



# Suicide Prevention Summit

## Suicide Prevention Summit

Raising awareness and hope in the community

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Suicide Prevention Initiative 

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## Welcome

### 2018 SUICIDE PREVENTION SUMMIT



**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)

PDF

### Awareness Event:

Tue., September 18, 2018 | 6–7:30 p.m.

Location: [Radisson Center](#) | La Crosse, WI

### Summit:

Wed., September 19, 2018 | 8:30 a.m.–4:30 p.m.

Location: [Radisson Hotel](#), Harborview Plaza, La Crosse, WI

Increase your understanding of suicide, its prevalence and the risk factors for specific populations, and acquire tools for prevention, assessment and intervention.

Scholarships are available >>>



Welcome

Committee

## Who should attend:

Psychologists  
Social workers and counselors  
Teachers  
School counselors  
Clergy and pastoral care  
Law enforcement officials

Nurses  
Paramedics  
Medical assistants  
Youth leaders  
Student service personnel  
Interested/affected community members

## In partnership:

[La Crosse Area Suicide Prevention Initiative](#)

[UW-La Crosse Continuing Education/Extension](#)



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SUICIDE  
PREVENTION  
SUMMIT



La Crosse Area Suicide  
Prevention Initiative

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## Suicide Prevention Summit Planning Committee Members

Nicole Balsama, Community Member, La Crosse Dance Center

Jaimie Basina, CSW, La Crosse County Human Services

Tim Blumentritt, B.S.W., Care Center

Julie Dietz, B.S.N., La Crosse County Health Department

Vicky Gundersen, Community Participant and Parent Advocate

Jeannie Hanley, Ed.D., UW-La Crosse Emeritus

Christine Hughes, M.S.W., Mayo Clinic Health System Behavioral Health

Riley Hunter, Community Member

Amy Kuester, CIRS, Great Rivers 211

Deb Mahr, R.N., Kaitlin's Table

Geri Mulliner, R.N., Gundersen Health System Behavioral Health

Jenny Root, CSW, La Crosse County Human Services

Judy Shoults, Community Member

Maria Towle, MSW, APSW, SAC-ITInclusa

## Suicide Prevention Summit sponsors:



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**UWL Continuing Education**

220 Morris Hall

1725 State Street

La Crosse, WI 54601, USA

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services to meet the diverse  
needs of individuals of all  
ages!*



## Suicide Prevention Summit

Raising awareness and hope in the community

### In the NEWS!

[Suicide Prevention Summit held in La Crosse](#) ~~ Sep 19, 2018 *NEWS8000.com (WKBT)*



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## Suicide Prevention Summit

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### 2018 Call for proposals

**Summit: Wednesday, September 19, 2018**

- Proposal deadline: **April 5, 2018 at 12 p.m.**
- Notification emails will be sent on or before: **April 20, 2018**

Submit your program proposal now for consideration. Programs applicable to all aspects of suicide prevention are welcome.

**Suggested topics:**

- Building resiliency
- Cultural considerations with suicide
- Developmental considerations with suicidal idealization from childhood to late in life
- Managing chronic suicidal idealization
- Men and suicide
- Spiritual considerations with suicide
- Stigma and suicide
- Suicide in children
- Suicide in the college age population
- Suicide in the serious persistent mentally ill population
- Veterans and suicide

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## Suicide Prevention Summit

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### Register

The Suicide Prevention Summit is FULL. Please add your name to the [waiting list](#). We will contact people on the [waitlist](#) (in order of sign-up) to offer seats that become available due to cancellations.

[Suicide Summit waiting list >>>](#)



## Summit Fees:

Attendee: on before August 26	\$90
Attendee: August 27 or later	\$120
Student (must present ID at check-in)	\$50
Seniors (Age 62)+	\$50
Military (Active & Retired)	\$50
APA continuing education (CE) credit	\$15

*Registration fees include lunch, refreshments and instructional materials.*

Scholarship application >>>



## Scholarships

Scholarships for the 2018 Suicide Prevention Summit have been generously donated by the [Joe Was Just Joe Foundation](#) and the [La Crosse Area Suicide Prevention Initiative](#).

To [apply for a scholarship](#) to the 2018 La Crosse Area Suicide Prevention Summit please download and complete the [Scholarship Application](#) and provide a 250–400 word response to the questions below:

- What is your interest in the topics of mental health and/or suicide?
- What is your current educational/career path and how might it relate to the conference?
- What do you specifically hope to gain from attending the conference (be specific to conference sessions)?

The [application](#) and your responses to the questions should be emailed in an attached document by **4 p.m. on Friday, August 17, 2018** to Jenny Root, 2018 Suicide



Prevention Summit Chair, at [JRoot@lacrossecounty.org](mailto:JRoot@lacrossecounty.org).

Scholarship priority may be given to survivors, families or those planning to work in the field of mental health or suicide counseling.

