State Employees are eligible to submit for GOER registration reimbursement.
WEDNESDAY, SEPTEMBER 18
8:45-11:00AM REGISTRATION

10:30-11:45AM CONCURRENT SESSIONS

1) Examining Factors Related to Suicide Risk Among Racial/Ethnic Minorities in Diverse Settings

Jazmin Reyes Portillo, PhD, Montclair State University
Rafael Perez-Figueroa, MD, Nathan Kline Institute for Psychiatric Research
Sharifa Williams, DrPH, Nathan Kline Institute for Psychiatric Research
Ellen-ge Denton, PsyD, College of Staten Island

Suicidal ideation and/or behavior has increased among certain racial and ethnic minority groups including black male children and Latina adolescent girls. It is essential as a profession that we better understand cultural distinctions in suicide risk as well as what settings will be effective for making interventions more accessible to vulnerable individuals. This panel will explain racial/ethnic distinctions in suicide risk, particularly among Black and Latino communities, and provide recommendations for increasing accessibility among minority groups who do not typically access mental health services.

Learning Objectives:
At the end of this session, participants will be able to:

a. Describe recent advances in knowledge of risk and protective factors contributing to increased risk for suicide among racial/ethnic minorities.

b. Recognize the different contexts where risk for suicidal ideation and behavior can be assessed, as well as which settings are most amenable for intervention.

c. Discuss future directions in research needed to improve engagement and rates of recovery among suicidal individuals.

2) Helping Children Live through the Obesity Epidemic

JoAnn Stevelos, MS, MPH, JSC, LLC

The negative impact that excess weight can have on children’s physical health is well documented; however, there is little discussion on how to lessen the impact of obesity on a child’s emotional and psychological health. Children with obesity who are bullied are 2.5 times more likely to have thoughts of or die by suicide. This presentation will describe the connection between obesity and suicide as well as the need to create safe spaces for children to talk with compassionate listeners.

Learning Objectives:
At the end of this session, participants will be able to:

a. Identify the link between childhood obesity, bullying, suicide ideation, and death by suicide.

b. Describe the importance of using compassionate, kind, balanced, true, and necessary language when addressing the issue of childhood obesity, bullying behaviors, and suicide ideation.

c. Identify the ‘taboos’ of the childhood obesity epidemic.

3) Suicide Safer Communities: Training for Behavioral Health and Primary Care Providers on Prevention

Nadine A. Chang, PhD, Gracie Square Hospital
Virna Little, PsyD, LCSW-R, MBA, CCM, SAP, Center for Innovation in Mental Health (CIMH) at City University of New York (CUNY) School of Public Health

Survey research has identified that clinical providers – both behavioral health and medical – are not sufficiently trained in suicide prevention. This panel will describe specific initiatives to train behavioral health and primary care staff. Evaluation results and lessons learned will be presented.

Learning Objectives:
At the end of this session, participants will be able to:

a. Identify key components of ASIST, safeTALK and Safety Planning Intervention.

b. Describe the feasibility and utility of training clinical and non-clinical staff in suicide prevention interventions.

c. Describe key components for training primary care providers and their teams in suicide safer care and the strategies that trainees were able to adopt and incorporate.

4) New Yorkers Advancing Suicide Safer Care for Youth: Garrett Lee Smith Grantees Closed Session

Christa Laboulriere, PhD, New York State Psychiatric Institute and Columbia University
Sigrid Pechenik, PsyD, Suicide Prevention Office, NYS Office of Mental Health
Brett Harris, DrPH, Suicide Prevention Office, NYS Office of Mental Health
Brooke Maher, MPH, Suicide Prevention Office, NYS Office of Mental Health
The New York State Office of Mental Health Suicide Prevention Office was awarded a Garrett Lee Smith Youth Suicide Prevention grant from the Substance Abuse and Mental Health Services Administration. This session will serve as a grant implementation kick-off, providing a forum to discuss project protocols, implementation strategies, and evaluation. This session is open only to Garrett Lee Smith grantees.

Learning Objectives:
At the end of this session, participants will be able to:
- a. Identify the key elements of the New York State Garrett Lee Smith grant.
- b. Describe their approach to implementing grant project protocols.
- c. Explain plans to evaluate organization-specific grant activities.

