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May
22



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SUICIDE PREVENTION *IN YOUR* EVERYDAY ENVIRONMENT

2014 Suicide Prevention Conference

National Center for Employee Development Conference Center and Hotel
Norman, OK

FEATURED SPEAKERS

Sally Spencer Thomas

As a clinical psychologist, mental health advocate, faculty member, and survivor of her brother's suicide, Dr. Sally Spencer-Thomas sees the issues of suicide prevention and mental health promotion from many perspectives. Currently, she is the CEO of the Carson J Spencer Foundation, the Survivor Division Director for American Association for Suicidology and the Workplace Task Force Co-Lead for the National Alliance for Suicide Prevention. Dr. Spencer-Thomas is a professional speaker and trainer, presenting nationally and internationally on the topic of suicide prevention and has published four books on mental health. She lives in Conifer, Colorado with her partner and three sons.



Dr. Barry Feldman



Barry N. Feldman, PhD, is a nationally-recognized researcher and educator in the field of suicide intervention and prevention. He specializes in suicide-related training and stabilization services for military personnel, police officers, emergency medical responders, firefighters, and other public-safety and health-care providers. Dr. Feldman serves as a suicide prevention consultant to the Massachusetts National Guard, and has an extensive background as a clinician, researcher and speaker in health care, educational, and criminal justice settings.

He has developed specialized teaching materials in the field and created management programs for trauma recovery, substance abuse and crisis intervention. He created an online training-needs assessment tool for emergency medical technicians in Massachusetts and utilized his findings to design EMT-specific training modules.

Feldman holds a research appointment with the Veteran's Administration and, through the Massachusetts Dept. of Public Health, conducts suicide-related workshops and in-service training sessions for mental health clinicians, educators, and other health care providers.

A lecturer for UMass Memorial Health Care's Disaster Medicine and Emergency Medicine departments, Feldman is also an approved trainer for the American Association of Suicidology and the Suicide Prevention Resource Center. He is a certified trainer for the International Critical Incident Stress Foundation, serves on the Clinical Advisory Board of the Society for the Prevention of Teen Suicide, and is a member and former chairman of the Executive Committee of the Massachusetts Coalition for Suicide Prevention.

CONFERENCE SPONSORS

**Oklahoma Department of Mental Health and Substance Abuse Services
Garrett Lee Smith Youth Suicide Prevention Grant**

Oklahoma Department of Mental Health
and Substance Abuse Services

Muscogee-Creek Nation and the Cherokee Nation



CONFERENCE OVERVIEW

This conference will provide participants with suicide prevention training, intervention skills and knowledge. In addressing the complexity of suicide in our communities, emphasis will also be placed on building resources for professionals and families. Participants will hear from local and national experts in the field of suicide prevention in every day environments.

WHO SHOULD ATTEND

This conference will be of interest to Educators, Mental Health and Substance Abuse Professionals, Physicians, Nurses, Social Workers, Public Health/School Administrators, Employers, Researchers, Crisis Center Staff, Faith Leaders, Consumers, First Responders, Military Personnel, and Survivors, and all persons with an interest in suicide prevention.

DATE and LOCATION

The conference will be held May 22, 2014, at the National Center for Employee Development (NCED) Conference Center and Hotel, 2801 E. Highway 9, Norman, OK.

LODGING

Participants must make their own hotel reservations. A block of rooms has been set aside for participants until May 1, 2014. Call the hotel listed below and ask for the special group rate for the Suicide Prevention Conference of \$83/night (not including tax) This rate includes a breakfast buffet and wireless internet in the sleeping room.

NCED Conference Center and Hotel
2801 E. Highway 9, Norman, OK
405-447-9000

REGISTRATION and FEES

Please submit your registration by May 1st. The early-bird rate for the conference is \$85 if registration is postmarked on or before May 1st. Fees for registrations after May 1st or on-site registrations are \$135. Checks and purchase orders should be made payable to: **ODMHSAS, FEI #73-6017987.**

By Mail: Mail the registration form to: ODMHSAS, 2401 NW 23rd St., Suite 1F, Oklahoma City, OK 73107.

By Fax: Faxed registrations are accepted at (405) 522-8320.

Cancellation Policy: The registration fee will be returned only if notice of cancellation is provided in writing and postmarked no later than May 1st, 2014. For more information, contact ODMHSAS at (405) 522-8300.

CONTINUING EDUCATION

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training has requested approval of 5.75 credit hours through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors Committee, the Licensed Marital and Family Therapist Committee, and the Council on Law Enforcement Education and Training. Continuing education hours are also approved for Certified Behavioral Health Case Managers and credentialed Peer Recovery Support Specialists.

