the mainstream media influences that can have a tremendous impact on an individual's well-being and suicidal ideation. The conversation explores the shortcomings of current stigma reduction approaches, discussing the role of mental health practitioners and advocates. Exploration of this topic aims to systematically review lessons and interventions to better understand crucial elements to create change.

Dr. Pozios is board-certified in forensic and general psychiatry. He received his undergraduate and medical degrees from Tufts University and completed his residency in general psychiatry at the University of Michigan. Dr. Pozios is a past president of the Michigan Psychiatric Society (MPS), and he currently represents the MPS to the Assembly of the American Psychiatric Association (APA). As an APA Spurlock Congressional Fellow, he was honored to work with the Chair of the House of Representatives Committee on the Judiciary on the Mentally Ill Offender Treatment Act reauthorization and universal healthcare. He has presented at numerous international conferences and published academic articles and book chapters, and is a freelance contributor to The New York Times, Wired, The Hollywood Reporter, and The Daily Beast where he has written about mental health media representation, especially as it pertains to violence and stigma.

10:30 - 11:30 am
Drawing Room I & II
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION A4



BIPOLAR LEARNING HEALTH NETWORKS: INTEGRATING CLINICAL CARE WITH RESEARCH

Melvin McGinnis, MD, *University of Michigan; Professor*

This presentation will focus on the learning health system (LHS) as an approach to integrating clinical care and research in bipolar disorder. It will include a description of the LHS as well as an update on the current status of research in bipolar disorder.

Dr. McGinnis is the Thomas B and Nancy Upjohn Woodworth Professor of Bipolar Disorder and Depression and the Director of the Heinz C Prechter Bipolar Research Program at U of M and is an internationally recognized expert in bipolar and depressive disorders. He completed his medical and psychiatric training the University of Iceland and the Maudsley Hospital, Kings College London, and fellowship training in medical and psychiatric genetics at Johns Hopkins University. He directs a comprehensive clinical consultative program in bipolar disorder at the U-M and is active in community advocacy, outreach, and educational programs. Dr. McGinnis is a Fellow of the Royal College of Psychiatry, the Royal Society of Medicine, and the American College of Neuropsychopharmacology. In 2018 he was awarded the Scientific Research Prize from the National Alliance on Mental Illness.

11:30 am - 12:30 pm
Atrium
(Lower Level)

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

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CONFERENCE ON SUICIDE

12:30 - 1:15 pm
Grande Ballroom
(Main Level)

KEYNOTE 3

SUICIDE PREVENTION IN THE STATE OF MICHIGAN

Suicide prevention efforts within the Michigan Department of Health and Human Services (MDHHS) and across Michigan have grown significantly over the past several years. New programs and initiatives have been established increasing statewide capacity to address suicide prevention. It is the goal of MDHHS suicide prevention programs and initiatives to reach Michiganders across the life span; aiming to decrease suicide attempts and deaths in Michigan. This session will highlight the work being done, opportunities to partner and collaborate, and will provide stakeholders with clarity over state sponsored activities.



MODERATOR: Michael Pyne, LSW, *Health West; Community Outreach & Prevention Coordinator*
Michael Pyne has been a social worker for 38 years. For the past 21 years Michael has worked for Health West, the CMH of Muskegon County. He served as the chairperson of the Suicide Preventive Coalition of Muskegon County for 7 years and is still a committee member. He is on the board of With One Voice, a certified trainer of QPR and safeTALK, and provides presentations and workshops on mental health, trauma and self-care. He has been an instructor of mindfulness and meditation for over 30 years.



Brian Ahmedani, PhD, *Henry Ford Health; Senior Scientist/Director*
Dr. Ahmedani is a fully licensed social worker in the State of Michigan and completed a NIH-funded fellowship in epidemiology. He is currently serving as Principal Investigator of several federally-funded suicide prevention research projects and has published nearly 200 manuscripts on his work since 2011. He co-leads the Zero Suicide International and MI-MIND initiatives at Henry Ford. Dr. Ahmedani received the 2022 Research Award from AFSP and was invited to The White House in 2016 for his work. He was appointed Chair of Gov. Gretchen Whitmer's State of Michigan Suicide Prevention Commission.



Nancy Buyle, MA, LPC, ACTP, *Macomb Intermediate School District; School Safety/Student Assistance Consultant*
Nancy Buyle has her master's degree from Oakland University in Counseling and Post Master's Education in Mental Health. Nancy is the Chair of the Macomb County Suicide Prevention Coalition and was appointed by Gov. Gretchen Whitmer to the Michigan Suicide Prevention Commission, where she serves as co-chair. She is a certified instructor for: Mental Health First Aid-Youth, Question, Persuade and Refer (QPR), and LivingWork's SafeTALK. She is trained in Critical Incident Stress Management and is a Certified Trauma Consultant and trainer through the National Institute of Trauma and Loss in Children (TLC).