5) Methods for Training Suicide Prevention Researchers: Lessons Learned from the Center for the Study and Prevention of Suicide

Kim Van Orden, PhD, University of Rochester Medical Center
Yeeates Conwell, MD, University of Rochester Medical Center
Ian Cero, PhD, University of Rochester Medical Center
Caroline Silva, PhD, University of Rochester Medical Center

The University of Rochester’s Center for the Study and Prevention of Suicide (CSPS) research fellowship has promoted career development of young scientists in suicide prevention for 18 years. This panel will describe quantitative and qualitative evaluation results of the fellowship and engage the audience in a discussion of the critical elements of suicide research training.

Learning Objectives:
At the end of this session, participants will be able to:
- a. Describe key components of research training in suicide prevention.
- b. Identify educational components of the fellowship that may be applicable to education initiatives in participants’ suicide prevention organizations.
- c. Describe outcomes of the program evaluation of the University of Rochester suicide prevention fellowship.

2:30 – 3:45PM CONCURRENT SESSIONS

1) New Yorkers Advancing Suicide Safer Care Zero Suicide Grant Learning Collaborative Series: Engaging Families and Supporting Others in Working with Suicidal Individuals: Zero Suicide and GLS Closed Session

Beth S. Brodsky, PhD, Columbia University, NYS Psychiatric Institute, Center for Practice Innovations
Thomas C. Jewell, PsyD, University of Rochester, NYS Psychiatric Institute, Center for Practice Innovations

This training is the first Clinical Learning Collaborative session of the New Yorkers Advancing Suicide Care initiative. A strong support network can be a safety net in times of crisis and a trusted resource during recovery. However, clinicians often have concerns about working with families or supportive others of suicidal individuals. This panel presentation/workshop will review the rationale and clinical approach to family engagement and provide guidelines for engaging family members/other supports in the treatment of suicidal individuals.

Learning Objectives:
At the end of this session, participants will be able to:
- a. Describe how to approach patients about involving family members and how to determine when it is appropriate to do so.
- b. List strategies for how to approach family members/other supports, address their concerns, and provide psychoeducation regarding suicidal risk and prevention.
- c. Explain the various ways in which families can play a role in supporting the treatment of a suicidal family member and how to effectively engage them in their loved one’s treatment.

2) Recognizing and Attending to the Relationship Between Child Sexual Abuse, Suicidal Ideation, and Suicide in Youth

Pamela Pine, PhD, MPH, Stop the Silence®: Stop Child Sexual Abuse, Inc.
JoAnn Stevelos, MS, MPH, JSC, LLC

Those who have experienced childhood sexual abuse have significantly higher rates of suicide attempt than those who have not been abused. This workshop will present findings regarding this relationship and the mediators of these outcomes. The understanding of these mediators will be discussed as part of a prevention and mitigation model developed by an international partnership between Stop the Silence®: Stop Child Sexual Abuse, Inc. (U.S.) and Trust MYRIVR (New
Zealand) which utilizes a free app to report and address interpersonal violence and social issues.

Learning objectives:
At the end of the session, participants will be able to:

a. Describe the relationship between childhood sexual abuse and suicidal ideation and suicide.

b. Relate the elements of programs that address prevention and mitigation of suicidal ideation and suicide in youth as it relates to childhood sexual abuse.

c. Explain the relationship between the use of modern technology and community outreach and development strategies to prevent death by suicide in youth and adults.

3) Unique Approaches to Engaging Veterans and Their Families in Suicide Prevention, Intervention, and Treatment

Eric Hardiman, PhD, University at Albany, State University of New York
Sarah Sullivan, MS, MHC-LP, James J Peter VA Medical Center
Dev Crasta, PhD, VISN 2 Center of Excellence in Suicide Prevention
Marianne Goodman, MD, VISN 2 Center of Excellence in Suicide Prevention

Veterans account for 11.5% of New York State suicides yet only represent 3.9% of the New York State population. Suicide rates are higher among those who do not access services within the Veterans Administration (VA). This session will focus on unique family and peer support approaches to suicide prevention within the VA that aim to reach veterans outside of traditional VA health care services and will describe the results of qualitative interviews with veterans and their families.

Learning Objectives:
At the end of this session, participants will be able to:

a. Describe a range of peer support interventions for veteran suicide prevention in the community.

b. Describe the role family members can play in suicide prevention and how to effectively engage them in their loved one’s treatment.

c. Identify novel clinical interventions currently being developed for use with at-risk patients and their families.

