

12th Annual Symposium



Putting the Pieces Together Strategies for Suicide Prevention



Tuesday, December 10, 2019
8:00 AM - 3:30 PM

The Melville Marriott Hotel
1350 Old Walt Whitman Road
LIE North Service Road, Melville, NY

Sponsored by:



Keynote Speaker **Vanessa McGann, Ph.D.**



Who Gives? Caregiver Journeys After a Loss to Suicide

As the rate of suicide continues to rise, caregivers frequently experience one or more losses to suicide. Though quality postvention occurs more than ever before, these efforts are seldom aimed at professional caregivers. Often, caregivers are the ones delivering rather than receiving postvention support. They have few outlets to process thoughts and feelings about their loss, and they rarely receive any comprehensive assistance from their employers to aid in their mourning. In addition, caregivers often blame themselves or feel blamed by others after a loss. This talk will review what is known about professional loss to suicide as well as what can be done to support these caregivers. It will look at case studies of caregivers who have experienced a loss to suicide with a focus on what helped them in their grief journey. Going beyond recommendations such as “self care”, it will explore ways in which caregivers can grow stronger and ultimately more resilient and effective after such a devastating loss.

Who should attend

- ◆ Emergency Responders
- ◆ Medical Professionals
- ◆ Military Personnel and Veterans
- ◆ School Personnel
- ◆ Students
- ◆ Mental Health Professionals
- ◆ Suicide Survivors
- ◆ Clergy
- ◆ Anyone interested in the topic of suicide prevention

??Questions??

Conference Content:

Meryl Cassidy 631-751-7620

Sponsorship/Vendor Information

****Pre-registration for Vendors is required****

Linda Sherlock-Reich: (516) 250-6048
reich.linda@catholiccharities.cc

Registration/Conference Payment:

Alexis Rodgers: 631-471-7242 ext. 1315
arodgers@mhaw.org

Suicide Prevention Coalition of Long Island

Co-Chairs

Meryl Cassidy and Philip Schoppmann

Conference Planning

Dr. Max Banilivy

Michael Stoltz

Michael Hoffman

Jamie Bogenschutz

Alexis Rodgers

Linda Sherlock-Reich

Edward Paley

Philip Schoppmann

Rachel Priest

Committee

Theresa Buhse

Ann Morrison-

Pacella

Valerie Link

David Close

Debra Caputo

Colleen Merlo

Lina Vinas

Shari Santoriello

Symposium Schedule

8:00 - 8:45 Registration & Continental Breakfast

8:45– 9:00 Welcome & Introductions

Meryl Cassidy- SPCLI Co-Chairperson
Philip Schoppmann SPCLI Co-Chairperson

9:00 - 10:30 Keynote Speaker

Vanessa McGann, Ph.D.
Who Gives? Caregiver Journeys After a Loss to Suicide

10:45-12:15 Morning Workshops

A) Collaborating on Safety Plans with a Focus on (CALM) Counseling on Access to Lethal Means

Presenter: Meryl Cassidy, Executive Director, Response Crisis Center

In this workshop, we will explore the importance of shifting our focus from the “Why” of suicide to the “How” in order to effectively create safety when working with people at risk of suicide. Our presenter will incorporate the CALM training in her overview of the Safety Plan intervention, as well as research on means reduction.

B) Taking the Mask Off: Creating Genuine Connection in the iGeneration

Presenters: Jared Fenton, President, The Reflect Organization

This interactive session will include a presentation and discussion about new research and innovative practices regarding college students’ mental health and crisis intervention. The session will focus on the issue of college students’ mental health, what initiatives are currently in place to address it, whether and how they work, and what more must be done to better provide for mental wellness on college campuses.

C) Responding to Opioid and Suicide Loss in the Workplace

Presenter: Jamie Bogenschutz, Executive Director, YES Community Counseling Center

This comprehensive workshop will provide participants with an overview of traumatic death rates and specific considerations for workers, with an emphasis on suicide and overdose. Discussion will include an overall review of suicide and OD risk factors, risk management strategies, and an understanding of traumatic loss and traumatic reactions. Participants will be encouraged to assess existing organizational protocols and enhance/improve those postvention protocols when needed. Self care, coping strategies and de-briefing strategies will also be presented.

D) Alternatives to Suicide: A New Way to Understand and Support People Through Their Darkest Times

Presenters: Sera Davidow, Director Western Mass Recovery Learning Community & Sean Donovan, Transformation Project Coordinator, Western Mass Recovery Learning Community

This workshop will examine some of the most prominent myths about suicide that permeate our culture, including the assumption of ‘mental illness’, and the purported efficacy of assessment. The presenters will then offer a framework that focuses on meaning making, choice, and creating space to talk openly about thoughts of killing one’s self, and will discuss the ways in which these pieces can be brought together to comprise the best pathway to staying alive.

E) How to Engage the Suicidal Mind in Assessment and Treatment

Presenter: Max Banilivy, Ph.D. WellLife Network

This training is intended for all behavioral health professionals and others interested in competency areas in assessment and treatment:

The three main objectives of this trainings are:

- I. Competencies areas essential for a comprehensive Risk Assessment
- II. Basic skills necessary in collaborative engagement of the individual with suicidal thoughts
- III. Essential factors and stages in treatment

12:15 - 1:15 - **LUNCH INCLUDED**

1:30 - 3:00 Featured Speaker

Mike Veny



Transforming Stigma into Strength

1 in 5 people will experience a mental health challenge in the next year. The stigma surrounding the subject of mental health is the biggest barrier to people seeking treatment. Mike Veny shares his story about living with depression, anxiety, and obsessive-compulsive disorder. He will then introduce The Stigma Cycle™: “Stigma starts with shame. Shame leads to silence. Silence leads to self-destructive behavior and suicide.” The process repeats, and it can become an endless, downward spiral. Attendees will learn practical tools on how to transform stigma into strength and empower people in their lives to get the help that they need.

The attendees will learn tools to help:

- Transform shame through self-care.
- Transform silence through conversations.
- Transform sabotage, social injustice, self-destructive behavior and suicide through connecting with others.

REGISTRATION

Conference Fee: \$100 (Lunch Included)

Vendor \$125 (include table and lunch for one)

****Pre-registration required for all Vendors**

Student Fee:\$60 (College Photo ID Required)

At-The-Door: \$110 (workshop availability may be limited)

****All Registration must be completed online****

****Registration will close Thursday 12/5/19****

Register online at:

<http://www.preventsuicideli.org/conference>

Please choose ONE Morning Workshop:

A) Collaborating on Safety Plans with a Focus on (CALM) Counseling on Access to Lethal Means

B) Taking the Mask Off: Creating Genuine Connection in the iGeneration

C) Responding to Opioid and Suicide Loss in the Workplace

D) Alternatives to Suicide: A New Way to Understand and Support People Through Their Darkest Times

E) How to Engage the Suicidal Mind in Assessment and Treatment

5 Continuing Education Hours
LMSW/LCSW/LMHC/LMFT/LCAT
****CASAC Pending****

Association for Mental Health and Wellness is recognized by the New York State Education Department's State Board as an approved provider of continuing education for licensed social workers. (Provider #0156), licensed mental health counselors. (Provider #MHC-0014), licensed marriage and family therapists. (Provider #MFT-0010), and licensed creative arts therapists. (Provider #CAT-0004).

**New York State Office of the Professions (NYSED) regulations requires that participants attend the entire approved educational activity in order to receive continuing education credits, from 9:00am-3:00pm.*