

KEYNOTE PRESENTERS

Craig J. Bryan, Psy.D.

Assistant Professor, Clinical Psychology,
The University of Utah



Craig is a board-certified clinical psychologist in cognitive behavioral psychology, and is currently the Executive Director of the National Center for Veterans Studies at The University of Utah. He completed his clinical psychology residency at the Wilford Hall Medical Center, Lackland Air Force Base, TX. He was retained as faculty in the Department of Psychology at Wilford Hall Medical Center, where he was Chief of the Primary Care Psychology Service, as well as the Suicide Prevention Program Manager for Lackland AFB. He deployed to Balad, Iraq, in 2009, where he served as the Director of the Traumatic Brain Injury Clinic at the Air Force Theater Hospital. He currently manages several federally-funded projects, including studies testing cognitive behavioral treatments for suicidal service members, developing innovative methods to identify and detect high-risk military personnel and veterans, and disseminating effective treatments to health care providers and the public.

Henry Emmons, M.D.

Integrative Psychiatrist



Henry is a psychiatrist who integrates mind-body, natural therapies, mindfulness, Buddhist teachings, compassion and insight into his clinical work. He developed the Resilience Training Program, which is currently offered at the Penny George Institute for Health and Healing. This unique program is based upon the ideas developed in his books, *The Chemistry of Joy* and *The Chemistry of Calm*. His career has been animated by the desire to develop more integrative approaches to the treatment of depression and anxiety. Henry is a sought-after presenter and a respected consultant on such topics as integrating natural and mindfulness therapies in psychiatry, building personal resilience, and personal and professional renewal. In addition to Resilience Training, Henry has developed "A Year of Living Mindfully" and "The Inner Life of Healers: Programs of Renewal for Health Professionals" offered through the University of Minnesota's Center for Spirituality and Healing.

To register or for more information:

www.uwlax.edu/sps
608.785.6500 | 866.895.9233
conted@uwlax.edu

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SUICIDE PREVENTION SUMMIT
University of Wisconsin-La Crosse
1725 State St.
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La Crosse Area Suicide
Prevention Initiative

The La Crosse Area Suicide Prevention Initiative
is committed to promoting awareness that suicide
is a public health concern that is preventable.

2018 SUICIDE PREVENTION SUMMIT
Raising Awareness and Hope in the Community

Wednesday, September 19, 2018

www.uwlax.edu/sps

2018 SUICIDE PREVENTION SUMMIT



La Crosse Area Suicide
Prevention Initiative

RAISING AWARENESS
AND HOPE IN THE
COMMUNITY

SUMMIT
WEDNESDAY,
SEPTEMBER 19, 2018
8:30 A.M.-4:30 P.M.
RADISSON HOTEL

AWARENESS EVENT
TUESDAY,
SEPTEMBER 18, 2018
6-7:30 P.M.
RADISSON CENTER
(FREE EVENT)

www.uwlax.edu/sps

2018 SUICIDE PREVENTION SUMMIT

WHO SHOULD ATTEND

- Psychologists
- Social workers and counselors
- Teachers
- School counselors
- Clergy and pastoral care
- Law enforcement
- Nurses
- Paramedics
- Medical assistants
- Youth leaders
- Student life personnel
- Interested community members

SUMMIT REGISTRATION FEES

\$90 On or before August 26

\$120 August 27 or later

\$50 students, seniors 62+, military (active & retired)

Registration includes refreshments, lunch and materials.

There is an additional \$15 fee for APA continuing education credits.

SUICIDE AWARENESS EVENT

SEPTEMBER 18

6–7:30 P.M.

**RADISSON CENTER
300 S. 2ND STREET**

Join us for inspirational stories of hope and awareness. This event is FREE and open to the public.

SUMMIT SCHEDULE | SEPTEMBER 19 | RADISSON HOTEL

7:30–8:30 a.m. **Registration & continental breakfast**

8:30–9 a.m. **Welcome**

9–10:15 a.m. **KEYNOTE SESSION**
On Conventional Wisdom, Cliché, and Saving Lives
Craig Bryan, Psy.D.

10:15–10:30 a.m. **Break**

10:30–11:45 a.m. **CONCURRENT SESSIONS**

- Crisis Response Planning for Suicidal Patients: An Introduction
Craig Bryan, Psy.D.
- To Friend or Unfriend: Mental Health Consequences of Social Media Use and How Parents Can Protect Their Children
Sarah Long, Ph.D.
- Impact of Childhood Sexual Abuse on Suicidality
Rachel Slough-Johnson, M.S., LMFT
- Stress, Self-Care and Resiliency for Professionals
Nicki Pope, M.S.
Amanda Betcher, M.A.

12–1 p.m. **Lunch - provided**

1–1:30 p.m. **Who Rescues Who?**
Gerri Mulliner, R.N.

1:45–3 p.m. **CONCURRENT SESSIONS**

- Creating the Chemistry of Joy: Natural Therapies for Depression
Henry Emmons, M.D.
- Defining Suicide and Understanding How Provider Demographics Impact End of Life Care
Erin Sterenson, M.D.
Thomas Harter, Ph.D.
- Men and Suicide: A Biopsychosocial Phenomenon
Josh Lee, M.S., LPC, NCC
- Attachment, Family Systems, and The Interpersonal Theory of Suicide During Childhood
Stacy Stefaniak Luther, M.S., LPC

3–3:15 p.m. **Break**

3:15–4:30 p.m. **KEYNOTE SESSION**
Restoring Resilience: Blending Science and Wisdom to Sustain a Healthy Mind, Mood and Heart
Henry Emmons, M.D.

4:30 p.m. **Adjourn**



UNIVERSITY CREDIT

Suicide Prevention Summit Independent Study | Sept.19–Oct. 19, 2018 (15 hours as arranged)

UW-La Crosse offers 1 UG/GRAD credit | HED 495/595, section 701

This course is designed for participants attending the Summit. In addition to attending workshops on updated information pertaining to suicide, this course will allow participants to explore how his/her current workplace can collaborate to best support the mental and emotional health of students/clients/patients.

Students must attend the summit to receive credit. Registration and payment can be made at the summit or by contacting Briana Meuer at bmeuer@uwla.edu or 608.785.6513. Deadline: September 19, 2018. Summit registration is separate and in addition to university credit course registration.

University of Wisconsin-La Crosse is approved by the American Psychological Association to sponsor continuing education for psychologists. University of Wisconsin-La Crosse maintains responsibility for this program and its content.