4) Implementing Suicide Prevention Protocols in Schools with Diverse Racial/Ethnic Populations: Two Examples from the Field

Francis Macri, Duanesburg Central School District
Sara Salitan-Thiell, LCSW-R, North Colonia Central School District
Jess Chock-Goldman, LCSW, Stuyvesant High School

In this session, presenters will describe efforts to prevent suicide in two distinct school districts. One will highlight the implementation of a suicide assessment protocol and training in an inner city, high needs district in upstate New York. The other will be specifically geared towards suicidal ideation and attempts in high achieving adolescents in New York City with a focus on interactions between race/ethnicity, familial/cultural pressures, and academic performance in relation to suicidality.

Learning Objectives:
At the end of this session, participants will be able to:

a. Describe the implementation of suicide prevention protocols in two school districts.

b. Explain the unique risk factors facing high-achieving students.

c. Describe possible steps toward comprehensive prevention and intervention that may be taken by clinicians in high schools.

5) Suicide Prevention Coalition Session

Gorra Lloyd-Lester, Suicide Prevention Center of New York
Brianna Maher, MPH, Suicide Prevention Center of New York

Coalition members will have the opportunity to discuss their current activities, provide and receive feedback and guidance, and develop plans for future suicide prevention efforts in 2020. This session is open only to members of suicide prevention coalitions and is closed to other conference attendees.

Learning Objectives:
At the end of this session, participants will be able to:

a. Identify projects being implemented in NYS counties.

b. Describe current successes and challenges of county coalitions.

c. Provide and receive feedback on coalition projects.

d. Formulate goals and plans for future coalition work.
4:00 – 5:15PM **CONCURRENT SESSIONS**

1) Lessons Learned, Participant Experience, and Preliminary Data from the Implementation of Zero Suicide in New York State Outpatient Behavioral Health Clinics

*Christa Labouliere, PhD, NYS Psychiatric Institute and Columbia University*

*Prabu Vasan, LCSW-R, NYS Office of Mental Health*

*Anni Cummings, LMSW, NYS Office of Mental Health*

For the last three years, New York State has implemented a Zero Suicide quality improvement project in 165 outpatient behavioral health clinics. Moving forward from implementation to sustainable practice, the clinics themselves will share their experience, strategies and challenges, while project managers will share lessons learned and preliminary effectiveness data.

**Learning Objectives:**

At the end of this session, participants will be able to:

a. Describe the large-scale implementation and evaluation of the Zero Suicide model being conducted in New York State outpatient behavioral health.

b. Identify specific strategies that clinics used to implement Zero Suicide.

c. Explain project implementation results and preliminary effectiveness data.

2) Multicultural Considerations in the Delivery of Suicide Safer Care in Health Systems

*Nadine A. Chang, PhD, Gracie Square Hospital*

*Alexi Saldamando, LCSW-R, Suicide Prevention Office, NYS Office of Mental Health*

*Karina Diaz, LCAT, ATR, Coalition for Hispanic Family Services*

The cultural diversity of New York State and the nation underscores the importance of suicide prevention, intervention, and treatment that is culturally competent and patient-centered. This presentation will describe the implementation of suicide safer care in health systems with culturally diverse populations in New York City with a focus on Asian American and Latino patient populations.

**Learning Objectives:**

At the end of this session, participants will be able to:

a. Identify the unique needs of Asian Americans seeking treatment for suicidality.

b. Describe the components of a comprehensive, culturally competent, person-centered inpatient Asian Psychiatry Program.

c. Explain how BronxCare has implemented Zero Suicide for culturally diverse populations with a focus on their Latino patient population.

3) Rural / Agricultural Panel

*Anna Platz, Public Health Specialist, Lewis County Public Health Department*

*Amy Lafner Mann, Clinic Director, Cattaraugus County Mental Health*

*Kate Downes, Outreach Director, FarmNet*

Suicide has been increasing steadily in the rural areas of New York State. This panel will present specific elements of risk and protective factors unique to rural cultural, how that impacts suicide prevention intervention, and postvention, and elements unique to the farming and agricultural community.

