2019 NEW YORK STATE SUICIDE PREVENTION CONFERENCE
September 18 & 19, 2019 | The Desmond Hotel & Conference Center

STRONGER TOGETHER:
EMBRACING DIVERSITY AND STATE/LOCAL PARTNERSHIPS IN SUICIDE PREVENTION

NEW YORK STATE Office of Mental Health  SPC NY Suicide Prevention Center of New York State
Welcome Message

I am pleased to extend a warm welcome to the New York State Suicide Prevention Conference sponsored by the Office of Mental Health and the Suicide Prevention Center of New York. Since 2016, when we hosted our first conference, we have seen a steady growth in attendance and have doubled the number of concurrent sessions from sixteen to thirty-two - a true testament to the comprehensive and ever-expanding efforts to prevent suicide attempts and deaths across the state. This year we are focusing on how we can harness collective preventive efforts across the lifespan to meet the unique needs of New York’s ethnic, cultural, linguistic and high risk groups in urban and rural communities. Although we stand united by a common goal, we must reach out and establish partnerships across the state and local levels to address existing barriers to ensure that no New Yorker is left behind. Only then will our efforts become Stronger Together!

Sigrid Pechenik, PsyD
Suicide Prevention Conference Chair
Associate Director, Suicide Prevention Office

2019 New York State Suicide Prevention Awardees

Edward J. Dunne, PhD, recipient of the 2019 Frederick Meservey Life and Leadership Award, is recognized for his extraordinary leadership and contribution to the field of suicide prevention.

Honorees receiving a New York State Excellence in Suicide Prevention Award are recognized for their deep commitment and outstanding contribution to saving lives in their communities. This year, we recognize three individuals:

Carri Raynor, recipient of the Journey of Healing Award for exemplary advocacy work as a suicide loss survivor and for her commitment to bring awareness across Chautauqua County.

Superintendent Jeffrey Simons, East Greenbush School District, recipient of the Award of Excellence in Creating and Strengthening Suicide Safer Schools by creating a supportive environment for students, teachers and staff to better understand, openly discuss and respond to student needs.

Tina Lee, recipient of the Award of Excellence in Creating and Strengthening Suicide Safer Communities through her unwavering commitment to advocate for and provide support to individuals and families touched by suicide.
Opening Remarks: Ann Sullivan, MD, Commissioner, NYS Office of Mental Health

Ann Sullivan, MD is the Commissioner of the New York State Office of Mental Health. Since 2014, Dr. Sullivan has led the transformation of the state hospital system, the expansion of community based treatment, improving mental health care for incarcerated individuals and post-release care. She has supported the Suicide Prevention Office’s efforts to make New York a suicide safer state. She is a Distinguished Fellow of the American Psychiatric Association, and has served as the Speaker of the American Psychiatric Association’s Assembly and on its Board of Trustees. Dr. Sullivan is a fellow of the New York Academy of Medicine, a member of the American College of Psychiatrists and the Group for the Advancement of Psychiatry.

Plenary Session: Stronger Together: How Personal Experience Intersects Community Prevention Efforts to Foster Hope and Healing

Carri Raynor, Tina Lee and Victoria Patti

Tina Lee is the Community Education and Outreach Manager at The National Alliance on Mental Illness (NAMI) in New York State. Her passion for mental health stemmed from her daughter’s battle with mental health issues. She is an instructor for the Dutchess County Crisis Intervention Training Committee.

Carri Raynor is a suicide loss survivor and has been trained by The American Foundation for Suicide Prevention in Bereavement Group Facilitation. She is the Organizer of the Raynor Memorial Golf Tournament in honor of her husband Danny who died by suicide in 2007.

Victoria Patti is the Coordinator of the Community Alliance for Suicide Prevention at Chautauqua County Dept. of Mental Hygiene. Victoria has been instrumental in expanding the impact of the coalition in the community, helping to coordinate a loss survivor group and in facilitating the development of a community postvention team.

