



Generations of Hope

Self  Family  Community

16TH ANNUAL STATE OF NH SUICIDE PREVENTION CONFERENCE

Featuring:



Generations of Inspiration

Powerful personal stories of hope and recovery from mental illness

Dr. Corey Martin, MD

Founder of the *Bounce Back Project* and Principle Consultant at *Innovations in Resilience* in Buffalo, MN



November 7, 2019

8:30 - 4:00

Grappone Conference Center
Concord, NH

AGENDA

7:30 - 8:30:

Registration, Continental
Breakfast, and Exhibits

8:30:

Welcome Remarks

Morning Plenary

Break

Morning Workshops

Lunch, Exhibits, and
General Announcements

Afternoon Workshops

Break

Afternoon Plenary

Reflections, Evaluations, and
Attendance Certificates Provided



A Serenity Room will be open throughout the day for anyone seeking a safe and respectful environment in which to find resources and/or to quietly reflect.

Exhibits:

Exhibits from local and national organizations and resources will be available throughout the day for you to browse. Please be sure to visit our exhibitors during the morning and lunch breaks, or at any point during the day, to obtain information about suicide prevention efforts occurring around New Hampshire and beyond.

Recommended Audiences:

To assist you in determining which workshops may be of most personal/professional interest, please refer to the following key when reviewing our workshop descriptions:

FTH: Faith leaders	MBE: Media, business/employer
LEX: Lived experience, including Survivors of Suicide Loss, Attempt Survivors, people living with mental illness, and families	PVD: Providers, including mental health, social services, and medical
LME: Law enforcement, military personnel, and emergency responders	SCH: Schools and educators

Please note that this is not intended to restrict you from participating in the workshop of your choice, but rather to help you in making a selection.



Morning:

8:55-9:55

Generations of Inspiration

Facilitated by Tricia Ellis

Individuals with lived experience will share their journeys of hope and how they were inspired by the strength of others. Hearing from those who have faced and overcome potentially life threatening challenges can be instrumental in opening the door to getting help and nurturing the belief in recovery. These powerful stories can lead to unanticipated positive outcomes.

Afternoon:

2:30-3:45

Moving from Surviving to Thriving

Dr. Corey Martin

Burnout is epidemic in the caring professions. Dr. Martin will discuss how common burnout is and the consequences to our personal wellbeing, work, and the people and patients we care for. He will help us understand the association between gratitude, health, and happiness, as well as the importance of Random Acts of Kindness on our overall happiness. He will share simple techniques to combat and prevent burnout and improve our relationships with our loved ones, colleagues, customers, and patients.



A. Ethics and Confidentiality Issues Related to Suicide Risk and Co-Occurring Disorders: Part 1

Jacqui Abikoff

This workshop will examine the issues of ethical responsibility inherent in working with suicidal clients. It will provide a historical perspective on societal beliefs about suicide and how these beliefs frame our approaches to individuals who present with suicidal ideation or suicide plans. We will look at how we respond to individuals who have attempted suicide, as well as those who have lost someone to suicide. The discussion will challenge our personal beliefs about suicide, suicide prevention and issues of self-determination and right to die. Participants will leave with a deeper understanding of the ethical issues and challenges related to when and how clinicians intervene with individuals who express the intent to die.

Recommended Audience(s): PVD, FTH

B. DBT: Effective Treatment for Suicide Risk (Part 1- Overview)

Patricia Carty

Dialectical Behavior Therapy (DBT; Linehan, 1993) was created as a cognitive behavioral treatment to treat suicidal individuals with Borderline Personality Disorder (BPD). This therapy emphasizes the dialectics of acceptance and change, and teaches individual coping skills in addition to the traditional CBT model. This workshop will provide a general overview of DBT, including the description of core paradigms and components of the model. Participants will leave with knowledge of the core elements of this modality, as well as a deeper understanding of the biosocial theory of Borderline Personality Disorder.

Recommended Audience(s): PVD

C. It's OK to Not Be OK

Debbie Baird

Living in the reality of loss can be unimaginable at times; a suicide loss is even more complex and devastating. In this workshop, participants will learn to understand and cope with grief and loss in a culture that often makes addressing these emotions seem insurmountable. Participants will learn what to say and what not to say to those experiencing grief and loss; they will also be exposed to how a lack of cultural understanding of these feelings can lead to isolation. This workshop will teach participants how to identify the emotional and physical signs of grief, find their own imagery of healing, and ultimately arrive at a better perspective of loss.

Recommended Audience(s): All

D. At the Crossroads of Opioids and Suicide: What We Know and What We Can Learn

Ann Duckless

The emotional and behavioral effects of addiction can be similar to mental health challenges, and the vast majority of people impacted by opioid dependence do not seek professional help, thereby increasing their risk for suicide. In this workshop, a panel of speakers with lived experience will address the signs and symptoms of opioid dependence, living drug-free, and what community supports and resources can help the most in recovery. Panelists will also discuss a variety of treatment options, the process of rehabilitation, and how family and friends can cope and support a loved one in recovery.

