

2020

SUICIDE PREVENTION SUMMIT



La Crosse Area Suicide Prevention Initiative

Raising awareness and hope in the community.

SUMMIT

Thursday, September 17, 2020

Times listed are Central Time.

In partnership with:

La Crosse Area Suicide Prevention Initiative

UW-La Crosse Extended Learning

www.uwlax.edu/sps

2020 SUICIDE PREVENTION SUMMIT

WELCOME

Welcome to the 2020 Suicide Prevention "Virtual" Summit. We are glad you have decided to join us for this very important topic. We hope that the Summit is helpful, hopeful, and empowering. Your participation is essential and makes our communities stronger.

Exhibitor and Sponsor Rooms:

- All of Us Research Program—Gundersen Health System
- Great Rivers 2-1-1
- Gundersen Medical Foundation: Kaitlin's Table
- Jacob's SWAG Foundation
- Joe Was Just Joe Foundation
- La Crosse County Human Services
- LHI/OptumServ
- Mayo Clinic Health System
- Minneapolis VAMC Suicide Prevention

Your Life Matters

In this time of uncertainty and concern with COVID-19, resiliency and taking care of ourselves can be a challenge. Try these seven strategies for building resilience, which can help you learn to adapt and recover in the face of adversity.

- **Prioritize healthy relationships:** Build a supportive network of people who care about you and spend quality time (even if virtually) with them.
- **Take care of your body:** It's easier to maintain mental and

emotional balance when you feel healthy. Make an effort to eat well, get enough sleep, and exercise three or more times a week.

- **Avoid negative outlets:** Look for healthy ways to process difficult emotions. Trying to escape these emotions through harmful substance use will create more stress.
- **Be proactive:** We can't always control our circumstances, but we can take charge of our response. Break problems into manageable tasks and move forward.
- **Practice self-awareness:** When stressful events occur, it's important to take a step back and reflect before we react. It helps to understand where your emotions are coming from before you share them.
- **Learn from the past:** Recognize who or what was helpful (or unhelpful) the last time you were in a stressful situation. Remembering other challenges you've overcome can help.
- **Ask for help when you need it:** Reaching out to family or friends, a health care professional, or a community resource isn't easy, but knowing how to accept help is a sign of strength.

Source: Wisconsin Department of Health Services, www.dhs.wisconsin.gov/resilient/understanding-resilience.htm

University of Wisconsin-La Crosse Continuing Education Units (CEUs)

University of Wisconsin-La Crosse CEUs are a means of recognizing and recording satisfactory participation in non-degree programs. University of Wisconsin-La Crosse (UWL) awards one CEU for every 10 contact hours in a continuing education experience. Actual contact hours are recorded. To receive a certificate, participants must sign up for CEUs at the time of registration. UWL 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 UWL CEUs will fulfill all requirements. The maximum number of UWL CEUs available for this conference is 1.375 CEUs (13.75 contact hours) are awarded on a session-by-session basis. Please refer to the agenda for individual session approvals.

How to Receive CEUs

To receive CEUs/contact hours, participants are required to:

1. Attend each session for which credit is required in its entirety; this includes the full presentation and Q&A session.
2. Use your first and last name (as provided when registering for the summit) when joining live sessions.

2020 SUICIDE PREVENTION SUMMIT

SCHEDULE

Times listed are Central Time.

7:30–8:45 a.m.

Sign-in/Visit Sponsor & Exhibitor Pages

8:45–9 a.m.

Welcome

9–10:15 a.m.

Keynote Session: Why People Die by Suicide

—Thomas Joiner, Ph.D., Professor, Florida State University

In his new theory of suicidal behavior, Thomas Joiner proposes three factors that mark those most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, perhaps chillingly, the learned ability to hurt oneself. He tests the theory against diverse facts taken from clinical anecdotes, history, literature, popular culture, anthropology, epidemiology, genetics, and neurobiology—facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

UWL CEU: 1.25 Contact Hours

10:15–10:30 a.m.

Break/Visit Sponsor & Exhibitor Pages

10:30–11:45 a.m.

MORNING CONCURRENT SESSIONS

Autism & Suicide Through the Lifespan

—Stacy Stefaniak-Luther, Ph.D., Wausau Behavioral Health Clinic

—Emily Lindberg, MS, LPC

Over time, little research has been done on suicidality in individuals on the Autism Spectrum (ASD). Many studies have noted that suicide may be more common in people with ASD than the general public. Due to the limited research, this topic is not often discussed. In our presentation we will discuss suicide and ASD throughout the lifespan, covering warning signs, interventions, and understanding what the research states.

UWL CEU: 1.25 Contact Hours

Suicide, Depression and the Church—Debunking the Myths

—Lisa Smith-Harris, M.S. Social Work, Boys & Girls Clubs of Greater Milwaukee

There are many myths and erroneous beliefs regarding suicide, depression and the church. While suicide is no less prevalent among the "churched" than among the "unchurched", there has been a reluctance on the part of the church at large to have needful discussions in these areas. To be a viable resource in suicide prevention, churches must hold candid conversations.

UWL CEU: 1.25 Contact Hours

The Role of Forgiveness in Suicide Prevention and Recovery

—Timothy Markle, M.S., Forgiveness Factor

Forgiveness may help prevent suicide. We will look at some research on forgiveness and suicide, but we will focus on learning the Dr. Enright model of forgiveness and how we can use it as a tool in suicide prevention. The presenter will also touch on his own mental health journey.

