

The Maine Youth Suicide Prevention Program,
an initiative led by the Maine Center for Disease Control & Prevention, Maine
Department of Health & Human Services

presents

Beyond the Basics of Suicide Prevention VII

Friday, April 8, 2011

Wyndham Portland Airport Hotel—South Portland, ME

8:00 a.m. to 3:30 p.m. - \$85

Early Registration Deadline: March 26th



Maine Youth Suicide Prevention
Education, Resources and Support—It's Up to All of Us.



Conference Agenda	Pg 2
Registration & Payment Information.	Pg 2
Workshop Descriptions.	Pg 3
Session Descriptions	Pg 6
Registration Form	Pg 9



Maine Center for Disease
Control and Prevention
An Office of the
Department of Health and Human Services

Beyond the Basics of Suicide Prevention VII

April 8, 2011 \$85 by March 25th; after this date - \$100

Agenda

8:00 – 8:30 Registration and continental breakfast
8:30 – 8:45 Opening remarks
8:45 – 9:30 Keynote by Jodee Blanco
**It's NOT Just Joking Around!
Understanding School Bullying
Through the Eyes of a Victim**
9:30– 9:45 Break
9:30 – 10:45 Workshops
10:45 – 10:55 Move to sessions
10:55 – 12:15 Session—Part 1
12:15 – 1:15 Lunch
1:15 – 1:35 Caring About Lives in Maine Awards
1:35 – 1:50 Break
1:50 – 3:30 Session – Part 2

Accessibility

Locations are handicapped accessible. Call Joanne De Campos at 622-7566 x202 in advance if you require special accessibility, accommodations, or a sign language interpreter.

Substitution/Cancellation/Refunds

Substitution may be made without additional charge. Please call Joanne at (207) 622-7566, ext. 202 to notify us of the change in person attending. Cancellation refunds available if notified 7 days prior to conference. "No shows" are subject to the full fee.

Temperatures in Facilities

Temperatures in each of the rooms may vary, please dress accordingly.

For more information

www.mainesuicideprevention.org
(under trainings)

Registration & Payment Information

Registrations due by March 26th

Registrations accepted on first come, first served basis. Registration includes tuition, meals, & handouts.

Registration Options:

Register Online: www.mcdregistration.org

Fax: 207-622-3616

Mail Form to: MYSPP
c/o Medical Care Development
Joanne De Campos
11 Parkwood Drive
Augusta, ME 04330

Payment Options: \$85 by March 26th

(registrations received after this date will incur a \$15 late fee, **POs accepted, payment due no later than 4/30/10.**)

Registration Questions:

Joanne De Campos
(207) 622-7566, ext. 202
jdecamps@mcd.org

Conference Content Questions:

Linda Williams
(207) 622-7566, ext. 243
lwilliams@mcd.org

CEUs and Certificates

Social Worker and Psychologist CEUs have been applied for:

This continuing nursing education activity has been submitted for approval to ANA-Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Attendance certificates provided to all participants. Participants must be present at end of day to receive a certificate.

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WORKSHOPS - 9:30 a.m. TO 10:45 a.m.

W1

Why People Die by Suicide Thomas Joiner, Ph.D

Thomas Joiner is the Robert O. Lawton Distinguished Professor in the Department of Psychology at Florida State University, Tallahassee, Florida. His work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions. He is the Director of the DoD-funded Military Suicide Research Consortium, an \$18.4 million project.

Dr. Joiner has authored or edited fifteen books, including Why People Die By Suicide, published in 2005 by Harvard University Press, and Myths and Misunderstandings About Suicidal Behavior, published in 2010, also with Harvard University Press. Largely in connection with Why People Die By Suicide, he has made numerous radio, print, and television appearances, including write-ups in The Wall Street Journal and The Times of London, a radio interview on NPR's Talk of the Nation, and two appearances on the Dr. Phil Show. He runs a part-time clinical and consulting practice specializing in suicidal behavior, including legal consultation on suits involving death by suicide.

