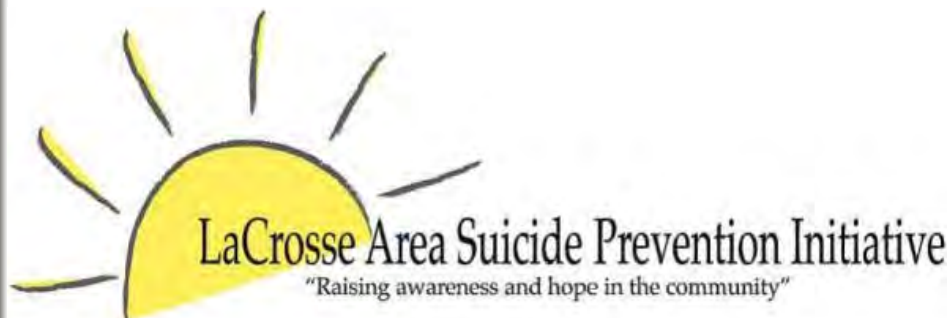


Continuing Education and Extension



2009 Suicide Prevention Summit

Wednesday, September 16, 2009
8:30 a.m. - 4:45 p.m. Radisson Hotel
6 p.m. Awareness Event, Riverside Park

Cost: \$55, includes full conference, refreshments, lunch, materials and continuing education hours

[Download Brochure](#)

Suicide Prevention Summit Goal

To increase our understanding of suicide, its prevalence, and the risk factor for specific populations, and acquire tools for prevention, assessment and intervention. Everyone can assist individuals at risk for suicide, including nurses, paramedics, medical assistants, social workers and counselors, teachers and guidance counselors, clergy and pastoral care, law enforcement officials, youth leaders, student services staff, family survivors and community members.

The Suicide Prevention Summit features the following keynote speakers:

- **Paul Quinnett**, Ph.D., QPR Institute, Spokane, Wash. www.qprinstitute.com
- **Sister Ann Catherine Veierstahler**, SCSJA, www.hopetohealing.com

Workshop topics include:

- The problems of suicide in the elderly population
- Faith perspectives on suicide
- Depression and college student: a wellness approach
- Support systems at risk
- Returning veterans and their families
- Family and sibling survivor panels
- Community crisis responders and resources
- Risk as healthcare providers
- Caring for those who help
- AODA and suicide

The QPR prevention tools will be taught throughout the Summit.*

• Question • Persuade • Refer

**Special Notice: QPR Gatekeeper Training will be offered twice during the Summit by Christine Severson, Certified Instructor. Those who desire a certificate of completion for the QPR Gatekeeper program must complete an online assessment after the conference. A small charge is required.*

6 p.m. Awareness Event at Riverside Park (featuring music and speakers)

[Printable Awareness Event Flyer](#) (1 page PDF)

For more information and to register: Karen Langaard, 608.785.6508 or langaard_kare@uwlax.edu

Funding for this conference was made possible in part by cooperative agreement SM57386 from SAMHSA provided through Mental Health America of Wisconsin. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices or organizations imply endorsement by the U. S. Government.

Thank you to our contributing sponsors and donors:



- Franciscan Skemp Healthcare
- Gundersen Lutheran Medical Center
- Joe Was Just Joe Foundation
- UW-La Crosse Foundation
- La Crosse County Human Services
- Mental Health America

To donate to the summit, please contact Dave Clements at 608.782.2367

About the La Crosse Area Suicide Prevention Initiative

In 2004, a group of providers, consumers, and community members formed the La Crosse Area Suicide Prevention Initiative. The group's central message is that suicide is a problem in our area and that it is preventable.

