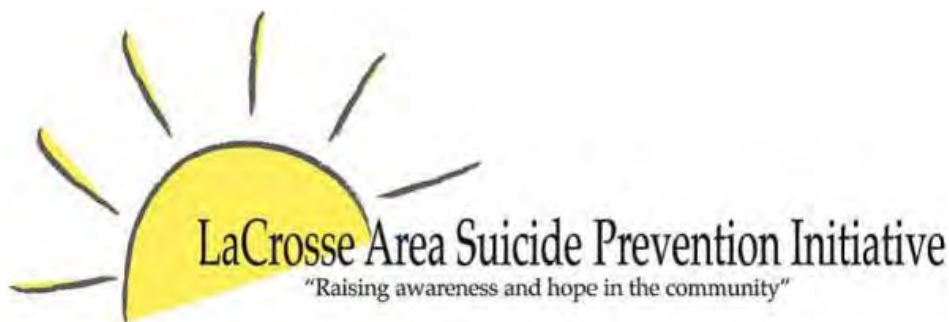
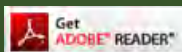


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2010 Suicide Prevention Summit

September 15, 2010; 8:30 a.m.-5 p.m. Radisson Hotel**September 14, 2010; 6 p.m. Awareness Event Riverside Park**

Cost: \$65, includes full conference, refreshments, lunch, materials and continuing education hours (Registration begins at 7:30 a.m.)

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

- **Dr. Shawn Shea**, MD, Training Institute for Suicide Assessment and Clinical Interviewing, www.suicideassessment.com
- **Suzy Favor Hamilton**, Family survivor and Olympian, www.suzyfavorhamilton.com

Workshop topics include

- **Question, Persuade, Refer** Gatekeeper Training
- Returning Veterans and Suicide
- Chronic Mental Illness and Suicide Risk
- Incarceration and Criminal Justice
- Youth Prevention Issues
- Grief Work and Survivors
- Family Survivor Panel
- and much more...

Target Audience

Everyone can influence and assist individuals in seeking help when suicide is being considered. Nurses, paramedics, medical assistants, social workers and counselors, teachers, clergy and pastoral care, law enforcement officials, school guidance counselors, youth leaders, teachers and student service personnel will especially benefit from the workshops and sessions.

• Question • Persuade • Refer

QPR Gatekeeper Training will be offered twice during the Summit by Certified instructors. www.qprinstitute.com

September 14, 2010

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

[Printable Suicide Prevention Summit Flyer](#) (1 page PDF)

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

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

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

Contributing Sponsors

We are grateful to the following organizations and individuals who provided generous support for this Summit.

- **Franciscan Skemp Healthcare**
- **Gundersen Lutheran Medical Center**
- **Joe Was Just Joe Foundation**
- **La Crosse County Human Services**
- **Logistics Health, Inc.**

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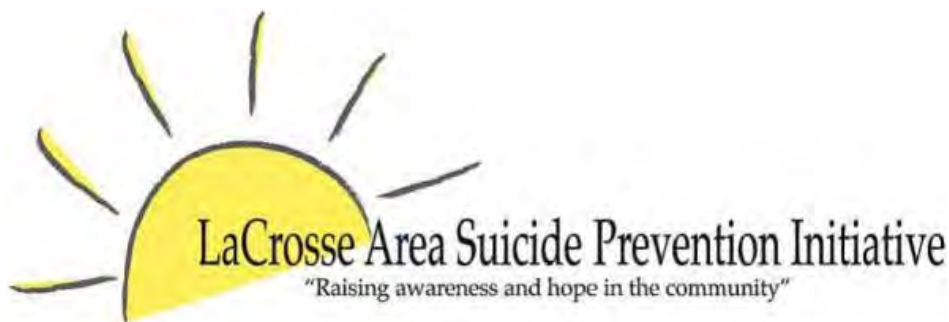
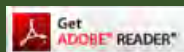
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2010 Suicide Prevention Summit