View the brochure >>>



## Cancellation policy

Substitutions welcome. Full refund less \$25 processing fee two weeks prior to event, no refunds thereafter. Cancellations must be submitted in writing to: [conted@uwlax.edu](mailto:conted@uwlax.edu).

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## Suicide Prevention Summit

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### Awareness event

Awareness Event

Tuesday, September 18, 2018 | 6–7:30 pm







# 2018 Suicide Prevention Summit

*Raising Awareness and Hope in the Community*

Wednesday, September 19, 2018 | Radisson Hotel, La Crosse, WI

7:30–8:30 a.m.	<b>Registration &amp; Continental Breakfast</b>	Ballroom Foyer
8:30–9 a.m.	<b>Welcome</b>	Ballroom
9–10:15 a.m.	<p><b>Keynote Session:</b>  <b>On Conventional Wisdom, Cliché and Saving Lives</b>  <i>Craig Bryan, Psy.D.</i></p> <p>“All suicides are preventable.” “Ask the question, save a life.”  “Something is better than nothing.” “It’s worth it if it saves one life.”  The suicide prevention field is replete with frequently-used catchphrases presumed to reflect widely-shared beliefs, but what do these sayings really mean and what information do they implicitly convey? More importantly, do they always serve the intended purpose of saving lives? In this presentation, several widely-used catchphrases will be discussed and critically examined with an eye towards identifying those catchphrases that reflect faulty assumptions and ideas that can derail or impede suicide prevention efforts.</p> <p>LEARNING OBJECTIVES</p> <ul style="list-style-type: none"> <li>● CRITIQUE common assumptions about suicide.</li> <li>● DESCRIBE the dynamic nature of suicide ideation.</li> <li>● DISCUSS reasons why suicide ideation is a limited predictor of suicidal behavior.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	Ballroom
10:15–10:30 a.m.	<b>Break</b>	Ballroom Foyer
10:30–11:45 a.m.	<b>Concurrent Sessions</b>	
	<p><b>Crisis Response Planning for Suicidal Patients: An Introduction</b>  <i>Craig Bryan, Psy.D.</i></p> <p>This presentation is designed to provide an overview of crisis response planning for managing acute suicide risk. The presentation reviews foundational principles about suicide, the development of the crisis response plan intervention, and its empirical support. The workshop also includes presentations of example cases to help demonstrate key principles and concepts.</p>	Ballroom

	<p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• DESCRIBE the primary motives for suicidal behavior.</li> <li>• IDENTIFY the core components of a crisis response plan.</li> <li>• IDENTIFY strategies that can help suicidal individuals reduce their suicide risk.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	
	<p><b>To Friend or Unfriend: Mental Health Consequences of Social Media Use and How Parents Can Protect Their Children</b>  <i>Sarah Long, Ph.D.</i></p> <p>Social media usage has increased dramatically among children and teens in the last decade. While social media use can have benefits, there are a number of other pitfalls that increase risk of negative mental health outcomes, including increased anxiety, depression, and possible suicidal ideation or attempts. This presentation will outline "bad behavior" found online, including bullying and sexual harassment, and methods that teens frequently use to circumvent parental monitoring. Strategies that parents and family members can use to monitor and protect their children will be discussed in detail.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• REVIEW current data on social media usage among children and teens</li> <li>• PRESENT possible mental health consequences of high social media consumption and how these may be related to suicide risk</li> <li>• DISCUSS strategies for decreasing usage and mitigating consequences</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	Wisconsin
	<p><b>Impact of Childhood Sexual Abuse on Suicidality</b>  <i>Rachel Slough-Johnson, M.S., LMFT</i></p> <p>Research suggests that a history of childhood sexual abuse is a significant predictor of suicidal thoughts and attempts in adulthood (Briere 1986 , Plunket 2001, Talbot, 2004). This presentation will provide information on common symptoms and behaviors of childhood sexual abuse survivors across the lifespan, particularly focusing on development of suicidal ideation. It will also suggest appropriate ways to support survivors throughout their healing, and recommend community resources for additional support. Time will be</p>	Iowa

