



2016

Beyond the Basics

IN SUICIDE PREVENTION

SUICIDE PREVENTION, INTERVENTION & HOPE

ACROSS THE LIFESPAN

FRIDAY
MAY 6, 2016

BANGOR, MAINE
CROSS INSURANCE CENTER

Sponsored by the Maine Suicide Prevention Program led by the Maine CDC
in the DHHS in partnership with NAMI Maine, the Co-Occurring
Collaborative Serving Maine, and Maine Medical Association



*Maine Center for Disease
Control and Prevention*

*An Office of the
Department of Health and Human Services*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Beyond the Basics in Suicide Prevention 2016

Prevention, Intervention & Hope Across the Lifespan

A One-Day Event

Friday, May 6, 2016
8:00 am – 3:30 pm

The Beyond the Basics conference serves as a “best practice” conference offering participants in-depth information and the latest research in the field of suicide and suicide prevention. The conference is designed for an adult audience that has attained basic training and knowledge in suicide and suicide prevention, and wishes to expand their knowledge and ability to engage in suicide prevention in Maine. The 2016 theme, “Prevention, Intervention and Hope Across the Lifespan,” guides a program of the most up-to-date research on suicidology and evidence-based tools affecting various populations across generations, and provides participants with information to use in everyday practical applications. This year's conference features national experts on late life suicide and self-injury, as well as local professionals to address suicide prevention, intervention, and postvention issues. The program will offer messages of hope and recognize caring Mainers who have made a difference.

Target Audience

School personnel, psychologists, psychiatrists, social workers, mental health professionals, alcohol and drug counselors, public safety professionals, military personnel, public health professionals, primary care physicians, physician assistants, nurses, families and community members

KEYNOTE SPEAKER

Susan Wehry, M.D.

Geriatric Psychiatrist, Educator, Author, *Oasis2.0*

INDIVIDUAL PRESENTERS

Steve Addario, LCSW, MHRT-CSP

Elizabeth Kate Braestrup

Richard Chammings, LCSW

Sheila Nelson, MPH, MSW

Robert Small, Psy.D.

Barent Walsh, Ph.D.

Susan Wehry, M.D.

PANEL PRESENTATIONS

LGBT Lives Across the Lifespan: Building Safety and Hope

Moderator: Steve Addario, LCSW, MHRT-CSP

Amy Blake, LCSW, Brandy Brown, LMSW-cc, BobBI Keppel, LCSW, Christopher McLaughlin, LCSW, Jennifer Paty, MDiv, and Alex Roan, LCPC, Ph.D.

Voices of Hope and Resiliency: A Panel with Lived Experience

Moderator: Christine Canty Brooks

Working with Service Members and Veterans:

Challenges and Opportunities

Moderator: Hahna Patterson, LCPC

David Faigin, Ph.D., Jolene Lilley, LCSW, Amy Marcotte, LCSW, and Tracy Souza, LCSW

Postvention Support after a Suicide:

Lessons Learned from Schools and Communities

Moderator: Greg Marley, LCSW

Eric Johnson, Psy.D., Ben Milster, M.S. Ed., and Lowell Libby, M.Ed., Ed.D.

Beyond School Suicide Awareness and Prevention Training: Trained Staff...Now What?

Moderator: Susan Berry, BS in Education

Denise Hamlin, LCSW, Melissa McStay, LCSW, and Brian Walsh, M.Ed. Admin.

Objectives

Identify strategies for enhancing connectedness and suicide prevention at the individual, family and community levels.

Examine information and perspectives from national and state experts on advances in suicide research, prevention, intervention and treatment across the lifespan.

Illustrate effective responses to suicide risk across diverse settings and populations.

AGENDA: FRIDAY, MAY 6

8:00 – 8:30 REGISTRATION / CONTINENTAL BREAKFAST / EXHIBITS

Music courtesy of Harry Vayo

8:30 – 8:45 OPENING REMARKS

Kenneth Albert, RN, Esq., Maine CDC

8:45 – 9:30 KEYNOTE ADDRESS

Suicide Prevention: It's All About Connection

Susan Wehry, MD

Self-directed violence, including fatal and non-fatal suicidal behavior, is a serious public health problem affecting all ages, and exacts a high toll on everyone it touches. Populations with high rates include youth, veterans and people over the age of 65. In this opening keynote address, Dr. Wehry will highlight Maine's unique demographics and describe the risk factors associated with suicidal behavior and how to mitigate that risk across the lifespan, with an emphasis on promoting and strengthening individual, family and community connectedness.

