Community Conversations

Empowering Everyday Helpers

20TH ANNUAL NH SUICIDE PREVENTION CONFERENCE

NOW BACK IN PERSON!

November 2, 2023
8:00 AM - 4:00 PM
Grappone Conference Center
Concord, NH

Presented by: NH Suicide Prevention Council

Featuring:

DENNIS GILLAN

Survivor of Suicide Loss Motivational Speaker and our 2018 Conference Keynote Speaker, returning to discuss 5 years of national and personal growth and change!

AGENDA

8:00 AM:
Registration and Continental Breakfast

8:30 AM - 9:00 AM:
Welcome Remarks

9:00 AM - 10:00 AM:
Morning Plenary

Break

10:15 AM:
Morning Workshops

12:00 PM - 1:00PM:
Lunch

1:15 PM:
Afternoon Workshops

Break

3:00 PM - 4:00 PM:
Afternoon Plenary

4:00 PM:
Evaluations and Attendance Certificates

Registration:

Registration is available online through **October 23, 2023** by visiting https://whova.com/portal/registration/nhspc_202311/. The fee for general attendance is $50; the fee for attendance plus applicable CEUs is $75. Registration fees can be paid through the registration site. Scholarships will be available, and we encourage any prospective participants for whom the cost of attending is prohibitive to review the eligibility criteria for scholarships and apply by **October 15th** using the application form at https://forms.gle/PVMNXtjoKevMHYFx8. ***Please note:** scholarships will cover 80% of the cost of general attendace (i.e. $40). Recipients seeking general attendance only will be asked to pay a nominal fee of $10 at the time of registration, while recipients seeking to receive CEUs will be asked to pay a fee of $35. All scholarship recipients must register for the conference online using the link above. Please direct registration-related questions to spconferencenh@gmail.com.

Inclusivity & Accessibility:

To foster inclusivity and accessibility of conference materials, we are happy to offer ASL interpretive services for those who need it. Attendees may request accessibility services during the online registration process by indicating their needs in the appropriate field.

CEUs:

5 Clinical CEs in Suicide Prevention are currently pending approval from NASW NH; CPS CEUs are also pending approval. Attendees seeking to receive CEUs must select the appropriate option and pay the corresponding fee during online registration.

Resources:

We remain committed to ensuring participants' safe and comfortable engagement. A Serenity Room, staffed by Survivors of Suicide Loss volunteers, will be available between 8:30 AM and 4:00 PM; here, participants can reflect and receive support when engaging with difficult material. For immediate assistance, please call/text the **Suicide & Crisis Lifeline** at **"988,"** or call/text **NH Rapid Response Access** at **833-710-6477.**

This year's conference will begin with welcoming remarks and recognition of key community partners and stakeholders. Following an opening plenary, concurrent workshops will commence across morning and afternoon sessions, with breaks and lunch interspersed between for rejuvenation and networking. The day ends with an afternoon plenary, reflection, evaluation, and distribution of attendance certificates. We are so glad to join you all in person again!

Opening Plenary:

Journey Towards Recovery

Dennis Gillan

In this opening plenary, Dennis Gillan will take the audience on his grief journey after losing two brothers to suicide and share what he has learned along the way. It's worth the ride. Dennis last visited New Hampshire and provided the keynote address at our 15th Annual Suicide Prevention Conference, and he is joining us again 5 years later to bring us up to speed on what's been happening over the last few years of both his personal journey and the broader suicide prevention trends he's encountered along the way!

Morning Workshops:

We Are Here: Ensuring Behavioral Health Equity Access for All

Dr. JoAnne Malloy, Heidi Cloutier, and Eva Castilla

Behavioral health providers have a legal responsibility to provide language and communication access for their clients, however many organizations struggle with limited resources, workforce shortages, etc. that create barriers to access. We will facilitate discussions about how to address these dilemmas and have participants discuss action steps, strategies and resources to address these dilemmas, including diversifying the workforce & promoting collaboration.

COVID-19 and the Impact on Mental Health and Substance Use Disorders

James Gamache

The COVID-19 pandemic has severely impacted the overall wellbeing of people in the US. In the post-pandemic era, we continue to see a significant surge of people needing mental health and substance use treatment with no end in sight. In this training, attendees will explore how the pandemic impacted our society, the current mental health and substance use trends post-pandemic, and specific treatment models to support the client needs in the post-pandemic environment.