The Initiative meets monthly to discuss community needs, share information, and plan awareness events, including the annual Suicide Awareness Walk in September. Everyone is welcome, including survivors of family members, counselors and therapists, health care providers, educators, and others who want to make a difference in our community. www.lacrossesuicideprevention.org

If you would like more information, or are interested in becoming involved contact:

Steve Johnson, Crisis Therapist, La Crosse County DHS, 608.785.6117 or johnson.steve@co.la-crosse.wi.us

UW-La Crosse Continuing Education and Extension provides professional development opportunities and program services to western Wisconsin.

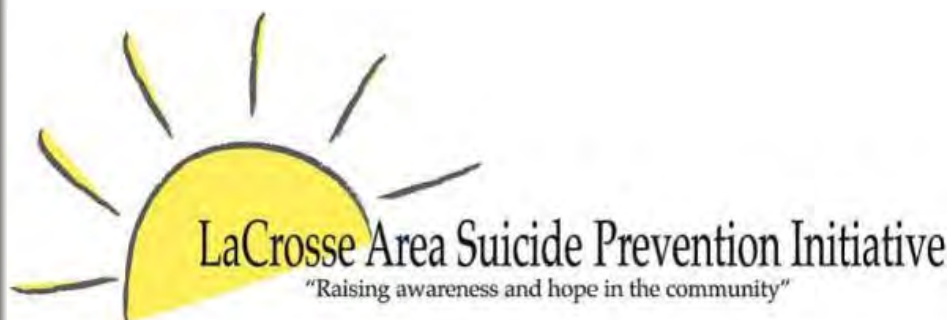
Suicide in Wisconsin

- Wisconsin experiences an average of 650 deaths by suicide per year.
- Suicide deaths account for 20,000 years of potential life lost per year (YPLL), slightly less than the YPLL from motor vehicle crashes and is more than twice years lost from homicides.
- More than 9,000 people are treated in hospitals or emergency departments each year for self-inflicted injuries at a total cost of more than \$64 million/year.
- The greatest number of suicide deaths was among 35-54 year old males. Men account for about 80% of all suicide deaths in Wisconsin, although women are twice as likely to make attempts. Youth age 15-24 had the highest rates of inpatient hospital and emergency department visits for self-inflicted injuries.
- Veterans account for 20% of all completed suicides. For persons age 55 and older, veterans account for almost half of completed suicides.
- 2/3 of those who died by suicide had a current depressed mood; 1/3 of individuals who died by suicide were noted as having an alcohol problem.
- Firearms were the most frequently used to complete suicide, accounting for almost half of all deaths.

For a copy of the report, go to: www.mhawisconsin.org/Content/suicide_prevention.asp

"I think people are surprised when they learn there are three times as many suicides as there are homicides in Wisconsin. Suicide is a silent killer. It most often occurs behind closed doors with no one else around, but it results in a huge societal burden, including the medical costs for those who attempt suicide and require care. Perhaps the highest cost, though is the mothers, fathers and children that are lost," **Shel Gross, Mental Health America of Wisconsin.**

Continuing Education and Extension



2009 Suicide Prevention Summit

Wednesday, September 16, 2009
8:30 a.m. - 4:45 p.m. Radisson Hotel
6 p.m. Awareness Event, Riverside Park

[Download Brochure](#)

Agenda and Workshop Descriptions:

| Time | Activity |
|------------------|---|
| 7:30-8:30 a.m. | Registration |
| 8:30-8:45 a.m. | Welcome |
| 8:45-9:45 a.m. | <p>Opening Keynote</p> <p>Suicide Prevention is Everybody's Business - <i>Dr. Paul Quinnett, Ph.D., QPR Institute, Seattle, Wash.</i></p> <p>Dr. Quinnett will provide an overview of suicide in America, developing social policy, the roles and responsibilities various people and organizations are playing in suicide prevention. He will introduce some new concepts from Social Network Theory, safety management, and describe how we can use Reliability Theory to create safer communities for suicidal people.</p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • describe the scope of the problem of suicide in America and the world • identify five key strategies of the National Strategy for Suicide Prevention • describe the application of Social Network Theory to gatekeeper training • describe how using Reliability Theory can prevent suicide attempts and completions and a human factors approach to error reduction. |
| 9:45-10 a.m. | Media Presentation |
| 10-10:15 a.m. | Break |
| 10:15-11:45 a.m. | <p>Concurrent Sessions:</p> <p>Another Battle: Veterans and suicide - <i>Garry Hebel, LCSW, Suicide Prevention Coordinator, Veterans Administration-Tomah, Wis.</i></p> <p>Veterans are at high risk for suicide. Frequent deployments, exposure to extreme stress, assault while in the service, and service-related injuries are factors in the 5000 deaths each year. This session describes the unique risks for veterans and how the Department of Veterans Affairs is responding. Programs of the VA Medical Center in Tomah, including Operation SAVE, will be highlighted. Learning objectives:</p> <ul style="list-style-type: none"> • understand the scope of the problem and the risk factors for veterans • identify the suicide prevention measures of the Department of Veterans Affairs and how communities can help |

- learn how to access VA resources for veterans and their families

Depression and the College Student: A wellness approach

- Francie L. Biesanz, MS, LPC, UW-LaCrosse Counseling & Testing Center, La Crosse, Wis.

This workshop takes a wellness approach to counseling college students experiencing depression, anxiety, and suicidal ideation. A panel of student survivors will also share their stories.

Learning objectives:

- identify symptoms of depression and/or suicidal ideation
- identify wellness areas in which to explore possible impact of symptoms
- hear compelling stories of survival from college students

Is Your Patient Suicidal? Identification of risk in healthcare settings

- Geri Mulliner, RN, Gundersen Lutheran Behavioral Health, La Crosse, Wis.

A chronic illness may mean a patient is also experiencing depression and suicidal thoughts. In fact, most patients considering suicide have visited their primary care physician within the past month. Care providers are in a unique position to identify and assess for risk. The protective factors that may prevent suicide in patients will be included. Learning objectives:

- Describe the impact non-psychiatric staff can have in preventing suicide.
- Identify risk factors to predict suicidal behavior.
- Identify how to assist patient to develop protective factors.

It Takes a Community: Prevention and awareness resources

- Pam Bendel, BS-Social Work and Peer Support Specialist, Independent Living Resources, La Crosse, Wis.

This panel presents the individuals, organizations, and services that comprise a community's prevention efforts. From first responders and law enforcement officers, to mental health crisis workers and advocates, to prevention educators and school personnel, participants will learn how to take positive action to prevent suicide. Facilitator Bendel provides personal and professional perspectives of this system, its strengths, and its gaps. Learning objectives:

- identify the agencies and organizations active in suicide prevention
- describe the steps for accessing help in an emergency
- identify the gaps and strengths of existing community response

QPR – Gatekeeper Training (repeated in afternoon session)

- Christine Severson, MS in School Counseling, Sparta Area School District, Sparta, Wis.

"A Gatekeeper is anyone in a position to recognize a crisis and warning signs that someone may be contemplating suicide. This could be you." QPR Institute, 1995. Like CPR, QPR provides the basic tools that may save the life of someone who is thinking about suicide. Everyone can learn the skills of Question-Persuade-Refer, the steps that encourage action and offer hope. Participants who complete this training will be referred to a web-based assessment tool that certifies them as a trained QPR Gatekeeper. Learning objectives:

- learn suicide myths and facts
- identify the verbal, behavioral, and situation clues
- learn the 3 steps of QPR

Surviving and Healing: Family stories

- Mark Shaw, M.Div., M.S., Franciscan Skemp Behavioral Health, La Crosse, Wis.

Centered on the stories of panelists who have lost family members to suicide, this session explores paths of grief and healing. With time for questions, this facilitated session offers insight, encouragement and hope. Learning objectives:

- understand the impact suicide can have upon a family member and a family system
- identify the ways family members attempt to survive in the aftermath of suicide
- describe a range of family experiences of loss, estrangement, depression, and healing

| | |
|-----------------------|------------------|
| 11:45 a.m.-12:30 p.m. | Lunch (provided) |
| 12:30-1:30 p.m. | Plenary Session |

Keys to Grief Support: Caring for ourselves while we care for others

- Paul Quinnett, Ph.D., QPR Institute, Seattle, Wash.