	<p>offered for discussion and questions.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• NAME at least one behavior common for sexual abuse survivors</li> <li>• IDENTIFY at least one way to provide support to abuse survivors</li> <li>• RECOGNIZE at least one supportive resource</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	
	<p><b>Stress, Self-Care and Resiliency for Professionals</b>  <i>Nicki Pope, M.S.</i>  <i>Amanda Betcher, M.A.</i></p> <p>According to the Bureau of Labor Statistics, 75 percent of Americans say their jobs are stressful. When working with clients with mental health concerns, it is easy for stress and secondary trauma to play a role in your own personal life. You are unable to care for others without meeting your own personal needs. As professionals, being able to identify your own stressors and coming up with healthy outlets allows you to better meet the needs of your clients. Resilient professionals practice self-care on a regular basis, which allows them to build connections and networks with others while adapting quickly and being able to accept change as part of everyday life.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• DISCUSS self-care and how to apply it to your profession.</li> <li>• IDENTIFY triggers that cause stress in your life.</li> <li>• EXPRESS resiliency by practicing coping skills.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	Minnesota
Noon–1 p.m.	<b>Lunch</b>	Ballroom Wisconsin
1–1:30 p.m.	<p><b>Who Rescues Who?</b>  <i>Geri Mulliner, R.N.</i>  <i>Emily Noga</i></p> <p>Companion animals have proven benefit to their owners. There is a significant bond between people and their pets. Most pet owners consider their pet as a member of their family. The benefits of companion animals for general health, in mental health recovery and as protective factors to prevent suicide will be explored. Will clarify the difference between pet therapy, emotional support, and service animals. Mental Health professionals may be in position to clarify the</p>	Ballroom



	<p>role of a pet in the community. Professionals can assist clients in determining if pet ownership can provide health benefits, a sense of purpose and aid in recovery.</p>	
1:45–3 p.m.	<b>Concurrent Sessions</b>	
	<p><b>Creating the Chemistry of Joy: Natural Therapies for Depression</b>  <i>Henry Emmons, M.D.</i></p> <p>Over the past decades the rates of depression and anxiety in this country have increased steadily. They are now rising rapidly worldwide. What has eroded our natural ability to bounce back from adversity? What are the preventable causes of anxiety and depression? And what can be done to regain resilience and sustain it throughout a lifetime?</p> <p>LEARNING OBJECTIVES</p> <ul style="list-style-type: none"> <li>• DIFFERENTIATE and cite specific conventional, complementary and integrative assessment and treatment approaches to mental health</li> <li>• DESCRIBE preventable causes of the most common mental health conditions</li> <li>• DISTINGUISH subtypes of depression and understand the chemical imbalances of each type</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	Ballroom
	<p><b>Defining Suicide and Understanding How Provider Demographics Impact End of Life Care</b>  <i>Erin Sterenson, M.D.</i>  <i>Thomas Harter, Ph.D.</i></p> <p>The American Psychiatric Association (APA) defines suicide as “self-inflicted death with evidence (implicit or explicit) that the individual intended to die”. One percent of the US population dies by suicide annually, and psychiatric illness is one of the greatest risk factors for death in this manner, present in approximately 93% of those who end their lives in this manner.</p> <p>It is commonly believed that psychiatric illness and psychopathology give rise to irrational thoughts that drive patients towards acts of suicide. In this way, suicidal ideations and suicide attempts are viewed as the symptom of an illness, rather than the result of rational decision making. This disease paradigm encourages intervention and prevention by healthcare providers.</p>	Iowa

	<p>This presentation will discuss the results from a recent study the authors have completed that compares how healthcare providers view suicide with other acts that result in patient death such as decisions to forego or withdraw life-sustaining treatment. Our aim is to better understand whether health care providers who are directly responsible for patient care ever consider withholding or withdrawing life-sustaining treatment a form of suicide, and if so, under what circumstances?</p> <p>Medical staff, professional staff, and associate staff were surveyed (n=775). The survey included 5 Likert-scale questions to gauge baseline perspectives of beliefs regarding end-of-life treatment decisions and suicide, and 3 vignettes with two associated questions each about whether the decision in the vignette is reasonable and moral. Each vignette represented a different decision-type: withholding treatment, withdrawing treatment, and intended death/suicide in the face of a chronic “but not life-limiting” condition. After presenting the study results, the authors will then discuss the potential practice and ethical implications of the results, as well as next steps toward further research on this topic.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• DISCUSS the similarities and differences between forgoing life-sustaining treatment, withdrawing life-sustaining treatment, and taking active steps to end one's life in the case of non-life threatening illnesses, particularly from the healthcare provider perspective.</li> <li>• DISCUSS how provider demographics may influence end-of-life care.</li> <li>• DISCUSS the role, if any, of mental illness in end-of-life decision making.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	
	<p><b>Men and Suicide: A Biopsychosocial Phenomenon</b>  <i>Josh Lee, M.S., LPC, NCC</i></p> <p>Suicide in general is an interesting and tragic phenomenon, and there are many theories that attempt to provide insight as to why as human beings we are capable of taking our own lives. Psychologist and Sociologist have long suggested the reasons could lie in our biological and sociocultural make-up. Recent research has also started looking into how our gender determines our predispositions to mental illness and suicidal ideation.</p>	Minnesota