Lindsay DeCamp, MHA, *State of Michigan; State Suicide Prevention Coordinator*
Lindsay DeCamp (she/her) oversees the day-to-day operations and implementation of the Transforming Youth Suicide Prevention in Michigan, Phase 3 program. She is a certified Applied Suicide Intervention Skills Training (ASIST) trainer and the recipient of a National Association for Chronic Disease Directors 2022 Health Equity Champion Award. Lindsay has a background in psychology and a Master of Science in Healthcare Administration.



Kristen Smith, PhD, LMSW, *State of Michigan; Program Coordinator*
Dr. Smith is the Program Coordinator for the Preventing Suicide in Michigan Men (PRISMM) Program at MDHHS and oversees the grant and suicide prevention activities for adult males across the State of Michigan. She has been working in substance use disorders, mental health counseling, and suicide prevention for over a decade and is a certified safeTALK and Assessing and Managing Suicide Risk trainer. Kristen earned her MSW from the University of Pittsburgh with a focus on clinical practice and her Ph.D. in Interdisciplinary Health Sciences from Western Michigan University with a focus on Public Health, Health Policy, and Program Evaluation. She is currently Visiting Faculty at Grand Valley State University in the School of Social Work.

All Day
Each Day
The Abbey
(Main Level)



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CONFERENCE ON SUICIDE

1:15 - 2:15 pm
Grande Ballroom
(Main Level)

KEYNOTE 4:



MITIGATING SUICIDE RISK: OPTIONS OUTSIDE OF HOSPITALIZATION AND RELATED ETHICAL CONSIDERATIONS

Tony Thrasher, DO, MBA, CPE, DFAPA, Milwaukee County Behavioral Health Services; Medical Director of Milwaukee County's Crisis Services

This will be an interactive experience between the presenter and the audience focusing on the mitigation of risk (as opposed to assessing for it). The target will be on not only the alternatives to hospitalization (often with better data supporting them than inpatient stays) but also the ethical considerations that concerned stakeholders must navigate when undergoing this mission!

Dr. Tony Thrasher received his psychiatric training from Washington University in St. Louis at Barnes Jewish Hospital, and he is the Immediate Past President of the American Association for Emergency Psychiatry (AAEP). He is a Distinguished Fellow of the American Psychiatric Association (APA), and he currently serves as the President for both the Wisconsin Psychiatric Association (WPA) and the Wisconsin Association of Osteopathic Physicians and Surgeons (WAOPS). He served as the Editor for the Oxford Press Primer on Emergency Psychiatry as well as being the Editor for the American Psychiatric Association's Maintenance of Certification FOCUS journal. Most recently, he was inducted into the American College of Psychiatrists, was named a Top Doctor for 2022 by Milwaukee Magazine, earned his accreditation as a Certified Physician Executive (CPE), and is fortunate to work with Psychiatric Times on a series of Mental Health Minute webinars. Additionally, he received a 2023 Exemplary Psychiatrist Award from NAMI (National Alliance on Mental Illness).

2:15 - 2:30 pm

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

2:30 - 3:30 pm
Provincial Ballroom
(Main Level)

AFTERNOON BREAKOUT SESSIONS I

CONFERENCE ON SUICIDE - BREAKOUT SESSION B1



WHY PEOPLE DIE BY SUICIDE

Thomas Joiner, PhD, Florida State University; Professor

In his interpersonal theory of suicidal behavior, Thomas Joiner proposes three factors that mark those most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, perhaps chillingly, the learned ability to hurt oneself. He tests the theory against diverse facts taken from clinical anecdotes, history, literature, popular culture, anthropology, epidemiology, genetics, and neurobiology--facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

Dr. Joiner, a Princeton graduate, received his Ph.D. in Clinical Psychology from the University of Texas at Austin. He is The Robert O. Lawton Distinguished Professor of Psychology at Florida State University (FSU). He has over 800 peer-reviewed publications and authored/edited nineteen books, with "The Varieties of Suicidal Experience" coming out in 2024. He was awarded the Guggenheim Fellowship and the Dublin Award for career achievement from the American Association of Suicidology. He was named a Fellow of the American Association for the Advancement of Science (2017) and was given the 2020 Cattell Award for lifetime contributions from the Association for Psychological Science. He was awarded the 2023 Stengel Award from the International Association for Suicide Prevention. Dr. Joiner has made numerous media appearances and runs a part-time clinical/consulting practice specializing in suicidal behavior.