**Learning Objectives:**

At the end of this session, participants will be able to:

a. Describe data regarding suicide risk and mental health behaviors among college students.

b. Identify barriers to college students accessing campus mental health services and resources.

c. Propose strategies to enhance help-seeking behaviors of students and their utilization of campus services and resources.

4) The Intersection of Substance, Opioid, and Gambling Addiction and Suicide: What the Data Tells Us and Recommendations for Community-Based Collaboration

*Jaime D. Costello, MPH, New York Council on Problem Gambling*

*Brianna Maher, MPH, Suicide Prevention Center of New York State*

With substance use as the 2nd most common risk factor for suicide, the behavioral health field has gained a better understanding of the connection between these two major public health concerns in recent years. The field is less aware of the connection between gambling addiction and suicide. This session will examine the influence of gambling and substance use as risk factors for suicide, describe the results of a survey of New York State county mental hygiene directors and substance use and suicide prevention coalitions, and provide recommendations for community-based collaboration.

**Learning Objectives:**

At the end of this session, participants will be able to:

a. Describe the relationship between substance use,
gambling and suicide.
b. Identify the risk factors that contribute to suicidal ideation and attempt among problem gamblers.
c. List three ways that substance use and suicide prevention coalitions can collaborate to jointly address substance use and suicide

5) Building a Comprehensive, Sustainable Campus Suicide Prevention Program Using a Public Health Approach: A Framework for Success

M. Dolores Cimini, PhD, University at Albany, State University of New York
Estela M. Rivero, PhD, University at Albany, State University of New York
Joyce DeWitt-Parker, PhD, University at Albany, State University of New York
Melissa Ertl, MA, University at Albany, State University of New York

College students face unique stressors that may increase risk of suicide. Therefore, it is critical to expand campus mental health services to implement a comprehensive approach that reaches the broader campus culture. The presentation will engage participants in an in-depth exploration of and interactive discussion about developing, evaluating, and sustaining comprehensive, integrated and effective suicide prevention programs, with a particular focus on the implementation of interventions that aim to support campus culture change.

Learning Objectives:
At the end of this session, participants will be able to:
a. Describe the key elements of a comprehensive suicide prevention strategy implemented within a large and very diverse public university within New York State.
b. List successes, challenges, and lessons learned when developing, implementing, and evaluating a comprehensive campus-based suicide prevention program.
c. Identify and describe the key elements of the Garrett Lee Smith Campus Suicide Prevention Grant Program and the Jed Foundation Comprehensive Suicide Prevention and Mental Health Promotion Model.

5:30 – 6:30PM NETWORKING RECEPTION
POSTER SESSION
AFSP QUILT DISPLAY
6:45 – 8:00PM DINNER & EXCELLENCE IN SUICIDE PREVENTION AWARDS

THURSDAY, SEPTEMBER 19, 2019
8:00 – 9:15AM REGISTRATION & BREAKFAST

9:30 – 10:45AM PLENARY SESSION
Youth Suicide: A Call to Action

Over the last year, a number of studies and associated press accounts have pointed to an alarming rise in youth suicide deaths. A review of the latest trends in youth suicide, including some of the subgroups at greater risk, will be followed by an expert panel to discuss effective youth engagement and programs that are making a difference in preventing suicide among African American, Latina, and LGBTQ+ youth with an emphasis on culturally and linguistically congruent care.

11:00 – 12:15PM CONCURRENT SESSIONS

1) Effectively Engaging High Risk Youth

Alex Frisina, BA, YOUTH POWER!

This session will be led by Alex Frisina, the Long Island Regional Youth Partner for YOUTH POWER! of Families Together in NYS. Alex engages young leaders and supports organizations in the implementation of youth guided practices. Through sharing his story and utilizing feedback from young people across the state, he aims to enlighten those tasked with creating better outcomes and establish creative ways of engaging those they serve. With aspects of cultural competency and an understanding of youth culture, we can better address and support Suicide Prevention efforts. These changes all start with our approach. This session will focus on how we can break down the barriers faced by young people in need of support.

Learning Objectives:
At the end of this session, participants will be able to:
a. Engage youth and young adults in meaningful, innovative ways.
b. Understand youth culture and the power of Peer Support.
c. Think outside of the box to better support Suicide Prevention efforts.