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September 14, 2010; 6 p.m. Awareness Event Riverside Park

Agenda and Workshop Descriptions:

Time	Activity
7:30-8:30 a.m.	Registration
8:30-8:45 a.m.	Welcome
8:45-10 a.m.	<p>Opening Keynote</p> <p>Suicide Prevention in a New Light: The Mystery of the Human Matrix and the Quest for Happiness - Dr. Shawn Shea, M.D., Training Institute for Suicide Assessment & Clinical Interviewing</p> <p>Suicide prevention starts with the important and timeless questions: "What is the nature of happiness?" and, "What is the nature of human nature itself?" Shea's definition of happiness may change we think about problem solving, transforming difficult times, finding hope and building resiliency. <i>Learning objectives:</i></p> <ul style="list-style-type: none"> • Describe the importance of philosophical inquiry in prevention of suicide. • Apply the "human matrix of happiness" in the prevention of suicide, treatment, and the creation of resiliency.
10-10:15 a.m.	Break/Bookstore
10:15-11:30 a.m.	<p>Concurrent Sessions:</p> <p>QPR – Gatekeeper Training (repeated in afternoon) - Vicky Gunderson, Parent Advocate and QPR Gatekeeper Trainer</p> <p>"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 referred to a web-based assessment tool that certifies them as a trained QPR Gatekeeper. <i>Learning objectives:</i></p> <ul style="list-style-type: none"> • Identify suicide myths and facts • Identify verbal, behavioral, and situation clues • List the 3 steps of QPR <p>Risk and Protective Factors in Suicide Assessment - Dr. Shawn Shea, MD, Training Institute for Suicide Assessment and Clinical Interviewing</p>

This workshop explores risk and protective factors, focusing on their immediate application to the clinical formulation of suicide potential. Dr. Shea dissects the fine art of documenting a suicide assessment, providing tips for writing a sound document that is both a useful clinical tool and a written record that can keep the clinician "out of court."

Learning objectives:

- Identify risk and protective factors to formulate suicide risk
- List the "Seven Protective Principles for Suicide Documentation"

Behavioral Health Issues of Returning Veterans and Families

- Michael Brandt, PhD, Veteran's Affairs Medical Center, La Crosse

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 provides a description of Posttraumatic Stress Disorder (PTSD), Traumatic Brain Injury and other behavioral health issues that are frequently seen in the Global War on Terrorism (GWAT) veterans.

Learning objectives:

- Identify individuals presenting with PTSD
- Describe individuals presenting with Traumatic Brain Injury
- Explain the most significant issues that families are coping with in adjusting to GWAT veterans

Complicated Grief: Responding to Suicide Survival

- Michael Brennan, PhD, Department of Sociology/Archaeology, UW-La Crosse

This session will introduce participants to the difficulties and challenges presented by 'suicide survival', especially the complicated grief that is typically encountered by individuals who are grieving the loss of someone who has died due to suicide. Beyond identifying the characteristics of complicated grief that accompany suicide survival, this session will attempt to provide some simple and practical steps that can be incorporated into the support we can give to individuals bereaved by suicide.

- Learning objectives:*
- Explain how suicide impacts the grieving process
 - Describe the practical steps to respond to suicide survivors

Surviving and Healing: Family Stories

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

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:*
- Recognize the impact suicide can have upon a family member and a family system
 - Describe family members' survival strategies in the aftermath of suicide
 - Describe the types of family experiences related to loss

Dialectical Behavior Therapy and Suicide Prevention

- Mary Cortesi, MSW, LCSW and Mary Watts, MS, LCSW, LPC, Gundersen Lutheran

Ms Cortesi and Ms Watts will address assessment of imminent suicide risk and para-suicidal behaviors. They will be discussing techniques aimed at decreasing chaos and assisting chronic suicidal patients in developing lives worth living.