2:30 - 3:30 pm
Drawing Room I & II
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION B2



SUICIDE PREVENTION AND THE ELDERLY

Jean Wright, BS, MA, PhD, Virtual Dialysis Support Center, Inc.; President/CEO

Attendees can expect to become familiar with the warning signs and risk factors for suicide in the elderly. They will also learn of the most effective methods to approach someone who may be at risk, how to provide non-assertive encouragement for an at-risk individual, and how to persuade someone at risk to seek help. There will also be interactive discussion and role-play.

Dr. Wright holds a Bachelor of Science in Psychology with a minor in Group Sciences, a Masters's Degree in Teaching, and a Ph.D. in Public Health. She is also licensed by the QPR Institute as an instructor in Suicide Prevention and Certification. For the past seven years, Dr. Wright has led the Virtual Dialysis Support Center in providing an improved quality of life for dialysis patients, transplant patients, and their caregivers. She firmly believes that each individual has value and that there is no true metric to measure it.

CONFERENCE ON SUICIDE

AFTERNOON BREAKOUT SESSIONS I - Continued

2:30 - 3:30 pm
Atrium Study
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION B3



"ALMOST MAGIC": PROMOTING HEALING & CONNECTION
THROUGH A COMMUNITY-WIDE ACTIVE POSTVENTION MODEL

Tricia Monroe, M.Ed, CHES, *Medical College of Wisconsin; Program Manager*

Postvention is the collaborative approach to provide support and resources to any person impacted by a suicide loss with the ultimate goals of addressing the healing process, mitigating any felt negative effects, and preventing additional suicides. It has been found that those who have participated in an active postvention model receive mental health services sooner (an average of 45 days vs. 4.5 years), are more likely to attend support groups, attend support groups more often, and have a decrease in suicidality. Additionally, providing active postvention may be cost-effective in terms of psychological treatment for suicide loss survivors. But how does a community develop an effective postvention program? This presentation will detail the process and strategies taken in Milwaukee, WI to lay the foundation of an active postvention model within an urban, culturally diverse community. Aims of this program include conducting direct outreach to survivors of suicide loss to determine needs and provide local resources, identifying gaps in community services, developing a targeted resource guide, and determining feasibility of an expanded community based postvention program. Attendees will gain a thorough understanding of what is needed to initiate and implement a successful program within their own community to promote healing and reduce suicides, including strategies to address equitable access. In addition, attendees will view examples of resources and program materials that they can replicate in their own programming.

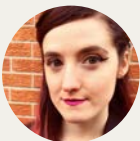
Tricia Monroe serves as the Suicide Postvention Program Manager within the Division of Suicide Research and Healing in the Comprehensive Injury Center at the Medical College of Wisconsin. She conducts active outreach to survivors of suicide loss within Milwaukee County, identifying best practices for supporting individuals after a loss and developing a community-wide response that considers cultural and linguistic needs. Her work has included research related to health inequities, chronic illnesses, school based mental health programming, and suicide prevention. She has training in Mental Health First Aid and received Grief Support Specialist training from University of Wisconsin Madison.

2:30 - 3:30 pm
Atrium Parlor
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION B4

SUICIDE PREVENTION IN A CLINICAL SETTING:
PROCESSES AND OUTCOMES FROM THE FIELD

Presenters will provide participants with information about the Zero Suicide model, and what implementation of this model looks like in a clinical setting. We will talk through the importance of lethal means reduction, cultural competency of clinicians, and specific modalities, such as CAMS, for use in suicide prevention clinical practice as examples of best practice in suicide care. Presenters will discuss the impact of being a Certified Community Behavioral Health Clinic (CCBHC), and how access to care saves lives. As well, this presentation will demonstrate the impact of Zero Suicide and best practice implementation through the sharing of outcomes.



Kiersten Guterman, LLMSW, *CNS Healthcare; Suicide Prevention Program Lead*

Kiersten Guterman, (she/her) leads the implementation of the Zero Suicide model and framework at CNS Healthcare. Previously, Kiersten has worked in intake and admissions, outpatient counseling, crisis treatment, and school-based services. Kiersten earned her Masters of Social Work from Rutgers University. During her education, Kiersten conducted research at the University of Delaware Social Psychology lab and worked on policy related to Title IX and mental health parity. Kiersten is passionate about mental health, disability justice, and suicide prevention, especially in the LGBTQ+ community and survivors of sexual assault.



Amy Stern, LMSW, *CNS Healthcare; Program Manager*

Amy Stern is a LMSW and graduate of the U of M School of Social Work. Amy has occupied many roles at CNS Healthcare and currently oversees the CNS Healthcare Behavioral Health Home, Zero Suicide Initiative, Certified Community Behavioral Health Clinic Services, Individual Placement and Supports, 1915(i) SPA Waiver Program, and Clinical Student Internships. Amy has also worked closely with statewide Family Psychoeducation training and is an FPE trainer and coach for the State of Michigan. Throughout her career, Amy has had a passion for community education, and enjoys giving presentations on mental health, trauma, and the power of positive thinking, among other topics.