2) Postvention: The Impact of Suicide and Overdose on Professional Caregivers

Silvia Giliotti, PhD. Suicide Prevention Office, NYS Office of Mental Health
Garra Lloyd-Lester, Suicide Prevention Center of New York
Brigette Hartman-DeCenzo, LCSW, NYS Office of Alcoholism and Substance Abuse Services
Crystal Hewitt-Gill, MBA, MA, RYT, NYS Office of Alcoholism and Substance Abuse Services

Deaths by suicide and opioid overdose have been increasing in tandem. Losing patients from these causes can have a major impact on professional caregivers. As such, the NYS Office of Mental Health (OMH) and the NYS Office of Alcoholism and Substance Abuse Services (OASAS) partnered to develop and implement an action plan to support substance use disorder and mental health treatment providers. Presenters will begin this session by providing a background on postvention. They will then describe the partnership and its key accomplishments.

Learning Objectives:
At the end of this session, participants will be able to:

a. Explain the meaning and use of postvention for suicide and how this project has translated it for use for overdose deaths.

b. Describe how NYS OMH and OASAS partnered to address the impact of patient suicide and overdose deaths on professional caregivers.

c. List services and resources from OMH and OASAS that will help organizations implement best practices in postvention for professional caregivers who have lost patients to suicide and/or opioid overdose.

3) Class is in Session: A Model School District Policy and Suicide Prevention Guide

Pat Breux, RN, Suicide Prevention Center of New York
Mitch Samet, PhD, New York Association of School Psychologists
Kaygan Miller, MS, The Trevor Project

Two documents, one released nationally and the other in New York State, provide school leaders with a way to implement best practices in suicide prevention in their school districts. With evidence-based research and filled with valuable resources, the pair of documents complement each other and help schools take action toward comprehensive suicide prevention, intervention, and postvention practices. This panel will elicit experiences from the audience to demonstrate practical examples of how successful implementation can be achieved.

Learning Objectives:
At the end of this session, participants will be able to:

a. Utilize evidence-based guides to better incorporate suicide prevention into their schools.

b. Identify and describe different examples of successful implementation of suicide prevention, intervention, and postvention practices.

c. Compare their school’s current suicide prevention initiatives in relation to experiences and examples from other schools.

4) Cross-Cutting Issues in Suicide Prevention: Economic Factors of Suicide and Support for Caregivers

Oscar Jimenez-Solomon, MPH, NYS Psychiatric Institute & Columbia Psychiatry
Johanna Louie, MS, Human Behavior, Suicide Is Different

When considering suicide prevention in any setting, it is important to address multiple contributing factors. This presentation will address two of these factors: (1) economic determinants of suicide and (2) support for caregivers of suicidal persons. The first presentation will introduce community-based suicide prevention strategies to reduce the impact of financial hardship and improve financial hope and overall financial wellness. The second presentation will describe Suicide Is Different, a first of its kind digital support program for caregivers.

Learning Objectives:
At the end of this session, participants will be able to:

a. Describe how seven specific economic determinants impact the risk of suicide.

b. List community-based strategies that can reduce financial hardship experienced by individuals, families and communities, foster financial hope, and improve overall financial wellness.

c. Describe different suicide caregiver roles and the application of support programs in various settings.

d. Compare types of interactive and multimedia tools that can be used to support suicide caregivers in a scalable program.
5) Suicide Risk, Help-Seeking, and Service Utilization among College Students

Carrie Mosio Warner, PhD, New York University Langone Health
Dolores Cimini, PhD, University at Albany Center for Behavioral Health Promotion and Applied Research
Giana Calabrese, MPH, Suicide Prevention Center of New York

This session will focus on suicidal ideation in college students and their utilization of campus mental health services. This will include the presentation of findings related to suicidal ideation and online mental health service use in college students, results from the UAlbany Student Mental Health Survey, and findings from UAlbany undergraduate and public health graduate student focus groups regarding attitudes, perception, and utilization of mental health services. Recommendations and status updates will be presented.

Learning Objectives:
At the end of this session, participants will be able to:

a. Describe data regarding suicide risk and mental health behaviors among college students.

b. Identify barriers to college students accessing campus mental health services and resources.

c. Propose strategies to enhance help-seeking behaviors of students and their utilization of campus services and resources.