Providers as Survivors of Suicide Loss

Ken Norton

The impact of a suicide death reaches well beyond the family and friends of the deceased and includes service providers, first responders and other individuals who may have had a professional relationship with the person. Likewise the death of a family member, friend or colleague can also take an emotional and professional toll on key service providers in a community. Too often providers receive inadequate support in navigating the difficult legal, ethical, personal, and performance-related issues that can occur in the aftermath of a suicide death. This workshop will explore these difficult challenges and will include a panel of providers who will discuss how suicide has impacted them.

Community-Based Interventions for Suicide Prevention (CBI-SP) for Veterans

Dr. Chris Mackowiak, Ph.D. and Justin Moeling

In this workshop, we will present the Veteran's Affairs (VA)'s community-based suicide prevention approach from the national level, the community level, and the facility level to highlight key aspects of coordination of care. VA's Community-Based Interventions for Suicide Prevention (CBI-SP) was introduced to New Hampshire within the last year, and this workshop aims to demonstrate how this program has been utilized to help the VA address suicide prevention beyond the walls of the medical center.

Afternoon Workshops:

The Right to Survive: Suicide Prevention Programs for People with Disabilities

Dr. Lauren Khazem, Ph.D., and Sarah Tollefsen

People with disabilities are 4 times more likely to attempt suicide than the general population and 8 times more likely if they have multiple disabilities. Research suggests this may be due to internalized negative beliefs about their self-worth and ableism. In this interactive workshop, Dr. Khazem will explore existing research and identify resources and effective interventions for individuals with disabilities that help them develop resilience and strengthen their coping mechanisms. She will be joined by panelists from local NH disability organizations who will share examples of successful programs and their efforts to advocate for people with disabilities.

LGBTQ+ Youth Suicide Prevention

Jessica Goff and Sarah Gould

This workshop offers attendees a collaborative training developed by Connor's Climb, a suicide prevention organization, and Seacoast Outright, an organization that supports LGBTQ+ youth. LGBTQ+ youth are at an increased risk of suicidal ideation and suicide attempts, which makes effective support and intervention for this population critical. This training will create a shared understanding of basic LGBTQ+ terminology and will cover the unique risk factors that elevate the risk of suicide for these youth, as well as methods of increasing protective factors as a means of suicide prevention.

Helping to Heal and Reduce Risk After the Tragedy of a Suicide

Elaine de Mello

Suicide can have tremendous long term impact on individuals, families, and communities. Key stakeholders responding to grief and trauma can become natural helpers who promote healing and reduce further risk to others. Integrating NAMI NH's Connect Postvention training and protocols, we will review nationally recognized guidelines for suicide response and examine the dynamics of stigma, safe messaging and healing. A powerful NH story of post traumatic growth supported by natural helpers will be shared.

Supporting Suicide Attemtpt Survivors

Thomas Grinley and Dennis Gillan

This workshop will review definitions and statistics on suicide attempts and risk factors such as psychological pain, mental defeat, and quality of life. After building this foundational knowledge, we will then review what it is that attempt survivors want from their family, friends, and therapists, and how these everyday helpers can assist their loved ones and clients as they seek to move forward.

Closing Plenary:

The Power of Advocacy: Influencing Suicide Prevention Policies in NH

Jess Wojenski and Rebecca Woitkowski

Policy change plays a vital role in supporting suicide prevention efforts. This plenary will equip participants with the knowledge and tools to engage in state-level advocacy and influence legislation. Audience members will first be given an overview of the NH state legislature, including how a bill becomes a law, then review current legislation related to suicide prevention efforts and look forward to the 2024 legislative session. Finally, we focus on how YOU can get involved, providing guidance on participating in public hearings, reaching out to legislators, and other advocacy strategies. You will leave this workshop feeling more empowered to take action and influence suicide prevention policies in our state.

Presented by:

NH Suicide Prevention Council
NH Public Health Network
Youth Suicide Prevention Assembly
NAMI New Hampshire (National Alliance on Mental Illness)
The Injury Prevention Center Dartmouth Health (DHH)