3:30 - 3:45 am

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

CONFERENCE ON SUICIDE

AFTERNOON BREAKOUT SESSIONS II

3:45 - 4:45 pm

Atrium Parlor
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION C1



AVOIDING THE MALPRACTICE SNARE

Skip Simpson, JD, Law Offices of Skip Simpson; President/Owner

Legal liability for mental health providers after a suicide loss.

Attorney Skip Simpson is nationally recognized for his expertise in suicide and repressed memory cases. He lectures nationally on "Avoiding the Psychiatric Malpractice Snare." He is currently on the Board of Directors and is a faculty member for the QPR Institute. Mr. Simpson was a member of the Board for the American Association of Suicidology for 8 years. He reviews 70-80 suicides cases annually for litigation; he usually accepts six for prosecution.

3:45 - 4:45 pm

Provincial Ballroom
(Main Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION C2



A PART OF ME WANTS TO DIE: USING INTERNAL FAMILY SYSTEMS TO HELP SUICIDAL PARTS OF CLIENTS

Lawrence Wentworth, PhD, Wentworth and Associates, P.C.; Psychologist, President/CEO

Internal Family Systems (IFS) is an evidence-based trauma therapy that can be used effectively to treat clients who have parts of them that want to die to escape emotional pain. Most client's come to us with polarities-a part of them is coming for help, while another part is hopeless and feels checking out is the only option. Shaming these parts, ignoring them or doing no-harm contracts is not effective. In IFS, we welcome all parts, get to know them and offer alternative ways to heal younger wounded parts. Letting suicidal parts know there is another way.

Dr. Wentworth is a licensed and board-certified psychologist (in MI, OH, FL) who has been practicing in the metro Detroit area for more than 30 years. He is the president and CEO of Wentworth & Associates, P.C. a large mental health practice. He and his staff are devoted to treating people suffering from various forms of trauma and are committed to suicide prevention. Dr. Wentworth enjoys supervising and mentoring graduate students and supporting their efforts to become excellent therapists. He is passionate about Internal Family Systems (IFS) therapy and bringing this to his clients and his practice. He is certified in IFS and has recently been accepted as a trainer mentee by the IFS institute.

3:45 - 4:45 pm

Atrium Study
(Lower Level)

CONFERENCE ON SUICIDE - BREAKOUT SESSION C3



NAVIGATING SUICIDE POSTVENTION AND CARE TRANSITIONS

Melissa Tolstyka, MA, LPC, Trinity Health; Director of Behavioral Health Services

The purpose of this presentation is to explore strategies for providing comprehensive services in the aftermath of a suicide crisis or attempt in various levels of care. By emphasizing integration and collaboration, the objective is to provide healthcare professionals with the tools and knowledge needed to effectively navigate individuals through the care transitions process.

Melissa Tolstyka, graduated from Oakland University where she obtained her MA in Counseling and is a Licensed Professional Counselor in the state of Michigan. Over the course of her 20+ year career, Melissa has been a fierce advocate for suicide prevention and postvention services. Recently, Melissa was appointed the Director of Behavioral Health Services at Trinity Health-Ann Arbor/Livingston. She is a certified master trainer through the Question, Persuade, Refer (QPR) Institute and has been trained in Critical Incident Stress Management (CISM).

All Day
Each Day
The Abbey
(Main Level)


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



 **JOSEPH J. LAURENCELLE**
JLLMF MEMORIAL FOUNDATION

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 26th - Continued

Conference on Suicide

Breakout Sessions

CONFERENCE ON SUICIDE

4:45 - 5:45 pm
Mosaic Ballroom
(Main Level)

MEDITATION AND DECOMPRESSION SESSION



A KEY FOR UNLOCKING THE POWER OF THE PRESENT MOMENT

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

Meditation can be an effective tool for self-care and stress management, increasing your ability to be present and live in the moment. And when we can learn to sustain being more present in our daily lives, we can have more power and agency to create growth opportunities, positive change and solutions not only in our own lives, but also in the lives of those we serve and our greater community. Experience a peaceful and restorative guided meditation to lead you towards a calmer mind and more present and focused state of being.

Jonathan's passion for inspiring hope and serving others to discover their purpose in life stems from his journey of overcoming his own challenges with mental health, suicidal ideation, near death experiences, and never feeling like he belonged in this world. His academic background in psychology paired with his extensive metaphysical and spiritual training empowers Jonathan to offer a unique perspective on healing and creating a better world for all of us to live in.

5:30 - 7:30 pm
Grande Ballroom
(Main Level)

2024 SAVING A LIFE AWARD DINNER



INTRODUCTION BY:

Jennifer Fair Margraf, MBA, CFRE,
Executive Director

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.