	<p>How does our culture as a specific gender influence our psychological principles? We now know that even though more women tend to have suicidal ideation—the rate of completed suicide is significantly higher in men. And more specifically—what does research on gender say. The research and my experiences in general, seem to point more to emotional instability in men and how they respond to a break-up or loss of a job. From a cultural and evolutionary biological position the ending of a relationship seems to be the deciding factor, among others, in why men complete suicide. We also know the method of suicide varies between the genders. Men tend to be more impulsive when completing the act and tend to be more aggressive—such as using a firearm. We also know that men who typically complete suicide had no prior history of a suicide attempt.</p> <p>I believe if we examine the biological and sociocultural aspects of what influences the male mind we can at least come to accurate conclusions. My presentation will examine just this and specifically how men respond to depression, anxiety, and how they respond to the social and cultural issues within our society. I also plan on briefly covering the different theories and history of the cultures as it responds to suicide.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• DISCUSS the underlining differences between the genders regarding suicidal ideation.</li> <li>• DISCUSS the biopsychosocial aspect that influence men to complete suicide.</li> <li>• DISCUSS why men complete suicide more often than women.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	
	<p><b>Attachment, Family Systems, and The Interpersonal Theory of Suicide During Childhood</b>  <i>Stacy Stefaniak Luther, M.S., LPC</i></p> <p>This presentation explores a combination of Attachment Theory, family dysfunction, and the Interpersonal Theory of Suicide to help professionals working with children have increased knowledge of application of theory to assist with case conceptualization and risk assessment for suicidal ideation and suicidal behavior in children ages 12 and under. How application of these theories in professional practice under the umbrella of the Interpersonal Theory of Suicide has potential to save lives throughout an individual's lifespan. Focuses on how attachment and messages from family and family functioning impact perceived burdensomeness and thwarted belongingness in</p>	Wisconsin

	<p>children.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>● ANALYZE child developmental theory and apply to case conceptualization to assist with risk assessment and for identifying perceived burdensomeness and thwarted belongingness.</li> <li>● INTEGRATE information from theories to assist with case conceptualization and treatment planning/interventions.</li> <li>● EVALUATE the role that family members play in development and maintenance of suicide risk during childhood and the role of professionals in risk assessment for childhood suicide.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	
3–3:15 p.m.	<b>Break</b>	Ballroom Foyer
3:15–4:30 p.m.	<p><b>Keynote Session:</b>  <b>Restoring Resilience: Blending Science and Wisdom to Sustain a Healthy Mind, Mood and Heart</b>  <i>Henry Emmons, M.D.</i></p> <p>As an integrative psychiatrist, Dr. Emmons will take a broad and refreshing look at these questions. He will outline the historical and current factors that undermine resilience, and survey the scientific discoveries that provide hope even to those who have dealt with years of illness. We will discuss the core factors in resilience, their scientific basis, and how they can help one achieve greater vitality, equanimity, openness and connection.</p> <p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>● RECOGNIZE and explain key concepts related to the cultivation of resilience across the lifespan</li> <li>● DESCRIBE the principles of the resilience model.</li> <li>● DISCUSS the research linking neuroscience and mindfulness practice, and how that may improve imbalanced mental states.</li> </ul> <p><i>APA: 1.25 CE Credits, UW EX CEUs: .125</i></p>	Ballroom
4:30 p.m.	<b>Adjourn</b>	Ballroom





## Suicide Prevention Summit

Raising awareness and hope in the community

### Venue-travel

Awareness Event | Tuesday, September 18, 2018 | 6–7:30 p.m.

Location: [Radisson Center](#) | La Crosse, Wis.

Summit | Wednesday, September 19, 2018 | 8:30 a.m.–4:30 p.m.

Location: [Radisson Hotel](#), Harborview Plaza, La Crosse, WI

## Hotel Room Block

There are a limited number of rooms reserved at:

[Holiday Inn Hotel & Suites](#)

200 Pearl Street

La Crosse, WI 54601

To book a room, **please contact the hotel directly at 608.784.4444.**

Reference ***Suicide Prevention Summit*** to get the group rate.

### Room rates:

- \$93, per night

Rates do not include sales or room tax. **Cut off date for reservations is August 18, 2018.**

*Please refer to the hotels website or contact them directly for check-in and check-out times, services and amenities, directions, parking/shuttle service and other hotel information.*

