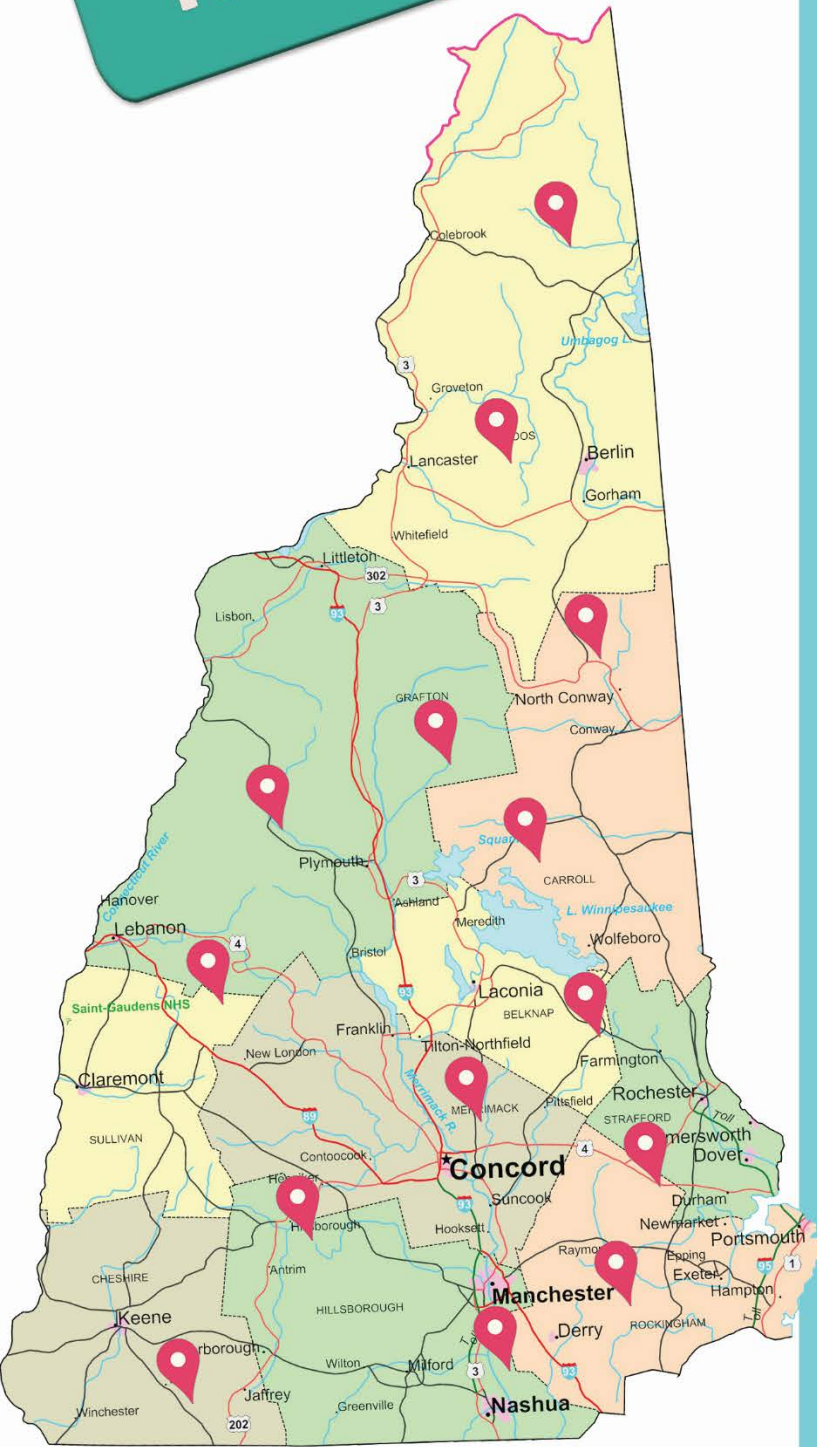


**SUICIDE PREVENTION:
IT'S HAPPENING HERE!**



13th Annual

State of New Hampshire
**SUICIDE PREVENTION
CONFERENCE**

Friday, November 4, 2016

SERESC Conference Center
29 Commerce Drive, Bedford, NH

7:30 - 8:15 AM Registration,
Breakfast and Exhibitors

8:15 - 4:00 PM Program,
Lunch provided

Presented by the following statewide organizations: NH Suicide Prevention Council (SPC), NH Public Health Network (PHN, Youth Suicide Prevention Assembly (YSPA), and NAMI NH (National Alliance on Mental Illness NH)