Plenary Session: Youth Suicide: A Call for Action

Arielle Sheftall, PhD, Keygan Miller, MEd and Beatriz Coronel, MA

Arielle Sheftall, PhD is a Principal Investigator at the Center for Suicide Prevention and Research at Nationwide Children’s Hospital. Her research focuses on the discovery of developmental and familial mechanisms (e.g., behavioral, neurocognitive, parenting) in early to middle childhood that confer vulnerability for future suicidal behavior. Her current NIMH-funded research investigates early vulnerability factors in youth with a parental history of suicidal behavior. It is Dr. Sheftall’s hope that her research will help frame targets for intervention to reduce the incidence of a first suicide attempt in youth at high risk.

At Comunilife’s Life is Precious™, a Latina teen suicide prevention program, Beatriz Coronel, MA, combines individual and group counseling, art therapy, academic enrichment, music education, and wellness initiatives in an effort to decrease risk factors while increasing protective factors. Beatriz believes that intervention is prevention. She is committed and passionate about working with youth, families, and communities with the aim of shifting the narrative.

Keygan Miller, MEd, is an Advocacy Associate for The Trevor Project, the nation’s largest suicide prevention and crisis intervention organization for LGBTQ young people. Keygan is responsible for the research, advocacy, and legislative agenda for The Trevor Project in the area of school suicide prevention policy. In addition, they oversee the management of over one hundred advocacy volunteers, as well as the day to day operations of the Washington, D.C. based advocacy team.
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
9 FORT ORANGE

Nadine A. Chang, PhD, Gracie Square Hospital
Virna Little, PsyD, LCSWR, 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) Garrett Lee Smith Youth Suicide Prevention Grant: Implementation 101
TOWN HALL

Christa Labouliere, PhD, Columbia University, NYS Psychiatric Institute, Center for Practice Innovations
Sigrid Pechenik, PsyD, Suicide Prevention Office, OMH
Brett Harris, DrPH, Suicide Prevention Office, OMH
Brianna Maher, MPH, Suicide Prevention Office, OMH
Katharine Comber, MSW, Suicide Prevention Office, OMH

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 an introduction to grant implementation, 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 implementation plan.

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**

**HIGH STREET**

Kim Van Orden, PhD, University of Rochester Medical Center

Yeates 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.

12:00 – 1:00PM **Luncheon** **KING STREET BALLROOM**

1:00 – 1:30PM **Conference Opening**

**Welcome**

Sigrid Pechenik, PsyD, Conference Chair

**Opening Remarks**

Assemblywoman, Nathalia Fernandez

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**A Year in Review: Suicide Prevention in NYS**

**Ann Sullivan, MD, Commissioner, NYS Office of Mental Health**

**Proclamation Presentation**

1:30 – 2:15PM **Plenary Session**

**KING STREET BALLROOM**

**Stronger Together: How Personal Experience Intersects Community Prevention Efforts to Foster Hope and Healing**

Carri Raynor is a suicide loss survivor

Tina Lee, Community Education and Outreach Manager, The National Alliance on Mental Illness (NAMI)

Victoria Patti, Coordinator, Community Alliance for Suicide Prevention at Chautauqua County Dept. of Mental Hygiene

Lived experience, combined with a comprehensive public health approach that integrates a culturally competent perspective, plays a crucial role in the development of effective community suicide prevention. Suicide loss survivors, family members of individuals who struggle with suicide and local county leaders harness their experiences to provide connectedness, foster hope to those who are struggling with thoughts of suicide and provide healing and support to those who have lost someone to suicide.

2:30 – 3:45PM **Concurrent Sessions**

1) **Zero Suicide and Garrett Lee Smith Grant Learning Collaborative Series: Engaging Families and Supporting Others in Working with Suicidal Individuals**

**5 FORT ORANGE**

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

7 FORT ORANGE

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 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: Examples from the Field

TOWN HALL

Francis Macri, Duanesburg Central School District

Sara Salitan-Thomas, LCSW-R, North Colonie Central School District

Jess Chock-Goldman, LCSW, Stuyvesant High School

In this session, presenters will describe efforts to prevent suicide in two 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

**24 HIGH STREET**

Garra 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. Describe current successes and challenges of county coalitions.

b. Provide and receive feedback on coalition projects.

c. 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

**5 FORT ORANGE**

Christa Labouliere, PhD, Columbia University, NYS Psychiatric Institute, Center for Practice Innovations  
Prabu Vasan, LCSW-R, NYS Office of Mental Health  
Anni Cummings, LMSW, NYS Office of Mental Health  
Carrie Tirinato, LCSW, Tioga County Department of Mental Hygiene  
Keila Morales, LMSW, Acacia Network

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

**7 FORT ORANGE**

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  
Leslie Lind, LCSW, BronxCare Health System

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. Describe obstacles for both clinicians and clients in addressing suicide among Spanish-speaking patients.