Description: In his new theory of suicidal behavior, Thomas Joiner proposes three factors that mark those most at risk of death by suicide: 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. - **Target Audience - general**

W2

Preventing Suicide: Why Means Matter Catherine Barber, MPA

Catherine Barber directs public health practice activities at the Harvard School of Public Health's Injury Control Research Center. She led the effort to design and test the pilot for what is now the CDC's National Violent Death Reporting System, co-founded the National Center for Suicide Prevention Training, and currently directs the Means Matter campaign [www.meanssmatter.org]. She has authored or co-authored over 30 peer-reviewed papers and book chapters on the subjects of injury surveillance, veteran suicide, homicide-suicide, unintentional firearm injury, and public health approaches to suicide prevention. Her master's degree is from Harvard University's John F. Kennedy School of Government.

Description: You've always heard that ready access to a firearm is a risk factor for suicide. But why is it? And what can you do about it? This presentation combines research and a case example to examine why reducing a suicidal person's access to lethal means, particularly firearms, can help prevent suicide and how to do so in a non-controversial way. **Target audience - clinicians, school personnel, clergy, first responders**

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WORKSHOPS - 9:30 a.m. TO 10:45 a.m.

W3

Why Do People Hurt Themselves? Advances in the Understanding, Assessment, and Treatment of Self-harm Matthew Nock, Ph.D

Clinical psychologist Matthew K. Nock, renowned for his research on self-injury and suicidal behavior in adolescents and adults, is a professor of psychology at Harvard University. Dr. Nock was previously John L. Loeb Associate Professor of the Social Sciences at Harvard, where he has been a member of the faculty since 2003. He has been the Principal Investigator (P.I.) on three National Institute of Mental Health (NIMH) grants, and co-P.I. on four NIMH and National Institutes of Health grants. Most recently, he is a co-P.I. on a five-year study funded by the U.S. Army and NIMH to identify risk and protective factors for suicidal behavior among soldiers. He also chairs the World Health Organization World Mental Health Initiative's Suicide Workgroup, a committee of mental health experts from 28 nations.

Description: The question of why people intentionally behave in ways that are harmful to themselves has puzzled scholars for thousands of years. Unfortunately, self-harm continues to be a leading cause of death worldwide and many fundamental questions remain unanswered. This presentation will describe recent advances in the understanding, assessment, and treatment of self-harm behaviors, as well as some of the most promising directions for future research on this devastating problem. **Target audience - clinicians, school counselors**

W4

Treating Adolescents Who Don't Want Help: How to Engage Reluctant Youth Tina Goldstein, Ph.D

Dr. Goldstein is a licensed clinical psychologist and Assistant Professor in the Department of Child and Adolescent Psychiatry at the University of Pittsburgh School of Medicine. Dr. Goldstein's clinical and research interests focus on the assessment and treatment of mood disorders and suicidality among youth.

Dr. Goldstein is the recipient of a National Institute of Mental Health Career Development Award focused on the treatment of emotional dysregulation and suicidal behavior in youth with bipolar disorder. She is co-author of the recently released book entitled, Treating Depressed and Suicidal Adolescents: A Clinician's Guide.

Description: Many adolescents present for treatment because parents or school personnel are concerned about them, not because they have requested help for themselves. This workshop will focus on strategies for engaging reluctant teens drawing from cognitive-behavioral and motivational interviewing approaches. It will emphasize the process of engaging and motivating reluctant youth, establishing collaborative treatment goals, and facilitating treatment adherence. - **Target audience - clinicians, school counselors**

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W5

Making School Safe for All: Gay-Straight Alliances Leading to Improve School Climate Betsy Parsons

Betsy Parsons is the co-chair of the Gay Lesbian and Straight Education Network of Southern Maine. She has been active in supporting the formation and actions of Gay Straight Alliances in Maine and a long-time advocate for Lesbian, Gay, Bisexual, Transgendered, Questioning youth.

Description: The school experiences of gay, lesbian, bisexual, transgendered and questioning (GLBTQ) youth can play a pivotal role in their successful adaptation to a larger world. The degree in which GLBTQ youth experience acceptance of their sexuality in a social context, or conversely the degree to which they face peer ostracism, harassment or bullying at school and in the community is a major factor in supporting a healthy sense of self. Across Maine and the US, the work of Gay Straight Alliances and school civil rights teams have made a strong positive impact on the school climate fostering acceptance for all forms of diversity. Come celebrate the efforts presented by youth members of school Gay-Straight Alliances from across Maine as they talk about the challenges and focus on their successes in becoming a healthy school climate. **Target audience - school personnel**

W6

Grief After Suicide: Finding Hope and Healing Jack Jordan, Ph.D

Dr. Jordan is a licensed psychologist in private practice in Wellesley, MA, and Pawtucket, RI, where he specializes in working with loss and bereavement. He is also the founder and the Director until 2007 of the Family Loss Project, a research and clinical practice providing services for bereaved families. He has specialized in work with survivors of suicide and other losses for more than 30 years working with parents, young widows & widowers, suicide survivors, and survivor groups running for over 10 years.