2024 HONOREE:



Gigi Colombini, LMSW, Institute for Hope & Human Flourishing; Founder - Psychotherapist

Gigi is familiar to many in the suicide prevention community - having presented at many meetings and conferences and providing advice and guidance on how to work with patients who struggle with thoughts of suicide and how to help families cope with loss. She is the founder of the Institute for Hope and Human Flourishing. Her holistic, common-sense and insight-oriented therapeutic approach provides her patients a clear and simple path to understanding, better enabling them to create changes they are looking for in their lives.

CONCERT OF HOPE AND HEALING

by Students of the University of Michigan Musical Theatre Department

Admission by ticket only. Dinner and two (2) drink tickets. Followed by a Concert of Hope and Healing featuring the freshman class of the University of Michigan Musical Theatre Department under the direction of Cynthia Kortman Westphal.

***This dinner is by separate ticket only.
The cost is \$25 and can be purchased at
the Bookstore in the Resource Center
(Garden Gallery) or by contacting
Leo Nouhan if you wish to attend***

leo@kevinsong.org



Sponsored by



Conference on Suicide

Breakout Sessions

Saturday, January 27th

SURVIVING SUICIDE - A JOURNEY OF HEALING & HOPE

Portions of the Saturday program will be live cast on Facebook by DPTV



8:30 - 8:45 am
Grande Ballroom
(Main Level)



WELCOME AND INTRODUCTIONS

Jennifer Fair Margraf, MBA, CFRE,
Executive Director

8:45 - 9:00 am
Grande Ballroom
(Main Level)



SUICIDE AS AN UNHEARD CRY FROM THE SOUL

Fr. Ron Rolheiser, OMI, *Oblate School of Theology, Professor*

The churches are forever trying to save the soul and psychology is always trying to fix the soul. But the soul needs neither to be saved nor fixed. It needs to be listened to! Its cries need to be heard. Are these unheard cries of the soul the reason for many suicides?

Fr. Rolheiser is a Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate. He is a community-builder, lecturer, and writer. His books are popular throughout the English-speaking world and have now been translated into many languages. His weekly column is carried by more than 80 newspapers worldwide. Before his present position, he taught theology and philosophy at Newman Theological College in Edmonton, Alberta, served as Provincial Superior of his Oblate Province, and served on the General Council for the Oblates in Rome. From 2005 - 2020, Fr. Ron served as President of the Oblate School of Theology in San Antonio Texas. He remains on staff at OST as a full-time faculty member.

9:00 - 10:00 am
Grande Ballroom
(Main Level)



SPEAK THE UNSPEAKABLE: THE STORIES WE TELL OURSELVES; THE STORIES WE TELL EACH OTHER

Scott Teichmer, *Summit Pointe; Suicide Prevention Facilitator*

The power of storytelling and personal narrative: examining one suicide attempt survivor's path from suicide risk to suicide resilience.

Scott Teichmer, serves as the facilitator of Suicide Prevention Coalition of Calhoun County. He is a QPR Instructor and Master Trainer with over a decade of experience in behavioral healthcare, including Intensive Case Management, Mobile Crisis Response, and Psychological First Aid. Scott is a suicide attempt survivor, and, in 2018, started the Suicide Attempt Survivors Support Group, the first peer support group of its kind in Michigan. He is working on a video series focused on suicide prevention through the lens of lived experience at www.speaktheunspeakable.org.

10:00 - 11:00 am
Grande Ballroom
(Main Level)



SPEAKING OF LOVE

La Toya Bond, *Detroit Land Bank Authority; Legal Support*

Healing after a suicide loss is a lifelong journey. In this presentation, La Toya Bond shares her deeply personal story of tragic loss, grief, resilience, hope, and love. This presentation will offer information on how the power of love can help heal the hearts of individuals who have lost a loved one to suicide.

La Toya Bond, is an acclaimed author of two #1 international best-selling books. She is a legal professional, media host, and small business owner. She is the host of "Speaking of Love Podcast", created in honor of her father who took his own life in a murder-suicide. Since this tragedy, La Toya has become an advocate for mental health and suicide prevention. As a minority woman, La Toya is nationally recognized by Black Women In Radio (BWIR) for her contributions to Black radio culture and digital media around the globe. La Toya serves on the Board of Directors for Kevin's Song.