9:30 – 10:15 CARING ABOUT LIVES IN MAINE AWARDS

The Maine Suicide Prevention Program proudly presents the Caring About Lives in Maine Award to individuals and agencies working to prevent suicide in the State of Maine.

10:15 – 10:30 BREAK/TRANSITION TO WORKSHOPS

10:30 – 12:00 WORKSHOP 1: SESSION A

A1: Understanding, Managing, and Treating the Complex Puzzle of Non-Suicidal Self-Injury

Barent Walsh, PhD

One of the most challenging problems for school professionals is dealing effectively with non-suicidal self-injury. Of special concern is that self-injury has recently moved from clinical populations such as those served in hospitals and group homes to the general population including middle, high school and college students. This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds, and other more serious examples. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics, but will also be discussed as a risk factor for suicide attempts.

A2: Empower for Prevention: Partnering with Youth for Advocacy and Resiliency

Sheila Nelson, MPH, MSW

Young people are often the "target audience" for suicide prevention messages and initiatives. But how often do young people themselves have a meaningful role in creating and delivering prevention programs? This workshop will demonstrate the core principles of Positive Youth Development and provide

Seated massage and book sales available in the pre function area

concrete strategies for engaging youth, strengthening youth-adult partnerships, and providing opportunities for young people to advocate for themselves, their friends, and their community.

A3: LGBT Lives Across the Lifespan: Building Safety and Hope – *A panel discussion*

MODERATOR: Steve Addario, LCSW, MHRT-CSP

PANELISTS: Amy Blake, LCSW, Brandy Brown, LMSW-cc, BobBI Keppel, LCSW, Christopher McLaughlin, LCSW, Jennifer Paty, MDiv, and Alex Roan, LCPC, Ph.D.

For over four decades, and in spite of reports of elevated risk of suicidal behavior for LGBT individuals, little attention has been given to this problem. There is strong evidence of elevated rates of suicide attempts in these populations, while there is also limited documentation explaining the impact of stigma, violence, mental and substance disorders, age and other issues. What is clear is that education, awareness, screening and support are key in addressing LGBT suicide and suicide risk. In consult with Maine NASW-LGBT Action Committee and SAGE (Services & Advocacy for GLBT Elders), this panel of representatives from across the lifespan will share their knowledge and experience with Gay Youth, Transgender, Lesbian, Bisexual, Middle Age, and Elder individuals. During this panel presentation and facilitated group discussion, members will offer perspectives from each life phase and group, identify specific experiences and developmental tasks, and overarching issues and concerns that contribute to suicidal thinking, provide hope for living, and identify areas that need attention, focus, and support.

A4: Voices of Hope and Resiliency – *A Panel with Lived Experience*

MODERATOR: Christine Canty Brooks

The NAMI Maine speakers' bureau presents stories of Hope and Recovery. Join us in a unique opportunity to not only hear stories of inspiration but also to ask questions that you might have always wondered but felt you could never ask. The NAMI Maine speaker's bureau is dedicated to raising awareness about mental health and breaking down the stigma surrounding mental illness and suicide. Nothing has the ability to heal the heart, mend the soul or change the mind than hearing the story of another. Understanding the perspective of others through the sharing of our stories changes our own perspectives unlike any other information.

A5: Working with Service Members and Veterans: Challenges and Opportunities – *A panel discussion*

MODERATOR: Hahna David Patterson, LCPC

PANELISTS: David Faigin, Ph.D., Jolene Lilley, LCSW, Amy Marcotte, LCSW, and Tracy Souza, LCSW, Service members and veterans face unique stressors and challenges which contribute to a suicide rate exceeding the general population. Seasoned expert professionals will present best practices for meeting the cultural demands of this population with an emphasis on the therapeutic alliance. They will offer specific strategies for dealing with crisis situations and explore current research on service member and veteran suicide. Practical communication strategies and use of case examples will assist attendees in providing culturally sensitive care to this special population.