Dr. Quinnett will review the research findings on complicated bereavement produced by suicide deaths, the psychological, emotional and economic impact of suicide on social networks and the workplace, and suggest successful strategies for successful coping for providers. Learning objectives:

- describe the symptoms of complicated bereavement
- explain the likely psychological, emotional and economic impact of death by suicide on others
- identify at least three successful coping strategies for practices and volunteers.

1:30-1:45 p.m.

Break

1:45-3:15 p.m.

Concurrent Sessions:

Introduction to Suicide Risk Assessment: Current challenges, limitations, and opportunities

- Paul Quinnett, Ph.D., QPR Institute, Seattle, Wash.

Dr. Quinnett reviews the current status of suicide risk detection and assessment, and highlights developing patient safety policy and expectations, and how anticipated changes in practice are expected to help prevent suicide. He presents new ways to think about the journey from suicidal ideation to suicidal acts. Finally, Dr. Quinnett describes how clinicians can interrupt this journey while integrating suicidal behaviors into a broader treatment plan. This workshop is intended for therapists and clinicians. Learning objectives:

- describe the current challenges and opportunities in the assessment of suicidal persons
- identify the major problem areas in suicide risk detection
- describe at least three screening questions which may then lead to a full assessment of immediate suicide risk

Journey to the Edge and Back: A pastor's struggle and her congregation's response

- Rev. Diane Martin, M.Div., United Church of Christ, Colorado Springs, Colo.

"My faith is dead. I have no future with a woman of faith or with anyone else." This session describes Nathan and Rev. Diane Martin's work to re-build their lives after Nathan's sudden disappearance last August. Rev. Martin will describe her congregation's responses to the crisis and the faith lessons they learned together in the midst of this crisis. Learning objectives:

- identify the special issues for clergy families and faith communities as they confront mental illness
- describe how faith and a faith community can make a difference for people with depression

Making the Connection: Substance abuse and suicide

- Debra Murray, Psy.D., Chair of the Psychology Dept., Viterbo University, La Crosse, Wis.

Suicide and substance abuse are correlated. This presentation will explore this relationship and focus on the risk factors, consequences and protective factors involved. Attention to recognizing warning signs and developing intervention strategies will be provided. Learning objectives:

- describe the connection between substance use and suicide
- list four specific risk factors across the lifespan
- discuss strategies and identify resources to reduce substance use disorders and suicide

QPR – Gatekeeper Training (offered in morning session, too)

- Christine Severson, MS in School Counseling, Sparta Area School District, Sparta, Wis.

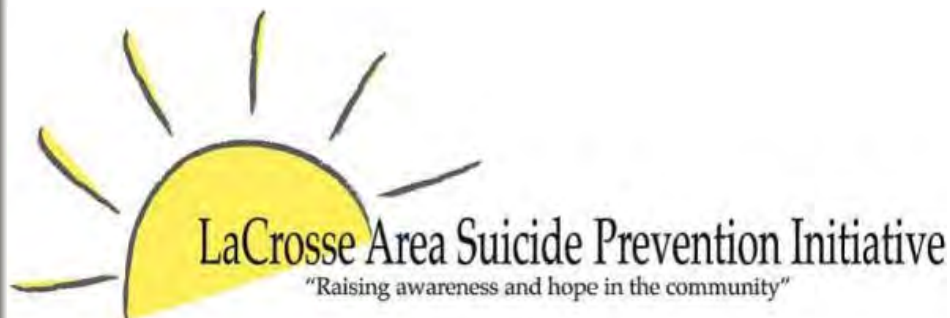
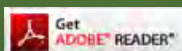
"A Gatekeeper is anyone in a position to recognize a crisis and warning signs that someone may be contemplating suicide. This could be you." QPR Institute, 1995. Like CPR, QPR provides the basic tools that may save the life of someone who is thinking about suicide. Everyone can learn the skills of Question-Persuade-Refer, the steps that encourage action and offer hope. Participants who complete this training will be referred to a