11:00 - 11:15 am

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



Presented by

JOSEPH J. LAURENCELLE
MEMORIAL FOUNDATION

Saturday, January 27th

Conference on Suicide

Breakout Sessions

SURVIVING SUICIDE - A JOURNEY OF HEALING & HOPE

11:15 am - 12:15 pm
**Grande Ballroom
(Main Level)**



HEALING TOGETHER... SURVIVING A LOSS TO SUICIDE

Barb Smith, *Barb Smith Suicide Resource & Response Network; President*

Barb Smith will walk the participants through the many emotions left behind after a loss to suicide. Understanding that suicide grief is unique, we all walk our own paths. You will learn simple yet effective tools and tips to grieve in a healthy way. Barb has 34 years experience in suicide loss as the founder of the survivor of suicide loss group, LOSS team coordinator and a victims advocate for the Saginaw County Sheriff Dept., allowing her to care for people from the onset of a suicide and for months or years following. She will use her experiences both personal and professional to guide this presentation.

The Barb Smith Suicide Resource & Response Network is recognized at the state and national level for its work in training individuals in suicide prevention, advocacy, and postvention. As a survivor of both her brother and sister-in-law's suicides, Barb took her lived experience from the past 33 years to help find purpose for her pain. Barb is the facilitator of the local Survivors of Suicide support group, coordinator for the Local Outreach for Suicide Survivors team, and a Victims Advocate for the Saginaw County Sheriff Department. Barb is a certified trainer for LivingWorks ASIST, safeTALK, and Suicide Awareness programs. Barb was appointed to the Governor's Suicide Prevention Commission and most recently she was honored with the Saving A Life Award from Kevin's Song and presented the award from National Alliance on Mental Illness (NAMI) Michigan Special Honoree. Her advocacy lead to her winning her the WAVE award for Saginaw County.

12:15 - 1:00 pm
**Grande Ballroom
(Main Level)**

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

1:00 - 2:15 pm
**Library Rooms
A, B, C and D
(Upper Level)**

FACILITATED SUPPORT SESSIONS FOR SURVIVORS

Participants will break into groups depending on interests or needs.

LOSS SURVIVORS

Facilitators: **Gigi Colombini, Barb Smith and Amelia Lehto**

LIVED EXPERIENCE WITH SUICIDE (ATTEMPT SURVIVORS)

Facilitator: **Scott Teichner**

All Day
Each Day
**The Abbey
(Main 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.

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

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Statistics about Suicide¹ in Michigan

12th leading cause of death

70% of communities did not have
enough mental health
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in 2021, according to
federal guidelines

Meet Dr. Rich Mahogany...

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

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



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

[1] American Foundation for Suicide Prevention (Data from CDC 2020, Verified Mar. 2022)

<https://aws-fetch.s3.us-east-1.amazonaws.com/state-fact-sheets/2022/2022-state-fact-sheets-michigan.pdf>

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Request a Suicide Prevention Training

MDHHS's Preventing Suicide in Michigan Men Program has a large network of trainers available across the state and would love to help support your Gatekeeper and Clinician training needs.

Use the QR code to the right to learn more and request a training.



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Available Trainings:

safeTALK (Suicide Alertness For Everyone)

This training is a four-hour Suicide Prevention workshop designed for everyone. The workshop provides trainees with tools and skills needed to recognize the signs of suicide and to offer prevention resources.

This training is only available in-person.

Assessing and Managing Suicide Risk (AMSR)

AMSR is a full-day research-informed training that introduces a risk formulation model designed to increase behavioral health professionals' confidence in navigating conversations about suicide risk and offers strategies for providing compassionate care to people at risk for suicide.

This training is available in-person or virtually.

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The Michigan Association of Fire Chiefs supports the mission of Kevin's Song to empower communities to prevent suicide and to offer hope and healing to survivors.

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W011544

“Let us be kind, one to another,
for most of us are fighting a hard battle.”

— Ian MacLaren

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

Kathleen McGovern
Studio of Interior Design

Best wishes from Hegira Health to Kevin's Song for a successful conference!



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OAKLAND COUNTY'S BEHAVIORAL HEALTH SYSTEM



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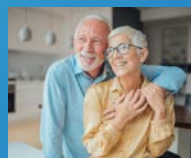
Detroit Free Press

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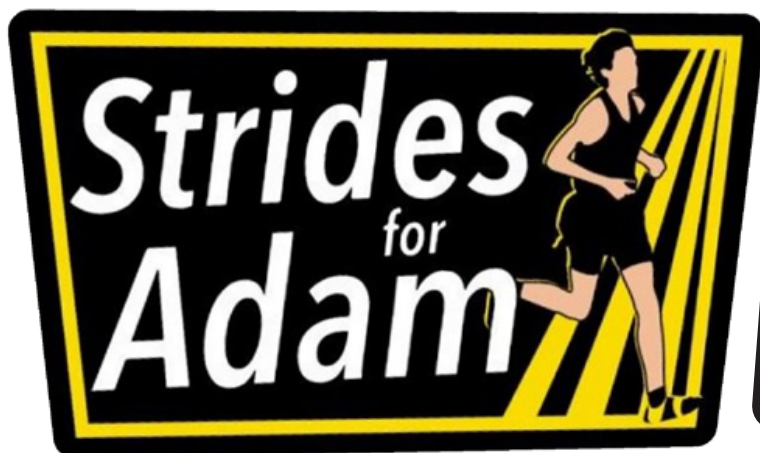