12:00 – 1:00 LUNCH / NETWORKING / EXHIBITS

1:00 – 2:30 WORKSHOP 2: SESSION B

B1: Emerging Adulthood: Betwixt and Between

Robert Small, Psy.D.

The age span from 18 to 25 years old is a period of in-between: identity formation, instability, and self-focus. It is also the age of great aspirations and possibilities. This workshop will review the research and current thought about cognitive development, development of identity, self-understanding, sexuality, and peer, romantic, and family relationships. It will also explore emerging adult lifestyles and protection and risk factors.

B2: Late Life Suicide: Prevention and Intervention

Dr. Susan Wehry, MD

Suicide prevention in older adulthood is made challenging by the high lethality of older adults' suicidal behavior; few survive their first attempt to harm themselves. It is critical that professionals who work with older adults know what factors place older adults at increased risk for suicide, how to enhance protective factors against those risks, how to recognize warning signs and intervene early. Participants will also have an opportunity to reflect on the possible impact of the national movement to expand access to physician assisted suicide in the broader context of late life suicide. This interactive workshop will use actual life stories to frame our discussion and promises to be both thought-provoking and practical.

B3: Postvention Support after a Suicide: Lessons Learned from Schools and Communities – A presentation and panel discussion

MODERATOR: Greg A. Marley, LCSW

PANELISTS: Eric Johnson, Psy.D., Ben Milster, M.S. Ed., and Lowell Libby, M.Ed., Ed.D.

When someone dies by suicide or a significant suicide attempt occurs, the people exposed to the loss can feel overwhelmed by the grief reaction that follows. The impact of a suicide is felt in schools, colleges, healthcare practices and community organizations, as well as in families. Thoughtful and immediate response can assist in addressing grief needs and lower the risk for contagion or staff burnout. The immediate needs include providing clear information about what happened and rolling out support for those people most affected to help prevent the very real risk of contagion, or copycat suicide among the most vulnerable. It has long been recognized that good postvention support in the aftermath of a loss is also good suicide prevention. Join a group of suicide prevention experts, school and healthcare professionals for a session about suicide postvention needs, supports, and resources to help a community after a suicide crisis.

B4: Concerned about yourself or someone else? How Maine's Statewide Crisis Intervention System can help

Steve Addario, LCSW, MHRT-CSP and Richard Chammings, LCSW

Maine's statewide crisis intervention program is available 24/7 for anyone experiencing mental health concerns. This session will describe how crisis intervention works, what support services are available, how to access them and what you can expect when you do. Representatives from area mobile crisis intervention programs and the statewide telephone crisis response system will talk about these programs and will share in a conversation with attendees to help assure awareness and collaboration. Participants will gain an inside look at how the crisis system works and how best to help clients, family, friends or loved ones best navigate this system.

B5: Beyond School Suicide Awareness and Prevention Training: Trained Staff...Now What? — A panel discussion

MODERATOR: Susan Berry, BS in Education

PANELISTS: Denise Hamlin, LCSW, Melissa McStay, LCSW, and Brian Walsh, M.Ed. Admin.

Maine law (passed April 2013) requires all schools to have Gatekeeper trained staff and to provide all school personnel with suicide awareness and prevention training. This is great, but staff training is just one facet of addressing suicide issues among students and staff. Policies, protocols, student curriculum and community/youth engagement are additional components of a comprehensive school suicide prevention program. This session will offer presentations from state-level organizations and schools that will provide an overview of the aforementioned components that may be implemented in a system's approach to suicide prevention.

2:30 – 2:45 BREAK / EXHIBITS

2:45 – 3:30 Living and Loving One Another in the Shadow of Suicide

Kate Braestrup, Author and Chaplain, Maine Warden Service

3:30 ADJOURN

Speakers



Steve Addario, LCSW

Steve is the Director of Crisis Intervention Services at The Opportunity Alliance (TOA), providing crisis intervention services in Cumberland County. This program includes Mobile Outreach staff that is available 24/7 providing intervention, support and stabilization; Peer and Family Navigators providing real life experience and supports; a Crisis Stabilization Unit providing a short term residential alternative to hospitalization for adults; and other support and stabilization services. Steve is a graduate of Boston University (MSW program). He has more than 17 years of experience in crisis intervention services and has been providing a variety of social work services (hospice, suicide prevention, child and family grief support, violence and trauma recovery, nephrology, HIV/AIDS, etc.) for almost 30 years. Steve also provides coaching, training and consultation in various areas including leadership, mindfulness, meditation and self-care.



