

## A.M. WORKSHOP SESSIONS *(cont'd)*

**C. SURVIVING SUICIDE AND ATTEMPTS – KEYS TO RESILIENCE:** An individual or community may be vulnerable after a suicide attempt or death. This workshop will explore the forces that strengthen or weaken support systems and identify ways to build resiliency and improve skills to cope with grief and trauma.

**D. THE FAITH LEADER'S PERSPECTIVE ON SUICIDE POSTVENTION:** A panel discussion among the leaders of several different faiths and funeral directors addressing their important roles in the support and guidance of the survivor after the loss of a loved one.

## P.M. WORKSHOP SESSIONS

**E. SUICIDE RESPONSE IN NH – POSTVENTION PRACTICES FOR DIFFERENT POPULATIONS:** A panel discussion of the response practices in place for suicide deaths of different ages, different populations and various levels of community response.

**F. MEN GET DEPRESSION:** In this workshop we will discuss issues related to male depression. We will view the “middle age” portion of the video developed by Anthem and hear from men who have sought and received help in addressing suicide and depression.

**G. CALM – COUNSELING ON ACCESS TO LETHAL MEANS:** This workshop offers practical skills for talking to those at risk for suicide and their families about limiting their risk through limiting access primarily to firearms, but also medications and other lethal means.

**H. HELPING SURVIVORS HEAL:** From the perspective of survivors, this workshop will offer insight and tools into how to understand and help those who are coping with the loss from a suicide. This workshop is designed for providers, friends or anyone who may know someone who has had a loss from suicide.

## CONFERENCE OBJECTIVES

*The purposes of the conference include:*

- To increase understanding of suicide in NH
- To provide participants with positive approaches to preventing suicide and suicidal behavior
- To learn what is being done in NH and how it is working

### SUGGESTED AUDIENCE:

Mental health, public health, and other health care providers, survivors, educators, policy-makers, parents, law enforcement and first responders, the media, and anyone interested in learning more about suicide prevention among all age groups.

### WHY THIS CONFERENCE?

Suicide is a major public health issue and is the second leading cause of death for young people in NH and a significant cause for those of all ages. In addition, suicide attempts and threats are an indication of the need for counseling and mental health services and a range of community responses to keep all of our citizens healthy and productive.

### WHY YOU?

You will obtain specific tools and resources that you can use to respond to those at risk, learn what is taking place in preventing suicide in NH, and find out how you can be involved.

Preventing suicide is complex, requiring communication, collaboration, and working together. We invite you to join us and become part of the solution!

The Youth Suicide Prevention Assembly (YSPA) brings together professionals, survivors and others interested in working together to reduce suicidal behavior among NH youth. We recognize that any suicide or attempt can impact us and our communities. We meet the second Thursday of each month in Concord NH and would welcome your involvement.

Contact us at:

NAMI NH at 603-225-5359

or

Injury Prevention Center at 1-877-783-0432

Youth Suicide Prevention Assembly  
(YSPA)  
in collaboration with the  
Suicide Prevention Council  
and with the help of its sponsors  
Presents the  
Fifth Annual Conference  
*Positive Approaches  
For  
Prevention and Practice*



Friday, November 14, 2008

8:00 am – 4:30 pm

Waterville Valley Conference Center

## KEYNOTE SPEAKERS

**DR. SHAWN C. SHEA** will take the audience on a provocative journey into the importance of philosophical inquiry and its ramifications in treatment planning, creating a more resilient happiness and preventing suicide. Based on his recent book, *Happiness Is...* Shawn explores innovative ways of conceptualizing the goals of suicide prevention, exploring the pathways taken to achieve these goals, and providing a dynamic map for self-exploration and healing.

**CHRIS TROUT**, author and teacher, presents *Miracles in the Midst...* weaving together research, humor and insights that challenge our perceptions and build on the strengths in each of us. A poignant and empowering presentation.

## A.M. WORKSHOP SESSIONS

*Please select one AM Workshop and one PM Workshop for your registration form.*

**A. RISK AND PROTECTIVE FACTORS IN SUICIDE ASSESSMENT AND THE ART OF DOCUMENTATION:** A sophisticated exploration of the concepts of risk and protective factors, (including a detailed look at the SAD PERSONS Scale, the NO HOPE Scale and the new risk factor mnemonic from AAS). Dr. Shea then analyzes the fine art of documenting a suicide assessment, focusing on both a useful clinical tool and a written record that can keep the clinician "out of court." For mid-level clinicians.

**B. OVERDOSE DEATHS:** Prescription drugs and illicit substances are increasingly involved in overdose and deaths in NH. Methadone related deaths have now exceeded traffic fatalities. The role of substance use in the context of suicide will be the topic of discussion.

## AGENDA

**8:00am – 8:30am**  
REGISTRATION AND CONTINENTAL BREAKFAST

**8:30am – 9:00am**  
WELCOME AND INTRODUCTIONS

**9:00am – 10:15am** *PLENARY*  
THE MYSTERIES OF THE HUMAN MATRIX  
Dr. Shawn C. Shea

**10:15am – 10:30am** BREAK

**10:30am – 12:15 pm - AM WORKSHOPS**  
Please see AM Workshop Sessions (A,B,C,D) in this brochure and please remember to circle your selection on your registration form.

**12:15pm – 1:30pm**  
LUNCH / UPDATE ON NH AND AWARDS  
NICK TOUMPAS, NH DHHS COMMISSIONER

**1:30pm – 3:15pm - PM WORKSHOPS**  
Please see PM Workshop Sessions (E,F,G,H) in this brochure and please remember to circle your selection on your registration form.

**3:15pm – 4:30pm** *PLENARY*  
MIRACLES IN THE MIDST  
Chris Trout, Author/Teacher

## Thanks to our Sponsors:

Anthem Blue Cross and Blue Shield  
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Injury Prevention Center at CHaD  
NAMI NH/Frameworks Project  
NH Department of Health & Human Services  
NH Hospital Association  
PaddlePower - West Central Services  
Substance Abuse & Mental Health Services  
Administration (SAMHSA)  
See A New Sun Foundation  
Suicide Prevention Council

## REGISTRATION

The registration fee is \$50 and includes lunch, breaks and materials. Please make checks payable to YSPA. Scholarships are available – please call for information.

*Please register by November 7th*

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**AM WORKSHOP SELECTION: (please circle one)**

A      B      C      D

**PM WORKSHOP SELECTION: (please circle one)**

E      F      G      H

**Please return your completed registration form and check(s), payable to YSPA, to:**

Cynthia LaPointe, IPC/DHMC,  
One Medical Center Drive, Lebanon, NH 03756

Fax: (603) 653-8354

Email: [cindi.j.lapointe@dartmouth.edu](mailto:cindi.j.lapointe@dartmouth.edu)

Questions or special needs? Call us at:  
(877) 783-0432 or (603) 653-8360

**6 CEUs pending – no additional cost**

Professional books will be available for sale.

A block of rooms is being held until October 31 for Conference Participants at \$89 per night.

To reserve call the resort directly at:

**1-800-468-2553 (1-800-GO-VALLEY)**

**Directions to Waterville Valley**

Take I-93 to Exit 28, then 11 miles via Rt. 49 to resort village. Follow signs to the Conference Center. Maps can be found at

[www.waterville.com](http://www.waterville.com)