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training.

COMFORT ROOM

There will be a Comfort Room available, for anyone needing to speak with a licensed mental health professional. For directions to the comfort room please visit the registration desk and we will be happy to assist you to the location.

CALL FOR EXHIBITORS

Is your organization one you want others to know about? An exhibit at the 2014 Suicide Prevention Conference will introduce your organization to prevention and treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call Allison Woodard at ODMHSAS Human Resources Development Division at 405-522-8315 or e-mail her at Allison.Woodard@odmhsas.org.

2013 Suicide Prevention Conference

Agenda

May 22, 2014

8:00 – 8:30 am **Registration** (registration desk will be open from 8:00am to 3:00pm)

8:30 – 8:45 am **Opening**
Dr. Bryan Stice
Chair, Oklahoma Suicide Prevention Council

8:45 – 9:00 am **Welcome Address**
Terri L. White, Commissioner
Oklahoma Department of Mental Health and Substance Abuse Services

9:00 – 10:00 am **Opening Plenary**
Suicide Prevention in the Work Place
Dr. Sally Spencer Thomas

The majority of people who take their lives are working aged people, and yet workplaces are often unprepared to deal with this crisis. By improving a workplace's commitment to mental health promotion, workplaces can be a key partner in the effort to prevent suicides. Just as workplaces have realized they can make an impact on reducing heart disease by encouraging exercise, they can also make an impact on reducing suicide by promoting mental health and encouraging early identification and intervention.

The presentation will discuss the importance for workplaces to appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health challenges, and promote help-seeking and help-giving.

10:00 – 10:30 am **Morning Break**

10:30 – 12:00 pm **Concurrent Sessions**
1A – *A Look at Suicide Stigma Among College Students*
Sarah Rhoades-Kerswill M.S.

This workshop will discuss suicide stigma among college students and stigma's relationship with suicidal thinking, suicidal behavior and demographic variables.

1B – *Assessing Community Readiness for Suicide Prevention*
Levi Keebler, MS, LPC, LADC, CPS and Jimmie Fite

Is your community ready to address the prevention of suicide? This presentation will describe utilizing the Community Readiness Model to assess individual community's level of readiness. Cherokee Nation has utilized this model to assess level of readiness and work with communities to move forward with customized prevention strategies to improve community readiness. Every community is ready for something - what is your community ready for?

1C – *Suicide in Oklahoma*

Brandi Woods-Littlejohn MCJ

The presentation will discuss suicide trends in Oklahoma based on Oklahoma Violent Death Reporting System (OKVDRS) data. The information will highlight youth and adult trends, gender differences, veteran status, and circumstances surrounding suicide in Oklahoma. The OKVDRS is a rich database that collects detailed information and data from multiple sources.

1D – *Suicide Prevention is a Matter of Faith*

Amy Shipman, M.E. LPC and Aimee Ryan, BSW, MSW, LCSW

Suicide can often be a sensitive subject to address in faith based communities. In December 2012, the Catholic Archdiocese of Oklahoma City decided to make suicide prevention a priority after the loss of several students to suicide in our Catholic schools and community. This workshop will address how the plan was created, who was involved, how this plan has gained funding and how to implement your own plan in your faith based program. It will also cover how spiritual beliefs and practices function as a protective factor against suicidal behavior.

1E – *Life and Work After a Suicidal Crisis*

DeQuincy A. Lezine, Ph.D

In this presentation Dr. Lezine will provide information from the Suicide Attempt Survivor Task Force of the National Action Alliance for Suicide Prevention. In addition to an overview of the Action Alliance and Task Force, he will present key recommendations for workplaces seeking to engage and support people who have lived through a suicidal crisis.

1F – *Man Therapy*

Dr. Sally Spencer Thomas

Men at risk for suicide are often referred to as having a “double jeopardy” – the most risk factors and the least likely to seek help. Participants will learn about the psychological models and foundational research that provide a framework for how we can shift our thinking about suicide prevention for men of working age. This workshop also translate research to practice by looking at successful models from around the world and by engaging in an interactive exercise that helps participants develop a comprehensive approach to suicide prevention among men of working age.

12:00 – 1:30 pm

Lunch (located in the Food Court and Dining area, please see attached map)

1:30 – 3:00 pm

Concurrent Sessions

2A – *Suicide Prevention in Public Schools*

Natalie Haymaker LMSW and Staci Wayant

Empowering young people with the tools they need for suicide prevention comes through education. We will take you through each step in implementing an evidence-based suicide prevention program, from writing the policy through the follow-up to year one if implementation.

