



**OUTREACH TO DIVERSE POPULATIONS:
FINDING WHAT WORKS**

**PA 2nd Annual
Suicide Prevention
Conference
September 9-10, 2008
Holiday Inn/Harrisburg-Hershey
GRANTVILLE, PA.**

Sponsored by:

Office of Mental Health & Substance Abuse Services

Co-sponsored by:

PA State Department of Corrections

PA Juvenile Court Judges' Commission

PA Office of Children, Youth and Families

PA State Police

PA Department of Health

PA Department of Aging

Coordinated by:

Drexel University College of Medicine

Behavioral Healthcare Education

PA 2ND ANNUAL
SUICIDE PREVENTION CONFERENCE
CREDIT/CONFERENCE INFORMATION

Overall Conference Objectives:

At the completion of this workshop, participants will be able to:

- ◆ *Recognize leading risk and protective factors that affect suicide;*
- ◆ *Identify special populations at risk for suicide;*
- ◆ *Define elements of best practice for a suicide prevention program*
- ◆ *Identify which programs work best with certain diverse populations.*
- ◆ *Examine the effect of suicide on co-workers and family members and how to respond to them.*

Target Audience:

Behavioral Health Practitioners, Teachers, School Personnel, Counselors, Social Workers, County Health and Mental Health Administrators and Policy Personnel, Older Adult Care Staff, Corrections Personnel, Juvenile Justice Staff, Survivors of Suicide, and the General Population.

KEYNOTE SPEAKERS

Donna Holland Barnes, PhD is a Research Associate and Instructor at Howard University, Department of Psychiatry, Washington, D.C. where she teaches suicide risk management to residents and third year medical students. She also conducts research on families who have lost someone to suicide. She is currently the recipient of a \$225,000 campus grant for suicide prevention from the Substance Abuse and Mental Health Services Administration. Barnes is co-founder and President of the National Organization for People of Color against Suicide (NOPCAS) and a founding member of the National Council for Suicide Prevention (NCSP). She has served on several national and local committees that pertained to suicidal behavior and frequently appears on radio talk shows and in national magazines on the subject of suicide.

Terry Cline, PhD as the SAMHSA Administrator, Dr. Cline reports to Health and Human Services Secretary Michael O. Leavitt and leads the \$3.3 billion agency responsible for improving the accountability, capacity and effectiveness of the nation's substance abuse prevention, addictions treatment, and mental health service delivery systems. Throughout his career Dr. Cline has worked to ensure individual and family needs are the driving force for the prevention, treatment and recovery support services delivered. He has championed the principle that mental health and freedom from substance abuse are fundamental to overall health and well-being and that mental and substance use disorders should be treated with the same urgency as any other health condition. Dr. Cline has experience as a clinician, educator and provider as well as a state mental health and human services administrator. A native of Ardmore, Oklahoma, Dr. Cline attended the University of Oklahoma where he earned a bachelor's degree in psychology in 1980. He then received both a master's degree and a doctorate in clinical psychology from Oklahoma State University. Dr. Cline has involved himself in community service, including membership on a number of local, state and national committees and boards with a focus on improving the overall health of the community and the Nation.

CONFERENCE SITE

Holiday Inn Harrisburg/Hershey Hotel, 604 Station Road, Grantville, PA. 17028. A block of guest rooms has been reserved at the following rate: \$82 for single/double occupancy. The room rates do not include the 9% Pennsylvania Occupancy Tax. These rates are guaranteed until August 20, 2008. Please call the hotel directly at 717-469-0661 and be sure to mention **PA 2nd Annual Suicide Prevention Conference.**

CONFERENCE FEE

\$125.00 Includes tuition, continental breakfast, lunch and coffee breaks, conference materials, and continuing education certificate for the full two days of the conference. Fee for attendance for one day is \$75.00. The registration fee does not include overnight accommodations. Confirmations will be mailed with driving directions for all registrations received up to ten (10) days prior to the conference.