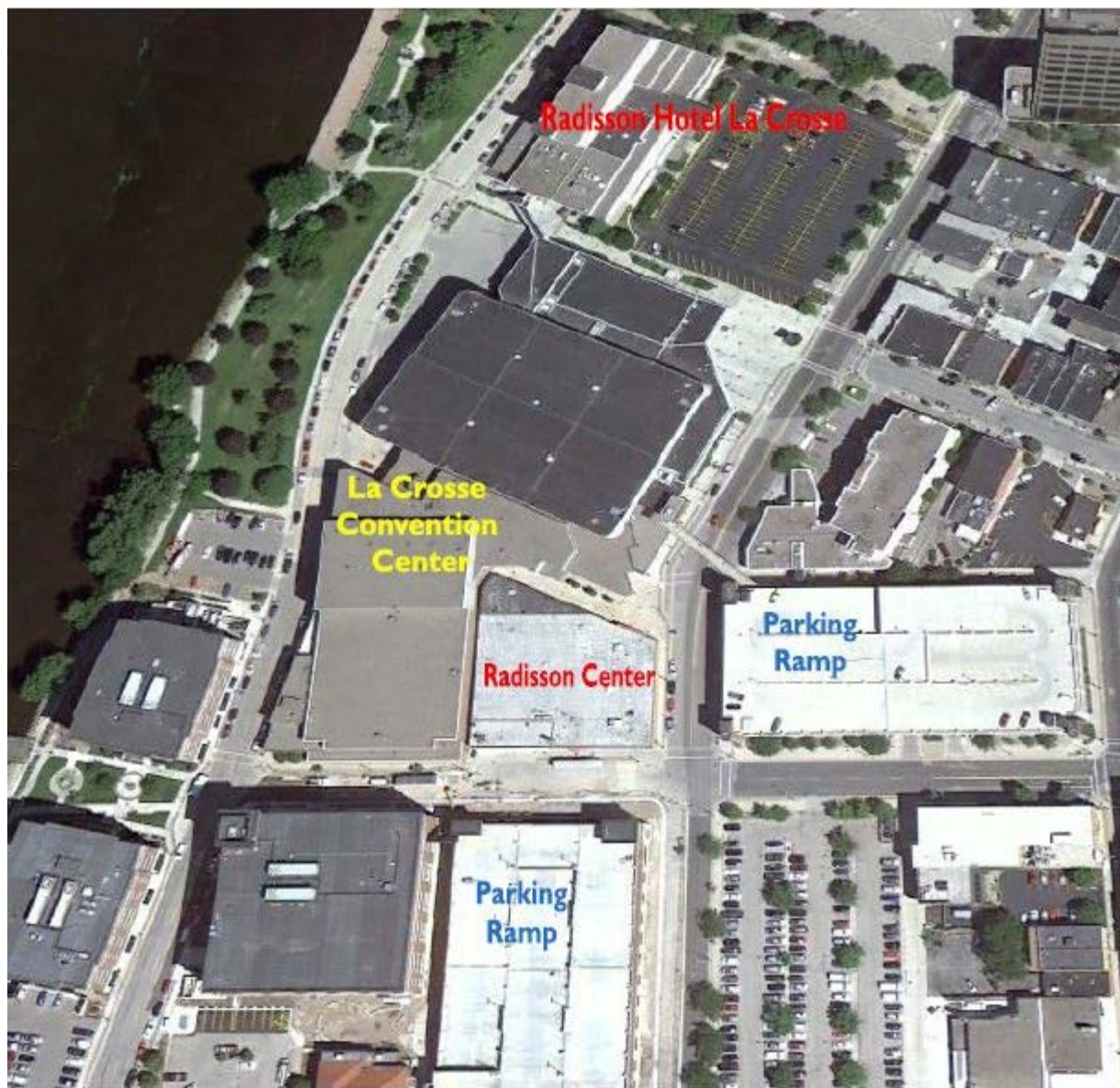
## Parking

Please allow adequate time to locate parking the morning of the Suicide Prevention Summit. There will be limited parking available at the Radisson Hotel. There is very limited on-street parking in the La Crosse downtown area (limited to 2 hours of free on-street parking daily).

[Municipal parking ramps](#) are available for use. You must pre-pay and register your vehicle at the on-site pay stations or by using the PassportParking app at all times from 6 a.m.–6 p.m., Monday–Friday, or you will be subject to fines. You must pre-register to receive your 3 free hours during this time also (available only at pay stations). You may only take advantage of the 3 hours free, once per calendar day, or you will be subject to fines.

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## Suicide Prevention Summit

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### Keynote presenters



**Craig J. Bryan, Psy.D.**

Assistant Professor, Clinical Psychology, The University of Utah

Craig J. Bryan, Psy.D., ABPP, 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. Bryan received his Psy.D. in clinical psychology in 2006 from Baylor University, and 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. Bryan separated from active duty service shortly after his deployment, and currently researches suicidal behaviors and suicide prevention strategies, and psychological health and resiliency. He currently manages numerous federally-funded projects in excess of \$10 million, to include 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. Bryan has published over 120 scientific articles and several books including *Managing Suicide Risk in Primary Care*, *Cognitive Behavioral Therapy for Preventing Suicide Attempts: A Guide to Brief Treatments Across Clinical Settings*, and the *Handbook of Psychosocial Interventions for Veterans and Service Members: A Guide for the Non-Military Mental Health Clinician*. He is the lead risk management consultant for the \$25 million STRONG STAR Research Consortium and the \$45 million Consortium to Alleviate PTSD, which investigates treatments for combat-related PTSD among military personnel, and has served on the Board of Directors of the American Association for Suicidology. He is considered a leading national expert on military and veteran suicide. For his contributions to military mental health and suicide prevention, Bryan has received numerous awards and recognitions including the Arthur W. Melton Award for Early Career Achievement, the Peter J.N. Linnerooth National Service Award, and the Charles S. Gersoni Military Psychology Award from the American Psychological Association; and the Edwin S Shneidman Award for outstanding contributions to research in suicide from the American Association of Suicidology.