In 2006 Jack was invited to become a member of the International Workgroup on Death, Dying, and Bereavement, and was the recipient of the Association for Death Education and Counseling (ADEC) 2006 Research Recognition Award. Jack received funding in 2004 from the American Foundation for Suicide Prevention (AFSP) to begin a research project on the types of support and services needed by suicide survivors. He has also been working for several years on a research project to develop a new measure to help clinicians identify individuals at risk for complicated mourning.

Description: This workshop will draw on the presenter's years of experience as a grief counselor specializing in work with suicide loss survivors to describe the remarkable pathways of healing that survivors can walk. The presentation will cover topics such as the impact of suicide on individuals and the family as a group, some of the myths of grief recovery, things that survivors can do to help themselves, and when to seek professional help. The workshop is geared towards people who are grieving the loss of a loved one to suicide, but will also be of value to those who wish to support a grieving survivor, and to professional caregivers such as therapists and clergy who are working with survivors. The format will include didactic presentation, case examples from the presenter's practice, and time for questions from the audience. **Target audience - survivors, clinicians**

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SESSIONS - 10:55 a.m. to 12:15 p.m. AND 1:50 p.m. to 3:30 p.m.

S1

Myths About Suicide

Thomas Joiner, Ph.D

Thomas Joiner is the Robert O. Lawton Distinguished Professor in the Department of Psychology at Florida State University, Tallahassee, Florida. His work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions. He is the Director of the DoD-funded Military Suicide Research Consortium, an \$18.4 million project.

Dr. Joiner has authored or edited fifteen books, including Why People Die By Suicide, published in 2005 by Harvard University Press, and Myths and Misunderstandings About Suicidal Behavior, published in 2010, also with Harvard University Press. Largely in connection with Why People Die By Suicide, he has made numerous radio, print, and television appearances, including write-ups in The Wall Street Journal and The Times of London, a radio interview on NPR's Talk of the Nation, and two appearances on the Dr. Phil Show. He runs a part-time clinical and consulting practice specializing in suicidal behavior, including legal consultation on suits involving death by suicide.

Description: Myths about suicide are not only numerous and pervasive, they represent a public health nuisance. Dispelling them is thus important, and can shed new light on the phenomenon. Drawing on an array of clinical cases, media reports, literary works, and scientific studies, the workshop demolishes both moralistic and psychotherapeutic clichés. It will show that suicide is neither easy, cowardly, vengeful, masterful, nor selfish. It is not a manifestation of “suppressed rage” or a medication side effect. Threats of suicide, far from being idle, are often followed by serious attempts. People who are prevented once from killing themselves will not necessarily try again. **Target audience - general**

S2

Assessment of Risk & Protective Factors for Suicidal & Non-suicidal Self-Injurious Behavior in Youth

Tina Goldstein, Ph.D

Dr. Goldstein is a licensed clinical psychologist and Assistant Professor in the Department of Child and Adolescent Psychiatry at the University of Pittsburgh School of Medicine. Dr. Goldstein's clinical and research interests focus on the assessment and treatment of mood disorders and suicidality among youth.

Dr. Goldstein is the recipient of a National Institute of Mental Health Career Development Award focused on the treatment of emotional dysregulation and suicidal behavior in youth with bipolar disorder. She is co-author of the recently released book entitled, Treating Depressed and Suicidal Adolescents: A Clinician's Guide.