CREDIT INFORMATION

APA (Psychology): Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Drexel University College of Medicine, Behavioral Healthcare Education maintains responsibility for this program and its content. This program is offered for 10 credits.

LSW (PA SBSWE Licensed Social Workers in Pennsylvania): This session is co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research for a maximum of 10 credit hours. Bryn Mawr College GSSWSR, as a CSWE accredited School of Social Work, is a pre-approved provider of continuing education for Social Workers in PA and many other states.

NAADAC (National D&A): This training has been approved by the National Association of Alcoholism and Drug Abuse Counselors for a maximum of 10 educational hours. NAADAC Approved Provider #000125.

NBCC (National Counselors): Drexel University College of Medicine is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC continuing education guidelines. We can award 10 hours of continuing education credit for this conference.

PA Educators Act 48: Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive a maximum of 10 hours of credit for attending this complete conference.

PCB (PA Certified Addictions Counselor (CAC); Certified Co-Occurring Disorders Professional (CCDP); and CCDP-D (Diplomate): Drexel University College of Medicine, Behavioral Healthcare Education will award a maximum of 10 PCB Approved Hours of Education for this training. Our program is certified by the Pennsylvania Certification Board, Provider # 133.

PSNA (Nursing): Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be awarded a maximum of 10 contact hours for attending this conference.

CEU (IACET) The Drexel University College of Medicine, Behavioral Healthcare Education has been reviewed and approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1620 I Street, NW, Suite 615, Washington, DC 20006. The Drexel University College of Medicine, Behavioral Healthcare Education has awarded a maximum of 1.0 of CEUs to participants who successfully complete this program.

OUTREACH TO DIVERSE POPULATIONS: FINDING WHAT WORKS

CONFERENCE AGENDA

TUESDAY, SEPTEMBER 9, 2008

- 8:00 am **Registration and Continental Breakfast**
- 9:00 am – 9:15 am **Welcome and Opening Remarks**
Joan Erney, Deputy Secretary
- 9:15 am – 10:15 am **Keynote – “Managing a Suicidal Crisis in Diverse Populations”**
Donna Barnes, PhD, President
National Organization for People of Color Against Suicide (NOPCAS)
- 10:15 am – 10:30 am **Break**
- 10:30 am– 12:00 noon **CONCURRENT WORKSHOPS I**

SESSION I

Screening for Suicide Risk in the Pediatric Primary Care Setting

Matthew B. Wintersteen, PhD

The Children’s Hospital of Philadelphia

The focus of this presentation will be on developing standardized screening methods within the pediatric primary care setting. Attention will be paid to the development of the Behavioral Health Screening—Primary Care, a psychosocial screening tool developed at The Children’s Hospital of Philadelphia. Participants will learn about methods of engaging primary care providers in standardized suicide risk assessment, the process and challenges of screening, and outcomes associated with screening. Finally, participants will briefly discuss barriers and processes of engaging high-risk youth in treatment following screening in primary care.

SESSION 2

Suicide Prevention: What Really Works for Latinos?

Amarilis LaFontaine, MHS, LPC, CCBT, CCDP Diplomate
President, Best Behavioral Healthcare, Inc.

This workshop is designed to help healthcare providers increase their understanding of the cultural aspects of health and illness in the Latino American community. With this knowledge, one can work effectively with individuals and with their families from the Latino community in the prevention of suicide.

SESSION 3

Towards Individualized Medication Treatment

Margaret Benner, PhD, RN

Associate Professor, Drexel University College of Medicine/BHE

In this workshop, information from the fields of Pharmacogenetics and Ethnopsychopharmacology will be used to examine how genetic and cultural factors can be used to individualize the diagnoses and pharmacologic treatment of psychiatric disorders.

SESSION 4

Suicide Issues in the School Setting

Anita T. Smith, BA, Student Assistance Program Mental Health Liaison, Family Counseling Center and
Instructor, Butler County Community College

This session will look at issues around suicide in the middle and high school settings including: indicators of suicidal ideation; best practice procedures for reporting at-risk students; assessing suicidality; and postvention procedures. Programs designed to promote good mental health and help reduce the risk of youth suicide will also be discussed.