- Learning objectives:*
- Assess suicide risk
 - Identify solutions and skills for clients to use when suicidal thoughts emerge
 - Incorporate a chain analysis to effectively evaluate suicidal behavior

Marketing Hope: Prevention and Awareness Messaging

- Susan Schuyler M.A., Communication Studies Department, UW-L and Student Panel

This panel presents a creative and sensitive outreach campaign designed for the La Crosse Area Suicide Prevention Initiative. With a focus on low-cost methods and high touch impact, messages and mediums are explored that are adaptable to a variety of settings and audiences, including elders, veterans and students. Examples will help you create, produce and distribute messages that matter.

- Learning objectives:*
- Identify elements of a successful prevention outreach campaign
 - Describe an adaptation of a marketing message for a specific target

11:45 a.m.-12:30 p.m.	Lunch (<i>provided</i>)
12:30-1:10 p.m.	<p>Plenary Session</p> <p>"Empathy" by John Patrick <i>- Staged Reading in collaboration with Friends of La Crosse Community Theatr</i> *Performance rights were granted by special arrangement with Dramatists Play Service, Inc., New York</p> <p>A special thank you to Dramatists Play Service, Inc., New York, NY for granting special permission to performance rights to "Empathy" by John Patrick.</p>
1:10-1:20 p.m.	Break
1:20-2:30 p.m.	<p>Concurrent Sessions:</p> <p>QPR – Gatekeeper Training (repeated from morning) <i>- Bridgette C. Hensley, Psy.D., Counseling and Testing Center, UW-La Crosse</i></p> <p>"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 referred to a web-based assessment tool that certifies them as a trained QPR Gatekeeper. <i>Learning objectives:</i></p> <ul style="list-style-type: none"> • Identify suicide myths and facts • Identify verbal, behavioral, and situation clues • List the 3 steps of QPR <p>Client Suicide and the AODA Clinician <i>- Todd Hoffe, Licensed Alcohol Drug Counselor, Hoffe Counseling Inc.</i></p> <p>A significant number of clients who commit suicide were also under the influence of drugs and/or alcohol. This presentation will explore these correlations, as well as possible methods to address the issues. The impact client suicides have upon clinicians and strategies for dealing with such tragedy will be discussed. <i>Learning Objectives:</i></p> <ul style="list-style-type: none"> • Identify how mental health issues and drug addiction present as co-occurring risks for suicide • Describe common treatment approaches • Identify methods of self-care in the aftermath of losing a client to suicide <p>Suicide Prevention with Serious Persistent Mental Illness <i>- Geri Mulliner RN, Gundersen Lutheran Behavioral Health</i></p> <p>The session will provide information on the challenges of suicide prevention in the serious and persistently mentally ill. Participants will explore treatment and support systems that can improve quality of life and a sense of purpose and hope. <i>Learning objectives:</i></p> <ul style="list-style-type: none"> • Identify challenges of living with serious persistent mental illness and the impact of suicide on this population. • List treatment modalities and community supports to prevent suicide. <p>Helping Farm Families Manage Stress and Prevent Suicide <i>- Jeff Court, MSSW, Franciscan Skemp Behavioral Health</i></p> <p>This workshop will present information about the unique and chronic long term stresses encountered by farm families. We will explore the unique dynamics of farm family relationships, their strengths and vulnerabilities, as well as their risk and protective factors. We will explore the educational and therapeutic interventions useful in helping families maintain health in a challenging cultural and economic climate. <i>Learning objectives:</i></p> <ul style="list-style-type: none"> • Identify the chronic stresses affecting today's farm families • Describe the vulnerabilities and protective factors in farm families pertaining to suicide risk • Explain useful therapeutic and educational interventions in working with farm families <p>Incarceration and Risk <i>- Vicky Gunderson, Parent Advocate and Dr. Thomas J. Trannel, M.D., Coulee Region</i></p>

Psychiatric Services, S.C.

