



Where You Are:

**Building Hope and Preventing
Suicide in the Places Where
We Work, Live, and Play**

**21st Annual New Hampshire
Suicide Prevention Conference**

**November 14, 2024
8:30am to 4:00pm
Grappone Conference Center
Concord, New Hampshire**

**The 2024 New Hampshire Suicide
Prevention Conference is presented
by the New Hampshire Suicide
Prevention Council and its partners.
Additional information about the
council can be found at
www.preventsuicidenh.org.**



**Promoting mental wellness
and preventing suicide can
happen every day in every
space we inhabit.**

**Join us for a day of learning
and networking as we work
to strengthen our
communities' efforts to engage
new voices, reduce stigma,
and foster hope in our
workplaces, schools, and
communities.**

**Hear from national, state, and
local presenters who are
changing the story in the
Granite State!**

Registration Information

How to Register

Registration is available online by visiting <https://preventsuicidenh.org/2024-conference> through November 6, 2024.

Early bird registration (through September 19, 2024): \$100

General registration (through November 6, 2024): \$125

Any questions about registration can be directed to spconferencenh@gmail.com.

Scholarships

We encourage any prospective participants for whom the cost of attending is prohibitive to apply for a conference scholarship by October 25, using the application link at <https://preventsuicidenh.org/2024-conference>.

Recipients will be asked to pay a nominal fee of \$20 at the time of registration.

Inclusivity and Accessibility

To foster inclusivity and accessibility of conference materials, we are happy to offer interpretive services for those who need them. Attendees may request accessibility services during the online registration process.

Continuing Education

5 Clinical CEs 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.

CEs/ CEUs are available to purchase at the time of registration for \$25.

Resources and Support

Serenity Room

Conversations about mental health, substance use, and suicide can be challenging for all of us. We are committed to supporting conference participants in safe and comfortable engagement.

The Serenity Room will be available throughout the conference. Staffed by Survivors of Suicide Loss volunteers, this is a place to reflect and receive support when engaging with challenging material.

Virtual Reality Meditation Space

Mindfulness and relaxation are key components of wellness.

Thanks to our partners at the University of New Hampshire's Center for Digital Health Innovation, conference participants can experience virtual reality meditation and relaxation sessions onsite throughout the day.

Check out their booth in the lobby!



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A STRONGER
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Call or text 988
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YOUR LOCAL DOORWAY FOR
SUBSTANCE USE RESOURCES
dhhs.nh.gov/strongasgranite

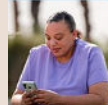
Crisis support is a phone call
or text away.



CALL Dial 988 then Press 1



CHAT VeteransCrisisLine.net/Chat



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The Conference Experience

Conference Agenda

8:30 – 9:00

**Welcome and Opening
Remarks**

9:00 – 10:00

Morning Plenary

Break

10:10 – 11:10

Morning Workshop Session 1

Break

11:20 – 12:20

Morning Workshop Session 2

12:20 – 1:20

**Lunch, Networking, and
Celebration of Local Work**

1:30 – 2:30

Afternoon Workshop

Break

2:45 – 3:45

Afternoon Plenary

3:45 – 4:00

**Gratitude and Closing
Remarks**

Content and Connections

Supporting the mental health and wellbeing and preventing suicide in New Hampshire takes all of us, working together across sectors and communities.

The content shared at this conference is intended to build knowledge and skills among conference attendees. We know there is power in building our understanding of what works and what needs more attention.

We also know that there is power in the connections built in this day.

We encourage our attendees to build and strengthen connections with each other. Use our digital platform (Whova) to share ideas and engage in new efforts. Meet our community partners in the lobby and around the ballroom to learn more about what's happening in your community.

Morning Plenary

9:00am to 10:00pm

**The Need to Be Seen,
Heard, and
Understood: Building
Resilience Through
Authentic Connection**

There is an epidemic of loneliness in this country, and the effects have been devastating on mental health. During this session, Dr. Bashant will explore the relationship between authenticity, hope and resilience. Through a combination of research and life experience, she will share strategies and tools that will empower you form meaningful connections and build resilience in others.

Jennifer L. Bashant, Ph.D., LMSW, MA, founder of Building Better Futures, LLC, is an educational consultant, motivational speaker and therapist with the mission to share evidence-based strategies to address interpersonal challenges that impact our communities, workplaces, and classrooms. Her approach is trauma-sensitive and strengths based, and she seeks to foster collaborative relationships, incorporating collaborative problem solving, restorative practices, and mindfulness in her work.



