

Purpose, Objectives, and Disclosures

9th Annual Kevin's Song Conference on Suicide

January 23-25, 2025

This activity offers maximum educational hours of:

12.00 contact hours for **NURSES**

12.00 clock hours for **SOCIAL WORKERS**

12.00 educational hours for **ADDICTION PROFESSIONALS (MCBAP)**

12.00 hours for **MICHIGAN TEACHERS (SCECH)**

08.00 hours for **LICENSED PROFESSIONAL COUNSELORS (NBCC)**

12.00 educational hours for **OTHER Healthcare Professionals** (Certificate of Completion)

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

FOR REPORTING PURPOSES: RETAIN THIS DOCUMENT AND THE AGENDA TO CONFIRM AVAILABLE HOURS

IMPORTANT REQUIREMENTS FOR CONTINUING EDUCATION OPPORTUNITIES

- ✓ Participants requesting credit must be registered for the event and have verified attendance.
- ✓ Attend at least one session during the conference. 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 above.
- ✓ **TO RECEIVE CE HOURS OR A CERTIFICATE OF ATTENDANCE, YOU MUST COMPLETE THE EVALUATION!** Click the corresponding link in the email you will receive after the event to access the evaluation.
 - If you do not receive a link to the survey within **2 business days** of the event, check to see if it went to your SPAM or Junk folder.
 - If the evaluation email is not in your junk folder, please email CEInfo@mphi.org for next steps. Include your activity name and date with your request.
- ✓ Certificates are immediately generated upon the completion of the evaluation. You will be able to download the PDF certificate from the submission page and a copy will also be sent to your email.
- ✓ We do not keep an archive of past certificates, so please retain a copy for your records.
- ✓ **IMPORTANT SCECH INFORMATION:** If you are seeking SCECH hours, you will need to complete a SCECH Individual Application Form and pay a \$10.00 fee payable by check to MPHI or exact change cash.
- ✓ Direct any questions to: CEInfo@mphi.org

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

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PURPOSE:

The 9th annual Kevin’s Song Conference on Suicide is designed to raise awareness about suicide and its impact, as well as highlight the importance of suicide prevention and risk mitigation as a collective responsibility to support the safety and well-being of our communities. Suicide prevention is very focused on those who have died, those we have lost. This is an important focus, and we need to acknowledge these losses. But we also need suicide prevention to focus on the living as a poignant reminder of the importance of fostering a compassionate and supportive society. At this conference, numerous organizations, health professionals and communities will come together to shed light on signs, symptoms, and strategies to prevent suicide and to support and foster lives worth living.

LEARNING OUTCOME:

Attendees will self-report that they gained knowledge on the importance of suicide prevention and risk mitigation to support the safety and well-being in our communities. In addition, the attendee will have gained ways to recognize signs, symptoms, and strategies to prevent suicide and to support and foster lives worth living.

LEARNING OBJECTIVES:

- Discuss how to break down the cultural barriers that have stigmatized mental illness through education about suicide.
- Identify ways to build pathways to better models of prevention and treatment.
- Explain how individuals can support lives worth living by creating hope, connection, purpose, and possibility.

SESSION OBJECTIVES:

Session #: Thursday, Keynote 1
Session Title: Building Resilience--Changing our Culture One Person at a Time
Presenter(s): Charisse Nixon, PhD
Available CE: CNE, SW, MCBAP, SCECH, NBCC
Objective 1: Identify key protective factors as they relate to building adolescents' resilience.
Objective 2: Describe how brain development interacts with adolescents' risky behaviors.
Objective 3: Describe how effective mentoring can be a viable mechanism to optimize youth outcomes.

Session #: Thursday, A1
Session Title: Wellness Nuggets
Presenter(s): Trish Marie Brown, LPC
Available CE: CNE, SW, MCBAP, SCECH, NBCC
Objective 1: Explain how to use and teach a variety of coping skills and calming tools.
Objective 2: Describe how each tool works and why one would use each tool.
Objective 3: Explain how to use and/or teach other to use each tool.

