



# Growth and Renewal

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

NOVEMBER 3-4, 2021

## Featuring:



**Pata Suyemoto and Jennifer Kelliher**

Co-authors of “Widening the Lens” and advocates of social justice in suicide prevention

Virtual workshops for on-demand viewing, free for registered participants and available beginning on Day 2

## Day 1:

**8:45-12:00:**  
A.M. Online Workshops  
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**12:45-4:00:**  
P.M. Online Workshops

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## Day 2:

**8:30-9:30:**  
Welcoming Remarks  
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**9:40-10:30:**  
Panel Presentation  
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**10:40-11:40:**  
Keynote Plenary  
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**11:40-12:45:**  
Closing Remarks/Lunch Break  
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**12:45-2:15:**  
Self-Care Workshop  
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**2:30-4:00:**  
Peer Support Workshop

# Important Information: Registration and Scholarships:

Please visit the online conference registration pages to register for each day: Day 1 (Nov. 3): <https://getinvolved.dartmouth-hitchcock.org/site/Calendar?id=100422&view=Detail>; Day 2 (Nov. 4): <https://getinvolved.dartmouth-hitchcock.org/site/Calendar?id=100421&view=Detail>. The registration fee for Day 1 is \$50 (including applicable CEUs; see below), or \$25 for young adults aged 18-24, and can be paid online through the registration site. A limited number of scholarships will be available for individuals who meet the requirements outlined in the online application form at [www.surveymonkey.com/r/HXKTXFH](http://www.surveymonkey.com/r/HXKTXFH). **\*Please note:** scholarships will cover the entire cost of attendance, however, online registration is still required in order to reserve a space. Day 2 is free to attend, but registration is still required. Please direct registration-related questions to April Simonds at [april.t.simonds@hitchcock.org](mailto:april.t.simonds@hitchcock.org).

## Inclusivity and Accessibility:

To foster inclusivity and accessibility of conference materials, closed captioning will be provided. Additionally, attendees requiring ASL interpretive services should make this request upon registration by contacting Pauline Laliberte at [pelaliberte@gmail.com](mailto:pelaliberte@gmail.com) no later than Wednesday, October 20th. Please include "ASL Request" in the subject line.

## CEUs:

All workshops presented on Day 1 (November 3) have been approved by NH NASW for 3 Category A CEUs in Suicide Prevention under authorization #3867A-F. Workshops marked with " \* " have been approved for 3 Category A CEUs in Suicide Prevention and Ethics. CEUs are included in the price of attending Day 1 of the conference. Material offered on Day 2 **will not provide CEUs**.

## 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

# Day 1: November 3

Day 1 of this year's conference will consist of live virtual morning and afternoon workshops only. Workshops will be **intensive sessions focused on specific topics**, including young adults, ethics, and trauma-informed care. Morning workshops will run **8:45am-12:00pm**; there will be no opening remarks. Following a 45-minute break (**12:00-12:45pm**) for lunch, afternoon workshops will run **12:45-4:00pm**. Day 1 will end after the afternoon workshops.

## Morning Workshops:

### **Ethical Concerns in Working with Individuals at Risk for Suicide: Looking Across the Lifespan\***

Ann Duckless

Participants will engage in discussion of ethical issues such as dignity and worth of the individual, self determination, involuntary treatment, and physician aid in dying. Case scenarios representing challenging ethical situations with suicidal individuals will be explored through group discussion. This workshop will examine ethical concerns related to working with clients who are dealing with suicidal thoughts and behaviors, and will encourage clinicians to be more cognizant of how their own values, experiences and belief system impact their work.

### **Understanding ACEs and the Positive Experiences that can Help Buffer the Impact of ACEs on Adult Mental and Behavioral Health**

Larry McCullough

This workshop will present the research behind certain types of childhood stress or trauma, known as Adverse Childhood Experiences (ACEs). ACEs have been shown to significantly impact physical, mental, and behavioral health outcomes. Understanding ACEs helps us both respond to others with sensitivity and find compassion for ourselves. Recent research has also demonstrated that certain types of Positive Childhood Experiences (PCEs) can help to buffer the impact of ACEs. By building strong healthy relationships and creating bonds of community support, we can help individuals build the resilience that leads to healthier outcomes.

## Issues in Young Adult Mental Health and Treatment Seeking

Amanda L. C. Fontaine

This presentation will examine different perspectives on social and psychological issues faced by young adults (YA) when seeking mental healthcare. Specifically, perfectionism presents unique challenges to YA mental health, but also provides opportunities for researchers and clinicians to examine in greater depth the current social-psychological landscape faced by YAs, therefore leading to more informed strategies for engaging YAs in treatment. This presentation will focus on both recent research into perfectionism's effect on YA mental health, and how clinicians can engage YAs with perfectionism in treatment.