Kenneth (Ken) Albert, RN, Esq.

Ken Albert, RN, Esq. is the Director and Chief Operating Office of the Maine Center for Disease Control and Prevention. Prior to this appointment, he served as the Director of the Division of Licensing and Regulatory Services within the Maine Department of Health and Human Services (Department). Before joining the Department in March 2012, Ken practiced law for several years, specializing in health law, professional licensing, and regulatory and compliance law. He has also directed compliance efforts for a large health care organization, developing a new compliance program for several business lines. Ken's background is rich in medical experience, including seventeen years of clinical practice in emergency and intensive care settings. In that time, Ken served as Director of Emergency Services at Central Maine Medical Center (CMMC), as the Administrator of the Occupational Health Center affiliated with CMMC, and as the Lewiston Site Manager for LifeFlight of Maine. Additionally, Ken spent five years as a traveling critical care nurse working in metropolitan, rural and tribal communities across the United States. He also served for several years as an adjunct faculty member at New England College where he taught Legal Issues in Health Care Administration. A graduate of the CMMC School of Nursing, Ken moved on to earn a Bachelor of Science degree in Nursing at the University of Southern Maine, Magna Cum Laude, and a degree of Juris Doctor from the University of Maine School of Law with honors in health law.



Susan Berry, BS in Education

Susan has worked in the health education field for 30 years including 14 years in school health at the Maine Department of Education. Her current position is the Health Education and Health Promotion Coordinator. Her work experiences also include Family Life Educator for a local Family Planning Agency; a middle school health educator; and a School Health Coordinator. Susan has actively served on numerous

local, state and national committees focused on school health education and related issues including the Maine Suicide Prevention Program Steering Committee. She has been involved in the development and delivery of Maine's school-based suicide awareness and prevention trainings for 19 years. Susan is a long-time advocate of prevention efforts and health promotion that supports healthy students, healthy staff and healthy schools.



Amy Blake, LCSW

Amy Blake has a psychotherapy practice in Augusta and Yarmouth. She specializes in working with couples, provides private one couple intensives and Imago Getting the Love You Want Couples Weekend Workshops. Amy helps couples who don't communicate well, have problems and feel disconnected learn the art of truly being present to each other so that they can connect and their problems can dissolve. Amy also provides training for therapists in couples therapy.



Elizabeth Kate Braestrup

Since 2001, Kate Braestrup has served as chaplain to the Maine Warden Service, joining the wardens as they search the wild lands and fresh waters of Maine for those who have lost their way, and offering comfort to those who wait for the ones they love to be rescued, or for their bodies to be recovered. She also writes books, speaks in front of large and small audiences around the globe, and co-parents six children with her husband Simon van der Ven. Educated at the Parsons School of Design/The New School and Georgetown University, Braestrup originally thought of herself primarily as a writer, though followed an unforeseen path to the ministry when she entered the Bangor Theological Seminary in 1997, and was ordained in 2004. The daughter of a foreign correspondent, Kate Braestrup spent her childhood in Algiers, New York City, Paris, Bangkok, Washington, DC and Sabillasville, Maryland, arriving in Maine with her young family in 1986.



Christine Canty Brooks

Christine came to NAMI Maine over six years ago because of the important role NAMI played in her personal life. Previously, she was the project director for two federally-funded youth suicide prevention grants (five years), worked in HIV prevention, as well as in the mental health field. At NAMI Maine, Christine was involved in the development of the Emerge from Stigma Speakers Bureau. Presently, she is the NAMI nationally certified state trainer for, and coordinates the implementation of, all NAMI peer and family programs including support groups NAMI Family-to-Family, NAMI Basics, NAMI Homefront and NAMI FaithNet. She directs the implementation of the Inspiring Minds peer education program, as well as provides support and technical assistance to NAMI Maine Affiliates and volunteers. Christine works in conjunction with the Affiliates and other stakeholders to facilitate mental health systems change in local communities and is

responsible for maintaining and expanding NAMI Maine's grassroots programs and services for peers, family members and veterans.