| | |
|-----------------------|--|
| | <p>web-based assessment tool that certifies them as a trained QPR Gatekeeper. Learning objectives:</p> <ul style="list-style-type: none"> • learn suicide myths and facts • identify the verbal, behavioral, and situation clues • learn the 3 steps of QPR <p>It Takes a Village: But, what if the “village” is a ghost town? <i>- Mark Taylor, MA, CSAC, Gundersen Lutheran Behavioral Health, La Crosse, Wis.</i></p> <p>The current economic crisis is unraveling the social, educational and medical support systems compromising our individual and collective well-being. This session explores the impact of these macro-level forces on our ability to respond to those at risk for suicide and other mental health crises. Interventions that can provide immediate support to families, as well as self-care strategies for helpers will be included. Learning objectives:</p> <ul style="list-style-type: none"> • describe the social and economic change impacting families and helping agencies • identify ways professional helpers can affect change on a macro level • define “compassion fatigue” • identify the warning signs and strategies for self care <p>Suicide among the Elderly <i>- Thomas Loepfe, M.D., Franciscan Skemp/Mayo Health System, La Crosse, Wis.</i></p> <p>As a geriatrics physician, Dr. Loepfe sees patients who have suffered multiple losses in their lives. Using case examples, the prevalence and risk of suicide among the elderly population will be discussed. The special issues of dementia patients are discussed, as well as a review of available research. Learning objectives:</p> <ul style="list-style-type: none"> • describe the risk factors for suicide for elders • identify existing barriers for the care of the elderly depressed patient |
| <p>3:30-4:30 p.m.</p> | <p>Closing Plenary Session</p> <p>Sharing the Hope, Sharing the Healing: Contemplation, Community, Compassion, Celebration <i>- Sister Ann Catherine Veierstahler, SCSJA, RN, BSN, Hope to Healing, Milwaukee, Wis.</i></p> <p>Whether for ourselves or others, we can use the four “C’s” to find hope and healing in our life. You will be given a simple work sheet to help look at your own life – a tool to carry with you on your journey of life. We will walk through the four “C’s” as we review what we have learned from today’s conference. Learning objectives:</p> <ul style="list-style-type: none"> • learn tools that encourage hope and healing for self and others • review conference experience |
| <p>4:30-4:45 p.m.</p> | <p>Invitation to the Awareness Event <i>- Matt Strittmater, La Crosse County Human Services, past chair of the Suicide Prevention Initiative</i></p> |
| <p>6 p.m.</p> | <p>Suicide Awareness Event begins: Music, speakers and stories of hope Riverside Park, La Crosse, Wis.</p> |

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Suicide Awareness Event:

6 p.m. Awareness Event at Riverside Park *(featuring music and speakers)*

- SPEAKERS
- STORIES OF HOPE
- INFORMATIONAL WALK IN THE PARK

Speakers rain or shine. Music weather permitting. [Printable Awareness Event Flyer](#) (1 page PDF)