Morning Workshops, Session 1

10:10am to 11:10am

**Forging Connections and Guiding Veterans into Care
Through the Behavioral Health Liaison Program
with Shelby Barron**

In suicide prevention work, we often talk about “meeting our clients where they’re at” – but how often do our systems and structures allow us to truly do that? This workshop explores how the introduction of a specialized case management program at the Manchester VA has helped to reduce the risk for suicide and other adverse outcomes for Veterans who were otherwise falling through the cracks. Participants in this workshop will consider what gaps exist within their own systems for individuals who would benefit from behavioral health services but are not yet engaged. Attendees will see data as well as case studies illustrating the benefit of taking a creative approach to engage those individuals in care.

**We are Here: Exploring Inequitable Access to SUD
Services in NH and Promising Practices for
Improvements
with Heidi Cloutier and JoAnne Malloy**

Many intersecting factors contribute to suicide risk among people with substance use concerns, including mental health, trauma, social isolation, and environmental and systemic factors such as stigma that can be barriers to accessing services and supports. This interactive session will feature stories of individuals with lived experience with substance use and recovery to help identify possible strategies, alternatives to mainstream behavioral healthcare, and action steps practitioners and our communities can take to improve supports and help create recovery friendly environments to promote health & wellness.

Morning Workshops, Session 1

10:10am to 11:10am

Strategies for Suicide Prevention Amongst LGBTQIA+ Youth
with Susan Ward and Jace Troie

This workshop will teach participants the correct terminology for LGBTQ issues, provide research related to suicidal behavior among LGBTQ+ youth, discuss, risk and protective factors, warning signs and strategies to reduce risk. The workshop will include a speaker as someone with lived experience with mental illness and as a member of the LGBT+ community.

**Understanding Best Practices and Resources for Postvention as Prevention:
A Collaborative Approach to Healing After Suicide Loss**
with Elaine de Mello, Skyler Conway,
and Lindsay Murphy

The impact of suicide deaths can be devastating for close friends and family, as well as the larger community including schools, employment settings and other organizations. Dynamics around suicide can increase stigma and risk for vulnerable populations. Helping individuals and groups find support can be strengthened with some of the resources available in NH and through an integrated response guided by best practices. Through a systemic approach, technical assistance and training, our state is building capacity to respond to suicide deaths and reduce risk for those affected. This workshop will provide an overview of postvention practices and concepts after a suicide occurs; a statewide response and a regional response, and resources available to support individuals, schools and communities in healing from a sudden traumatic loss, and how suicide postvention becomes suicide prevention.

Morning Workshops, Session 2

11:20am to 12:20pm

**The Importance of Veterans Coalitions and Understanding Military Culture in Our Communities
with Jennifer Thomas, Ginger Munson,
and Stephanie Higgs**

This workshop will be designed into two parts to optimize awareness regarding veterans', service members' and their family's needs (SMVF). The first part will focus on veterans coalitions in New Hampshire. Details will be learned about their origin, who is involved, and the important role coalitions play in suicide prevention, addressing mental health, and reducing isolation. Participants will also learn about how community processes and strategic planning are used in building and running a veteran coalition. Additional topics to be covered will include what types of activities occur, what works well, achievements, barriers and future endeavors, especially military culture. The second part of the presentation will focus on military culture. Discussions will be around what it is, why it is important, who should know about it and how to stay continuously informed. A brief introduction to a military culture training, designed for a general audience, will be shared.

**Ethics: Self-Disclosure in the Clinical Setting
with Jennifer Bashant**

The research on self-disclosure by a clinician is conflicting and unclear, often leaving therapists unsure of what to do. This workshop will bring some clarity to the issue by summarizing research findings and guiding participants to reflect on their experiences with clients. Dr. Bashant will introduce key questions one can reflect upon when making decisions around self-disclosure.

Morning Workshops, Session 2

11:20am to 12:20pm

**Building Suicide Prevention in Community Organizations: A Case Study
with Krystal Bloom**

There are many opportunities to enhance suicide prevention efforts by partnering with community organizations. As community resources are important to suicide prevention as a public health initiative, it is imperative that diverse resources are identified. Community music schools are one such resource and are able to engage with suicide prevention in unique ways that differ from traditional afterschool programs.