Despite the constant monitoring and restrictive environment, suicide is one of the most common causes of death in a correctional setting. Youthful offenders represent an even higher risk for suicide. Public apathy and lack of public resources for adequate risk identification and crisis intervention complicate the situation and increase the risk. Is it possible to reduce completed and attempted suicides in jail and prison settings?

Presented by a parent who lost her son to suicide and a psychiatrist who provides intervention to this high risk group, this session provides basic principles and procedures to assist in the prevention of suicide of incarcerated persons. *Learning objectives:*

- Outline the necessary elements for effective suicide prevention within jail and prison settings.
- Describe strategies that reduce risk for youthful offenders.

Innovative Interviewing Techniques for Uncovering Suicidal Ideation and Other Sensitive Material

- *Dr. Shawn Shea, MD, Training Institute for Suicide Assessment and Clinical Interviewing*

This workshop is devoted to understanding five practical validity techniques: the behavioral incident, shame attenuation, gentle assumption, symptom amplification and denial of the specific - the cornerstones for effectively eliciting suicidal ideation. Dr. Shea demonstrates how these interviewing techniques can also provide powerful gateways for uncovering the types of sensitive topics that may lead to suicidal thoughts including: physical abuse, drug abuse, antisocial behavior and incest. *Learning Objective:*

- Identify and describe 5 distinct interviewing techniques.

Everyone Counts: Working with Children and Youth

- *Suzy Favor Hamilton, Family Survivor and Olympic Athlete*

Helping children and youth discover their passion is central to Suzy Favor Hamilton's prevention work with kids within community, educational and athletic camp settings. As parents, teachers, community volunteers and youth leaders, what can we do to help children recognize, value and nurture their own unique interests and abilities? How do passion and purpose protect young people as they learn and grow? This open forum workshop offers an opportunity to share the key insights and experiences that guide your relationships, work and life with children. *Learning objectives:*

- Describe how passion and purpose informs your work with youth.
- Identify a strategy you can employ with children and youth.

2:30-2:40 p.m.

Break

2:40-3:50 p.m.

Concurrent Sessions:

The Delicate Art of Uncovering Suicidal Ideation: The Chronological Assessment of Suicide Events

- *Dr. Shawn Shea, M.D., Training Institute for Suicide Assessment and Clinical Interviewing*

Dr. Shea introduces an innovative interviewing strategy for eliciting suicidal ideation and behaviors, the Chronological Assessment of Suicide Events (the CASE Approach). He presents four interviewing techniques that create a fluid interview strategy for uncovering suicidal desire, intent, ideation, planning and actions. *Learning objectives:*


- Explain the role of four specific interviewing techniques for improving the validity of elicited suicidal ideation.
- Discuss the theory and application of the CASE approach for the elicitation of suicidal ideation and behaviors.

Integrating the Summit Experience

Each presenter will share perspectives on prevention and intervention strategies within their specific context. Through a facilitated process, participants will identify ways to apply the insights gained throughout the Summit experience. The session will include ample time for discussion and resource sharing. *Learning objective:*

- Identify a promising practice to implement in one's own professional, community, or personal setting.