2B –*Planting Seeds of Hope and Preventing Suicide*

Melissa Pitts Johnson, MS, LPC, CPS and Steven Powers

Suicide Prevention programming provides the seeds of hope to build safer, healthier communities. This workshop will discuss successful suicide prevention strategies implemented by the Cherokee Nation in communities across Northeast Oklahoma. Presenters will also cover several lessons learned from their experiences in working with schools and communities to prevent suicide.

2C –*Understanding Military Culture for Civilians*

CPT Misty Anne Jobe, M.A.

Cultural competency, when entering the world of the service member, often takes well-meaning helping professionals by surprise when differences begin to surface. The values of the individual, the structure of the vast and varied organizations, and the vernacular of the different branches all may seem overwhelming at times in their unique diversity. This session will focus on improving that understanding to better prepare professionals as they work to help service members and their families.

2D – *Addressing Employee Barriers to Effective Suicide Prevention*

Ellen Harwell MS

Training staff members and employees in suicide prevention is more than just understanding agency policy. True prevention is helping staff members intervene before self-harm or suicide behaviors occur. However, the largest barriers to this are often the staff members themselves. This presentation will focus on ways to address not only policy but also the spirit of suicide prevention. This workshop will highlight the personal barriers employees may encounter which can make suicide prevention in youth residential treatment less effective as well as how to address such issues, how to engage staff on difficult topics, and the need for self-care training.

2E- *Risk Factors in Patients with Disabilities*

Daniel Nead, Ph.D

People with a disabilities experience unique challenges that can put them at higher risk for mental illness, including depression and suicide, yet few professionals are trained to work with these populations. This presentation will explain the different types and models of disability, and how providers can provide more specialized, knowledgeable services when working with individuals with disabilities.

2F- *The Human Elements of Public Safety*

Dr. Barry Feldman

First Responders (law enforcement, EMS, Fire, Disaster Response, National Guard and others) face many challenges, experience significant levels of stress, and can be at increased risk for suicide, as compared to the general population. In this workshop Dr. Feldman will discuss how timely and effective self-care can serve to mitigate the acute psychological distress that First Responders may experience from critical incident exposure. He will discuss Responder personality traits and work culture that may contribute to acute distress, up to and including suicide, and will provide an overview of the effects of on-going, delayed and cumulative stress. Dr. Feldman will review risk factors and warning signs that may signal the need for self-care or crisis intervention. Participants, as individuals, employees and employers, will learn the importance of 'preventive maintenance', peer support and the multiple components of self-care. The workshop will be interactive, and incorporate material to facilitate participation by attendees.

3:00 – 3:15 pm

Afternoon Break

3:15 – 3:20 pm

Closing Introduction

Steven Buck

Deputy Commissioner for Communications and Prevention Services, Oklahoma Department of Mental Health and Substance Abuse Services