12:00 noon – 1:15 pm **Lunch**

The following sessions are three (3) hour workshops. You will be automatically registered for both parts of your workshop choice.

1:15 pm – 2:45 pm **CONCURRENT WORKSHOPS II**
2:45 pm – 3:00 pm **Break**
3:00 pm – 4:30 pm **Part II Continued**

SESSION 5

Unlocking the Door....Reaching Parents Who Are Hard-to-Engage

Mary Margaret Kerr, EdD, STAR-Center

School personnel are often the first to identify students at risk for suicide. Nevertheless, school personnel often encounter barriers when they attempt to share their observations and concerns with parents. This presentation will offer practical tips to engage parents who are hard-to-engage, including parents from backgrounds different from those of school personnel.

SESSION 6

Surviving Suicide: Pivotal Moments of Healing

Govan Martin, Dawn Reese, & Michael Reynolds

This workshop will provide survivors and those who counsel them with a personal account of moving through the pain of losing someone and the elements that were instrumental in healing. The goal of this session is to help survivors know that everyone experiences different reactions from family and friends. This session will help individuals, or those they counsel, to identify their own personal key moments in order to use them to heal. **Surviving Bill** was written with this goal in mind and will provide the foundation for the presentation itself.

SESSION 7

QPR (Question, Persuade, Refer) for the Elder Population

Heidi Bryan, BA, Founder and Director, Feeling Blue Suicide Prevention Council

QPR Gatekeeper training is an evidence-based program used to train community gatekeepers to identify and help individuals who may be suicidal or at-risk of becoming suicidal. In this training, focused primarily on the older adult population, participants will learn: the warning signs and risk factors of suicide; how to persuade suicidal individuals to get help; and ways of referring people at risk to local resources. Each attendee will receive a QPR booklet and card, resource information and Gatekeeper Certificate.

SESSION 8

Evidence-Based Practices: General Population, Youth and Older Adults

Gordon R. Hodas, MD, Statewide Child Psychiatric Consultant

Philip Rodgers, PhD, Evaluation Specialist, American Foundation for Suicide Prevention

David Oslin, MD, University of Pennsylvania, Geriatric and Addiction Psychiatry

This presentation will be divided into three components:

Dr. Hodas will consider the relevance of trauma informed care (TIC) to youth suicide prevention. This section identifies core elements of TIC and considers how TIC, along with other interventions, can support youth at risk of suicide.

Dr. Rodgers will present on the Suicide Prevention Resource Center and the American Foundation for Suicide Prevention Best Practice Registry for suicide prevention. Dr. Rodgers will describe the practices listed on the registry and how these practices can be built into comprehensive models of suicide prevention.

Dr. Oslin will discuss Reducing Suicide Risk in Older Adults. Among the risk factors that are amenable to treatment are the presence of depression and/or alcohol misuse. This presentation will focus on the delivery of evidence-based care management as a mechanism for reducing depression and suicide risk.

SESSION 9

Attachment-based Family Therapy

Guy S. Diamond, PhD, Associate Professor, University of Pennsylvania School of Medicine, and Director, Center for Family Intervention Science, Children's Hospital of Philadelphia

Attachment-based family therapy is an empirically supported treatment for depressed and suicidal adolescents. Attachment theory provides the over-arching framework. Optimal adolescent development occurs when adolescents perceive their parents as caring, protective, and available and autonomy granting. ABFT aims to repair ruptures in the attachment relationship, and establish or resuscitate the secure base that can support adolescent development. The model is conceptualized as five, discrete and teachable tasks. Each task has very clear guidelines to guide the application and adaptation to the unique needs of each family. Each task will be reviewed and demonstrated with video examples of actual therapy sessions.