	<p>Sessions (Choose one):</p> <ul style="list-style-type: none"> • Educators (K-12; Higher Ed) <ul style="list-style-type: none"> - <i>John Humphries (DPI) and Bridgette Hensley (UW-L)</i> • Law Enforcement and Courts <ul style="list-style-type: none"> - <i>Representatives from Mental Health Coalition</i> • Community Coalitions and Organizations <ul style="list-style-type: none"> - <i>Debra Traeder (MHA)</i> • Veterans and Their Families <ul style="list-style-type: none"> - <i>Sgt Dana Cowell (OEF, OIF)</i> • Elders and People with Disabilities at Risk <ul style="list-style-type: none"> - <i>Mary Faherty (UW-L CEE) and Sara Sullivan (UW-L)</i> • Families and Survivors <ul style="list-style-type: none"> - <i>Patti Severson (Gundersen Lutheran)</i>
3:50-4 p.m.	Break
4-5 p.m.	<p>Closing Keynote</p> <p>Perfection is Not Success - <i>Suzy Favor Hamilton, Olympian Runner and Family Survivor of Suicide</i></p> <p>As one of the most decorated U.S. athletes, Suzy Favor Hamilton knows something about perfection, success, and ... despair. When her brother Dan died by suicide, Favor Hamilton ran through the pain as a top rated Olympic runner. Her faked fall at the 2000 Olympic game forced Favor Hamilton to deal with the depression and anxiety that lay underneath the veneer of perfection. With the birth of her daughter, she found the motivation to begin a journey toward health and wholeness. Now, Suzy shares her story of hope as a motivational speaker and athlete. She is passionate about making a difference in the lives of children and young people. "Perfection is not success," she says. "We all have something to give to this world - and it does not have to make the headlines. Every one of us can have a positive impact every day. Life is a choice. Every day I make the choice to do the best that I can and to be happy. It's a choice." <i>Learning objective:</i></p> <ul style="list-style-type: none"> • Incorporate tools that encourage hope and healing in the lives of survivors and those at risk for suicide.

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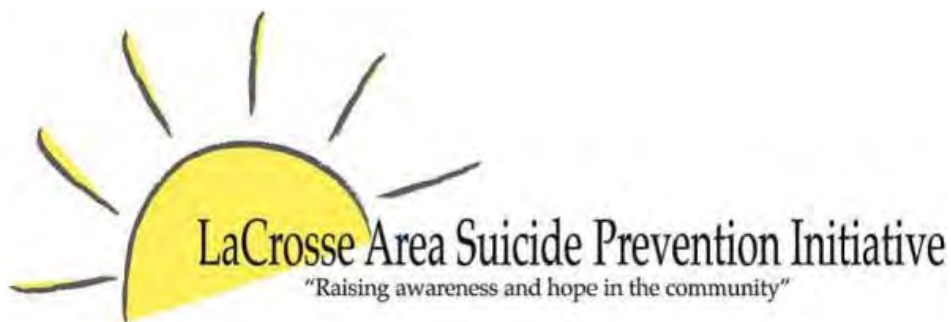
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Suicide Awareness Event:

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.



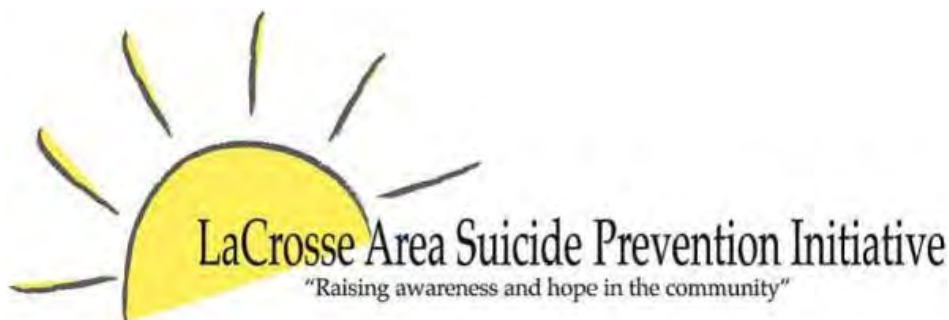
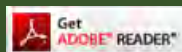
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Email: info@lacrossesuicideprevention.org

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Continuing Education Credits/Hours/Units

Continuing Education units (CEUs) are offered through the University of Wisconsin-Extension
7.5 CEUs (7.5 contact hours)

Nursing Contact Hours

Gundersen Lutheran Health System 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.

Nurses will be awarded 4.8 contact 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 (ASWB) www.aswb.org. ASWB Approval period: 11/15/2009 through 11/15/2012.

Gundersen Lutheran maintains responsibility for the program. Licensed social workers should contact their state jurisdiction to review current continuing education requirements for licensure renewal.