3:20 – 4:20 pm

Closing Plenary

Putting Ourselves First: The Importance of Self-Care for Helpers

Dr. Barry Feldman

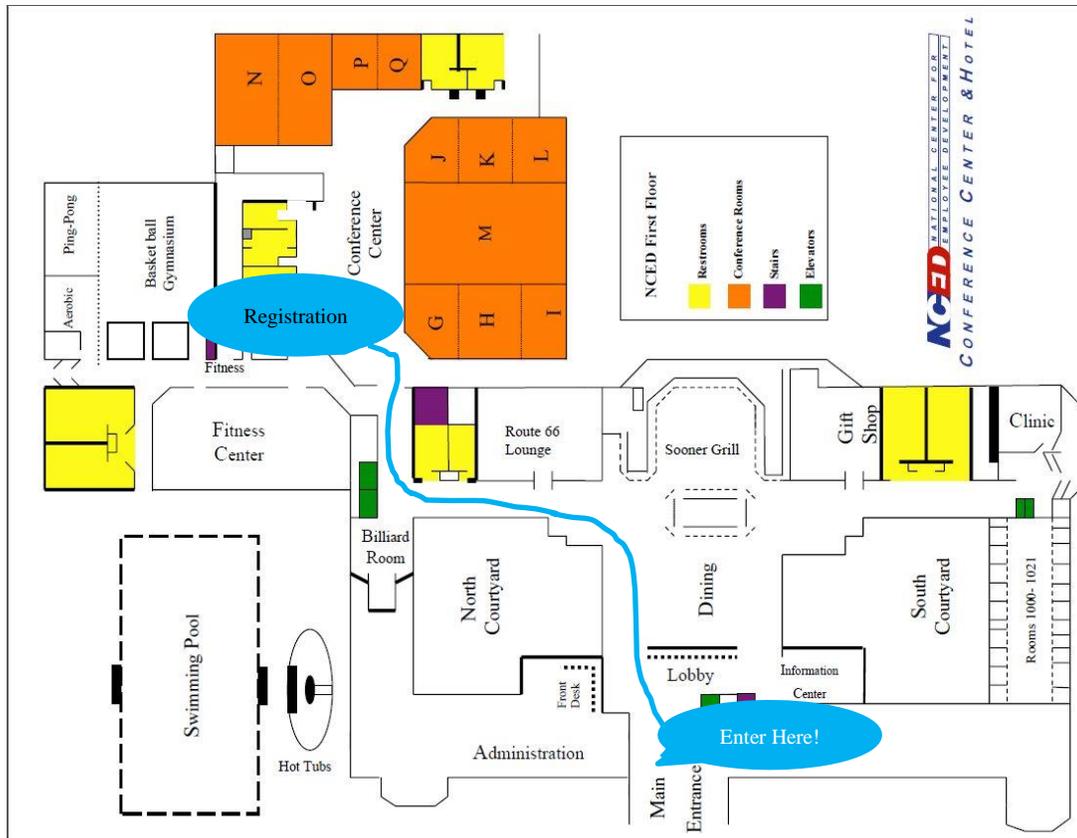
Police, fire/rescue, emergency medical workers, military service members, mental health clinicians, disaster services, school staff and others in the helping professions are, by the nature of their job responsibilities, 'front-line' in assisting victims during and after traumatic or critical events. As a result of serving others, these Helpers can themselves experience job-related critical stress and trauma. Helpers typically share a personality trait to put duty first and care for themselves last, if at all; they may share a work culture of avoiding self-care measures or deeming them not necessary. Ignoring or avoiding self-care for traumatic events can lead to negative psychological and physical consequences for the Helpers themselves, up to and including suicide.

4:20 – 4:30 pm

Closing Remarks

Dr. Bryan Stice

Chair, Oklahoma Suicide Prevention Council



Suicide Prevention Conference

REGISTRATION

PLEASE MAIL OR FAX TO:

Human Resources Development Division
 Institute for Mental Health and Substance Abuse Education & Training
 2401 NW 23rd Street, Suite 1F, Oklahoma City, OK 73107
 Fax (405) 522-8320

Name: _____

Home Phone Number: _____

Occupation or Job Title: _____

Place of Employment: _____

Address: _____

City, State, ZIP: _____

Daytime Phone: _____

E-Mail Address: _____

****Note:** If an e-mail address is included, a confirmation that your registration has been received will be e-mailed to you.

I require special accommodations. Please list: _____

PAYMENT

Please enclose registration payment. If paying by purchase order (PO), please mail or fax a copy of the purchase order with the name of the attendee(s) included on the PO. If paying by check or money order please make payable to ODMHSAS. Please check all boxes that apply. **No Cash Please.**

FORM OF PAYMENT

Check or Money Order

Purchase Order # _____

Credit Card (circle one):
 Visa MasterCard

EARLY BIRD RATE

(by May 1st)

\$85
 \$85
 \$85

REGULAR RATE

(after May 1st)

\$135
 \$135
 \$135

ODMHSAS

Employee

Card Number: _____ Exp. Date: ____/____/____

Authorization Signature: _____

CONCURRENT SEMINAR PREFERENCES

Please check the box next to the workshop you would like to attend during each of the concurrent sessions listed below. Only one workshop should be entered per session.

<input type="checkbox"/> Session 1A	<input type="checkbox"/> Session 1B	<input type="checkbox"/> Session 1C	<input type="checkbox"/> Session 1D	<input type="checkbox"/> Session 1E	<input type="checkbox"/> Session 1F
<input type="checkbox"/> Session 2A	<input type="checkbox"/> Session 2B	<input type="checkbox"/> Session 2C	<input type="checkbox"/> Session 2D	<input type="checkbox"/> Session 2E	<input type="checkbox"/> Session 2F

CONTINUING EDUCATION CREDIT REQUESTED

<input type="checkbox"/> CME	<input type="checkbox"/> LPC	<input type="checkbox"/> MSW	<input type="checkbox"/> Case Management
<input type="checkbox"/> Psychologist	<input type="checkbox"/> LMFT	<input type="checkbox"/> LCSW	<input type="checkbox"/> P-RSS
<input type="checkbox"/> CLEET	<input type="checkbox"/> CADAC	<input type="checkbox"/> CPS	<input type="checkbox"/> Under Supervision
<input type="checkbox"/> LBP	<input type="checkbox"/> LADC	<input type="checkbox"/> Other _____	

For questions or information, please contact Human Resources Development at (405) 522-8300.