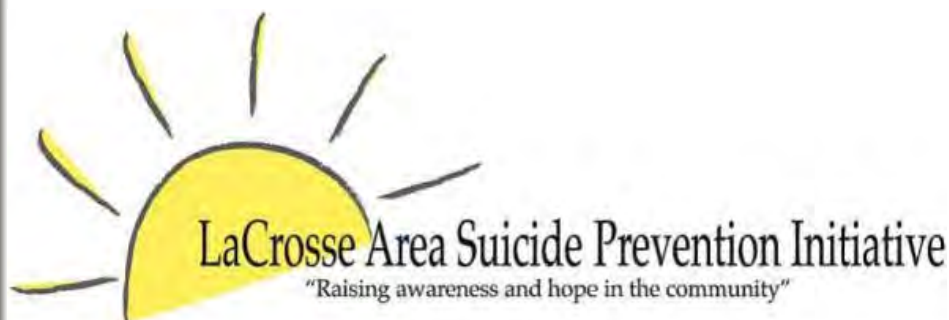


For More Information: www.lacrossesuicideprevention.org

Email: info@lacrossesuicideprevention.org

Call: 211 or 1.800.362.8255

Continuing Education and Extension



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Continuing Education Credits/Hours/Units:

Continuing Education units (CEUs) are offered through the University of Wisconsin-Extension

.75 CEUs (7.5 hours)

Nursing Contact Hours

Gundersen Lutheran Inc. is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the California Board of Registered Nursing, provider #12245.

Nurses will be awarded 6.25 hours for attending the entire program.

Social Work CEHs

Gundersen Lutheran, La Crosse, Wis., provider #1089, is approved as a provider for social work continuing education by the Association of Social Work Boards (www.aswb.org). ASWB Approval period: 11/15/06 through 11/15/09. Social workers should contact their regulatory board to determine course approval. Gundersen Lutheran maintains responsibility for the program.

Social workers will receive 6.25 continuing education clock hours in participating in their course.

Continuing education for psychologists

The University of Wisconsin-La Crosse (UW-L) is approved by the American Psychological Association to sponsor continuing education for psychologists. UW-L Continuing Education and Extension maintains responsibility for the program and its content.

7.5 contact hours

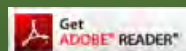
National Board for Certified Counselors (NBCC)


This educational offering is approved to offer professional counselors CEU's. The provider number is 6303.

.75 CEUs

2009 Suicide Prevention Summit Planning Committee Members

Pam Bendel, BS, Independent Living Resources
David Clements, Joe Was Just Joe Foundation
Ruth Dregne, RN, BSN, Gundersen Lutheran Medical Center
Debra Gilman, BA, Gundersen Lutheran Medical Center
Jeannie Hanley, EdD, LPC, UW-L Counseling and Testing Center
Andrea Hansen, MS, UW-L Continuing Education and Extension
Bob Hillary, MSSW, Franciscan Skemp Behavioral Health
Christine Hughes, MSW, Franciscan Skemp Healthcare
Kathy Johnson, BS, Tempealeau County Health Care Center
Steve Johnson, MS LPC, La Crosse County Human Services





Geri Mulliner, RN, Gundersen Lutheran Behavioral Health
Jenny Root, CIRS, Great Rivers 211
Nancy Schermerhorn, National Alliance for the Mentally Ill
Jason (RJ) Schlieve, BS, Social work student
Lindsey Severson, Human services student
Judy Shoults, Community member

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Registration Information:

Cost: \$55, includes full conference, refreshments, lunch, materials and continuing education hours

Online registration is now closed!

Onsite registration is available. Please plan to arrive early, registration begins at 7:30 a.m., to complete the registration process.

Download Brochure

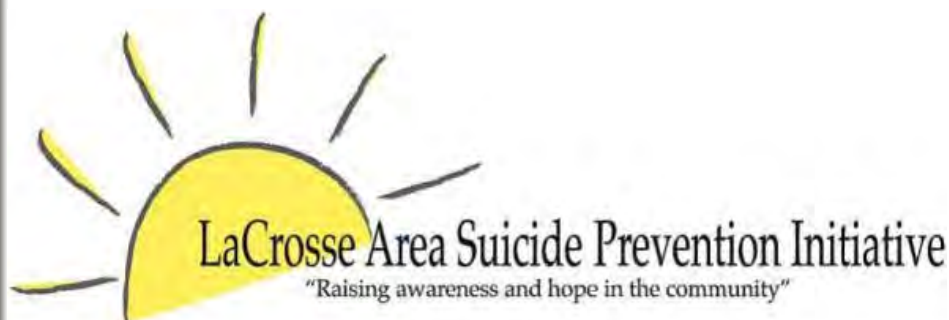
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Karen Langaard
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langaard.kare@uwlax.edu