Social workers will receive 4.8 continuing education clock hours in participating in this 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

2010 Suicide Prevention Summit Planning Committee Members

Pam Bendel, B.S., Independent Living Resources

David Clements, Joe Was Just Joe Foundation

Ruth Dregne, B.S.N., Gundersen Lutheran Health System, Inc.

Debra Gillman, B.A., Gundersen Lutheran Health System, Inc.

Vicky Gunderson, Parent Advocate

Jeannie Hanley, Ed.D., L.P.C., UW-L Counseling and Testing Center

Andrea Hansen, M.S., UW-La Crosse Continuing Education and Extension

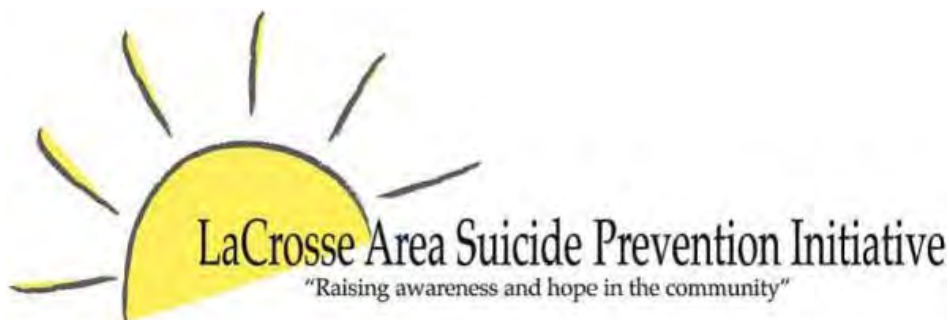
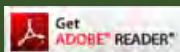
Garrett B. Hebel, L.C.S.W., VA Medical Center, Tomah

Bridgette Hensley, Psy.D., UW-La Crosse Counseling and Testing Center
Bob Hillary, M.S.S.W., Franciscan Skemp Behavioral Health
Christine Hughes, M.S.W., Franciscan Skemp Healthcare
Kathy Johnson, B.S., Tempealeau County Health Care Center
Steve Johnson, M.S., L.P.C., La Crosse County Human Services
Geri Mulliner, R.N., Gundersen Lutheran Behavioral Health
Jenny Root, C.I.R.S., Great Rivers 211
Nancy Schermerhorn, National Alliance for the Mentally Ill
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About our Keynote Speakers



Dr. Shawn Shea, M.D., Training Institute for Suicide Assessment and Clinical Interviewing, www.suicideassessment.com

Dr. Shea, an internationally acclaimed workshop leader and educational innovator in the fields of suicide prevention, resiliency, clinical interviewing and improving medication adherence has given over 850 presentations worldwide.

He is an author of a best-selling recent book of philosophy - *Happiness Is*. – with 25 years of helping individuals coping with severe illnesses such as schizophrenia and bipolar disorder. His approach to suicide prevention, improving medication adherence, and “unstalling” treatment plans is to start with the important and timeless questions: 1) What is the nature of happiness? and 2) What is the nature of human nature itself? Shea provides a remarkably

fresh definition of happiness that may change how we think about problem solving, transforming difficult times, finding hope and building resiliency in both the client and the clinician. His “human matrix of happiness” can be used by therapists, clients and laypeople as a gateway to collaborative treatment planning as well as a dynamic map for self-exploration and revitalization.



Suzy Favor Hamilton, Family survivor and Olympic Athlete, www.suzyfavorhamilton.com

Suzy is a three-time Olympian runner from Wisconsin. As a survivor of her brother's death by suicide, Hamilton works to prevent suicide risk among young people.