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<p>Session #: Thursday, A2 Session Title: Teen Girls are Facing Record Levels of Sadness, Here's Why Presenter(s): Kristyn Gregory, DO Available CE: CNE, SW, MCBAP, SCECH, NBCC Objective 1: Discuss the post pandemic effect on teen girl's moods and suicide. Objective 2: Describe how the social media impact can have positive and negative on depression and eating disorders. Objective 3: Discuss ways teen girls can be helped to feel differently.</p>	<p>Session #: Thursday, A3 Session Title: Build a Positive Culture and Connections in School to Strengthen Youth Suicide Protective Factors Presenter(s): Catherine Livingston, MA, LPC; Kim Twarowski, MS Available CE: CNE, SW, MCBAP, SCECH Objective 1: List and explain the important two main school protective factors as they relate to suicidal thoughts and behaviors (STB). Objective 2: Describe why the first few days of school are crucial for laying a foundation for a positive culture building healthy relationships Objective 3: Identify the necessary tools to implement these activities and more in their school.</p>
<p>Session #: Thursday, A4 Session Title: Breaking the Silence: A Journey of Resilience and Mental Health Advocacy Presenter(s): Erik Kramer Available CE: CNE, SW, MCBAP, SCECH Objective 1: Identify key factors contributing to mental health challenges faced by individuals, including athletes, and the importance of addressing them openly to foster a supportive community. Objective 2: Explain the journey of resilience and recovery, using Erik Kramer's personal experiences as a case study in overcoming mental health struggles, to inspire all who suffer with mental health issues. Objective 3: Describe strategies and resources, including Mental Health Touch Down (MHTD) and the EK Passing Camp, that attendees can utilize or promote to support mental health, reduce stigma, and build a compassionate community for those facing mental health challenges.</p>	<p>Session #: Thursday, Keynote 2 Session Title: EVERYBODY-VS-STIGMA: Pain into POWER Presenter(s): Kevin Fischer Available CE: CNE, SW, MCBAP, SCECH Objective 1: Describe the impact of suicide loss. Objective 2: Explain how that loss challenges your sense of self-worth, your faith and even you desire to live.</p>
<p>Session #: Thursday, Keynote 3 Session Title: Supporting the Mental Wellbeing of LGBTQIA2S+ Youth: Strategies and Resources for Creating Safe and Affirming Schools and Communities Presenter(s): Brett Harris, DrPH Available CE: CNE, SW, MCBAP, SCECH, NBCC Objective 1: Explain the importance of positive messaging and creating safe and affirming environments for LGBTQIA2S+ youth Objective 2: List at least three ways to create a safe and affirming environment for LGBTQIA2S+ youth in the school and surrounding community Objective 3: Describe the three components of the STARS school training program</p>	<p>Session #: Thursday, B1 Session Title: Building Confident and Resilient Kids With Bright Futures Presenter(s): Sarah Emmerson, MA, LLP; Nicole Runyon, LMSW Available CE: CNE, SW, MCBAP, SCECH Objective 1: Identify types and benefits of parenting styles. Objective 2: Identify social emotional developmental milestones. Objective 3: Identify the role of parents and community partners in supporting kids to achieve their goals and develop self-confidence.</p>