3) Suicide Prevention in Rural Communities: A Public Health, Behavioral Health, and Occupational Perspective

**9 FORT ORANGE**

Anna Platz, Lewis County Public Health Department  
Amy Laffler Mann, Cattaraugus County Mental Health  
Kate Downes, FarmNet

Suicide has been increasing steadily in the rural areas of New York State. This panel will present risk and protective factors unique to rural communities; how these risk and protective factors impact suicide prevention, intervention, and postvention; and special considerations for the farming and agricultural community.

**Learning Objectives:**
At the end of this session, participants will be able to:
a. Identify unique risk and protective factors faced by rural and agricultural communities.
b. Describe opportunities and challenges to suicide prevention within segments of rural New York State.
c. List services that are available to the rural and agricultural communities within New York State.

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

**TOWN HALL**

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. However, the field is less equipped to jointly address these issues and less aware of the impact of 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 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.

6) Tools for Schools: Building Sustainable Suicide Prevention Efforts Through Strategic Partnerships

**26 HIGH STREET**

Sarah Miles, LMSW, New York City, DOHMH

Marcie Bouchard, MS Ed, CAS, Albany School District

Celia Spacone, PhD, Erie County Suicide Prevention Coalition

Implementing suicide prevention protocols in schools is a critically important organizational-level strategy for preventing suicide among youth. In this session, school leaders will describe how school-based suicide prevention infrastructure is being developed across our state.

**Learning Objectives:**

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

a. Name three components of suicide safer school environments that can be addressed through universal interventions.

b. Identify three evidence-based suicide prevention resources available at low or no cost to schools.

c. Describe three strategies or resources that one school system used to create a suicide safer school environment.
THURSDAY, SEPTEMBER 19, 2019

5:30 – 6:30PM Networking Reception
KOI POND  Poster Session
AFSP Quilt Display
6:30 – 8:00PM Banquet & Award Ceremony
KING STREET BALLROOM

THURSDAY, SEPTEMBER 19, 2019
8:00 – 9:15AM Registration & Breakfast
FORT ORANGE COURTYARD

9:30 – 10:45AM Plenary Session
KING STREET BALLROOM
Youth Suicide: A Call to Action

Jay Carruthers, MD, Suicide Prevention Office, NYS Office of Mental Health
Arielle Sheltall, PhD, Nationwide Children’s Hospital
Beatriz Coronel, MA, Comunilife
Keygan Miller, MEd, The Trevor Project

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
5 FORT ORANGE

Alex Frisina, YOUTH POWER!

Youth have unique risk and protective factors within a culture that is constantly changing. Engagement of youth is most effective using targeted approaches. This session will highlight special considerations for youth culture and how to create and implement suicide prevention efforts that are culturally competent for youth.

Learning Objectives:

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

a. Describe strategies for engaging youth and young adults in meaningful, innovative ways.

b. Explain the impact of youth culture on suicide risk and protective factors

c. Describe the influence of peer support on the mental wellbeing of youth.

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

Silvia Gliotii, 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
Susan Snyder, MS Ed, CASAC, 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
9 FORT ORANGE

Pat Breux, RN, Suicide Prevention Center of New York
Mitch Samet, PhD, NY Association of School Psychologists

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 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) Suicide Risk, Help-Seeking, and Service Utilization among College Students

**TOWN HALL**

Carrie Masia Warner, PhD, Nathan Kline Institute for Psychiatric Research, Montclair State University

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. Presenters will describe three studies: 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, perceptions, 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.

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

**2 KING STREET**

Oscar Jimenez-Solomon, MPH, NYS Psychiatric Institute & Columbia Psychiatry

Johanna Louie, MS, Suicide Is Different

This presentation will address two cross-cutting issues in suicide prevention: Economic determinants of suicide and digital 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. Compare types of interactive and multimedia tools that can be used to support suicide caregivers in a scalable program.