Excerpt from: *Running Through the Pain: Suzy Favor-Hamilton, Survivor and Olympian*

To the majority of viewers who watched the Olympic Games coverage from Sydney Australia, Suzy Favor-Hamilton was simply the woman who fell in the last 150 meters of the 1500-meter final. But for Suzy and other suicide survivors, her fall resonated much deeper than any physical ailment. In a sense, the fall was the culmination of Suzy's attempt to cope with her brother Dan Favor's suicide on September 9, 1999. The death changed her life in ways she couldn't understand until returning home from Sydney.

"I was upset [when he died], but I was training for the Olympics so my focus was still on the Olympics," she said in a phone interview from her home in New Glarus, Wisconsin. "In my head, I thought, I have to keep training. My brother died. I have to do this. I can run and do really well and honor him. I thought the better I did, the more I could honor him and the better my family would feel. Maybe I could make all the pain go away."

Indeed, Suzy's life revolved around running. She was a top prep runner before leaving her hometown of Stevens Point, Wisconsin, for the University of Wisconsin. After winning 11 Wisconsin state titles as a high school runner, Suzy added nine NCAA championships and 23 Big Ten titles to her resume. A three-time Olympian, she is also a six-time U.S. national champion and only one of two American women to run under 4:00 in the 1500-meter run (3:57.40 in 2000).

About our workshop presenters

Michael Brandt, Ph.D., joined the Behavioral Health staff at the Tomah Veteran's Affairs Medical Center in 2004. His current VA duty station is as the Chief of Psychology, conducts psychotherapy with veterans and oversees Behavioral Health services at several outpatient clinics in La Crosse, Wausau, Wisconsin Rapids and Loyal. Brandt holds a Master's degree in Education and completed his dissertation at the University of Chicago in Clinical Psychology. He also completed a Post-Doctoral Fellowship in Behavioral Medicine at the Univ. of Chicago. He is a Captain in the Wisconsin Army National Guard, Medical Command – Madison and is the Behavioral Health Officer for the State of Wisconsin.

Michael Brennan, Ph.D., is Assistant Professor of Sociology and Director of the Center for Death Education and Bioethics (CDEB) at the University of Wisconsin-La Crosse, where he teaches an undergraduate course in death, grief and bereavement. Dr. Brennan has fourteen years experience of teaching at undergraduate level, both in Britain and the United States, including in the area of death, dying and bereavement. Dr. Brennan has written widely on the topic of death, dying and bereavement in international journals including *Death Studies*, *Mortality*, *Nursing Standard and Illness*, *Crisis and Loss*. His book *Mourning and Disaster: Finding Meaning in the Mourning for Hillsborough and Diana* was published by Cambridge Scholars Publishing in 2008. Dr. Brennan is also Associate Editor of the international academic journal *Illness, Crisis and Loss*, where he edits the *Commentaries* section. Dr. Brennan is an active member of ADEC (the Association for Death Education and Counseling) and was an invited guest and participant at the May 2010 meeting of the International Working Group (IWG) on Death, Dying and Bereavement in Cologne, Germany

Mary Cortesi, M.S.W., L.C.S.W., trained in Dialectical Behavioral Therapy with extensive experience facilitating individual and group interventions for suicidal and parasuicidal patients.

Jeff Court, M.S.S.W., is a Wisconsin Licensed Clinical Social Worker and Substance Abuse counselor, clinical member of American Association for Marriage and Family Therapy, nationally certified as a gambling addiction counselor and currently a clinical therapist with Franciscan Skemp Health Care. Jeff served as a clinical social worker at Gundersen Lutheran, and Director of Social Services for Catholic Charities and Director of Dependency Services at FS. He is a partner with the Wisconsin Farm Center for developing and implementing the WI Sowing the Seeds of Hope Program, a mental health outreach program for Wisconsin farm families.

Vicky Gunderson is a Parent Advocate for Juvenile Justice. She has lived through a parent's worst nightmare, losing a child. Her involvements include the following: the La Crosse Area Suicide Prevention Initiative; Campaign for Youth Justice, Washington, DC; Wisconsin Council for Children & Families, Madison WI; La Crosse Jail Ministry; the Restorative Justice Task Force of AMOS; COMPASS Prevention Network; La Crosse Underage Drinking Coalition; and speaking to high school and college students. Vicky received the National Juvenile Justice & Campaign for Youth Justice "National Mother of Distinction" award in May 2008.