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<p>Session #: Thursday, B2 Session Title: Peer-to-Peer Mental Health Programs: A Panel Discussion Presenter(s): Christine Kuhl, LLP, Christina Harvey, MPH, Lyn Adolfo, Nancy Buyle, MA, LPC, ACTP (moderator) Available CE: CNE, SW, MCBAP, SCECH Objective 1: Provide examples of peer-to-peer programs. Objective 2: Discuss the benefits of peer-to-peer programs. Objective 3: Explain how to connect with organizations to learn more about implementing peer-to-peer programs.</p>	<p>Session #: Thursday, B3 Session Title: Suffering in Silence Presenter(s): Domonique Anderson, MA, TLLP Available CE: CNE, SW, MCBAP, SCECH Objective 1: Describe techniques to use in the classroom, therapy room and at home to help decrease the suicidal ideations. Objective 2: Identify signs that someone might be contemplating suicide. Objective 3:</p>
<p>Session #: Thursday, B4 Session Title: Supporting Youth After a Trauma Presenter(s): Danielle Sackrigger, LMSW Available CE: CNE, SW, MCBAP, SCECH Objective 1: Identify the different types of trauma(s)and/or stressors a youth may experience and the impact on mental health. Objective 2: Identify warning signs and risk factors for youth at risk for suicide and the stigma associated with asking for help. Objective 3: Identify 3-5 support strategies adults can use to support a youth after a trauma or suicide loss.</p>	<p>Session #: Thursday, Keynote 4 Session Title: Free To Fly: The Secret To Fostering Independence In The Next Generation Presenter(s): Nicole Runyon, LMSW Available CE: CNE, SW, MCBAP, SCECH Objective 1: Identify the stages of child psychosocial development Objective 2: List the ways in which technology fractures child development and how that affects mental health Objective 3: Describe ways in which educators, counselors, parents and anyone working with children can help those who have experienced mental health decline, as well as mental illness prevention.</p>
<p>Session #: Friday, Keynote 1 Session Title: Lives Worth Living: A New Approach To Suicide Prevention Presenter(s): Bart Andrews, PhD Available CE: CNE, SW, MCBAP, SCECH, NBCC Objective 1: Explain the current medical model paradigm in suicide prevention, it's strengths, weaknesses and future. Objective 2: Discuss the nature of suicide and why a healthcare-only approach is unlikely to help us promote lives worth living and reduce suicide. Objective 3: Identify cultural and local efforts to promote lives worth living.</p>	<p>Session #: Friday, A1 Session Title: Creating a Community of Practice to Prevent Suicide Presenter(s): Lisa Wexler, Elizabeth Evans, DHA, MSW Available CE: CNE, SW, MCBAP, SCECH Objective 1: Describe the rationale for prevention strategies that span the prevention spectrum. Objective 2: Identify how developing a community of practice for suicide prevention may offer expanded ways to enhance mental wellness and respond to suicide risk. Objective 3: Discuss the benefits of research-informed and community-led approaches to prevent suicide in ways that are tailored to specific institutions and communities.</p>

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<p>Session #: Friday, A2</p> <p>Session Title: L.E.T.S. Save Lives: An Introduction to Suicide Prevention for Black and African American Communities</p> <p>Presenter(s): Jennifer Johnson</p> <p>Available CE: CNE, SW, MCBAP, SCECH</p> <p>Objective 1: Describe the scope of suicide amount the Black and African American communities.</p> <p>Objective 2: Identify the racial and systemic factors that impact the Black and African American community about suicide.</p> <p>Objective 3: Describe suicide risk and protective factors for Black and African American communities.</p>	<p>Session #: Friday, A3</p> <p>Session Title: Work Worth Doing, Lives Worth Living: Shaping Sustainable Careers in Public Safety</p> <p>Presenter(s): Greg Flynn</p> <p>Available CE: CNE, SW, MCBAP, SCECH</p> <p>Objective 1: Describe the concept of "work worth doing" and "lives worth living" by identifying both intrinsic motivations and extrinsic factors that contribute to sustainable careers in public safety.</p> <p>Objective 2: Identify the specific challenges in public safety, such as burnout, mental health impacts, and attrition, and relate these to the need for sustainable career practices.</p> <p>Objective 3: Identify key policies and best practices contributing to sustainable careers and assess their impact on team cohesion and individual resilience.</p>
<p>Session #: Friday, A4</p> <p>Session Title: Reframing Recovery: Finding Hope and Growth in the Process</p> <p>Presenter(s): Kiersten Gutherman, LMSW; Sara Kadish Beckett, LLMSW</p> <p>Available CE: CNE, SW, MCBAP, SCECH</p> <p>Objective 1: Discuss post-traumatic growth and dialectical behavior therapy in regard to suicide attempts.</p> <p>Objective 2: Explain how recovery is an ongoing process, rather than a finite goal that can be reached.</p> <p>Objective 3: Identify skills to increase self-compassion during both high points and low points of recovery, learning to treat themselves with kindness regardless of setbacks.</p>	<p>Session #: Friday, Keynote 2</p> <p>Session Title: Building Lives Worth Living by Increasing Access to Dialectical Behavior Therapy</p> <p>Presenter(s): Shireen Rizvi, PhD, ABPP</p> <p>Available CE: CNE, SW, MCBAP, SCECH, NBCC</p> <p>Objective 1: Describe the evidence for DBT skills for improving suicidal behaviors and other psychological outcomes.</p> <p>Objective 2: Explain the advantages and disadvantages of incorporating technologies into psychotherapy research.</p> <p>Objective 3: Describe barriers to the implementation of DBT.</p>
<p>Session #: Friday, Keynote 3</p> <p>Session Title: Changing the Culture of Suicide Prevention to Support Our Diverse Communities</p> <p>Presenter(s): Joyce Chu, PhD</p> <p>Available CE: CNE, SW, MCBAP, SCECH, NBCC</p> <p>Objective 1: Describe the latest research on cultural differences in suicide, and culturally responsive prevention of suicide among diverse populations.</p> <p>Objective 2: Explain a guiding framework and tools/approaches to change the culture of suicide prevention with diverse populations.</p> <p>Objective 3: Identify examples of how culture and diversity can be infused throughout suicide prevention programming efforts.</p>	<p>Session #: Friday, B1</p> <p>Session Title: Gratitude and attitude. Thanks for all that you, and I have a favor...</p> <p>Presenter(s): Dennis Gillan</p> <p>Available CE: CNE, SW, MCBAP, SCECH</p> <p>Objective 1: Discuss stigma concerning mental health.</p> <p>Objective 2: Identify the importance of utilizing available resources.</p> <p>Objective 3: List what to look for in others who are possibly struggling mentally, specifically warning signs for suicide.</p>