**Supporting Parents in the Workplace
with Sarah Gould**

Our youth are struggling. Mental health difficulties for youth in New Hampshire has been on the rise for many years. While much of the (needed) discussion has been around how communities can come together to support our youth, it is important to remember that many of these youth have adult caregivers who are struggling as well. Supporting a child with mental health difficulties can be a full-time job. Unfortunately, most parents and other caregivers are balancing an actual full-time job along with their role as caregiver. This balancing act can lead to burnout, mental health problems of their own and many other negative consequences. From the employer's perspective, struggling employees are less productive, less engaged and more likely to leave a job that isn't fitting their current needs. For these reasons, employers are in a unique position to support parents and caregivers who have children struggling with their mental health. This workshop will give employers practical strategies for supporting parents in the workplace, which will lead to a more productive and engaged employees.

Afternoon Workshops

1:30pm to 2:30pm

**Survivor Stories: Stories of Loss, Healing, and Hope
with Steve Boczenowski**

This workshop will consist of a panel of 3 or 4 survivors of suicide loss who will tell their stories of losing a loved one. Each of the speakers has completed the Survivor Voices training offered by NAMI NH. The workshop will begin with a series of slides, presented by the moderator, on safe messaging. After all the speakers offer their story, the workshop will conclude with a Q&A.

**The Elephant in the Room: Addressing Student Alcohol
and Drug Use
with Heidi Cloutier, JoAnne Malloy,
and Heather Morris**

The value and effectiveness of youth peer support for young people struggling with mental health or problematic substance use are becoming more widely recognized (de Beer, Nootboom, van Domburgh, et al (2022) however, embedding peer support services into mainstream behavioral healthcare remains challenging. The research indicates that youth peer supporters help to better engage youth in services, mitigate the perception of stigma, and are highly dedicated to the work given their lived experience. This presentation focuses on a well-developed peer group model for youth and young adults that is being implemented in New Hampshire, with promising results. The model uses a harm reduction rather than an abstinence-only approach to substance use and includes a robust training and support model for peer leaders and trainers and a data decision system for process improvement and program evaluation.

Afternoon Workshops

1:30pm to 2:30pm

The Power of Advocacy: Influencing State Policies and Funding in NH

with Jess Wojenski and Emma Sevigny

This workshop will equip participants with the knowledge and resources to engage in state-level advocacy efforts around proposed legislation and funding that directly impact suicide prevention efforts in New Hampshire. 2025 is a budget year in NH, and this training will provide an overview of the state legislature, the budget process, and how YOU can get involved in advocating for proposed initiatives that impact our communities. You'll receive practical advice on participating in public hearings, reaching out to legislators, using media, and other advocacy strategies. You'll leave feeling more empowered to take action and influence the future of suicide prevention policies and funding in our state.

Showing Up at Work: The Importance of Recovery Friendly and Mental Health Friendly Workplaces

with Ellie Masson and Suzanne Weete

Over the past decade, the New Hampshire business community has turned its attention to creating workplaces that meet the needs of all employees. In response to multiple public health crises affecting how we all show up at work, school, and in our communities, Governor Sununu created the Recovery Friendly Workplace Initiative, and residents of the city of Dover created the Dover Mental Health Alliance. These two advisory entities train businesses to become Recovery Friendly Workplaces and/or Mental Health Friendly Workplaces in order to reduce stigma, support their employees, and better connect to public health and recovery partners in the state.

Afternoon Plenary

2:45pm to 4:00pm

Play On!

An Essential (and Not So Serious) Part of Thriving

with Tye Thompson

We are wired for play and there is a myriad of evidence that underscores the impact of play across the lifespan, including playing a critical role in the healing process. In this session, we will end our day together exploring the role of play in psychological flexibility - our human superpower for resilient, connected, and creative versions of ourselves.

“The opposite of play is not work. It’s depression.”

Brian Sutton

Tye Thompson, MS, CTRS/L has 30 years of experience in the field of Recreational Therapy (RT) in both direct service provision and program development capacities. They have long history of using facilitated recreation engagement to support all aspects of health for people who experience a variety of complex and chronic health needs, including physical disability, intellectual and developmental disability, and behavioral health conditions. They are currently the Program Director at Northeast Passage for the Community-Based Recreational Therapy Program.

