



# Hope, Heart, Healing

## 17<sup>TH</sup> ANNUAL STATE OF NH ONLINE SUICIDE PREVENTION CONFERENCE

NOVEMBER 12-13, 2020

*Featuring:*



**Craig Miller and Jenny Landon**

Authors and advocates with powerful personal stories of struggle and resiliency

A special evening workshop designed for first responders



*Day 1:*

**8:00:**  
Conference  
Opens Online  
\*\*\*

**8:30-9:00:**  
Welcoming Remarks  
\*\*\*

9:00-9:55:  
Opening Plenary  
\*\*\*

10:00-12:55:  
Workshops

*Day 2:*

**8:00:**  
Conference  
Opens Online  
\*\*\*

**8:30-9:00:**  
Welcoming Remarks  
\*\*\*

9:00-11:55:  
Workshops  
\*\*\*

12:00-12:55:  
Closing Plenary



# Important Information:

## Registration:

We are pleased to announce that this year's conference will be offered for free. However, we ask that you still register to attend using the following links: Day 1 (Nov. 12): <https://secure3.convio.net/dhmc/site/Calendar?id=100321&view=Detail>; Day 2 (Nov. 13): <https://secure3.convio.net/dhmc/site/Calendar?id=100341&view=Detail>. While there is no cost to attend, CEUs will cost \$20 per day and require attending the full day and completing an evaluation to receive. Additional details to be provided.

## Resources:

Due to continued concerns about COVID-19 and social distancing, participation in this year's conference will be entirely virtual. We remain committed to ensuring participants' safe and comfortable engagement, however, and we will make resources available and encourage self-care. We would also like to provide you with the National Suicide Prevention Lifeline: 1 (800) 273-8255 and the Crisis Text-Line: 741741

## 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**



# Day 1: November 12

## Opening Plenary

### **The Mental Health Spectrum**

Craig Miller and Jenny Landon

This opening plenary, co-presented by Craig Miller, a member of The Massachusetts Coalition for Suicide Prevention and The American Association of Suicidology, and Jenny Landon, a suicide loss survivor and founder of Growing Out Of Darkness, will highlight the nuances of the mental health spectrum. They will help participants understand that it is not as simple as mental wellness versus mental illness; there are varying levels within mental health that, when better understood, can help individuals seek the appropriate course of action in order to achieve and maintain wellness.

## Workshops:

### **Providers as Survivors (10:00-10:55)**

Facilitated by Ken Norton

The impact of a suicide death reaches well beyond the family and friends of the deceased and includes service providers, first responders, and other individuals who may have had a professional relationship with the person. Likewise, the death of a family member, friend, or colleague can also take an emotional and professional toll on key service providers in a community. Too often providers receive inadequate support in navigating the difficult legal, ethical, personal, and performance-related issues which can occur in the aftermath of a suicide death. This workshop includes a panel of providers who will explore these difficult challenges and discuss how suicide has impacted them.

## The Risk of Social Isolation and Loneliness (11:00-11:55)

Deadra Ashton and Bernie Seifert

The COVID-19 pandemic and guidelines calling for self-isolation have inadvertently created new health risks by leaving many people socially isolated. Now, more than ever, many people are experiencing social disconnection and loneliness, and these two factors have a significant impact on physical and mental health. Some researchers identify social isolation as one of the strongest and most reliable predictors of suicidal ideation. This workshop will explore how loneliness differs from social isolation and explore interventions for combating both during a time when public health directives are calling for increased physical distancing.

## How Culture Influences Prevention (12:00-12:55)

Greg Williams

This workshop will focus on the challenges of suicide prevention in a rural, economically-depressed region. It will highlight the importance of cultural competence and help participants understand the factors that can reduce rates of suicide in these areas. Topics will include community connectedness, virtual connection, isolation, anxiety, and how all of these facets are impacted by economics and culture.

## Evening Workshop for First Responders

We are excited to announce a special evening workshop on **Day 1 (Nov. 12)** designed specifically for first responders. This workshop will begin at **4:00 PM EST** and requires separate registration through the following link: <https://secure3.convio.net/dhmc/site/Calendar?id=100361&view=Detail>. No CEUs are available with this workshop.

## Peer Support for First Responders

Seth Gahr and Mark Proulx

Designed specifically for members of law enforcement, emergency medical services (EMS), fire, and military personnel/veterans, this workshop will focus on teaching participants how to create a Peer Support Unit and how to choose/train your team. It will explore how a team operates, as well as potential topics for monthly meetings. Participants will leave with an understanding of local hospital capabilities and information on resource, referral, and higher-level support agencies available for peer support units.



**Sudden Death Response and Connectedness:  
Promoting Healing in All Things Virtual and In-Person (9:00-9:55)**

Ann Duckless

Suicide prevention advocates and champions must hold onto national best practices in postvention response that will help to lessen trauma in the wake of sudden death and grief and loss reactions. In this workshop, participants will learn how effective postvention response in the immediate aftermath of a death prioritizes greater risk with family members, close friends, and youth of all ages. Whether in-person or in a virtual manner, it is important to think outside the box in terms of key stakeholders who might be integral to response and to include access to virtual resources and supports. Participants will explore how choosing hope and mental wellbeing means reinforcing self-care practices for everyone in order to restore community strength.

**Journey to Hope, Heart, and Healing (10:00-10:55)**

Facilitated by Kelley Caravona

This workshop provides a look into the perspectives of three individuals who have been impacted by suicide and/or mental illness and how they have used their personal experiences to enhance their own understanding of the challenges that many individuals and families with mental illness encounter. Participants can expect to hear from a suicide attempt survivor, the loved one of an attempt survivor, and a parent/caregiver supporting their child with mental illness in this powerful discussion of the journey to healing.

## Mindfulness for Self-Care (11:00-11:55)

Karen Slick

This is an experiential workshop that will present a mindfulness-based curriculum that can be applied in schools, as well as other settings, with all age groups. Educators and others can use these techniques in their respective professions. Participants will be invited to practice mindfulness techniques during the presentation. This evidence-based curriculum leads to improved outcomes in learning, emotional and behavioral regulation, and overall well-being.

*Closing Plenary:*

## Hope, Heart, and Healing Closing Moments

Through the presentation of the Kathleen Sherman Award and a compilation of videos and images submitted by New Hampshire youth and young people, this closing plenary will inspire resiliency and optimism in participants, particularly in the wake of COVID-19. Participants will leave feeling hopeful and rejuvenated to return to their respective roles in suicide prevention and mental health advocacy.