Recommended Audience(s): All

E. Mindfulness of Schools and Beyond

Karen Slick

This experiential workshop will present a broadly-applicable mindfulness-based curriculum that leads to improved outcomes in learning, emotional and behavioral regulation, and overall well-being. The workshop will first present an overview of both the brain-based research of the benefits of mindfulness to address stress and trauma, as well as the conceptual model of mindfulness (what it is and what it isn't). The presenter will then explore how mindfulness was implemented in a high school classroom over a period of 12 weeks and discuss the outcomes. Participants will be invited to practice mindfulness activities during the presentation.

Recommended Audience(s): All



F. Ethics and Confidentiality Issues Related to Suicide Risk and Co-Occurring Disorders: Part 2

Jacqui Abikoff

This workshop will delve deeper into the issues of ethical responsibility inherent in working with suicidal clients. This will include an examination of the conflicts between professional responsibility to client self-determination and responsibility to client safety and wellbeing; ethical conflicts and confidentiality issues involved in involuntary hospitalization of suicidal clients; and the conflicts between risk management and standard of care. It will also examine the importance of understanding the impact of substance use in suicide, and the scope of practice and expertise in dealing with suicidal clients with co-occurring disorders. Participants will be encouraged to examine their own beliefs and biases about suicide, right to die issues, the role of informed consent, and risk management vs. clinical management in working with suicidal clients.

Recommended Audience(s): PVD, FTH

G. DBT: Effective Treatment for Suicide Risk (Part 2- Treatment Strategies)

Patricia Carty

One of the core elements of DBT is teaching skills that help clients regulate and tolerate their emotions. DBT most importantly validates the individual's experience and emotional pain while ensuring safety and support in the environment. Treatment is organized into four progressive stages, first addressing behaviors that could lead to an individual's death, then behaviors that could lead to premature termination. Following these critical steps, treatment then addresses behaviors that negatively impact the individual's quality of life and then focuses on the acquisition of alternative skills. This workshop will focus on the primary stage of treating suicidal risk; participants will leave with an understanding of how the core paradigms inform strategies to decrease suicidal risk, as well as be able to identify risk assessment and intervention strategies.

Recommended Audience(s): PVD

H. The Power of Social Connection

Dr. Corey Martin

The quality of our relationships is the best predictor of our long term health, happiness, and longevity. In this workshop, Dr. Martin will discuss the importance of relationships and the detrimental effects of loneliness on our communities and our own mental and physical wellbeing. This workshop will teach participants how to identify everyday opportunities to incorporate resilience into our personal and work lives. Dr. Martin will also help participants understand the power of something as simple as a smile, as well as the underlying genetic hardwiring of our ability to connect to one another.

Recommended Audience(s): All

I. Off the Charts: Suicide Prevention and Older Adults

Ann Duckless and Bernie Seifert

Suicide is a serious issue among older adults. Although they comprise only 15.2% of the U.S. population, older adults accounted for 18.2% of suicide deaths in 2016. Suicide rates are particularly high among older men, with men ages 85 and older having the highest rate of any group in the country. This workshop will outline the numerous factors that may contribute to these high rates, including how the physical frailty of this age group may lead to the likelihood of attempts to be more lethal. Participants will learn about the risk factors that, although common among the general population, seem to be more profound in older adults, including the increased prevalence of co-morbid medical conditions, social isolation, and a decreased chance that older individuals will seek mental health services.

Recommended Audience(s): All

J. Peer Support Models for First Responders

Seth Gahr and Mark Proulx

This workshop will present models, strategies and resources available for first responders, including firefighters, emergency services, and law enforcement. This will include practical strategies and tools that can be used by those on the front line, as well as others who support them. Additionally, there will be a discussion of mental health issues and personal safety, wellness, and resilience. Participants will leave with an understanding of evidence-based practices around suicide risk management, including lethal means reduction for first responders; they will also be able to identify mental health resources and referral options for first responders and their families.

Recommended Audience(s): LME, PVD



Registration and Scholarships

Please visit the online conference registration page at <https://secure3.convio.net/dhmc/site/Calendar?id=100201&view=Detail>. Be sure to click “submit” to receive your confirmation number. The registration fee, which includes CEUs, is \$90 and can be paid online through the registration site. A limited number of scholarships will also be available for individuals who meet the requirements outlined in the application form, available at <https://www.surveymonkey.com/r/spscholarship2019>. ***Please note:** A spot at the conference will be held for you while your scholarship application is being reviewed; once a decision has been made, however, you will need to follow instructions provided in your notification email to formally register for the conference.

Presented by...

**NH Suicide Prevention Council
NH Public Health Network
Youth Suicide Prevention Assembly
National Alliance on Mental Illness New Hampshire (NAMI NH)
In partnership with The Injury Prevention Center at CHaD**

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Host:
Exeter Hospital

Plenary:
NH Healthy Families  **AmeriHealth Caritas**