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- **5K RUN/WALK**
- **1 MILE REFLECTION WALK**

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 14300 Library Dr., Riverview, MI 48193



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

We cordially invite you to participate as a runner or as a walker of the Strides for Adam 5k Run/Walk. This event will raise awareness for mental health and suicide prevention, provide scholarships for local students and will help benefit local student athletes in their quest to be physically and mentally healthy. The first 500 registrants receive a finisher's medal and a tshirt.



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



The new - Prepare U Pro is an AI self-guided evidence-based mental health education experience. Ideal support for therapy clients, prevention, organizations, and family mental health education.



This curriculum is exactly what our students need...a balance between smart and informative, while interactive, funny, and engaging.

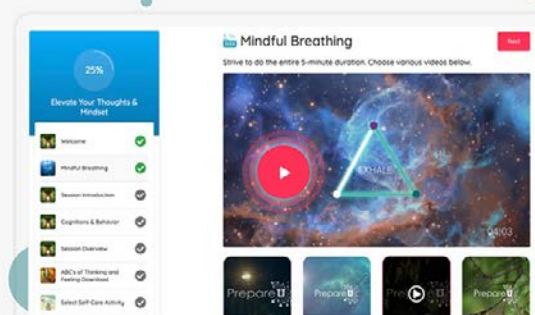
Joanne Broder PH.D

Past President Media & Psychology of
 the American Psychological
 Association

Discover a New Level of Personal Growth and Well-Being with Prepare U Pro

Are you ready to embark on a transformative journey to improve your mental wellbeing? Look no further than the Prepare U Pro course, a cutting-edge program that offers evidence-based tools and personalized guidance to support your growth and understanding.

Start your wellness journey today - enroll now!



---Enhance---
---Improve---
---Reduce---

Meaning
 Relationships
 Anxiety
 Stress

Visit www.PrepareU.Pro or call 844-724-5483 for our K-12 School Based Curriculum for information to support your community for enterprise licensing options

The ATPWC Family of Licensed Mental Health Clinicians are honored to serve Metro Detroit by offering individual, marriage, group and family therapy for all ages.

We also provide testing, assessment, and limited license supervision. Most health insurance plans are accepted.



ATPWC has 3 locations in Metro Detroit to serve you:

16645 15 Mile Rd Clinton Twp, MI 48035 (15 & Garfield)

43393 Schoenherr Rd Sterling Heights, MI 48313 (Schoenherr & Canal)

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

Helping Teens Through Specialized Care



Our Inpatient and Full-Time Day Treatment (PHP) programs are specialized, age-appropriate care for adolescents, ages 12 to 17, with a focus on their unique emotional, developmental and behavioral needs at this critical point in their lives.

Help is only a phone call away.

**Call us at 313-633-2682 for a no-cost
assessment or to learn more.**

Beaumont
BEHAVIORAL HEALTH

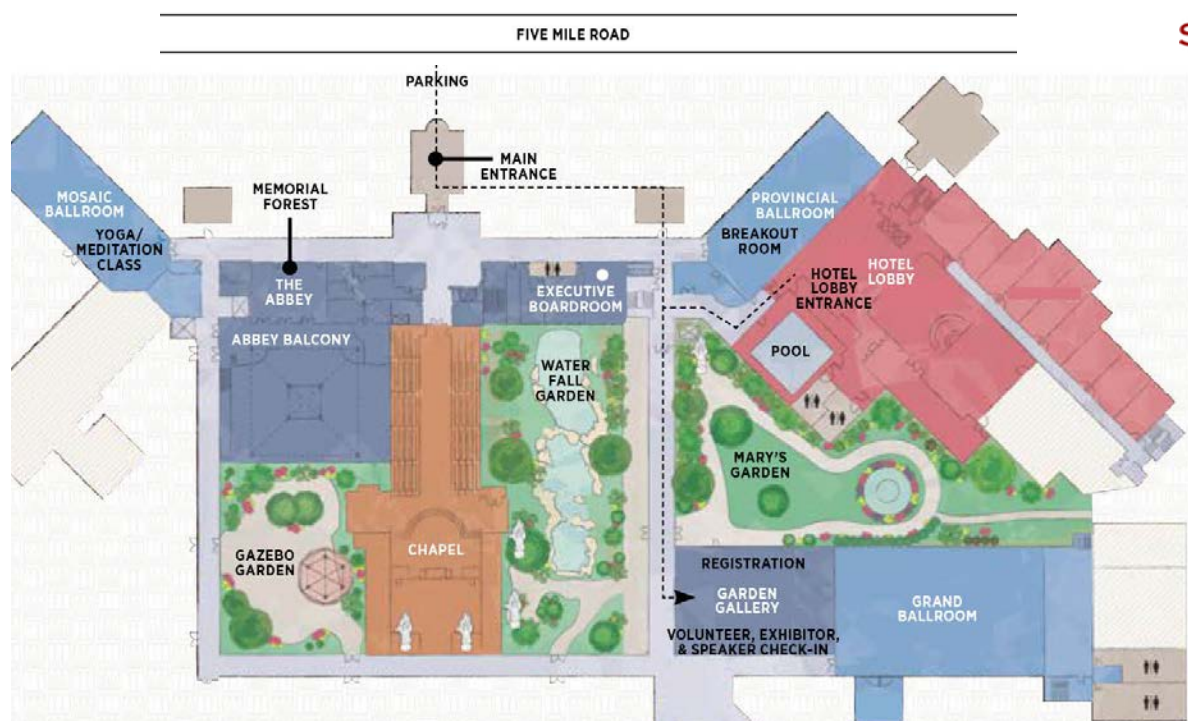
18001 Rotunda Drive | Dearborn, MI 48124
313-633-2600 | beaumontbh.com