Brandy Brown, LMSW-cc

Brandy is a clinical social worker at Spring Harbor Hospital on the Child and Adolescent units. She works primarily with older youth and their families during acute psychiatric crisis, often within the context of suicide. This includes a variety of roles, including family and individual psychotherapy, group therapy and discharge planning. She has worked in several different residential settings with a variety of populations, including homeless youth, intensive outpatient and neurorehabilitation. Brandy is an active member of the NASW LGBT Advocacy committee. She is focused on creating a safer clinical space for LGBTQ youth in treatment in the hospital setting and also the Linking Families hospital/NAMI committee. She is involved in small nonprofit local schools and supporting those organizations through fundraising and meeting facilitation. Brandy received both undergraduate and graduate degrees in Social Work at USM. She lives in Southern Maine where she prefers to stay close to the ocean with her family, and enjoys being outside at the beach or on a trail, hiking, camping and cooking.



Richard Chammings, LCSW

Richard Chammings, LCSW, is the Clinical Director for Crisis & Counseling Centers. In this role since 2014, Chammings oversees the design, integration and supervision of the agency's seven clinical programs, including the round-the-clock Crisis program, behavioral health outpatient services and jail-based integrated health services. Previously, Chammings served as the Centers' director of Crisis Services, leading the agency's Crisis Mobile Triage, Crisis Stabilization Units and Outreach programs. With an extensive background in developing assessment tools, treatment plans, and clinical policy and procedures, Chammings has spent more than 25 years working with inpatient, outpatient, residential and crisis mental health services. A New Jersey native who grew up in New Gloucester, Maine, Chammings holds a Bachelor of Arts degree in Psychology from the University of Maine and a Master of Social Work degree from the University of New England. Before coming to Crisis & Counseling Centers, Chammings spent eight years at Tri-County Mental Health Services as a manager, team leader and adult outpatient clinician. He also ran supportive housing and worked as a house manager and case manager at Shalom House in Portland for 17 years.



David Faigin, Ph.D.

Dr. Faigin is a licensed clinical psychologist who has worked with adults in a variety of treatment settings including crisis respite, counseling centers, community mental health agencies, and large medical centers. In recent years he has worked with Veterans and their family members both in the Department of Veterans Affairs and other community settings. David is currently a staff psychologist with the VA Maine Health Care System working at the Lewiston/Auburn VA Outpatient Clinic. David specializes in the diagnosis and treatment of Post-Traumatic Stress and provides

psychotherapy for a wide variety of mental health difficulties, as well as post-service/deployment readjustment and reintegration struggles. Additionally, David specializes in developing community-based arts initiatives focused on helping warriors reintegrate and use art to share their experiences with the wider community.



Denise Hamlin, LCSW

Denise received her Master's Degree from the University of New England in 1993. She joined RSU 39 as a Social Worker in 2001. In this role, she is responsible for providing services to students in grades K-12. Her focus is to provide comprehensive services to parents, students and staff, addressing barriers that limit a student from being successful in their educational experience. She serves on the student support team, works directly with special education and is the homeless liaison for the district. Ms. Hamlin assists the school with developing supports for issues of truancy, provides individual and/or group counseling in response to school-wide crises, and acts as a liaison with the community to assist students with connecting with resources. Suicide prevention is a vital part of her role in the school district, assessing individual students and providing education and training to students and staff, as well as participating on a committee to address the needs of the community. Past positions include working as a therapist in an outpatient and inpatient setting, Office Director of Mental Health Agency and Adjunct Professor and Therapist at a local University.



Eric S. Johnson, Psy.D.

