



It's OK to Talk About It

15TH ANNUAL STATE OF NH SUICIDE PREVENTION CONFERENCE

Featuring:



DENNIS GILLAN

*Mental Health
Motivational Speaker and
Suicide Loss Survivor*



**PARTNERING IN
PREVENTION**

*Interactive discussion
featuring NH young adult
leaders*

November 1, 2018

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, Poster Session, and
General Announcements

Afternoon Workshops

Break

Afternoon Plenary

Reflections, Evaluations, and
Attendance Certificates Provided

Important Information

Serenity Room :

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.

Research Poster Session :

New for 2018, join college students from across New Hampshire as they present their academic research on mental health and substance (mis)use/addiction. Suicide prevention, mental health services, and addiction treatment require the efforts of all of our community members; to help foster connections between clinicians, researchers, individuals with lived experience, and the community at large, we have invited the next generation of academics to share their findings with those who will benefit directly from their work. Posters will be exhibited throughout the day, and students will be available to discuss their work and answer questions during the lunch break.

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 first 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.

Plenary Sessions

Morning:

Journey towards Recovery: Surviving the Suicide Loss of a Loved One

Dennis Gillan

Motivational mental health speaker Dennis Gillan will share his journey towards recovering from the loss of two brothers to suicide. He will discuss how his experiences have propelled him into the suicide prevention arena and fueled his dedication and advocacy for mental health. His story and message of hope will help others recognize the damaging effects of stigma, identify the importance of utilizing available resources, and learn what to look for in others who are in emotional pain and in need of help.

Afternoon:

Partnering with Young Adults in Prevention- Woke*!

**adj: aware of and actively attentive to important facts and issues (Merriam-Webster)*

Ann Duckless and Deb Baird

Hear directly from young adults from across New Hampshire who have recently been involved in training their own peers to address mental health, substance use and suicide risk in the young adult community. The Connect Program worked closely with the NH Bureau of Drug and Alcohol Services and the Regional Public Health Networks using multiple strategies to engage young adults and prevention providers, encouraging them to take a collaborative approach and develop key partnerships to focus on suicide prevention through Connect Prevention training. These young adults will discuss the impact the prevention training has had on them, as well as how this type of awareness building and sharing of resources can save lives.

Morning Sessions

A. Lived, Lost, Loved: A Look at Suicide from a Global to a very Local Scale

Dennis Gillan

In this workshop, participants will learn the scope of the suicide situation from a global, national, local, and personal level. Participants will be briefed on the warning signs of suicide and learn how to appropriately and safely respond when they recognize that someone may be in need of mental health help.

Participants will also hear from folks who have lost someone to suicide, as well as from individuals who are survivors of a suicide attempt. Through hearing these inspiring stories, they will explore how the power of storytelling can be harnessed to help raise awareness and convey a message of hope.

Recommended Audience(s): LEX, PVD, FTH

B. Cost of Caring: Compassion Fatigue and Self-Care When Working with Trauma

Ann Bliss

This workshop for clinicians will address the physical, mental and behavioral risks of clients who have experienced trauma and/or adverse childhood experiences. Critical to any therapeutic work for psychotherapists is an understanding of their own exposure to trauma, tapping into their own resilience, and managing an on-going self-care practice. This will be both a didactic and experiential workshop.

Participants will learn how to recognize trauma's effects on the body, mind, spirit and define what is meant by "adverse childhood experiences." They will also learn about the potential physical, mental and behavioral consequences of such experiences, explore personal resiliency and values, and discover how these impact self-care and healthy boundaries. Participants will also take home a series of exercises and practices to incorporate into daily living for the therapist and to introduce to clients.

Recommended Audience(s): PVD

C. Suicide Prevention for Faith Communities

Pastor Rachel Keefe

The importance of breaking the silence in faith communities around suicide and suicidality is critical for suicide prevention. Using safe messaging, participants will engage in a conversation around suicide prevention, intervention, and postvention, review the myths and facts related to suicide, and discuss the ethical and moral obligation people of faith have to respond to suicidality in a way that saves lives. They will also have a chance to examine their own beliefs and perspectives regarding suicide and determine if a shift in perspective is needed in order to break the silence that some faith communities tend to maintain around suicide.