Physicians are on the medical staff of this facility, but, with limited exceptions, are independent practitioners who are not employees or agents of this facility. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 232595-3454 12/23



**LivingWorks Education
congratulates **Gail Urso**
for receiving the
American Association of
Suicidology 2023
Loss Survivor Award
recognizing her
important work in the
State of Michigan.**

MAIN LEVEL



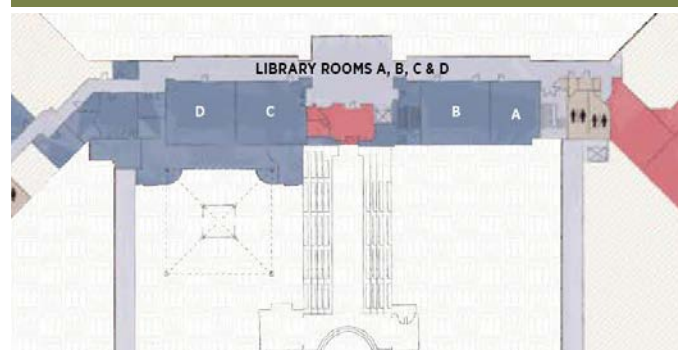
**WIRELESS
INTERNET
AT THE CONFERENCE
CENTER:**

Connect to
"ST JOHN'S EVENTS"
No access code required

LOVER LEVEL



UPPER LEVEL



EVENT	ROOM	LOCATION
Registration	Garden Gallery	Main Level
Continuing Education	Garden Gallery	Main Level
Keynote Sessions	Grande Ballroom	Main Level
Saturday Survivor Program	Grande Ballroom	Main Level
Conference Breakouts	Provincial Ballroom	Main Level
Conference Breakouts	Atrium Study, Atrium Parlor, Drawing Rooms I and II	Lower Level
Memorial Forest	The Abbey	Main 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 (Saturday)	Grande Ballroom	Main Level
<i>With One Voice</i> Reception (Thursday evening)	Garden Gallery	Main Level
<i>Saving A Life</i> Dinner (Friday evening)	Grande Ballroom	Main Level
Resource Gallery	Garden Gallery and Annex and Hallway	Main Level
Bookstore	Garden Gallery	Main Level
Speaker Check In	Garden Gallery	Main Level
Exhibitor Check In	Garden Gallery	Main Level
Volunteer and Conference Office	Garden Gallery	Main Level
Yoga and Meditation	Mosaic Ballroom	Main Level



You are not alone. MCCMH is here when you need us.

Our Access and Referral program helps resolve crisis situations by offering same-day or next-day services, including crisis response, family support, links to resources, and help accessing mental health services and alternatives.

Our team is trained in mobile crisis response and crisis stabilization for adults and children.



Macomb County Community Mental Health

WALK-IN INTAKE APPOINTMENTS AVAILABLE

Monday through Friday:
10am–3 pm

MCCMH NORTH

43740 North Groesbeck Hwy,
Clinton Township, MI 48036
(Open for walk-ins until 5:00pm
on Wednesdays.)

MCCMH WEST

6555 Fifteen Mile Road,
Sterling Heights, MI 48312

MCCMH EAST

25401 Harper Ave.,
St. Clair Shores, MI 48081

988 SUICIDE & CRISIS
LIFELINE

Call or text 24 hours a day,
7 days a week

For 24/7 local support,
Call 586-307-9100

TOGETHER

we can do more.



Collaborative
philanthropy
to improve the
health of children
in our community