12:15 – 12:45PM *Boxed Lunch*

**FORT ORANGE COURTYARD**

1:00 – 2:15PM *Concurrent Sessions*

1) Addressing Suicide and Substance Use Prevention in one Native American Community: Examples from the Saint Regis Mohawk Tribe

**5 FORT ORANGE**

Christine Venery, LCSW, Saint Regis Mohawk Tribe Health Services, Mental Health Program

Chanel Cook, Saint Regis Mohawk Tribal Council

Kim Russell, Salmon River School District

This workshop will review comprehensive efforts within the Saint Regis Mohawk Tribe to address suicide and substance use within the community. This workshop will cover unique risk and protective factors for their tribal population, strategies that the Saint Regis Mohawk Tribe and the Akwesasne Coalition for Community Empowerment have used to address suicides and substance use in the community, and the unique cultural considerations for working within one Native Community.

**Learning Objectives:**
At the end of this session, participants will be able to:
a. Describe some of the unique risk and protective factors for suicide and substance use within indigenous populations.

b. Identify strategies that can be used and adapted to support suicide and substance use prevention within indigenous populations.

c. Describe cultural considerations necessary to inform suicide and substance use prevention when working with indigenous populations.

2) Suicide by Firearm and Reducing Access to Lethal Means

7 FORT ORANGE

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: At What Grade Level Should Suicide Prevention Begin?

9 FORT ORANGE

David N. Miller, PhD, University at Albany, SUNY
Marcie Bouchard, MS Ed, CAS, 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

TOWN HALL

Beth Brodsky, PhD, Columbia University, NYS Psychiatric Institute, Center for Practice Innovations
Christa Labouliere, PhD, Columbia University, NYS Psychiatric Institute, Center for Practice Innovations

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 Zero Suicide grant participants in three behavioral health settings – psychiatric emergency department, 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

2 KING STREET

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

In this session, presenters will describe how to effectively implement Dialectical Behavioral Therapy (DBT) skills (e.g., mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills), individual counseling, and coaching in school settings and how Family Connections and its DBT-
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based skills can be adapted to families and schools.

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 shared with families.

2:30 – 3:45PM Concurrent Sessions

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

5 FORT ORANGE

Melissa Smith, MS Ed, North Salem MS-HS

Ellen Herlihy, North Salem School District

Alex DePaoli, 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) Coalition Workshop: Suicide Prevention Program Evaluation and Accessing and Interpreting Data

7 FORT ORANGE

Brianna Maher, MPH, Suicide Prevention Center of New York

Katharine Comber, MSW, Suicide Prevention Center of New York

This session will provide an overview of available data sources on suicide and self-harm, how to interpret and present the data, and evaluation strategies for suicide prevention programs. Attendees will then be given sample evaluation plans for group work. 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

9 FORT ORANGE

Christa Labouliere, PhD, Columbia University

Alec Miller, PsyD, Cognitive and Behavioral Consultants, LLP

This session will describe common elements of evidence-based suicide-specific treatments, emphasizing the application of Dialectical Behavioral Therapy (DBT) to suicidal multi-problem youth in outpatient settings.

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 outpatients.

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

4) Substance Use and Suicide: Clinician Readiness and Implementation of Suicide Safer Care in Substance Use Disorder Treatment

TOWN HALL

Brett Harris, DrPH, Suicide Prevention Office, OMH

Melissa Tracy, PhD, MPH, University at Albany, SUNY

Monika Taylor, MBA, LCSW, CASAC, Crouse Health Hospital, Inc.

Lisa Mancini, LMSW, CASAC, 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 substance use disorder treatment settings.

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) Preventing Suicide Among LGBTQ and Minority LGBTQ Communities

2 KING STREET

Keygan Miller, Med, 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. The presentation will include a special focus on serving LGBTQ youth of color and how immigration status affects risk.

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.

3:45PM Conference Adjourns

Continuing Education Information

SW / LMHC:
The NYS Suicide Prevention Conference has been approved to award 9 contact hours for licensed social workers and licensed mental health counselors. The Suicide Prevention Center of New York (SPCNY) is recognized by New York State’s Education Department State Boards of Social Work and Mental Health Practitioners as an approved provider of continuing education for licensed social workers #0384 and licensed mental health counselors #MHC-0090.