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<p>Session #: Friday, B2 Session Title: Suicide in the Construction Industry Let's Talk: Better Yet Let's Listen Presenter(s): MaryAnn Duchene, RN, MSN Available CE: CNE, SW, MCBAP, SCECH Objective 1: Discuss suicide prevalence in the construction industry. Objective 2: Identify casual factors for suicide. Objective 3: Explain the difference between self-harm and suicide.</p>	<p>Session #: Friday, B3 Session Title: Shared Struggles, Unique Paths: Understanding and Preventing Suicide Among Adolescents, White Males, Military Personnel, and Indigenous Communities to Inform Clinical Treatment of Suicide Presenter(s): Gig Colombini, LMSW Available CE: CNE, SW, MCBAP, SCECH Objective 1: List at least two shared risk factors and one unique risk factor for each . Objective 2: Explain how a sense of purpose and cultural identity impacts suicide risk and resilience in at least two of the demographic groups discussed. Objective 3: Describe one specific practice change or intervention that can be incorporated into clinical work.</p>
<p>Session #: Friday, B4 Session Title: Demystifying Inpatient Mental Health and Substance Use Treatment Presenter(s): Dustin Ames, MBA, BSN, RN Available CE: CNE, SW, MCBAP, SCECH Objective 1: Identify how to access inpatient care. Objective 2: Describe what treatment is provided in an inpatient setting.</p>	<p>Session #: Friday, Keynote 4 Session Title: Let's Talk: Evidenced-Based Suicide Risk Assessment Presenter(s): Thomas Joiner, PhD: Nancy Buyle, MA, LPC, ACTP Available CE: CNE, SW, MCBAP, SCECH, NBCC Objective 1: Explain a framework for suicide assessment. Objective 2: Describe how to have an effective yet natural conversation to assess suicidality. Objective 3: Discuss the importance of having evidenced-based standards for Suicide Risk Assessment.</p>

DISCLOSURES:

All presenters and planning committee members have completed a Financial Disclosures document that includes an explanation of Relevant Financial Relationships. Based on these forms none of the planning committee members or presenters have relevant financial relations with ineligible companies to disclose.

AVAILABLE CONTINUING EDUCATION:

Nursing Contact Hours Designation

A total of **12.00** Nursing contact hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions (MPHI CES 202908751).

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.

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Social Work Clock Hours Designation

A total of **12.00** Social Work clock hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions.

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

Alcohol/Drug Counselor Designation (MCBAP)

A total of **12.00** contact hours have been awarded for this activity by Michigan Certification Board for Addiction Professionals (MCBAP). Sessions have been identified as SPECIFIC or RELATED to Substance Abuse.

State of Michigan Teachers (SCECH)

A maximum of **12.00** State Continuing Education Clock Hours (SCECHs) has been awarded by our sponsor, Macomb Intermediate School District. Approval # 172466

NBCC credits for Licensed Professional Counselors (LPC)

9th Annual Kevin’s Song 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-4756.

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.

Awarded: 01/13/2025

Award Expires: 06/30/2025