## Henry Emmons, M.D.

### Integrative Psychiatrist

Henry Emmons is a psychiatrist who integrates mind-body and natural therapies, mindfulness and Buddhist teachings, and compassion and insight into his clinical work. Henry 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. He is also a founding board member of the International Network for Integrative Mental Health.

His essay “Insights on the Inner Life of Healers” was included in the book *Living the Questions: Essays Inspired by the Work and Life of Parker J. Palmer* (Jossey-Bass, 2005). His own books are:

- *THE CHEMISTRY OF JOY: A Three Step Program for Overcoming Depression Through Western Science and Eastern Wisdom*, (Simon and Schuster, December 2005)
- *THE CHEMISTRY OF CALM: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety* (Simon & Schuster, October 2010)



## Suicide Prevention Summit

Raising awareness and hope in the community

### Concurrent presenters

**Amanda Betcher, M.D.**, has a Master's Degree in Education from St Mary's University. For the past 7 years, she has worked in Special Education and the BBIS program at the Tomah Area School District. She has been implementing PBIS for 8 years and has focused on the Tier III level for the past 3 years by partnering with the Monroe County CST team to combine efforts for the wraparound process and address mental health within our school and community.

**Thomas Harter, Ph.D.**, holds a doctoral degree from the University of Tennessee in

Philosophy, Medical Ethics and Business Ethics. Currently, Harter is the Director of the Center for Bioethics, Humanities and Advance Care Planning at Gundersen Health System in La Crosse, WI.

**Josh Lee, M.S., LPC, NCC** , is the clinic manager of Fort Healthcare's Center for Behavioral Health located in Fort Atkinson, WI. He spends his time overseeing the clinic, and the clinic staff and also treats and assists a number of patients who present to the ER and/or hospitals in crisis. Fort Healthcare is a rural hospital with limited resources to provide to our community; and without a doubt, the community is experiencing an escalation of mental health issues across the lifespan. Before taking the role as manager, he worked as a behavioral health specialist in the emergency mental health unit for Jefferson County Human Services. He has extensive experience assessing individuals in crisis and having suicidal ideation. Lee's research in graduate school specifically addressed working with the different genders in crisis situations—especially focusing on the reduction of symptoms as they present to the ER and hospital.

**Sarah Long, Ph.D.**, is a Pediatric Psychologist at Gundersen Health System. She completed her Ph.D. in Child Clinical Psychology at Southern Illinois University Carbondale, and post-doctoral fellowship in Pediatric Psychology at Marshfield Clinic. Long specializes in working with children, adolescents, and their families facing concomitant medical and mental health challenges.

**Geri Mulliner, R.N.**, has worked in Behavioral Health for over 38 years. She is employed as a Nurse Expert Leader in Behavioral Health at Gundersen Health System. She currently works in Transitional Services with the Partial Hospitalization Program and Mental Health Day Treatment program. Geri is also a Pet Therapy volunteer with the Coulee Region Humane Society. Geri and her dog Winston visit at Lakeview Health Care Center, Gundersen's Behavioral Health and at community events. Geri has been an active member of the Suicide Prevention Initiative since it began in 2004.

**Nicki Pope, M.S.**, has a Master's Degree in Special Education from UW-La Crosse, A Director of Pupil Service and Special Education Degree from UW-Eau Claire and a Principal License from Viterbo University. She has been an administrator for the Tomah Area School District for 5 years as an elementary principal and is currently pursuing her Superintendent's License at UW-Superior. She has been implementing PBIS for 8 years and has focused on the Tier III level for the past 3 years by partnering with the Monroe County CST team to combine efforts for the wraparound process and address mental health within our school and



community.

**Rachel Slough-Johnson, M.S., LMFT**, is a marriage and family therapist, sex therapist and Trauma Center Trauma Sensitive Yoga facilitator in the La Crosse, Wisconsin area. She has completed advanced trainings in Eye Movement Desensitization and Reprocessing (EMDR) and Gottman Method relationship therapy and is currently completing training in Sensorimotor Psychotherapy. She provides psychotherapy services in Spanish and English to children, adolescents and adults through Gundersen Health System's Sexual Abuse Counseling & Support Program. Rachel completed a Fulbright grant in 2008 in Chile. She holds a bachelor's degree in Hispanic Studies and English from Illinois Wesleyan University, a Masters of Library Science from Indiana University, and Masters of Science in Marriage & Family Therapy from the University of Wisconsin-Stout. Rachel specializes in trauma treatment, with particular interest in intimacy and relationships after abuse.