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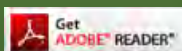
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**2009 Suicide Prevention Summit**

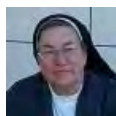
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**About our Presenters:**

Paul Quinnett, PhD has been a clinical psychologist and trainer for more than 35 years, developing and managing a suicide prevention hotline, an emergency services department, and a dozen mental health service delivery programs. He has authored seven books, many professional articles and book chapters. He was Director of Training for the Spokane Mental Health APA-approved psychology internship program for more than 20 years and has served on board of the American Association of Suicidology. He was a founding board member of two national suicide prevention organizations: The Kristin Brooks Hope Center (1.800.SUICIDE), and The Suicide Prevention Action Network. Heavily involved in the training of mental health professionals, he currently serves as Clinical Assistant Professor in the Department of Psychiatry and Behavioral Science at the University of Washington School of Medicine. To help prevent suicide, he donated the French and English electronic editions of his bestseller, *Suicide: the Forever Decision* to the world in 2005 via the World Wide Web.

www.qprinstitute.com



Sister Ann Catherine Veierstahler, SCSJA, RN, BSN is the Project Director of Hope to Healing in Milwaukee. A nun for over 40 years, Sister Ann has been nursing home administrator, worked in Cambodian refugee camp with the American Red Crosse, and started the first nursing clinics for the homeless in Milwaukee. She shares this on her Web site www.hopetohealing.com

I also struggled with thoughts of suicide for 20 years – from age 16 to age 36. Although medicine helped to stop these daily thoughts of suicide, it was years later that I was finally correctly diagnosed and treated for bipolar illness.... Four years ago, the story of my lifelong struggle with mental illness was shared in our Milwaukee Journal Sentinel. I was worried about making my story public. I still had family living in Milwaukee. I belonged to a religious community that I loved and respected. I was worried about what would be written - what would others think. When my story was printed, suddenly it became known that "I was one of them." What followed really surprised me. Hundreds of people thanked me for sharing my story for they, too, could identify with my challenges, my pain, joys and strength.

Pam Bendel, BS-Social Work, is the Consumer Affairs Coordinator and a Peer Support Specialist at Independent Living Resources, La Crosse. Bendel serves as a consumer representative and peer advocate for numerous community initiatives, including the development of the Crisis Assessment, Recovery and Empowerment (CARE) center. As a mother of a teenage daughter who was suicidal, Ms Bendel reaches out to community agencies, college and high school students through presentations and workshops.

Francie L. Biesanz, MS, LPC, is mental health counselor at UW-La Crosse Counseling & Testing Center. Her specialties include working with students dealing depression and anxiety, as well as sexual assault and other forms of violence. She is especially interested in group therapy, outreach education, and a wellness emphasis in her work with young adults.

Garry Hebel, LCSW, is the Suicide Prevention Coordinator for the Veterans Affairs Medical Center in Tomah. Serving in the US Coast Guard, he worked first as a hospice social workers and then with the Department of Veterans Affairs. His VA experience includes: homeless outreach, medical, substance abuse, mental health, vocational rehabilitation, long-term care, hospice, and case management social work. In addition to direct services, Mr. Hebel provides employee training, group facilitation and field instruction for both bachelor and graduate social work student interns.

Dr. Thomas Loepfe, MD, has worked in geriatrics since 1996, serving as chair of Geriatrics and director of the Alzheimer's program at Franciscan Skemp/Mayo Health System. With a strong emphasis on elders with cognitive impairment, depression, and failure-to-thrive, he has served as medical director of nursing homes, hospice and home care services, as well as providing professional development elder care providers, including the UW-L Gerontology Certificate program. Dr. Loepfe completed a fellowship in geriatric medicine with the Mayo Graduate School of Medicine.