UWL CEU: 1.25 Contact Hours

Five Challenges in Helping the Suicidal Person

—Stacey Freedenthal, Ph.D., LCSW

This presentation will describe five challenges that clinicians often encounter when helping a suicidal person: 1. Uncertainty about the level of suicide risk, 2. Conflicting agendas of clinician and client, 3. Risk of harm from coercive and involuntary treatments, 4. Feelings of helplessness in the clinician, and 5. Contagion of hopelessness. Drawing from research and literature about collaborative psychotherapeutic approaches with suicidal clients, potential antidotes will be described for each challenge.

UWL CEU: 1.25 Contact Hours

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Times listed are Central Time.

11:45 a.m. –12:15 p.m.

Lunch/Visit Sponsor & Exhibitor Pages

12:15–1 p.m.

Virtual Networking Opportunity: Exploring Dimensions of Resiliency

1–1:30 p.m.

Finding Freedom on Your Yoga Mat and Other Holistic Therapy Options

—Cheryl Killilea, B.A., Owner, Changing Lanes Fitness & Nutrition LLC

Combining yoga, breath techniques and other holistic therapies to help loosen the emotional and physical tightness in the body caused by mental health disorders. The intention is to find peace, hope and stability during a time when that is missing. Modalities explored will include: meditation, tapping, affirmations, mudras, gentle postures and breath work.

1:45–3 p.m.

AFTERNOON CONCURRENT SESSIONS

Building Connectedness, Building Resiliency

—Margaret Frank, M.A. Counseling, Ardent Counseling

After the initial conversation and questions with a suicidal person, what direction do you go? Where do you center conversation and build in practical action steps? Where and when do we start addressing the media's influence in suicidal thoughts and ideations that a person is having? How do we build in human connectedness and help the person having suicidal thoughts?

UWL CEU: 1.25 Contact Hours

Elementary Connections—Forming a Foundation to Prevent Adolescent Suicide

—Bradley Larrabee, M.S.Ed., Principal, School District of Maple

Historic suicide prevention efforts have largely targeted adolescent and young adult populations. For this presentation, I would like to share the success of providing preventative supports at the elementary level. The presentation will provide background experiences, structural recommendations and provide a holistic lens on systemically educating an entire district.

UWL CEU: 1.25 Contact Hours

Suicide Etiology in Sexual and Gender Minorities

—Stacy Desmond, M.S.Ed., UW-Superior

Sexual and gender minority individuals are at a higher rate than other populations in the risk for suicidal ideation, attempts, and completion. Evidence based research has shown specific risk factors associated with suicide and SGM young adults. Using the information provided in this workshop, participants will gain an understanding of causation of SGM suicide trends, current research available, and proven skills to assess and accommodate SGM individuals experiencing suicidal tendencies.

UWL CEU: 1.25 Contact Hours

Safety Plans that Work

—Sara Nelson, M.S.W., LICSW, Amherst H. Wilder Foundation

Safety planning with suicidal clients can be challenging, particularly when clients are feeling hopeless and having a difficult time collaborating with you. This presentation will review the basic elements of every effective safety plan, why no-harm contracts don't work, the importance of lethal means safety, and how to safety plan across the lifespan.

UWL CEU: 1.25 Contact Hours

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Finding Rest Amidst the Stress: An Approach for Health Care Workers

—Susan MacLellan-Tobert, M.D., *Healing Edge Coaching*

The burnout crisis in health-care is multifactorial due to organizational, practice and regulatory challenges. Unbalanced work-life integration also plays a role. An approach to resting and recharging that explores self-compassion, time scarcity, mindfulness and camaraderie will be presented. Participants will be challenged to explore and utilize these self-care tools.

UWL CEU: 1.25 Contact Hours

3–3:15 p.m.

Break/Visit Sponsor & Exhibitor Pages

3:15–4:30 p.m.

Keynote Session: Fear and Hope in Suicide Prevention

—Stacey Freedenthal, Ph.D., *LCSW*

Fears about client suicide and professional liability can impede understanding of a client's suicidal thoughts. This keynote talk will describe the dangers of defensive practice, and ways to increase collaboration, effectiveness, and hope when helping a suicidal person. The speaker will discuss the impact of her lived experiences of suicidality on her clinical approach, as well as the limits of personal history when striving to understand another person's wish to die.

UWL CEU: 1.25 Contact Hours

4:30 p.m.

Adjourn



La Crosse Area Suicide Prevention Initiative

CALL FOR PROPOSALS

2021 Suicide Prevention Summit

September 2021

Submit your proposals by February 19, 2021

www.uwlax.edu/sps



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La Crosse Area Suicide Prevention Initiative



Kaitlin's Table Fund

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HEALTH SYSTEM

2020 SUICIDE PREVENTION SUMMIT PLANNING COMMITTEE MEMBERS

Nicole Balsamo, Community Member, La Crosse Dance Centre
Tim Blumentritt, B.S.W., Care Center

Julie Dietz, B.S.N., La Crosse County Health Department
Cassandra Fanelli, M.S., LSW, LCP-IT, SAC-IT, La Crosse County Crisis
Karen Fryseth, Peer Specialist, Gundersen Health System

Christine Hughes, M.S.W., UW-La Crosse

Amy Kuester, CRS, Great Rivers 211

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

Jenny Root, CSW, La Crosse County Human Services

Laura Sorensen, M.S.W., APSW, Mayo Clinic Health System

Maria Towle, MSW, APSW, SAC-IT, Stein Counseling & Consulting Services LTD