Description: Suicidality and non-suicidal self-injury are complex, multiply determined behaviors. As such, accurate assessment of risk is a challenge for even the most skilled clinician. This session will review the literature on specific risk and protective factors associated with each of these behaviors in adolescents. We will then discuss clinical strategies for thoroughly assessing these factors. We will conclude with implications for decisions regarding level of care. **Target audience - clinicians, educators, general**

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S3

Part I - It's NOT Just Joking Around!:

Understanding School Bullying Through the Eyes of a Former Victim

Part II - How to Help a Bullied Child...and the Bully:

Specific Strategies from a Survivor Turned Activist

Jodee Blanco

Jodee is one of the country's pre-eminent voices on the subject of school bullying. She is the author of The New York Times bestseller, Please Stop Laughing At Me: One Woman's Inspirational Story. A chronicle of her years as the student outcast, the book inspired a movement inside the nation's schools and is swiftly becoming an American classic. Referred to by many as "the anti-bullying bible," it is required reading in hundreds of middle and high schools and numerous universities throughout the country. Please Stop Laughing at Me has also been recognized as an essential resource by The National Crime Prevention Council, DHHS, the National Association of Youth Courts, Special Olympics, The Family, Career and Community Leaders of America, Teacher Magazine and hundreds of state and local organizations from the PTA and regional law enforcement coalitions to school safety groups.

Description: Part I will bring the audience inside the heart and mind of the bullied child, and see the world through their compelling point of view. Jodee will relive painful episodes from her past so that the audience may witness firsthand what she endured at the hands of her peers and what millions of other kids today are also going through for the very same reason—simply for being different. Jodee will conclude Part I with a powerful empathy exercise that allows the audience to experience on a deeply personal and visceral level exactly what the bullied child feels. **Target audience - general**

Part II will give a brief description of some of her most unforgettable experiences working deep inside the trenches of America's schools, give advice for students, teachers, parents, and adult survivors of peer abuse like herself by revealing deeply personal insights. At the end of this three-hour presentation, she will answer questions, and offer a book-signing with both her books available.

S4

Grief After Suicide: Walking the Journey with Survivors

Jack Jordan, Ph.D

Dr. Jordan is a licensed psychologist in private practice in Wellesley, MA, and Pawtucket, RI, where he specializes in working with loss and bereavement. He is also the founder and the Director until 2007 of the Family Loss Project, a research and clinical practice providing services for bereaved families. He has specialized in work with survivors of suicide and other losses for more than 30 years working with parents, young widows & widowers, and suicide survivors, with the latter running for over 10 years.

In 2006 Jack was invited to become a member of the International Workgroup on Death, Dying, and Bereavement, and was the recipient of the Association for Death Education and Counseling (ADEC) 2006 Research Recognition Award. He has been working for several years on a research project to develop a new measure to help clinicians identify individuals at risk for complicated mourning.

Description: This session will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs. The workshop will include didactic presentation, group discussion, case examples from the presenter's practice, and video. **Target audience - clinicians**

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S5

Effective Interventions with Suicidal Veterans

Pete MacMullan, Psy.D.

Dr. MacMullan obtained his doctorate in clinical psychology from Rutgers University in 1993. He is a staff psychologist at Togus VAMC where he serves as the Suicide Prevention Coordinator. Interests include family therapy, substance abuse, and suicide prevention. He is a psychology consultant and seminar presenter.

Description: 2010 shows a marked increase in suicide among active duty service members. Clinicians need to be aware of risk factors specific to veterans who have served in a war environment. This training will include how to adjust outpatient services to meet the needs of veterans of all ages. **Target audience - clinicians**

S6 Part I - Active Minds: Bringing Youth Voice to Mental Health Awareness on College Campuses

Panel of Colby College & EMCC

Abigail Myers, founder and student coordinator of Colby College Active Minds; Patti Newmen, MA, LPC, Director of the Colby College Counseling Services; Brianna Uhorec & Stephanie Currie, co-Presidents of Eastern Maine Community College (EMCC) Active Minds; Kristin Tili, Campus Counselor and Adjunct Professor of Mathematics, EMCC.

Description: The national organization, Active Minds, seeks to bring the student voice to change the conversation and build awareness of mental health on college campuses across the US. Working through student-led chapters they bring increased awareness, education and advocacy about mental health and provide information and awareness of resources about mental illness to students. Join us for a presentation on Active Minds and learn what Maine's chapters are doing to support the mental health needs of students and how to go about starting a chapter on your campus. **Target audience - college personnel**

Part II - Expanding & Enriching the Network of Peer Support on College Campuses

Charles Morse & Matt Barry

Charles Morse has worked in various mental health settings for the past 30 years. Since 1992 he has worked at the Student Development and Counseling Center at Worcester Polytechnic Institute (WPI); in the position of Director for the past five years. In 2006 WPI received a federal grant from the SAMHSA for suicide prevention and mental health promotion on campus. With this grant WPI is implementing comprehensive gatekeeper training, with some innovative elements of student involvement. WPI was been awarded another three year grant to continue.