CASAC/CPP/CPS:
This conference is provided under the New York State Office of Alcoholism and Substance Abuse Services (OASAS) Education and Training Provider Certification Number 0952. This conference is approved for: Initial credentialing, 9 Clock Hours CPP/CPS. Renewal, 9 Clock Hours CASAC/CPP/CPS.

PEF Employees:
PEF represented employees are eligible to submit for conference reimbursement.

Tuition Reimbursement Guidelines and Application available here: goer.ny.gov/managementconfidential-mctraining-programs
GOER PEF Page: goer.ny.gov/public-employees
federation-act-cio-pef

Conference Materials
Available Electronically

With the use of our QR barcode, you will have instant access to conference materials through your smartphone or tablet QR code scanner app.

Simply scan this code and gain access to all available conference materials on our website.

If you need assistance with scanning the code, visit the registration desk.
1. Community Based Suicide and Overdose Prevention: Current Practices, Facilitators, and Barriers to Collaboration within NYS Counties  
   Brianna Maher, MPH, Suicide Prevention Center of New York

2. Attitudes, Perceptions, and Utilization of Mental Health Services Among UAlbany Undergraduate and Public Health Graduate Students: Recommendations for Strengthening Campus Programs, Services and Resources  
   Giana Calabrese, MPH, Suicide Prevention Center of New York

3. An Agency Perspective for Suicide Prevention in a High Risk Community  
   Kiana Pollacek, LMSW, The Family Counseling Center

4. Suicide Related Coping Outcomes in Project Life Force vs. Treatment as Usual  
   Sarah Sullivan, MS, MHC, LP, James J. Peters VA Medical Center

5. On the Road to Change: A Collaborative Approach to Suicide Prevention, Intervention and Postvention  
   Sarah Miles, LMSW, Office of School Health - Mental Health Unit

6. The Effect of Formal Suicide Prevention Training on the Knowledge, Self Efficacy, and Clinical Practices of New York State Outpatient Behavioral Health Clinicians  
   Haitisha Mehta, MA, New York Psychiatric Institute and Columbia University

7. Enhanced Staff Support Team  
   Barbara Bernstein, PhD, Mental Health Association of Westchester

8. An Examination of Emotion Regulation Amongst Veterans at Risk for Suicide with and without a Mild Traumatic Brain Injury  
   Angela Page Spears, James J. Peters VA Medical Center

9. Is Traumatic Brain Injury Severity Associated with Treatment Resistance in Veterans?  
   Nina Rose, MA, James J. Peters VA Medical Center

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**VENDORS**

Veterans Affairs Medical Center

Mental Health Association of New York State

New York State Department of Health

Families Together in New York State

American Foundation for Suicide Prevention

Suicide Prevention Center of New York

NYS Office of Mental Health

NYS Workers’ Compensation Board

Mental Health Empowerment Project

YOUTH POWER!

NAMI - National Alliance on Mental Illness

New York State Suicide Prevention Coalitions

CHAMP - Community Health Access to Addiction & Mental Healthcare Project

School Suicide Prevention - Suicide Prevention Center and Sources of Strength
New York State Suicide Prevention Council Members

The Suicide Prevention Office wishes to acknowledge the commitment and expertise provided by the members of the New York State Suicide Prevention Council.

Council Chair
Michael Hogan, PhD

Health & Behavioral Healthcare Initiatives Workgroup
Doug Fish, MD, New York State Department of Health, Office of Health Insurance Programs
Rachel Handler, Samaritan Hospital Behavioral Health
Mike Hogan, PhD
Avi Israel, Save the Michaels of the World
Virna Little, PsyD, LCSW-R, MBA, Center for Innovation in Mental Health, City University of New York
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Melanie Varady, American Foundation for Suicide Prevention

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Wilfred Farquharson, PhD, New York State Office of Mental Health Multicultural Advisory Committee
Brianna Gower, YOUTH POWER! Families Together in NYS, Inc.
Maddie Gould, PhD, MPh, Columbia University Medical Center
Renée Rider, New York State Council on Children and Families
Mitchell J. Samet, PhD, New York Association of School Psychologists
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Alternate: Rosa Cifre, LCSW, Comunilife, Inc.
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Alternate: Amy Molloy, Mental Health Association in New York State, Inc.

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