Dr. Johnson is a licensed psychologist and oversees the Counseling Services office at Colby. He is passionate about supporting students' emotional and intellectual growth and development and comes to Colby with over 18 years of experience in college counseling. Prior to Colby, he worked 15 years at Ohio Wesleyan University as the Assistant Director and Counselor/Prevention Programmer. During his tenure at Ohio Wesleyan, he served on the Presidents' Commission on Racial and Cultural Diversity and as the adviser to the Spectrum Resource Center for LGBTIQ students. Dr. Johnson is a generalist in his clinical practice with special interests and expertise in the areas of anxiety and stress management, working with a diverse student population, and performance related issues affecting athletes and performance majors. Dr. Johnson earned his Bachelor's Degree in Psychology from Ohio University and his Master's and Doctoral Degrees in Clinical Psychology from the Illinois School of Professional Psychology in Chicago. He completed his Pre-Doctoral Internship at the University of New Hampshire's Counseling Center.

BobBI Keppel, LCSW

BobBI Keppel is a social worker, educator, activist and well-respected elder within the bisexual community. She has been very active in teaching, training, and model development related to identity and orientation and has particular knowledge about bisexuality and aging and safer sex for seniors. She has presented at national and international conferences: provided training to therapists, counselors, and the

general public on the topics of sexual orientation and bisexuality; and written chapters in two books about affirmative psychotherapy with bisexual elders. She sings with the hospice choir of Southern Maine.



Lowell Libby, M.Ed., Ed.D.

Lowell Libby has been the Upper School Director at Waynflete School since 1991. Prior to Waynflete, he worked at Bowdoin College as a visiting professor, Dirigo High School as a classroom teacher and as the Assistant Principal, and the University of Maine at Farmington as the Assistant Director of the Upward Bound Program. Lowell earned a BA from Colby College in American Studies and an MEd in Counseling and an EdD in Educational Leadership from the University of Maine.



Amy Marcotte, LCSW

Amy received her B.A. in sociology from St. Joseph's College in 1990 and her M.S. in Social Work in 1992 from Columbia University. She served in the active duty Army from 1992 to 1996. Her first assignment was with the 10th Mountain Infantry Division (LI), where she served as the Division Social Worker and deployed to both Somalia and Haiti. Her last military assignment was at Brooke Army Medical Center. After leaving the Army, Amy worked at the Big Spring Texas VA Medical Center and has served as the Team Leader of the Sanford Vet Center since 2003. She has also taught in the Sociology Department at St. Joseph's College in Standish, Maine. Amy has served on the Secretary of the VA's Women Veterans Task Force and the Under Secretary of the VA's Special Committee on PTSD. She chaired Readjustment Counseling Services' National Women Veterans Working Group and is a former member of the Maine Advisory Commission on Women Veterans. She is currently the Co-Chair of the York County Maine Military Community Network.



Greg Marley, LCSW

Greg is the Clinical Director of NAMI Maine, and a senior trainer for the Maine Suicide Prevention Program. He has practiced in the field of community mental health and prevention in Maine for over 25 years. Since 2007, Greg has developed and presented training and education supporting the needs of a diverse set of partners in suicide prevention. He comes to this work from a background in crisis and emergency services, substance abuse prevention, and program management. Greg lives in Rockland with his family and spends considerable time messing about with wild and medicinal mushrooms as an author, teacher and forager.



Christopher McLaughlin, LCSW

Chris serves as Administrator for Pediatric Services at Acadia Hospital where he oversees pediatric inpatient and outpatient services, Occupational Therapy, and school-based clinical services. Prior to this, he was Clinical Supervisor for Pediatric Outpatient Services at Acadia. His past experience includes developing a state-wide Behavioral Health Home (BHH) program for children in Maine for a national

behavioral health organization, providing clinical treatment in foster-care, hospital-based, home-based, residential and school-based settings, and serving seven years as the Clinical Director for a local stand-alone targeted case management agency. Chris maintained a private practice in Bangor for 10 years, where he specialized in working with LGBTQ youth and their families. Chris earned his undergraduate degree in Psychology and Master's degree in Social Work from the University of Maine. He is currently an adjunct faculty member of the School of Social Work at the University of Maine, and is an active member of several community and academic organizations with many years of leadership, fundraising, and Board of Director experience with the National Association of Social Workers (NASW). Chris is affiliated with the Purple Iris Foundation where he facilitates a monthly support group for cancer survivors and their families. He and his partner live in Hermon with their dog, Huck Finn.