A special Thank You to our financial supporters:
Conference Host – AFSP, Workshop level supporter:
NH State Police Association, Afternoon Plenary
supporter: Connor's Climb



13th Annual NH Suicide Prevention Conference
Suicide Prevention: It's Happening Here!
Friday, November 4, 2016

Registration, Continental Breakfast & Exhibits -- 7:30 AM to 8:15 AM

Welcoming Remarks and Morning Plenary-- 8:15 AM to 9:45 AM

Zero Suicide

Richard McKeon, PhD, MPH

Richard McKeon, PhD, Chief of the Suicide Prevention Branch in the Center for Mental Health Services, Substance Abuse & Mental Health Services Administration (SAMHSA).” Dr. McKeon will provide a review of the most recent data and knowledge regarding the reduction of the incidence of suicide in the country, as well as specific to the state of New Hampshire. Emphasis will be on the concept of “Zero Suicide”, including comprehensive community approaches to suicide prevention. Dr. McKeon will define what is meant by “zero suicide,” and how important it is for health care systems to engage the broader community in suicide prevention efforts, including suicide attempt survivors, family members, policymakers and researchers.



Morning Concurrent Workshops -- 10:15 AM to 11:45 AM

Lunch Provided -- 11:45 AM to 12:45 PM

Afternoon Concurrent Workshops -- 12:45 PM to 2:15 PM

Afternoon Plenary --2:30 PM to 3:45 PM

NH Youth Suicide Prevention Leaders today = Prevention Leaders of tomorrow!

Mary Forsythe-Taber, CPS, MS and Deb Baird

The afternoon plenary will inform, inspire and confirm that the future of Suicide Prevention lays squarely in the hands of our youth! Throughout New Hampshire youth of all ages are talking, supporting and informing their peers, and their communities members about the importance of breaking down the stigma, creating safe environments to support candid conversations, and providing trainings and activities focused around how to recognize the warning signs and connect at-risk individuals to support. Remarkable system work is being done around New Hampshire by these young leaders, their work will inspire and assure you that suicide prevention will continue to grow and thrive through our youth. This session will showcase their work and give the audience a hands on experience – through a youth lead activity. Audience members will also have an opportunity to engage with the youth through a short question and answer session.





AM WORKSHOPS

10:15 - 11:45 am (select one)

A. We've Opened the Door – Elaine de Mello, MSW, LICSW, Deb Baird and Lieutenant Rich Simmons

The relationships and learning that led to last year's workshop have evolved into this year's workshop, "We've Opened the Door." Brief video clips of interviews will be shown, followed by a panel discussion of protocols and description of tools used by law enforcement officers to support loss survivors at trauma scenes. The hope is to help move loss survivors towards resources and healing as early as possible.

B. Military Voices: Invisible Wounds of War - Ann Duckless, MA

Military veterans make up 1% of the total US population. Civilian community members are often not as aware as they could be of the unique challenges and struggles faced by military veterans and their families. This workshop will provide an opportunity to hear from a panel of individuals with lived experience who are military veterans or family members sharing their "invisible wounds of war", such as post-traumatic stress, traumatic brain injury and loss of a loved one through suicide.

C. Overdose Deaths in NH: Historical & Current Trends - Thomas Andrew, MD

This workshop will look at the seemingly relentless rise in deaths due to the abuse of opiate and opioid pharmaceutical and illicit drugs in New Hampshire. Epidemiological data from NH and elsewhere will be presented as well as a review of the rise of fentanyl in drug-related fatalities in New Hampshire. This workshop will include discussion about the overdoses that are classified as suicides while recognizing the high risks associated with substance misuse in general.