Matt Barry works at Worcester Polytechnic Institute's Student Development & Counseling Center as the Outreach Coordinator. As such, he is responsible for the coordination and implementation of programs and trainings for WPI students, such as the Student Support Network peer program, recently added to the Suicide Prevention Resource Center's Best Practices Registry. His professional interests include Acceptance and Commitment Therapy, gender, and social justice issues such as racism and homophobia.

Description: This interactive session will provide an overview of the Student Support Network program. It will highlight how such a large number of students are successfully recruited into the program, details of key elements of the six week training series they participate in as well as reviewing outcomes associated with implementing the program on the WPI campus for the past four years. **Target audience - College Personnel**

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Registration Form
Registrations Due by March 25th

Registration Options:

Register Online: www.mcdregistration.org

Fax: 207-622-3616

Mail Form to: MYSPP, Attn: Joanne De Campos, 11 Parkwood Drive, Augusta, ME 04330

Name _____ (as it should appear on certificate)

Job Title _____ **Work Phone** _____

Organization _____

Work Address _____

E-mail _____

Workshops (please circle one)

W1 - Why People Die by Suicide

W2 - Preventing Suicide: Why Means Matter

W3 - Why Do People Hurt Themselves?

W4 - Treating Adolescents Who Don't Want Help

W5 - Making School Safe for All

W6 - Grief After Suicide: Finding Hope & Healing

Sessions (please circle one)

S1 - Myths About Suicide

S2 - Assessment of Risk & Protective Factors

S3 - Bullying Prevention - Part I & II

S4 - Grief After Suicide: Walking the Journey

S5 - Effective Interventions w/Suicidal Veterans

S6 - College Campus Program - Part I & II

Payment Options: POs accepted, payment is due no later than 4/30/10.

Check enclosed for \$ _____ payable to Maine Youth Suicide Prevention Program

Charge \$ _____ to: _____ MasterCard _____ Visa

Card Number _____

Expiration Date _____ **CVV Code:** _____

Signature _____ (for credit card transactions)

For more information: www.mainesuicideprevention.org (under trainings)

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Location

Wyndham Portland Airport Hotel
363 Maine Mall Rd., South Portland
(207) 775-6161

Lodging

Reservations need to be made by 3/7/11 to receive the rate of \$99.00 per night. Please mention that you are a Medical Care Development attendee to get this great rate!

A Special Thank You

- Ad Care Educational Institute
- J D Foundation
- Caring About Lives in Maine Project
(SAMHSA Grant#5U79SMO57396)

Directions

FROM THE SOUTH: Merge onto I-195 W toward I-95/MAINE TURNPIKE (Portions toll), merge onto I-95 N/GOLD STAR MEMORIAL HWY/MAINE TURNPIKE toward PORTLAND/MONTREAL/QUEBEC (Portions toll). Take EXIT 45 toward US-1/MAINE MALL RD./ME-114/PAYNE RD. (Portions toll), take the MAINE MALL RD exit toward ME-114/JETPORT. Take the ramp toward JETPORT, merge onto MAINE MALL RD, make a U-TURN onto MAINE MALL RD. 363 MAINE MALL RD is on the RIGHT.

FROM THE NORTH: Merge onto I-95 S. , merge onto I-295 S via EXIT 103 toward ME-9/GARDINER/ME-126/BRUNSWICK (Portions toll). Take EXIT 1 toward I-95 N/MAINE TURNPIKE NORTH/MAINE MALL RD., merge onto MAINE TURNPIKE AUTHORITY APPROACH RD, take the MAINE MALL RD exit toward ME-114/JETPORT. Take the ramp toward JETPORT, turn RIGHT onto MAINE MALL RD, make a U-TURN onto MAINE MALL RD. 363 MAINE MALL RD is on the RIGHT.



Maine Center for Disease Control and Prevention
An Office of the
Department of Health and Human Services

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), 1-800-606-0215 (TTY). Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

**Caring..Responsive..Well-Managed.
We are DHHS.**