Recommended Audience(s): FTH, PVD, LEX

D. The Gun Shop Project

Elaine Frank and Ralph Demicco

In 2009, in the course of less than a week, three unrelated people bought a firearm from the same store and killed themselves within hours of the purchase. In the aftermath of these deaths, Elaine Frank, then-Program Director of the Injury Prevention Center at Dartmouth, Ralph Demicco, owner of Riley's Gun Shop, and a small group of firearm retailers and mental health/public health practitioners met and developed materials to engage gun shops in helping to prevent suicide. In this workshop, participants will learn about the effectiveness of lethal means reduction in suicide prevention, as well as strategies for educating the public and reducing lethal means in partnership with the firearm community. They will leave with an understanding of how a diverse group of key stakeholders can collaborate on a public health issue.

Recommended Audience(s): LME, MBE, PVD

E. Grandparents Raising Grandchildren

Susan Allen-Samuel

The number of grandparents in NH who have become full-time guardians of young children has progressively increased in recent years, as a result of the surge in opioid-related deaths as well as other causes, such as children losing their parents to suicide, parents experiencing chronic medical, mental health or substance use conditions, and parental incarceration. In this workshop, participants will examine the challenges, stressors, and barriers experienced by grand-families; they will also identify resources and assistance that can be provided to address these issues.

Recommended Audience(s): PVD, LEX, SCH, FTH

Afternoon Sessions

F. Innovation in Action

ACERT, MCT, and MCRT

With a focus on innovation in action, this workshop will examine two unique, community-focused, recently-launched Response Units designed to be quickly and appropriately responsive to the needs of those experiencing mental health concerns or those that have been exposed to a traumatic incident, such as a sudden death, overdose, domestic violence, or other traumatizing events. Although these units differ in location (Concord and Manchester) and how the mobile crisis team services are provided, they share the same core mission: to provide timely and sensitive services to community members in need. Through a panel discussion, participants will learn and understand how, why, and where these units were established. Participants will also learn about some of the unexpected results that have become evident since the inception of these programs.

Recommended Audience(s): All

G. Balance, Harmony and Self-Care: An Experiential Workshop

Ann Bliss

This workshop will provide an experiential and didactic presentation designed to help participants understand the neuro-psychological responses to stressful life events. Through gentle yoga movements, breath work, emotional freedom techniques (EFT), and attunement, participants will be guided and taught how to counteract the biological responses to stress and return to a place of perspective and calm.

After attending this workshop, participants will be able to recognize and describe how life events affect the mind and body and utilize holistic techniques to manage and process difficult or traumatizing events. They will also have an opportunity to take home a series of exercises and practices to share with clients, as well to incorporate in daily living to help manage their own personal and professional stress.

Recommended Audience(s): All

H. Across the Lifespan with Lived Experience

Tricia Ellis

In this workshop, individuals from three different generations will share the inspirational journeys of their recoveries with mental illness, including what it is like to live with a mental health condition, what has helped them, and what their focus is for the future. Participants will explore various choices in acceptance, treatment utilization, and coping skills, as well as learn to recognize and gain a deeper understanding of the stigma, misconceptions, and discrimination that individuals with mental health issues often face. Through Q&A, they will also discuss with panel members what has been helpful in their recovery.

Recommended Audience(s): All

I. Communities Mobilizing in a Postvention Response

Facilitated by Kelley Gaspa

In NH and around the country, community members, schools, and providers have been learning best practices in responding after a suicide death to reduce further risk and promote healing. This workshop will provide an illustration on how a bereaved family, friends, and several communities came together in the spirit of help and healing. Participants will hear from those affected, along with the providers, media, and youth trained in suicide prevention who guided the journey of hope and recovery. They will learn to understand the importance of safe messaging and other best practices in postvention, recognize the benefits of engaging youth in this process, and learn the dynamics and resources around mobilizing communities in a postvention response.

Recommended Audience(s): All

J. Co-Occurring Depressive and Substance Misuse Symptoms in Young Adulthood: Findings from the Coos Youth Study

Karen Van Gundy

This workshop will feature findings from the Coos Youth Study, a 10-year longitudinal survey study of 7th- and 11th-grade public school attendees in Coos County, NH. These surveys included questions about emotional and behavioral health, stressful life events, and attachments to one's family, school and community. Through examining these data, participants will learn about key findings related to teenage predictors of young-adult co-occurring depressive and substance misuse symptoms, and discuss the implications of findings for mental health practice and policy. They will also learn to recognize how survey research can inform clinical work with vulnerable populations.

Recommended Audience(s): PVD, SCH

Registration & Scholarships

Online registration for the conference is available at <http://dhmc.convio.net/site/Calendar?id=100121&view=Detail>. The registration fee 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 http://dhmc.convio.net/site/DocServer/2018_Scholarship_Application_for_SP_Conference_1.pdf?docID=331.

Presented by...

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

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AmeriHealth Caritas
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