Rev. Diane Martin, M.Div., served as pastor of Trinity United Church of Christ, La Crosse County for 4 years. When her husband suffered a mental health crisis, Rev. Martin and her congregation struggled to respond. Described as "a remarkable experience of God's grace and guidance," their journey was featured as a cover story in the October 12, 2008 La Crosse Tribune. Rev. Martin has temporarily suspended her full-time ministry to help Nathan in his recovery. She works part-time in technical writing and web design and has recently founded Unchurch, a nontraditional worship gathering. Nathan is employed as a commercial painting and concrete estimator in Colorado Springs.

Geri Mulliner, RN, has provided psychiatric and mental health nursing through Gundersen Lutheran Behavioral Health for over 28 years. An active member of the La Crosse Area Suicide Prevention Initiative, she has cared for patients and their families in a variety of settings, including the inpatient psychiatry, day treatment, home health and partial hospitalization programs.

Debra Murray, Psy.D., is an Associate Professor and Chair of the Psychology Department at Viterbo University in La Crosse. She is a clinical substance abuse counselor and coordinates the substance abuse counselor education program at Viterbo. In this capacity, the prevention of suicide is an essential component. Dr. Murray provides numerous professional development trainings, locally and nationally.

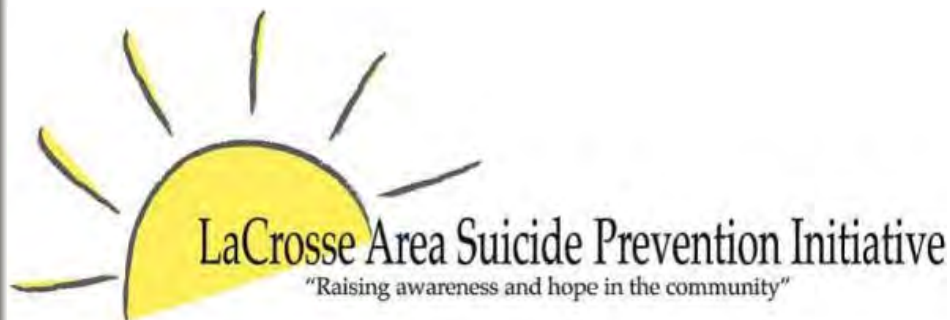
Christine Severson, MS, is an elementary school counselor for the Sparta Area School District. Ms Severson served as the suicide prevention grant coordinator, assisting Sparta and other school districts to develop comprehensive suicide prevention/response programs. Active in the statewide efforts to address teen mental health issues, Severson has trained over 1500 people in QPR.

Mark Shaw, M.Div., M.S., has 28 years as a chaplain/clinical therapist at Franciscan Skemp Behavioral Health. A licensed independent clinical social worker and marriage and family therapist, Shaw is an ordained pastor of United Methodist church.

Mark Taylor, MA, LPC, SAC, is a psychotherapist in the Department of Behavioral Health at Gundersen Lutheran Hospital. He works primarily with adolescents and their families in a variety of treatment programs. Before becoming a therapist, he was a journalist for 18 years and a high school teacher.

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Hotel Information:

Conference location: [Radisson Hotel](#), 608.784.6680, 200 Harborview Plaza, La Crosse, Wis.

Radisson Hotel Room Rates:

- \$70 single (per night)
- \$100 double (per night)
- \$110 triple (per night)
- \$120 quad (per night)

Rates do not include sales or room tax. The Radisson Hotel provides a complimentary airport shuttle.

Please call **608.784.6680** to make reservations by **August 15, 2009**.

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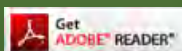
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LaCrosse Area Suicide Prevention Initiative

"Raising awareness and hope in the community"

2009 Suicide Prevention Summit

Wednesday, September 16, 2009
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Contact Us:

Registration and Program Information:

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