WEDNESDAY, SEPTEMBER 10, 2008

- 8:00 am **Registration and Continental Breakfast**
- 9:00 am – 9:15 am **Welcome and Opening Remarks**
- 9:15 am – 10:15 am **Keynote – “A Public Health Approach to Achieving the Promise:
A Life in the Community for Everyone”
Terry Cline, PhD - SAMHSA**
- 10:15 am – 10:30 am **Break**
- 10:30 am – 12 Noon **CONCURRENT WORKSHOPS III**

SESSION 10

Substance Use and Suicide Risk

Jean Rush, MA & Richard Novak – OMHSAS

This seminar provides an opportunity for participants to review the impact of substance use associated with suicide. The myth regarding the low correlation between alcohol dependence and suicide will be discussed. A highly common risk factor in predicting suicide attempts is a mood disorder co-occurring with a substance use disorder. The incidence and prevalence of co-occurring disorders will be discussed.

SESSION 11

Outing Suicide Risks and Prevention Needs of Lesbian, Gay, Bisexual and Transgender (LGBT) Citizens

Mark A. Davis, MA

Special Needs Analyst, Philadelphia Department of Behavioral Health

This workshop will address suicide risk factors and prevention needs in LGBT communities. Historical roots to current trends will be covered so participants become change agents in their community as peers and allies of LGBT citizens. Blending behavioral/general health services with coordinated suicide prevention strategies will enrich lives of LGBT people at risk to lead productive lives and prevent high suicide rates. Recovery is possible with a public, private and peer support approach.

SESSION 12

Adolescent Suicide and Two Screening Instruments

John A. Sushereba, MA

Mental Health Consultant, Perseus House, Inc.

This practical session will discuss current information on adolescent depression and the issues of suicide prevention, intervention and postvention. Two well respected screening instruments will be highlighted; Columbia University's TeenScreen Program, and the **SOS** (“Signs of Suicide”) High School and Middle School Suicide Prevention Program. Participants will learn how to access and implement these instruments for use in their own program or school.

SESSION 13

Suicide Assessment and Intervention: Critical Issues in the Assessment and Management of Suicidal Risk in Children and Adolescents.

Sam Lonich, PhD Chairperson, Psychology and Director of the Child and Family Studies Institute of California University of Pennsylvania

This presentation will provide in-depth information required to accurately identify potentially suicidal ideation among children and adolescents. Included in the presentation will be information regarding the process and assessment of suicidal risk by evaluation; levels of stress; developmental patterns of behavior; coping skills; and problem-solving abilities. General treatment guidelines for both children and adolescents will be discussed.

- 12 noon – 1:15 pm **Lunch**

1:15 pm – 2:45 pm CONCURRENT WORKSHOPS IV

SESSION 14

Veterans with Dual Diagnosis and PTSD: An Empirical Lesson on the Origin and Prevention of Suicide

Michael J. Graber, Sr.,
Director of Veterans Programs, Impact Services Corp

The large number of suicides associated with U.S. Armed Forces combat/non combat veterans is a product of special circumstances and dramatic experiences not normally witnessed or encountered by the general civilian population. The focus of this workshop will specifically discuss how the experience of extreme violence forever changes the most “normal” of individuals and is a major contributing factor to the great potential for destructive behavior and suicide among veterans with Post-traumatic Stress Disorder and other Co-occurring Disorders

SESSION 15

Saving Lives: An Asian and Pacific Islanders Perspective

Yan Q. Huo, MA, ATR-BC, LPC
Drexel University College of Medicine/PRIME Institute

Asian and Pacific Islanders (API) are comprised of many different countries and ethnic groups who share similar values and beliefs regarding help seeking behaviors and family practices. Understanding how a certain API group responds to barriers and stressors may help providers effectively engage with individuals and/or family members who are in emotional distress.