Melissa McStay, LCSW

Melissa McStay has been a School Social Worker at Deering High School in Portland, Maine for the past 14 years. Melissa has been involved in developing her school's protocol for suicide prevention, intervention, and postvention. She was part of the team that created Transition lessons used in Maine for graduating students. She teaches the Lifelines and Transitions curriculums, as well as provides school and district staff training in Suicide Awareness.



Benton Milster, MS Ed.

Ben Milster is in his ninth year as the Director of School Counseling at Mt. Blue High School, and has been a professional counselor for over 35 years. Previously, he worked as a school counselor and/or administrator at Jay High School, Messalonskee High School and Mt. Abram High School. Earlier in his career, he held positions at the University of Maine at Farmington counseling center, and as a child protective case worker for DHHS in Portland. Ben earned both his Bachelor of Science degree in Sociology and Master of Science degree in Counselor Education from Illinois State University. Currently, he serves on the Executive Board of the Maine Counseling Association as Policy Chair, and has served as a former president of this organization.



Sheila Nelson, MPH, MSW

Sheila Nelson, MPH, MSW is the Director of the Adolescent and School Health Program and Manager of the Injury and Suicide Prevention Program at the Maine Center for Disease Control and Prevention. Ms. Nelson began her career as a youth outreach worker and youth group facilitator. Since then, she has worked to provide education and access to care for young people, and coordinated programs focusing on promoting sexual health, substance-use prevention, suicide prevention, and positive youth development. Ms. Nelson currently oversees adolescent health and injury and suicide prevention activities at the Maine CDC in Augusta.



Hahna David Patterson, MA, LCPC

Hahna is the Director of Behavioral Health for the Maine Army National Guard and a subject matter expert on military mental health. He has held a variety of clinical, educational and supervisory positions in mental health and higher education. He frequently conducts workshops for mental health professionals, service members, and law enforcement on wide range of topics related to military service and mental health.



Rev. Jennifer Paty, MDiv

Rev. Paty has 20 years of experience in the US Navy and 15 years of experience working with LGBTQ on issues associated with what she calls “the spiritual disenfranchisement by the church of our childhood.” Over the past 15 years she has worked with organizations such as the MCC Church, SoulForce, Serviceman’s Legal Defense Network (SLDN) and is a founding member of the Forum on Military Chaplaincy (an organization dedicated to providing spiritually safe space for all members of the armed forces). Jennifer is an Imago educator, a couples coach and conducts IMAGO workshops and couples intensives with her wife Amy Blake.



Alex Roan, LCPC, Ph.D.

Alex Roan is a mental health counselor working in private practice in Portland and is a board member of the Maine Mental Health Counselors Association. One of his areas of focus is working with transgender and gender-nonconforming individuals and their families. Alex was the founder of MaineTransNet, a statewide organization that provides support and resources to the trans community.



Robert Small, PsyD

Robert Small, PsyD, is the Director of Counseling Services at the University of Southern Maine. He is a psychologist and has taught adolescence and emerging adulthood for a number of years at the University. He does psychotherapy with this age group, and supervises and trains mental health clinicians. He provides consultation to faculty, staff and students regarding student problems and well-being. Previously, Dr. Small has worked in and developed community mental health programs, residential programs, and hospital based-programs.



Barent Walsh, Ph.D.

Barent Walsh, Ph.D. has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of the best-selling book, *Treating Self-Injury: A Practical Guide* 2nd edition, Guilford Press, (2014). In addition, Dr. Walsh completed a Self-Injury Prevention DVD and program for High Schools in collaboration with Screening for Mental Health of Wellesley, MA. Dr. Walsh is the Executive Director Emeritus and Senior Clinical Consultant for The Bridge in Worcester, MA and is a Teaching Associate in Psychiatry, Harvard Medical School, Cambridge, MA.



Brian M. Walsh, M.Ed. Admin.

Brian earned his Master's degree in Educational Administration from Springfield College. He has been proudly serving as the principal of Hermon High School for the past fourteen years. He has completed both the Gatekeeper Suicide Prevention Training and the Gatekeeper Training of the Trainer. He is the chair of the school Crisis Team, a member of the Hermon School Department Safety Committee, and a member of both the Town of Hermon Public Safety Committee and Community Policing Committee. He is the 2016 recipient of the Jacob Ludes III / NEAS&C Leadership Award, a 2015 recipient of the Caring About Lives in Maine Award, and was recognized as the 2013 Maine Arts Administrator of the year.