12:15 – 12:45PM BOXED LUNCH

1:00 – 2:15PM CONCURRENT SESSIONS

1) Suicide Prevention for Diverse College/University Students: The Intersection of Race and Sexual Orientation

Richard Shadick, PhD, Pace University

This presentation will highlight cultural implications for suicide prevention with diverse college and university students, how social media impacts student mental health, suicide risk and the intersection of race and sexual orientation, and the efforts undertaken at Pace University as part of their Garrett Lee Smith Campus Suicide Prevention grant including the Pace Multicultural Suicide Prevention kit.

Learning Objectives:
At the end of this session, participants will be able to:

a. Explain how a crossover of multiple cultural identities creates unique risk factors for suicide.

b. Identify ways in which social media has an impact on student mental health.

c. Describe how Pace University works with students of diverse backgrounds to prevent suicide and improve student mental health.

2) Suicide by Firearm and Reducing Access to Lethal Means

Leah Hines, MPH, NYS Department of Health
Garra Lloyd-Lester, Suicide Prevention Center of New York

Firearms are the most lethal means of suicide, accounting for over 50% of suicides in the US. This presentation will provide an in-depth look at the data on suicide by firearm specific to New York State and best practices and current efforts to reduce access to lethal means, particularly firearms.

Learning Objectives:
At the end of this session, participants will be able to:

a. Identify the demographic groups at highest risk for dying by suicide by firearm and the most commonly documented circumstances and toxicology findings surrounding these deaths.

b. Explain how reducing access to lethal means is an effective way to reduce suicide.

c. Describe the specific efforts that New York State has taken to reduce access to lethal means.

3) It’s Elementary

David N. Miller, PhD, University at Albany, State University of NY
Marcie Bouchard, M.S. Ed., C.A.S., Albany City School District
Pat Breux, RN, Suicide Prevention Center of New York

Is suicide prevention in primary school appropriate? This panel will explore data that show a concerning trend toward suicide risk in elementary-aged students. School leaders and experts will discuss with participants what is currently being done, what can be done, and suggestions for what should be done.

Learning Objectives:
At the end of this session, participants will be able to:


b. Explain why suicide prevention in primary school is necessary.

c. Incorporate age appropriate suicide prevention into their elementary schools.

4) Risk Formulation: Using Case Studies to Examine Best Practices in Formulation of Risk

Beth Brodsky, PhD, Columbia University, NYS Psychiatric Institute, Center for Practice Innovations
Christa Labouliere, PhD, New York State Psychiatric Institute and Columbia University

This session will provide guidance and a framework for mental health practitioners to apply a Comprehensive Suicide Risk Assessment toward developing a risk formulation to inform a suicide-specific treatment plan. The training will utilize submitted vignettes from the NYASSC participants in three behavioral health settings: CPEP, Inpatient and Outpatient, to illustrate how to arrive at a risk formulation that will be reflected in a suicide-specific treatment plan in each of these settings.

**Learning Objectives:**
At the end of this session, participants will be able to:

a. Describe the most crucial elements to conducting a comprehensive suicide risk assessment interview.

b. Explain the framework designed to assist in suicide risk formulation and the development of a suicide risk profile.

c. Based on the case studies, explain how you would use the suicide risk profile to determine the appropriate suicide prevention intervention in your health care setting.

5) Creating Suicide Safer Schools: Building Social Emotional Wellness and Resiliency in Schools

Alec Miller, PsyD, Cognitive and Behavioral Consultants, LLP
Matt Costello, BS, National Education Alliance for Borderline Personality Disorder (NEABPD)

This session will feature speakers from various organizations on suicide prevention in schools. Dr. Alec Miller, who with his colleagues adapted dialectical behavior therapy (DBT) for suicidal adolescents, will describe how to effectively implement DBT skills (e.g., mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills) and individual counseling and coaching in school settings. Matt Costello will describe how Family Connections and its DBT-based skills can be adapted to school settings and to families.

**Learning Objectives:**
At the end of this session, participants will be able to:

a. Identify and describe the two types of DBT applied in schools: STEPS-A Universal and Comprehensive School-Based DBT.

b. Explain three reasons to implement DBT in schools to help reduce suicidal behavior.

c. Describe how DBT skills can be taught to school families.