SESSION 16

Suicide Prevention Efforts in the Pennsylvania Department of Corrections

Jack Walmer, PhD
Director of Psychological Services, PA Department of Corrections

The Pennsylvania Department of Corrections operates 27 correctional facilities which house over 45,000 inmates. A comprehensive program of suicide prevention initiatives includes inmate screening and education, staff training, mechanisms for rapid intervention and provision of safe settings, we well as identification and screening of inmates in high-risk settings such as Restricted Housing Units. Information about suicide rates in correctional settings, as well as modes of self-harm and completed suicides will be discussed. Finally the process of clinical review of serious suicide attempts and completed suicides, as well as supportive critical incident stress management interventions for affected staff will be reviewed.

SESSION 17

Suicide Risk Assessment of Rural and Urban Adolescents

Virginia Biddle, RN, CRNP – Family Psychiatric/Mental Health Nurse Practitioner and Pediatric Nurse Practitioner
Thomas Jefferson University, Department of Psychiatry and Human Behavior, Child and Adolescent Psychiatry

This workshop is geared to primary care providers, school nurses, and other clinicians who want to identify youth at risk for suicide. In the workshop, information will be given about suicide rates, methods, risk factors, warning signs, and concerns of rural and urban youth. In addition, ways to use this information to perform risk assessments of both individuals and families and to determine the level of risk and identify the appropriate level of care will be suggested. There will be an opportunity to practice assessment skills using videotaped vignettes.

SESSION 18

Suicide Hotline Assessment/Lethality Tool

Norman Weissberg, PhD, Donald Jennings, PhD, Lenore Sherman, MHA, Helen Gabler and Sue Smith
Contact Greater Philadelphia

This session will provide a lethality assessment tool to be used when answering suicide hotline calls. It addresses desire, capability, intent and buffers, and the research necessary to determine risk. This instrument was selected to be presented at the National Suicide Prevention Lifeline/American Association of Suicidology national meeting and hands-on discussion with senior telephone volunteers will occur.

REGISTRATION FORM

PA 2ND ANNUAL SUICIDE PREVENTION CONFERENCE SEPTEMBER 9-10, 2008

PLEASE COMPLETE ALL INFORMATION REQUESTED BELOW: (Please print)

Name: Degree:

Job Title/Position:

Agency:

Address:

City/State/Zip Code:

Day Phone # with area code: Evening#:

Email Address:

Fax Number:

SPECIAL REQUESTS:

Vegetarian Lunch Require Special Assistance (ADA)

Type of Credit Desired:

APA CEU LSW/LCSW NAADAC NBCC PA Act 48* PCB/CCDP/CCDP-D PSNA

*(Professional ID #)

WORKSHOP CHOICES:

- | | | | | | |
|------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Concurrent Session I | <input type="checkbox"/> Session 1 | <input type="checkbox"/> Session 2 | <input type="checkbox"/> Session 3 | <input type="checkbox"/> Session 4 | |
| Concurrent Session II | <input type="checkbox"/> Session 5 | <input type="checkbox"/> Session 6 | <input type="checkbox"/> Session 7 | <input type="checkbox"/> Session 8 | <input type="checkbox"/> Session 9 |
| Concurrent Session III | <input type="checkbox"/> Session 10 | <input type="checkbox"/> Session 11 | <input type="checkbox"/> Session 12 | <input type="checkbox"/> Session 13 | |
| Concurrent Session IV | <input type="checkbox"/> Session 14 | <input type="checkbox"/> Session 15 | <input type="checkbox"/> Session 16 | <input type="checkbox"/> Session 17 | <input type="checkbox"/> Session 18 |

CONFERENCE FEE - \$125.00 - 2 day conference; \$75.00 - 1 day of conference

PAYMENT:

Enclosed is a check for the total amount of \$

Please make checks payable to: **Drexel University College of Medicine/BHE**

Please charge \$ VISA Mastercard Discover Card American Express

Cardholder's Name:

Credit Card Number: Expiration Date:

Mail, Fax or E-mail Registration to Registrar for this series:

Anne Finan - AFinan@Drexelmed.edu
Drexel University College of Medicine/BHE
PO Box 45357 Philadelphia, PA. 19124
215 831-4055 (Phone) 215 537-1789 (Fax)

Fax and E-mail registrations will only be accepted with credit card payments.