D. Trauma Exposure Response: Ethics of Caring for Ourselves -- Rik Cornell, MSW, LICSW, ACSW (*Ethics CEUs provided for this workshop)

Exposure to the suffering of others takes a toll on us personally and professionally. The depth, scope and causes are different for everyone, but the fact that we are affected by the suffering of others -- that we have trauma exposure response -- is universal. Trauma stewardship refers to the entire conversation about how we come to do this work, how we are affected by it, and how we make sense of and learn from our experiences. This workshop will provide an opportunity for clinicians to discuss the ethical concerns that may arise when they are repeatedly exposed to traumatic experiences when working in clients, highlighting the importance of being able to identify one's own personal trauma exposure response. Tips on how to reach and maintain a sense of well-being will be provided.

E. Mindfulness: Self-Care Through Mindfulness & Sound -- Maria Pacelli, MEd

The use of mindfulness for stress reduction and overall physical, mental, emotional, and spiritual well-being has moved to the forefront of modern day living. Mindfulness instruction is rapidly gaining acceptance, not only in alternative health settings, but in workplaces, schools, and a many other venues and is routinely recommended by physicians and mental health professionals alike. This workshop will explore the benefits of mindfulness and offer techniques that are easily accessible and adaptable in a relaxed, no-pressure, and fun way! Participants will learn about a variety of mindfulness and stress reduction modalities that can all be adapted to suit any situation or ability, including meditation, focused attention, and breathing work.

F. Cyber Bullying: War on Words -- Traci Belanger, LCMHC, NCC

This is an interactive workshop constructed to help attendees realize their own level of internet knowledge. It will help define what cyberbullying is and is not and how it is different from traditional bullying. There will be discussion on how to support students who acknowledge they've been victims of cyberbullying behaviors, and provide supports for helpers to educate themselves on this topic.

G. Addressing Substance Use & Suicide Risk: Ethical Considerations -- Jacqui Abikoff, LICSW, MLADC (*Ethics CEUs provided for this workshop)

This workshop will examine the issues of ethical responsibility needed in working with suicidal clients, particularly when substance use is involved. Some of the issues addressed will include self-determination vs. responsibility to client safety and wellbeing, ethical conflicts and confidentiality issues involved in involuntary hospitalization of suicidal clients, as well as individual beliefs and biases regarding clients with substance use disorders. Discussion will focus on the importance of understanding the impact of substance use in suicide and the importance of being able to assess the severity of substance use disorders and their impact on mood and judgment. It is imperative that clinicians are aware of their own scope of practice and scope of expertise in dealing with suicidal clients with substance disorders and co-occurring disorders.

H. Ethical Considerations in Addressing Death with Dignity -- Ken Norton, MSW, LICSW & Ann Duckless, MA (*Ethics CEUs provided for this workshop)

Laws in several countries as well as in some US states have changed in recent years to allow individuals with terminal illnesses to end their life under the care of a physician. This issue presents challenges and difficult personal, religious, sociocultural, and professional considerations for clinicians, health care providers, and suicide prevention advocates. This workshop will provide a historical context by reviewing important religious, medical and legal decisions impacting on this issue as well as looking at the arguments for and against the issue. Ethical concerns will be outlined and the program will include a thoughtful and respectful discussion on how this sociological/historical/legal perspective of assisted suicide and end-of-life issues relates to our personal and professional roles and beliefs.

I. Overdose Deaths in NH: Historical & Current Trends (repeated from AM – see workshop “C”)

J. Mindfulness: Self-Care Through Mindfulness & Sound (repeated from AM – see workshop “E”)

*Celebrate life and remember a loved one lost to suicide.
Come with a picture of your loved one and
create a picture button.*

Free to all attendees!

*Serenity Room will be open throughout the day for anyone seeking a safe and
respectful environment to find resources and/or to quietly reflect.*