2:30 – 3:15PM **CONCURRENT SESSIONS**

1) Warr;ors Mental Health and Wellness Club and Additional Suicide Prevention Resources for Youth

Melissa Smith, MS Ed, North Salem MS-HS
Ellen Herlihy, Student, North Salem School District
Alex DePaoli, Student, North Salem School District
Amy Malloy, Mental Health Association of New York State

The North Salem School District’s Warr;ors Mental Health and Wellness Club is for any student in grades 8-12 interested in the mental health field, teaching, medicine, or anyone who has lived experience, is an advocate, or wants a place to connect. This presentation will describe activities that the club has undertaken with respect to education, advocacy, and stigma busting. The Mental Health Association of New York State will then describe additional suicide prevention resources available for schools.

**Learning Objectives:**
At the end of this session, participants will be able to:

a. Describe the purpose of and initiatives undertaken by the Warr;ors Mental Health and Wellness Club.

b. Identify sources of stigma that keep youth from talking about mental health and illness.

c. List available suicide prevention resources for schools.

2) Key Elements in Suicide Prevention Program Evaluation and Accessing and Interpreting Data

Brett Harris, DrPH, Suicide Prevention Center of New York
Brianna Maher, MPH, Suicide Prevention Center of New York

This session will provide an overview of available data sources on suicide and self-harm and how to interpret and present the data. Following this overview, tips and strategies will be presented on how to evaluate your suicide prevention programs. This session is open only to members of suicide prevention coalitions. Other conference attendees may attend if space is available.

**Learning Objectives:**
At the end of this session, participants will be able to:

a. Identify current trends in suicide and self-harm data.

b. Interpret and present current data on suicide and self-harm.

c. Determine actionable steps to improved evaluation of suicide prevention programs within their coalition.

3) Suicide-Specific Treatments for Youth with a Focus on Dialectical Behavior Therapy (DBT)

Christa Labouliere, PhD, New York State Psychiatric Institute and Columbia University

This session will provide an overview of available data sources and how to interpret and present the data. Following this overview, tips and strategies will be presented on how to evaluate your suicide prevention programs. This session is open only to members of suicide prevention coalitions. Other conference attendees may attend if space is available.

**Learning Objectives:**
At the end of this session, participants will be able to:

a. Identify current trends in suicide and self-harm data.

b. Interpret and present current data on suicide and self-harm.

c. Determine actionable steps to improved evaluation of suicide prevention programs within their coalition.
Learning Objectives:
At the end of this session, participants will be able to:

a. Identify important components of suicide-specific treatments for youth.

b. Identify the five modes of adolescent DBT with suicidal outpatients and cite the main outcomes of two randomized controlled trials of DBT with suicidal adolescents.

c. State three reasons why it is important to enlist families in DBT treatment with suicidal youth.

4) Substance Use and Suicide

Brett Harris, DrPH, Suicide Prevention Office, NYS Office of Mental Health
Melissa Tracy, PhD, MPH, University at Albany, State University of New York
Monika Taylor, MBA, LC SW, CASAC, Crouse Health Hospital, Inc.
Lisa Mancini, Helio Health

This session will provide background on the intersection of substance use and suicide, the results of a survey of substance use disorder treatment providers regarding attitudes, perceptions, and practices in suicide prevention, and the experience of two organizations in implementing suicide prevention in a substance use disorder treatment setting.

Learning Objectives:
At the end of this session, participants will be able to:

a. Describe the intersectionality between substance use and suicide.

b. Propose methods to implement suicide prevention into their organization, taking into account the unique needs of those with a substance use disorder.

c. Identify current trends regarding substance use disorder and suicide risk, as well as current attitudes, perceptions, and practices of those who serve the affected populations.

5) Serving and Preventing Suicide Among LGBTQ and Minority LGBTQ Communities

Keygan Miller, MS, The Trevor Project
Liam Cudmore, LMSW, LGBT Community Center

LGBTQ adults and youth have higher rates of suicide than the general population. This session will describe specific risk factors and efforts being undertaken by The Trevor Project and the LGBT Community Center in New York City to prevent suicide with a special focus on LGBTQ youth of color and on the impact of immigration status.

Learning Objectives:
At the end of this session, participants will be able to:

a. Identify and describe the unique challenges faced by LGBTQ communities and how they can influence suicidal ideation and behaviors.

b. Discuss existing programs, services and resources available to LGBTQ persons struggling with mental health and suicidal ideation.

c. Describe the unique challenges faced by LGBTQ youth of color and the specific services that are available to address these challenges.

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nyssuicidepreventionconference.org