**Stacey Stefaniak Luther, M.S., LPC**, received her master's degree in Psychology with specializations in Clinical Psychology and Child and Adolescent Development from Capella University in Minneapolis, MN. Ms. Luther is currently enrolled in a doctoral program at Capella University, specializing in Clinical Psychology. Ms. Luther completed her Bachelor's Degree at Northern Michigan University, focusing on Elementary Education. She also holds an associate degree in Early Childhood Education from Northeast Wisconsin Technical College. Ms. Luther has been working with children ranging in age from infancy through adolescence and with parents in a variety of environments for over 15 years. She enjoys working with families and her professional interests include child development, attachment, challenging behaviors, parenting skills, parent well-being, suicide prevention, and Autism Spectrum Disorder.

**Erin Sterenson, M.D.**, attended medical school at Drexel University College of Medicine in Philadelphia, PA. She completed her residency in Psychiatry and a fellowship in Psychosomatic Medicine at Mayo Clinic Rochester. She is currently practicing Consultation-Liaison Psychiatry at Gundersen Health System in La Crosse, WI and is completing her Master's Degree in Health Care Ethics at Creighton University.





## Suicide Prevention Summit

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### CEUs/CE hours

**Continuing Education Units (CEUs)** are a means of recognizing and recording satisfactory participation in non-degree programs. University of Wisconsin-Extension (UW-Ex) awards one CEU for every 10 contact hours in a continuing education experience. Actual contact hours are recorded. CEUs are offered at no additional charge, through the UW-Ex. In order to receive a certificate, participants need to sign up for CEUs at the time of registration.

#### **.50 CEUs (5 contact hours)**

- UW-Ex CEUs fulfill continuing education requirements for many professionals, agencies

and organizations. Professional associations may have specific licensing requirements. Individuals should contact their licensing association before assuming UW-Ex CEUs will fulfill all requirements.

- UW-La Crosse keeps records of individual CEUs for three years of programming. Certificates are emailed within two weeks of the conclusion of each program. Requests for duplicate CEU certificates are charged a \$15 processing fee. [Request form for duplicate CEU hours & certificates](#)

## Continuing Education for Psychologists

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

- If a participant or potential participant would like to express a concern about his/her experience with the University of Wisconsin-La Crosse Continuing Education and Extension, he/she may call or e-mail Tammy Netwal, Operations Manager at [tnetwal@uwlax.edu](mailto:tnetwal@uwlax.edu). Although we do not guarantee a particular outcome, the individual can expect us to consider the complaint, make any necessary decisions and respond within 30 days.
- How to receive credit: To receive continuing education credit, participants are required to:
  1. Sign in at the registration booth upon arrival at the meeting
  2. Attend each session for which credit is required in its entirety
- Additional \$15 fee for American Psychological Association hours.

American Psychological Association continuing education hours are approved per session. Please see the agenda for specific session approvals.



## Suicide Prevention Summit

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### University UG/GRAD credit

Health Education:

2018 Suicide Prevention Summit Independent Study

September 19–October 19, 2018 (15 hours as arranged)

*UW-La Crosse offers 1 undergraduate or graduate credit*

**HED 495, section 700 (UG)**



## **HED 595, section 700 (GRAD)**

**Deadline:** September 19, 2018

University undergraduate/graduate credit is available to Suicide Summit participants. The student must attend the summit to receive credit. Registration and payment can be made at the summit or by contacting Briana Meuer, [bmeuer@uwlax.edu](mailto:bmeuer@uwlax.edu) or 608.785.6513.

This course is designed for participants attending the Suicide Prevention Summit on September 19, 2018. 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.

**Instructor:** Lori Reichel, Ph.D.

### **Registration:**

*UW-La Crosse online admission application, credit course registration form and payment must all be received by deadline of September 19.*

**Summit registration** **is separate and in addition to** university credit course registration .

UWL academic credit registration form and online admission application directions 

***To transfer this credit to another program, students must confirm in advance that the credit will be accepted by their degree granting program. No refunds will be made on the basis of inability to transfer credit.***

**To register for university credit, please contact:**

Briana Meuer, Credit Coordinator  
608.785.6513 or toll free 1.866.895.9233  
[bmeuer@uwlax.edu](mailto:bmeuer@uwlax.edu)

### **Withdrawals:**

Any credit withdrawal must be completed by September 24, 2018. After September 24, you are financially responsible for tuition payment. Contact Briana Meuer at [bmeuer@uwlax.edu](mailto:bmeuer@uwlax.edu) or 608.785.6513 for assistance. If you are a Continuing Education student enrolled in one course and decide to withdraw, this is considered a withdrawal from the university. There is a **\$50 withdrawal fee** that will be applied to the student's account. If the withdrawal occurs

within the timeframe allowable for a refund, the \$50 withdrawal fee will be deducted from the refund.

UWL Community Health programs offered in 2019 >>



Connecting the university and the community!