Susan Wehry, M.D.

Susan Wehry, M.D. is a geriatric psychiatrist with over 30 years of experience as a clinician, educator and advocate and a former Commissioner of Vermont's Department of Disabilities, Aging and Independent Living. A popular and dynamic speaker, Dr. Wehry has educated policymakers, physicians and human service professionals from Alaska to Florida and is frequently featured at Maine's annual Bar Harbor Geriatrics Conference. From 1988-91, Dr. Wehry worked with state and native leaders in Alaska to address an epidemic of youth suicides in the Yukon-Kuskokwim Delta and more recently developed trainings on elder suicide prevention for clinicians, long term care staff and ombudsmen. In 2010 she authored a curriculum known as Oasis 2.0 which has successfully helped transform care, reduce unnecessary antipsychotic medications and support mental health recovery in over 300 nursing homes throughout New England.

Contact Hours

Certificates will be emailed to participants upon completion of an online course evaluation. No partial credit will be given. Please go to this web site to complete an evaluation:

www.surveymonkey.com/s/BTBMay2016

- 5.5 contact hours for nurses. Activity PA-14-001-54
CCSME Provider Unit is an approved provider of continuing nursing education by the Northeast Multi-State Division (NE-MSD), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- 5.5 Contact hours pending approval by the Maine Board of Alcohol and Drug Counselors
- 5.5 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists.
- 5.5 Category I continuing education contact hours (CECH) in health education. CCSME is a designated provider of CECH by the National Commission for Health Education Credentialing, Inc.
- Certificate of attendance for 5.5 contact hours for social workers, licensed clinical professional counselors, and other professionals
- 5.5 hours Continuing Medical Education

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- No conflict of interest exists for planners or presenters
- No commercial support was received
- Off-label use of products will not be discussed
- Commercial products will not be displayed

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Accreditation status does not imply endorsement by ANCC, NE-MSD or CCSME Provider Unit.

CCSME is a pre-approved sponsor and provider of Professional Education Activities by the Board of Examiners of Psychologists.

This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of Maine Medical Education Trust and CCSME. The Maine Medical Education Trust is accredited by the Maine Medical Association to provide CME activities for physicians.

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You can register online, choose breakout sessions, and pay with your credit card by going to:

<https://msppconference2016.eventbrite.com>

Unable to register online? Complete and mail or fax this form with your check or purchase order.

REGISTRATION

Beyond the Basics in Suicide Prevention:

Suicide Prevention, Intervention & Hope Across the Lifespan

DATE Friday, May 6, 2016

TIME 8:00 AM – 3:30 PM

Registration begins at 8:00 AM

FEE \$85

LOCATION Cross Insurance Arena
Bangor, Maine

Name and Credentials

Organization

Address

City

State

Zip

Telephone

Fax

Email

Special accommodations/food allergies

**Choose your breakout sessions.
Circle your first and second choices.**

Sessions A • 10:30 AM – 12:00 PM

1st choice: A1 A2 A3 A4 A5

2nd choice: A1 A2 A3 A4 A5

Sessions B • 1:00 – 2:30 PM

1st choice: B1 B2 B3 B4 B5

2nd choice: B1 B2 B3 B4 B5

Costs:

☐ Conference Fee \$85.00

YOUR TOTAL:

Method of Payment:

☐ Check payable to CCSME

☐ Purchase order number#

#

Registrations accepted with a check or purchase order only.

Mail this form to CCSME with a check, or fax a copy of your purchase order to:

CCSME: 94 Auburn Street, Ste. 110, Portland, ME 04103
Tel. 207-878-6170 • Fax. 207-878-6172 Email: ccsme@ccsme.org



Department of Health and Human Services

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

A Special Thank You to the Beyond the Basics 2016 Planning Committee

Steve Addario

Kate Chichester

Hahna Patterson

Susan Berry

Dee Kerry deHaas

Bob Small

Matt Bray

Jeanne Hackett

Liz Townsend

Heather Carter

Greg Marley

Rich Chamings

Jeb Murphy

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