## Afternoon Workshops:

### Widening the Lens: Exploring the Ethical Implications of Equity in Suicide Prevention \*

Pata Suyemoto and Jennifer Kelliher

Historically, suicide prevention has attended to the needs and concerns of white people. Most mental health clinicians and their clients are white, and suicide prevention efforts are largely Eurocentric, leaving out people of color, their lived experiences, and perspectives. This workshop will introduce the Widening the Lens Toolkit and examine how attending to ethical concerns about barriers faced by people of color can improve our overall work.

### Balance and Harmony: An Experiential Workshop

Ann Bliss

This workshop will discuss and explore the signs and symptoms of compassion fatigue and secondary traumatic stress disorder (STSD). The power of our own adverse childhood experiences (ACEs) and their impact on our work in the field will also be examined. Most importantly, this workshop will focus on mindfulness techniques (breathing/meditation, simple movements, and energy practices) which can be added to your self-care tool box.

### Bridging the Gap: New and Established Clinician Perspectives in Dialogue

Facilitated by Diane L. Vaccarello

This panel presentation will feature dialogue between existing, established mental health professionals and early-career young adult professionals about how to respect the wisdom and preexisting work of the former while integrating the modern experiences and perspectives of the latter. Topics will include mentoring, integrating new and existing ideas, strategies to reduce workplace tension, and finding one's voice in the workplace.

# Day 2: November 4

Day 2 of this year's conference will consist of both live/virtual and prerecorded virtual material. Please plan to log on a few minutes before 8:30am; welcoming remarks and announcements will begin promptly at 8:30am and last until 9:30am. The live panel and keynote plenary will run from 9:40-11:40am, followed by closing remarks. Following a break for lunch, live afternoon workshops will run from 12:45-4:00pm. Prerecorded afternoon workshops will then be made available for registered participants to view on-demand.

## Panel Presentation:

### **Honesty With Safety: Youth Voice through the Magnify Voices Expressive Arts Contest**

The 3rd Annual Magnify Voices Expressive Arts Contest for NH 5-12th grade students provides a means for Granite State youth to share their own personal stories and what mental health means to them. This presentation will feature the deeply personal stories of students who submitted to the contest and the impact their entries had on the Magnify Voices committee and one judge in particular, NH Kid Governor Charlie Olsen. This presentation and accompanying video will offer insight into youth mental health struggles, and the subsequent panel discussion will highlight lessons adults can learn from youth.

## Opening Plenary:

### **Breaking Silences and Living Out Loud: The Healing Journey of an Asian American Woman**

Pata Suyemoto

Dr. Suyemoto will weave together her lived-experience with mental illness, historical trauma, and racism, and her work as a mental health/social justice activist to create a tapestry of growth and renewal. She will share the importance of cultural context on mental health and recovery, and her perspective as an Asian American woman. She will explore the impact the model minority myth and cultural stigma have on her experience as well as the importance of cultural humility when working with People of Color. She will also share her healing journey and strategies that sustained her during dark times.

# Live Workshops:

## **Self-care During Times of Isolation and Building Resiliency for Challenging Times**

Jeanne Venuti

This workshop will provide a brief overview of the Recovery Friendly Workplace initiative and how/why this training was developed. It will also discuss common reactions during isolation, how we can support ourselves during isolating times, and the importance of practicing self-care. Examples of practicing meaningful self-care will be provided, and participants will also be encouraged to share their own examples and learn from one another. We will then discuss resiliency and why it is important to health. Participants will ultimately walk away with a self-care plan that fosters their own resiliency and well-being.

## **Peer Support for First Responders**

Russ Conte, 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.

# On-Demand Workshops:

## **Suicide Prevention for People with Developmental Disabilities and Mental Health Needs**

Isadora Rodriguez-Legendre and Arielle Van De Water

People with intellectual and developmental disabilities (ID/DD) may experience mental health support needs in addition to the challenges they face due to their disabilities. This workshop will highlight the lived experience of an individual with ID/DD and mental health needs and identify potential resources for accessing suicide prevention supports and services. It will also explore suicide prevention factors, resources, and intervention strategies that support improved outcomes and increased quality of life for individuals with co-occurring ID/DD and mental health needs.

## Increasing Protective Factors to Bolster Suicide Prevention for LGBTQ+ Youth

Maura McGowan and Marissa Carlson

LGBTQI youth face increased risk factors due to stigma, discrimination, and marginalization that can greatly impact their mental health and well-being, as well as thoughts of suicide. Lowering the risk of suicide for LGBTQI youth means recognizing the warning signs and increasing protective factors. This workshop will offer insight into the challenges that LGBTQI encounter and how those around them can support these youth to ensure that strong protective factors are in place to strengthen and safeguard their well-being and mental health.

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