608.785.6500

**UWL Continuing Education**

220 Morris Hall

866.895.9233

1725 State Street

(toll-free)

La Crosse, WI 54601, USA



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## Suicide Prevention Summit

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### Handouts

Live binder of web [handouts](#).



[Suicide Prevention Summit 2018](#)



## Suicide Prevention Summit

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### Sponsorship & exhibitor information

[Sponsor/exhibitor online registration >>](#)



### Sponsorship space cost:

Summit sponsorships offer marketing opportunities that provide increased visibility to attendees. Consider the following levels of sponsorship to match your goals and budget:

## **\$2,000+ - Gold Sponsorship**

- Brief description of your organization in conference folder
- Mention on the Suicide Summit homepage
- One registration that includes lunch and refreshment breaks
- Up to two, 6-foot tables for exhibit space
- Sponsor one AM or PM break with organization name on signage at break tables

## **\$1,000 - Silver Sponsorship**

- Brief description of your organization in conference folder
- Mention on the Suicide Summit homepage
- One registration that includes lunch and refreshment breaks
- Up to two, 6-foot tables for exhibit space

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## **Exhibitor space cost\*:**

### **\$100 - Exhibitor**

- One registration that includes lunch and refreshment breaks
- One, 6-foot table for exhibit space

**\*Exhibitor times:** Wednesday, Sept. 19, 7 a.m.–5 p.m. (includes setup/teardown time).  
Electricity hook-up NOT guaranteed.

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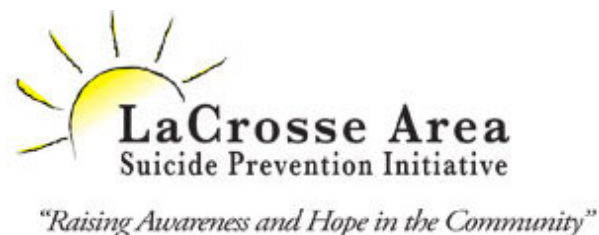
## **Cancellation policy:**

Substitutions welcome. Full refund less \$25 processing fee two weeks prior to event, no refunds thereafter. Cancellations must be submitted in writing to: [conted@uwlax.edu](mailto:conted@uwlax.edu).

Registration implies permission for photos, publicity and inclusion in a participant list, unless Continuing Education/Extension is notified in writing prior to the program:  
[conted@uwlax.edu](mailto:conted@uwlax.edu).



Veterans Crisis Line 1-800-273-8255 PRESS 1 or Text to 838255    Great Rivers 211 Crisis Line: 211 or 800-362-8255    National Suicide Prevention Lifeline 1-800-273-8255  
LGBT Youth Suicide Hotline 1-866-4-U-TREVOR    ☐ Text "HOPELINE" to 741741



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**PREVENTION**

[☐](#)  
**RESOURCES**

## WELCOME TO SPI

The La Crosse Area Suicide Prevention Initiative is committed to promoting awareness that suicide is a public health problem that is preventable. Feel free to browse our website for useful information and [upcoming events](#).

## MISSION

☐  
**STORIES  
OF SURVIVAL**

☐  
**GALLERY**

☐  
**LOCAL STATISTICS**

☐  
**NATIONAL STATISTICS**

☐  
**FIND TREATMENT**

☐  
**CONTACT US**

## STATEMENT

The La Crosse Area Suicide Prevention Initiative is committed to promoting awareness that suicide is a public health problem that is preventable. Our goals are:

### Education

To increase awareness about suicide prevention throughout the greater La Crosse community through:

- The annual Suicide Summit
- The annual Awareness Walk
- The annual Dance for Hope
- Ongoing QPR Training
- Distribution of written information via the SPI Website and numerous educational events and fundraisers

### Advocacy

To support and establish legislation at the state and national levels related to:

- Suicide Prevention
- Mental Health Insurance Parity

### Access

To increase access to care for at-risk populations by:

- Reducing the stigma associated with help-seeking



- Raising the public's knowledge of risk factors for suicide, the warning signs, and preparedness to respond

## Safety

To assist communities in creating suicide-safe environments by:

- Providing information to obtain gun safety locks and encouraging safe storage of firearms
- Supporting pill collections where community members can safely dispose of unused medications.
- Providing information regarding Crisis Intervention resources.

## NEWS

[2018 Suicide Prevention Summit - REGISTER HERE!](#)



Our billboard on Hwy 16,

La Crosse, WI

WISH TO  
REQUEST A  
TRAINING?

[Change Direction  
Training, QPR Training  
Parents & Teachers as  
Allies Session](#)

Talking Points for  
Viewing Netflix Video  
"13 Reasons Why"

[jedfoundation.org](#)  
[nytimes.com](#)  
[nasponline.org](#)  
[nationwidechildrens.org](#)  
[save.org](#)

Suicide Language Words  
Matter (CNN.com, June,  
2018)  
[Read full article](#)

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## Suicide Prevention Summit

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### Archives

[2016 Suicide Summit archive](#) PDF