Bridgette Hensley, Psy.D., is a licensed psychologist in Wisconsin and a graduate of the Illinois School of Professional Psychology. She is the Director of the Counseling and Testing Center at University of Wisconsin, La Crosse. Her clinical interests include: Depression, Anxiety Disorders, Suicide and Suicide Prevention, Trauma and Recovery, Autism and Asperger's Disorders, as well as Gay and Lesbian Identity Development. She has been active in suicide prevention on campuses and at local levels for the last eight years. Dr. Hensley is a member of the La Crosse Area Suicide Prevention Initiative. She is also a QPR Gatekeeper Trainer and QPR Master Trainer for the QPR Institute.

Todd Hoffe is a licensed alcohol and drug counselor and supervisor in both Minnesota and Wisconsin, has been an AODA counselor for 25 years, working specifically with adolescents and young adults in the field of addictions. He has been in private practice at Hoffe Counseling, Inc. in downtown La Crosse, for the past sixteen years. Some areas of specialty include adolescent program development and working with at-risk clients such as delinquent, suicidal, or mentally ill. Todd and his wife Lisa live in Dakota, Minnesota with their three daughters and a son.

Geri Mulliner, R.N., 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.

Susan Schuyler M.A., is on faculty with the Communication Studies Department, UW-La Crosse where she teaches public relations and communication classes. As engaged learners, her students provide high quality evaluation and design to community organizations as part of their course work. In addition to public relations, her areas of specialization include writing, editing and reporting. Ms. Schuyler received her M.A. from University of Missouri-Columbia.

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.

Dr. Tom Trannel, M.D., is in private practice as a psychiatrist providing services to children, adolescents and adults in a variety of settings, including the La Crosse County jail and Salvation Army. He provides pediatric oncology consultation at Gundersen Lutheran Medical Center, meeting with treatment teams, patients and family members. He received his MD from the University of Illinois College of Medicine, Chicago, IL and completed a post graduate child and adolescent

psychiatric fellowship at the University of Hawaii.

Debi Traeder is the Youth Suicide Prevention Coordinator with Mental Health America of Wisconsin with programming and consulting responsibilities. She is a QPR Gatekeeper Trainer for the QPR Institute.

Mary Watts, M.S., L.C.W., L.P.C., is trained in Dialectical Behavioral Therapy with extensive experience facilitating individual and group interventions for suicidal and parasuicidal patients.

La Crosse Community Theatre has been a La Crosse tradition since 1963. They produce seven shows during the September through June season. Their five Mainstage shows include two musicals, two comedies and a drama. A two-play Youth Theatre series with children performing for children is a favorite of every season.

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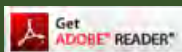
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2010 Suicide Prevention Summit

September 15, 2010; 8:30 a.m.-5 p.m. Radisson Hotel

September 14, 2010; 6 p.m. Awareness Event Riverside Park

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, 2010**.

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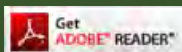
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LaCrosse Area Suicide Prevention Initiative
"Raising awareness and hope in the community"

2010 Suicide Prevention Summit

September 15, 2010; 8:30 a.m.-5 p.m. Radisson Hotel

September 14, 2010; 6 p.m. Awareness Event Riverside Park

Registration Information:

Cost: \$65, includes full conference, refreshments, lunch, materials and continuing education hours

Register Online NOW!

[Printable Registration Form](#) (1 page PDF)

Registration and Program Information:

Karen Langaard
608.785.6508
langaard.kare@uwlax.edu

General Information:

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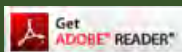
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About the La Crosse Area Suicide Prevention Initiative

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

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

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.**

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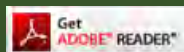
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